

Call for participants

Trees that are rooted: Embracing the human outer nature 15-23 October 2021, Cyprus



Dear friends,
we would like to invite you to the training course “Trees that are rooted: Embracing the human outer nature” which will take place on 15-23 October (including travel days) in Cyprus.

Here's the content of this call

1. The idea of the project “Trees that are rooted” (a big project with 2 trainings)
2. About the training course “Embracing the human outer nature” (the training in Cyprus, the methods, the concepts, etc)
3. Who is it for (selection criteria)
4. What is expected from you (as a participant)
5. Practical information (accommodation, meals,
6. Finances (travel cost, fees)
7. Covid-19 strategy (measures, insurance, etc)
8. Application form
9. About the organizers
10. Contact us

We are looking forward to have you with us in Cyprus!

1. The idea of the project “Trees that are rooted”

Being youth workers, we observe how the situation among young people in the whole Europe is changing. Some young people are struggling with unemployment, many young people become inactive citizens, or fall into depression or radicalization.

We decided to name our project “**Trees that are rooted**” with a vision to train youth workers to nurture the young people holistically. This is because we believe that young people need to be rooted firstly in **themselves**, secondly in their **community** and last in the whole **world**, just like the trees do.

This is why our project encloses two activities/training courses for youth workers:

1. The 1st training course “Trees that are rooted – Nurturing young people’s inner nature – happened already in July 2021 in Czech Republic and focused on young people’s inner nature, self-awareness and self-embracement.
2. The 2nd training course “**Trees that are rooted - Embracing the human outer nature**” – is going to take place between **15-23 of October 2021 in Cyprus**. This training course advances on the solid “rooting” in the previous training and extending it into being with others, engaging in meaningful peer relationships, belonging to the world, manifesting the gifts of the inner nature (identity) in the world.

“We are cut off from the great sources of our inward nourishment and renewal. Sources that flow eternally in the universe. Vitally the human race is dying. It is like a great uprooted tree with its roots in the air. We must plant ourselves again in the universe.” (D. H. Lawrence)

2. About the training course “Embracing the human outer nature”, 15-23 of October, Cyprus

WHY – Aims

- To explore the reality of hard to reach youth and the reasons that drag them to radicalization, focusing more on their search for meaningful place in the community
- To enhance the understanding of youth workers regarding the developmental stages of young people that derive from the theory of Eco-centric Development.
- To explore innovative theories and educational approaches that youth workers can use in order to improve their work with hard to reach young people
- To develop their skills in working with hard to reach youth using the above mentioned concepts.
- To increase youth worker’s motivation and inspiration to work further with youth, especially the ones who are hard to reach and at risk of radicalization
- To develop sustainable follow-up actions targeting hard to reach young people that they will implement in the period of 3 months after the training course.

WHAT – Topics

- Ecocentric-development: understanding the stages of healthy development of the young people

- Four fold practice: understanding how we move from the “I” to “we”
- Ability to work together and cultivating win-win-win attitudes
- Dynamics of conflict and paths of dealing with it
- Leadership skills: Bringing the change to the world
- Sense of initiative: offering from the heart to the others
- Emotional intelligence: knowing and working with feelings of myself and of others
- Mindfulness: maintaining an inner peace
- Nature connection: deepening the relation with ourselves and the Earth
- Positive Psychology: Living a meaningful life

HOW – Methods

- Nature based activities (being and working with the nature)
- Experiential learning (we will be doing things, maybe, out of the comfort zone)
- Singing (using the voice to sing, to hum, to chant, to explore)
- Embodiment (using the body to dance, to move, to explore)
- Visual art (drawing, making mandalas, making art)
- Meditation (immersing into contemplation)
- Work with peers (we will be listening, sharing, empowering)
- Self-reflection (time alone thinking, journaling and imagining)
- Rituals and ceremonies (atmospheric activities in which we connect deeper with ourselves and others)
- Holistic learning (creating space for connecting through the body, physical state, emotions, feelings, energy, as well as connection with more than just 1-2 areas of our life)
- Spirituality (cultivating our connected with the non-human world)

3. Who is it for

This training course is for you, if you fulfill the selection conditions:

- Are a youth worker (youth trainer, youth coach, youth leader, teacher, youth organizer, volunteer, activist, social worker, youth NGO leader, etc.),
- Resonate with the idea of the project and want to delve deeper into the topics,
- Are committed to put in practice the competences you will acquire during the training course with young people in follow-up practice activities and with your colleagues,
- Are above 18 years old,
- Are resident in one of the partnership countries (see below),
- Are able to work in English,
- Are dedicated to the values of responsibility, humbleness, courage, respect,
- Priority is given to people who can't afford a similar paid training.

(the above constitute also the **selection criteria**)

4. What is expected from you

Before the training:

- Once you are selected to participate, **you will have 48 hours to confirm your participation.** If you do not confirm, then your place will be given to another applicant.
- Once you confirm your participation, you will search for the travel itinerary and will send us the proposal. Once we confirm you the proposed itinerary, you book your tickets. **Do not book any travel tickets before we confirm you the proposed itinerary.**
- You will need to **buy your ticket, latest by the 1st October 2021.**
- Also, we will offer to you a series of educational preparation that you need to do before coming to the training course. You need to be available to follow on these during the period of 1-15 October 2021.

