

CALL FOR PARTICIPANTS

TRAINING COURSE FOR YOUTH WORKERS

# NATURE PATH TO HEART AND PEACE

GUDEVICA VILLAGE, BULGARIA, "SCHOOL IN NATURE" EDUCATIONAL CENTER  
25.10 – 02.11.2022

## SOMETIMES

by Herman Hesse

*Sometimes, when a bird cries out,  
Or the wind sweeps through a tree,  
Or a dog howls in a far off farm,  
I hold still and listen a long time.*

*My soul turns and goes back to the place  
Where, a thousand forgotten years ago,  
The bird and the blowing wind  
Were like me, and were my brothers.*

*My soul turns into a tree,  
And an animal, and a cloud bank.  
Then changed and odd it comes home  
And asks me questions. What should I reply?*

*Nature path to heart and peace* provides opportunities for development and competence gaining for youth workers. The whole concept of the training process is based on innovative methods targeting personal and professional development of the participants. The *Nature based methods and Art practices* will be offered as powerful tools for growth. We believe that these methods can be very beneficial for young people.

In the training we will introduce integrated approach consisting of elements from *nature based learning, art and creativity*.

During the training based on nature practices participants will explore how these practices can serve as a tool for increasing inclusion, confidence and for creating a sustainable positive mindset. These results can be in great benefit for young people nowadays.

*Given this, Nature path to heart and peace aims at training youth workers to use the Nature based methods and Art practices within an integrated approach to individual and group support.*



## TRAINING OBJECTIVES

The training course is built on a flow which combines elements of practice/experience, reflection, theory and application. Thus, we are aiming at:

- 🕒 Providing knowledge and skills linking **nature based methods and art** in integrated approach;
- 🕒 Creating a **safe space for sharing and freely expressing** how global situation (war, conflict, social injustice, ecological crisis etc.) influence youthworkers and their target groups;
- 🕒 Developing skills to provide **support in development and learning** through an integrated approach;
- 🕒 Demonstration of **innovative nature based and art methods and tools** for working with young people;
- 🕒 Development of **practical tools** for working with young people.

## TOPICS OF THE COURSE

- 🕒 Addressing **basic human needs** from the perspective of Nonviolent Communication;
- 🕒 **Self-exploration** - how to transfer understanding about ourselves into process of conscious actions;
- 🕒 **Meditation and mindfulness** - tools for focus and balance of attention, emotions and consciousness;
- 🕒 **Deep Nature Connection** - connecting with yourself, nature, other people, the more-than-human world;
- 🕒 **Creativity, art and music** – as tools for self-expression and communication;







## PROGRAMME ELEMENTS

Working with values  
Nature based methods  
Experiential learning  
Journaling  
Drawing  
Workshops development and delivery  
Solo time in nature  
Nature art  
Living as a community (*cleaning, cooking etc.*)

## WHO CAN PARTICIPATE

You can apply for this training course if you are from **any EU Member state** (*Belgium, Bulgaria, Czech Republic, Greece, Spain, France, Lithuania, Luxembourg, Hungary, Portugal, Romania, Slovenia, Denmark, Germany, Estonia, Ireland, Croatia, Italy, Cyprus, Latvia, Malta, Netherlands, Austria, Poland, Slovakia, Finland, Sweden*) or **any of the associated with the Erasmus + Programme countries** (*North Macedonia, Serbia, Iceland, Liechtenstein, Norway, Turkey*).

**Dates:** 25.10 – 02.11.2022

**Arrival day:** 25.10.2022 before 12:00 (AM) in Sofia

**Departure day:** 02.11.2022 after 2:00 (PM) from Sofia.

### Participant profile:

1. **RELEVANT PROFESSIONAL EXPERIENCE:** people who have experience in youth work. The participants should have one of the **following roles:** youth workers, youth leaders, educational and career counsellors, teachers, general educators, trainers, mentors, coaches, educational nature guides.
2. **MOTIVATION:** persons who feel a strong calling to participate in this course and have strong and relevant motivation for joining the process. The motivation should be a blend of personal and professional factors. We are looking for people who feel **comfortable of being in nature (as the topic will be addressed through nature based practices)** and who can immerse themselves in natural learning environments.

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

## APPLICATION PROCEDURES AND DEADLINE

If you want to participate in this training course, we invite you to fill in the application form available at this link: [APPLICATION FORM](#)

The **deadline** for applications submission is **20 August 2022 (included)**.

The selections results will be published on 30 August 2022.

## CONTACT

Kristina Pavlova – project coordinator

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## TRAINERS TEAM

The trainers' team has a rich experience in providing life changing experiences in safe but challenging learning environments. The "guides" of the learning process are professional youth workers, international trainers, people with strong backgrounds in human development and psychology, with high ethics and working principles. The team is composed of:



**CHARI CÁMARA BEVIÁ (SPAIN)** is teaching activists, illustrator and game designer. Daily life curiosity inspires her to create art that bonds educational games, creativity, sustainable education and sensorial awakening experiences together. With Nature as a kindred spirit, she creates projects that empower active citizenship, community creation and playfulness to inspire humans to awaken their ecosocial responsibility and take better care of our planet, starting from our own home. Projects like MAPA, selected as a finalist on the New European Bauhaus 2022 prizes. She runs her own game brand, Mekiplay, self editing her own games locally using serigraphy and other manual printing techniques. She is the president of La Trans Educativa,

an association of art educators that runs Erasmus + projects since 2020. She recently opened a Cultural space in Murcia under her association wing called Planta Creativa, an open space for cultural gathering, creative cooperation and community building. Among other things, she loves origami and improvising songs with her ukelele



