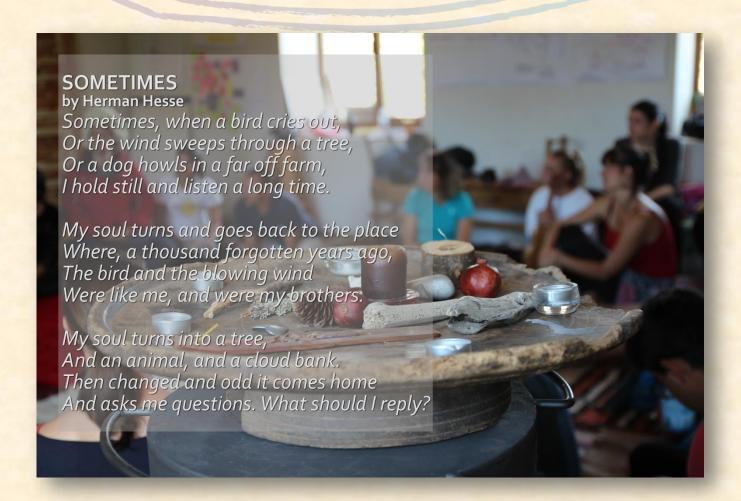
CALL FOR PARTICIPANTS

TRAINING COURSE FOR YOUTH WORKERS

NATURE PATH TO HEART AND PEACE

Gudevica Village, Bulgaria, "School in Nature" educational center 25.10 – 02.11.2022





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:

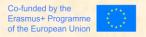
- Providing knowledge and skills linking nature based methods and art in integrated aproach;
- Creating a safe space for sharing and freely expressing how global situation (war, conflict, social injustice, ecological crisis etc.) influence youthworkers and their target groups;
- Developing skills to 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-thanhuman world;
- Creativity, art and music as tools for selfexpression 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

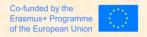
Arrival day: 25.10.2022 **before** 12:00 (AM) in Sofia **Departure day**: 02.11.2022 **after** 2:00 (PM) from Sofia.

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 kri.pavlova@gmail.com +359 878778020







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 prices. 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.

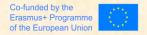


OGNIAN GADOULAROV (BULGARIA) is a passionate naturalist, rock climber and expert of wildlife, birds and forests. For 13 years, he has been working in the field of non-formal education and personal development. Ognian supports people to unfold their full potential in life and to discover themselves. He 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

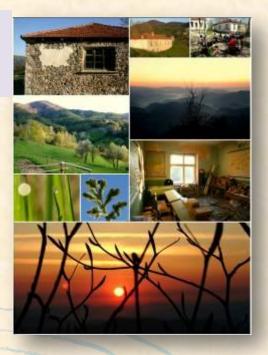
Learning for Change Foundation

www.learningforchange.net Facebook



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;



