

# Nature within YOU


training course in Italy, Lecce

9th - 17th December 2021



Erasmus+





“Nature, too, supports our personal blossoming  
(if we have any quiet exposure to her) through  
her spontaneities, through her beauty, power,  
and mirroring, through her dazzling variety of  
species and habitats, and by way of the wind,  
Moon, Sun, stars, and galaxies.”

Bill Plotkin







# The training course

## WHAT IS IT ABOUT?

"Nature within you" is a seven days training course promoted by the Italian organisation VulcanicaMente bringing together 24 human workers who are willing to learn how to create and hold transformational and meaningful learning spaces for the social inclusion of hard to reach youth by using mindfulness through nature-based interventions.

Participants will be guided on a journey to reconnect with their inner self, body, mind and emotions, to express openly and creatively, and by being invited to get out of their comfort zone to cultivate trust, openness and connection with themselves, others and nature as the foundation for becoming a source of heart-based positive transformation for the community.



# THE TRAINING COURSE OBJECTIVES



*Increase the knowledge and the skills of the human workers related to mindfulness through nature-based approach and their benefits for youth*



*create a commUNITY of heart-minded people able to create transformational learning environments in order to support and guide the authentic growth of all young people*



*to increase the motivation and inspiration of the human workers to work more frequently and effectively with the hard to reach youth*



*to create an impact at local and international level implementing 24 follow-up action plans with youth in the countries involved*



# THE PROJECT PHASES



## *Preparation*

- online learning process (reading different materials, articles, watching videos)
- personal work before coming to the program (e.g. journaling on certain questions, self-time in nature and several other invitations).



## *The training course*

deep experiences exploring mind, body and heart mind connection through mindfulness practices and nature-based interventions, such as meditation, embodiment, soul poetry, creative expression, journaling, solo wanders in nature and group work.



## *A vision with a task*

The dissemination phase will be the continuation of the training asking participants to implement at least one ACTION in their own community in order to create a powerful impact on as many people as possible.



# The guiding trainers

## SANDRA HOREA

Sandra is a human development guide and mentor who creatively and heart-fully invites people to be in intimate and meaningful conversations with their Soul. She calls humans to fall in love with nature, metaphor, symbol, feeling and therefore with themselves and live their bigger lives delivering their gift to the hungry world. As a guide, she creates purposeful spaces of self-discovery incorporating in her work her experience regarding depth psychology and soul-based practices, eco-centric development, embodiment, storytelling, poetry and deep imagination. She has a wide experience of 10 years in working with youth and adults in facilitating spaces of personal and community transformation. At the moment she is studying within Animas Valley Institute from USA and graduated the Wild Mind Program.





# The guiding trainers

## CARLOS BUJ

Carlos Buj holds a degree in BA and a master's degree in sustainable tourism. Carlos has worked as project coordinator, educator and facilitator for the last years. He has been an active member of Extinction Rebellion for the last 3 years and just completed a walk across the UK for the COP26 ([marcha-a-glasgow.net/en/](https://marcha-a-glasgow.net/en/)). He maintains a blog at [Ecotopias.net](https://ecotopias.net) where he writes about the emotional dimension of the climate crisis and about new ecosocial narratives.





# The guiding trainers

## SARA MARZO

Sara Marzo has 10 years of experience in international projects management and youth work. She is a trainer and facilitator specialized in mindfulness, green mindfulness, ecopsychology, and nature-based methods. She practices and guides meditation and mindfulness sessions within the organisation, at local and international level since 5 years. She is co-author of the book: “Mindfulness and Nature: a toolkit for youthwork” realized during the project KA2 “Mind your Mind: Synergies between mindfulness and nature-based methods”. She is a youth worker and volunteering project coordinator, dealing mostly with youth from disadvantaged backgrounds.





## *Who can participate?*

This 7-day intensive training is part of an **Erasmus+ project**, Erasmus+ is a Programme coordinated by the European Commission of the European Union.

The European Union's Erasmus+ programme is a funding scheme to support activities in the fields of Education, Training, Youth and Sport.

**Human workers, youth workers, trainers, educators, NGO leaders and workers** who are willing to explore and develop themselves and after that to resourcefully inspire their community in a nurturing and generating life enhancing way.