**MARIA 'MARUSHKA' LEBIODA (POLAND)** is a youth worker and trainer of forest school and outdoor education, wild nature pedagogy and intercultural communication. She works mostly in the local context trying to encourage people to take more responsibility for the reality they create and live in. She is an enthusiastic individual, using her passion for experiential learning outdoors to engage both young people and adults to develop their social and cultural skills. She has her own project called PINE Education in the Nature (PINE Edukacja w Naturze), which she develops in a little village in Western Poland, trying to inspire people to spend more time in Nature, understand it better, get closer to it and build stronger relationships with other humans.



**OGNIAN GADOULAROV (BULGARIA)** is a passionate naturalist, rock climber and expert of wildlife, birds and forests. For 13 years, he has been working in the field of non-formal education and personal development. Ognian supports people to unfold their full potential in life and to discover themselves. He is a trainer with interests and experience in meditation, yoga and energy practices. His favourite topics are personal development, self-discovery, responsible consumption, sustainability and environmental protection. He lives as an activist for cultural evolution, re-sacredtising life and reconnecting people with the more-than-human-world. As a participant in the Great Turning, he likes to be known as Fire of Life and The Tree Listener, dedicated to the Great work for fair future for all living and nonliving beings on Earth.

Ognian is part of the **Nature-based Wholing and Self-healing** Wild Mind Training Programme (WMTP) at Bill Plotkin's *Animas Valley Institute, Colorado, USA*.



## FINANCIAL AND PRACTICAL CONDITIONS

**Nature path to heart and peace** is a project funded by the **Erasmus+ Programme**, thus all the activities, accommodation and food are 100% covered by the EU grant. The travel costs will be reimbursed to the participants **after the course** in the amounts limit according to the Erasmus + regulations.

*Additional reimbursement will be provided for the expenses related to international travel regulation due to COVID-19 measures (testing, medical certificates etc.)*

### Travel

If you plan to **arrive earlier** or **leave later** your expenses for accommodation out of the days of the training will not be reimbursed by the organizers.

### NON REIMBURSABLE EXPENSES ARE:

- Taxi fees;
- Accommodation for extra days in Bulgaria;
- Insurance

### Participation fee

We invite participants to contribute to the expenses and future local programs of "Learning for Change" with a participation fee between 50 - 150 Euro based on personal financial means.

## VENUE – EDUCATIONAL CENTER "SCHOOL IN NATURE"

The training course will take place in the Educational centre "School in Nature" in Gudevica village. The centre is situated **in the mountain** next to the Greek border in sparsely populated region. There is **NO PERMANENT WIRELESS INTERNET ACCESS** in the centre.

The educational centre "School in Nature" is placed in an old school building surrounded by beautiful nature, high in the Rhodopy Mountains. There are a lot of nature phenomena around – Springs of Arda River, Uhlovica and Golubovica caves, Peak Kom and also natural reserves. Today there are only 18 people who live in the village.

The place is **RURAL AND REMOTE**. So you need to be **ready** to live **close to nature**, in a **small community** far from the **city civilization!** You would enjoy the place if you are a person who likes **outdoors and country life**.



### Accommodation

The accommodation will be in a village house (hut-type) with big common sleeping rooms. There are separate rooms for women and men. The beds are equipped with sheets, blankets and sleeping bags. There are two bathrooms with hot water in the house. There is also an outdoor bathroom (with an amazing view to the sunset). The toilets in the centre are 5 – 2 internal and 3 external compost ones. There is also a possibility to use tents and camping equipment for free if anybody wants.

### Food

During the training rich and healthy **VEGETARIAN** food will be served. It will include

products from local farmers, homemade cheese, butter and milk and lots of vegetables and grains. The food will be prepared by a professional cook.

Please, inform us about **any special diet and food allergies** by stating it in the application form.



THIS PROJECT IS HOSTED BY

**Learning for Change Foundation**

[www.learningforchange.net](http://www.learningforchange.net)

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## Who are we?

**“Learning for Change” Foundation** was established in 2016 by experts in the field of education, training and project activities. The main motivation of the team of the organization is to provide learning and transformational opportunities for youth. The experts and professionals behind the organization work actively together in the field of Youth work designing and offering activities in different areas: personal development, motivation, youth projects and volunteering, interactive teaching and environmental education, adventure programs based on the methods of experiential learning and outdoor education, sustainability, responsible consumption, spiritual intelligence, training design, anti-globalization, social change and Environmental rights.

Our shared values are: solidarity, social justice, the right for education and training, mutual cooperation, intercultural and interreligious dialogue, public and personal responsibility, peace and sustainable development.

**MISSION:** To support young people in the search of their true life purpose by raising personal awareness, connection to nature, and building sustainable core values.

**VISION:** To live in a value-driven society that provides opportunities for natural growth and personal development through one's unique talents as an integral part of the global eco-system.

Two main areas of work of Learning for Change are:

1. **Ecocentric (soul-oriented) personal development** – developmental psychological concept facilitating holistic personal growth;
2. **Nature-based experiential learning** – reconnection with Nature (inner and outer) using outdoor education and learning by doing in wilderness settings;

