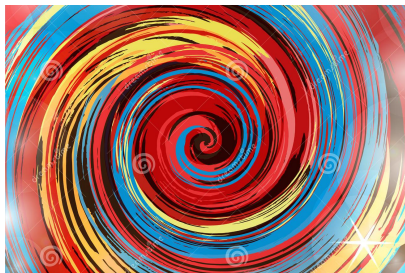


# WELLCORE

## Creative tools for WELLbeing, CONNECTION and RESilience



*“WELLCORE. Creative tools for WELLbeing, CONNECTION and RESilience”* is an experiential training course designed to promote a space of personal and community growth in Youth Work.

## CALL FOR PARTICIPANTS!

The training course will take place in Flecken Zechlin, northern Germany from 25th to 30th of May 2022. It has been designed for 16-20 youth workers, leaders, trainers, volunteers and professionals from the youth field and non-formal learning education from .

# ABOUT THE PROJECT

Understanding the impact of well being as an act of solidarity with yourself and others and reflecting how this affects community, this project feeds the need of providing a space of learning for youth workers through different creative tools of emotional management, nature-based connection, resilience, stress management and resolution of conflicts through an embodied experience.

Exploring together different skills, methods and practices within personal and community development into a path of discovery, the idea is to get to know more about different tools and resources within the topics of well-being, connection and resilience, very much needed in these times of crisis and adapted to Youth Work.

## OBJECTIVES

- Develop competences of emotional management, resilience, connection and well-being in Youth Work and connecting these to the topic of solidarity and community.
- Promote a learning platform in which participants can share ideas, reflections and needs.
- Facilitate the creation of mutual support networks among the participants, organizations and associated promoters, developing strategies for future projects in wellbeing, connection and resilience.

# WORKING METHODS

This training course is organised within the context of Non-Formal Education, so it will be based on creating an interactive learning environment for everyone,, promoting as well a participatory approach. Within the concept of learning by doing, we will be using methods such as movement/somatics, creativity and art, circus, nature connection, acroyoga, sports and games.

## THE TEAM

**Dina** - has her non-formal background as a trainer for (political) non-formal education of both youth and adults, nature-based seminars, communication, theater and movement practices. She has participated in different seminars and workshops herself. She believes in life-long-learning, learning by trying out and the power of community and connection with yourself, your inner child and others.

**Joul B Miranda** - educational designer, movement therapist, project coordinator and group facilitator in the fields of growth and health development into the community network. Always in the process of learning by exploring somatics, nature-based experiences, art tools, embodied practices, storytelling, creative thinking and soft-skills. In continuous love with creation and playfulness.

**Mohammed** - once was one of the youngsters that he works with today, focused all his work to 'build strong youth, in school and outside the walls of school. He uses the power of play: play, learn, grow on the personal leadership of the professionals around the youngsters, in this way he makes more and sustainable impact in the lives of youth. #BuildStrongYouth

**Ohiane Uranga Pascual** - EU Project Coordinator and trainer. She has been working with Young people over 16 years through outdoor education, Circus and European Mobility Projects. Her education background is Social Communication for Social Change and Development, PGCE and Publicity and PR.

# PRACTICAL INFO

## THE VENUE

The training course will take place in DGB JUGEND Flecken Zechlin, north of Germany from 25th to 30th May 2022 (including travel days). Accommodation will be arranged in rooms of 2 with shared bathrooms and wifi connection and meals will be served mainly there. The program will take place in the training room located in the same building and into the wonderful nature around us.

More information about how to get there and ticket booking procedure will follow for selected applicants