During the training course: your full dedication is required.

After you return back home: you will practice what you learnt and implement a follow-up activity among young people. You also share your knowledge with your colleagues/friends/peers in your organization and beyond.

5. Practical information

The training course will involve 7 working days and 2 travelling days.

Arrival day: 15th October, Friday, afternoon

Departure day: 23rd October, Saturday, morning

Accommodation and meals

The training course will take place on Troodos mountains in Cyprus, near Amiantos village. You will be accommodated in rooms of 2-3, which will include beds and sofas.

We will be having a vegan, full of nutrition diet.

Your support in maintaining the place clean and tidy will be needed. (thank you in advance for your willingness to contribute)

6. Finances

The lodging and meals of the training course are funded by Erasmus+.

The travels are covered up to the amount as within the table for the respective country.

The condition for reimbursing travel costs of the participants is physical presence during the whole duration of the training course. - If you will not be able to be present during the training course, for any reason, we will be unable to reimburse you.

We advise you to buy a ticket that can be refunded or rescheduled !

Country	Number of participants	Maximum travel cost allocated per person (in Euros)
Bulgaria	3	160
Cyprus	3	0
Czech Republic	3	210
Germany	2	210
Greece	3	160
Italy	3	210
Lithuania	3	210
Romania	3	160
Spain	3	310

Participation fee

In order to cover the expenses that are over the funding provided by the Erasmus+ program, we are inviting the participants for contributing participation fee on the movable scale **10-60 Euro** based on participants' capabilities. Also this is a contribution to your learning path. The participation should not be an obstacle to your participation: if it is the only barrier to your participation, please let us know.

7. Covid-19 strategy

Our intention: Our intention is to hold the course without a mask, without risking anybody's safety.

Regulations on entering Cyprus: We will follow the national regulations regarding COVID-19. You can check here the regulations regarding traveling from your country to Cyprus: <https://reopen.europa.eu/>

Testing: We kindly ask every participant (vaccinated or not) to come with a negative antigen or PCR test, in order to ensure as much as possible health and safety. If your travel cost is less than the money allocated for you, we might be able to refund it.

Booking your tickets and cancelations: Because these times are very uncertain and we can not foresee if it will be really possible to do the course, we have to stay as agile as possible. Therefore, participants should not book their flight earlier than 3 weeks before the course begins, to be sure the course will actually happen. When we give them the green light to proceed with the booking they need to book a travel ticket that is refundable in case we have to cancel the course at the last minute because we can't reimburse any ticket if the course doesn't happen. Also we can't reimburse any travel expenses if a participant is excluded from the course because of a positive COVID test result.

If a participant shows symptoms of COVID-19 during the course: we will take all the measures needed: precautionary quarantine in rooms reserved for such a case since the very beginning, insisting on them wearing a mask and undergoing a COVID test that we will pay for. If the test result is positive, the participant will be in quarantine, the cost of which is on the insurance the participant will make.

Testing at the end of the course: If there are participants that will need a COVID test in order to enter their country by organizing the testing. The COVID test will be covered by the participants (potentially able to be reimbursed from the allocated travel costs).

Insurance: Every participant will be required to purchase travel insurance that includes medical expenses insurance valid in Cyprus. The EHIC card (European Health Insurance Card) doesn't cover everything related to medical expenses abroad and thus additional insurance for abroad is required. To learn more, please go to ehic.europa.eu/ The insurance package must include repatriation and quarantine that could be needed in case of Covid-19 infection or e.g. broken leg. Inform yourself at your regular health insurance provider if they provide such insurance for abroad or visit the webpage of any other private provider (e.g. AXA, Generali, Allianz, ...). The organizer, Common dream group, will not reimburse the costs of this additional insurance.

8. Application

Follow this [link](#) and fill in the application form. Last day to fill it in is the 22nd September 2021. Please know that some of the partner organizations will be selecting participants on an enrolling basis.

Also here <https://forms.gle/iVzVPBgBWPrLNY8v6>

9. Who is organizing this project?

The project is developed by **Ivan Kobelev (RU/CZ)** and **Eleni Michail (CY)**, and implemented and driven by mission of "A common dream group".

“A common dream group” is an informal group founded in the Czech Republic in 2018 by people with vast experience in youth work: volunteering, social inclusion, intercultural learning, conflict transformation, youth rights, peace education, teachers training, personal development, using methodologies of experiential learning, non-formal education, embodied learning, theatre of the oppressed, nature based learning, mindfulness, art of hosting, etc.

Our mission is to build a world of win-win-win culture (me-others-Earth), encourage collaboration and sustainability.

We emerged to address the current most burning needs of our universe, the social ones, e.g. xenophobia, violence, and the ecological ones, e.g. climate change. We believe that to find new original solutions to such complex challenges we need to build strong capability of collaboration, and empower this way our creativity and participation. We believe in the power of dreaming together.

We work with young people of different cultures, backgrounds and competencies, providing them with space to connect to self, others and the Earth, space to boost imagination, dream alone and dream together, space to enhance their strengths and increase their ability to be the active creators of the change.

10. Contact us

Don't hesitate! Just send us an email at treesrootedtraining@gmail.com . We would love to hear from you! 😊

With the kind financial support of the program