The participants **must be over 18 years and have a good level of English.**

Participants can apply to this training if they a legal residency in **Romania, Italy, Spain, Sweden, Poland, Estonia, Hungary, Greece.**

# Practical information





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## *Financial conditions*

**Materials, activities, accommodation and food are 100% covered** by the Erasmus+ grant.

We are inviting you to contribute to VulcanicaMente's future local projects by making **a donation from 40 to 100 Euros** based on personal financial possibilities. The donation is not compulsory but recommended.

**The traveling costs** (plane, train, bus) are also **covered** and will be reimbursed to the participants after the course up to this limit:

Italy: no reimburesent

Estonia, Sweden: 360 euros par person

Romania, Spain, Poland, Hungary, Greece: up to 275 euros par person



# Covid Situation

## IMPORTANT INFORMATION

The Covid-19 pandemic situation in Italy is under control at the moment.

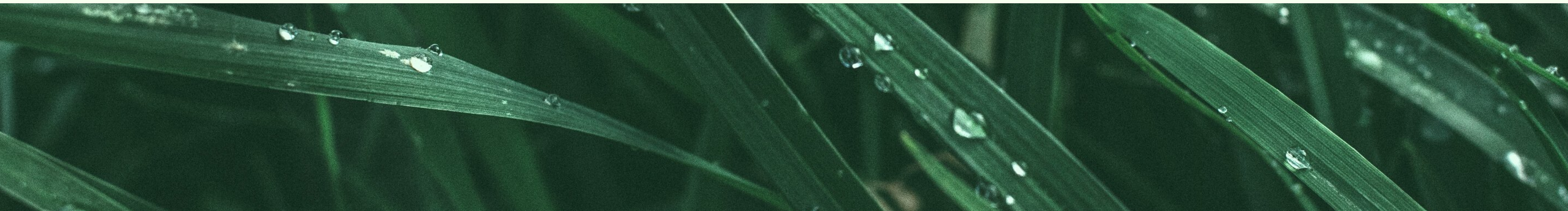
We don't know how it is going to unfold but we are very optimistic.

Participants will have to follow the European guidelines for COVID prevention to travel. safe

We will provide a quick covid test before the training for everyone's safety.

Participants will be a closed community for one week.

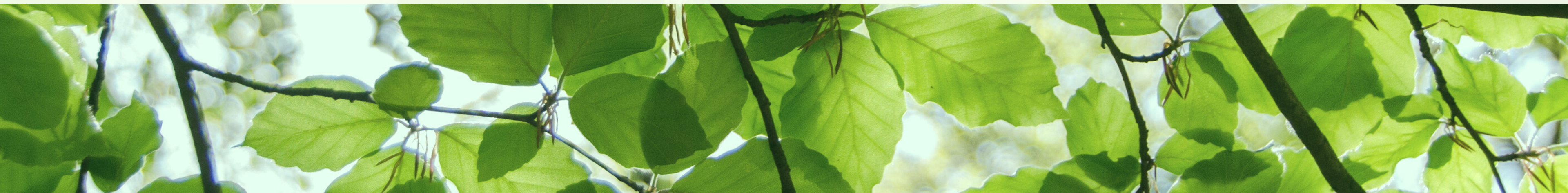
Flights will not be reimbursed if cancelled.





# Mindfulness Culture

- Part of the preparations is also the embracement of these principles in order to fully benefit from the deep experience:
- To NOT consume alcohol or drugs during the training (This is part of our policy for international and local programs).
  - To limit your contact with technology and use it only for urgent work and urgent conversations.
  - To dedicate yourself to the process, to give your 100%, to give your best.
  - To engage in meaningful conversations and activities, that serve you and the others.
  - To respect the spaces and places in which the program will take place, to consume the necessary resources with responsibility, humbleness and gratitude.
  - To be open minded to experience one week of vegetarian diet.







## WHERE AND WHEN?

**Dates: 9 -17 December 2021**

9th December: travelling day

10th-16th December: training course

17th December: departure day

**Venue: Merine, 6 km from Lecce**  
in the mediterranean countryside

## HOW TO APPLY

**Fill in the application form:**

<https://forms.gle/TrKM88ueqR5GS4P39>

**Deadline: 6th november (included)**

The selections results: 10th November

**Contact:**

Sara Marzo (project coordinator and guide)

[vulcanicamente.info@gmail.com](mailto:vulcanicamente.info@gmail.com)







THANK YOU

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