



HARMONY

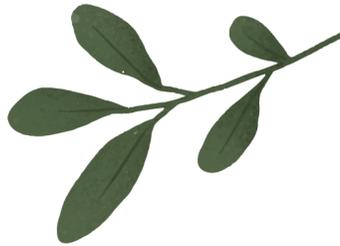
Aiming a shift towards harmony at a personal,
community and environmental level

A 3-phase Training Program for Youth Workers

1st - 11th May 2023 / 3rd - 9th October 2023
Ängsbacka, Sweden

Nowadays we do, act and consume in a way that our environment and our nervous systems can't handle. We live in a society that devalues and depletes its own and the planet's resources. We have engaged in behaviors based on disconnection of ourselves, materialism, a sense of separateness and very competitive individualism. These behaviors make us lose our true compass in life causing suffering within and harming the environment we live in.

Society needs to grow healthier and act against climate change and the growing environmental threats.



This project aims for a shift towards harmony at a personal, community and global level. We believe a shift in awareness is elementary to transition towards a regenerative and sustainable future at those 3 levels. A shift to bring us back to a sense of interconnectedness with all life, being able to value our inner and outer resources which in turn promotes cooperation, care and respect. Also to bring tools through facilitation dynamics and the arts of embodiment, to identify the resources at our disposal, explain how we connect with them and what ideas or proposals we put forward to create sustainable and regenerative ways.

We bring an explorative and reflexive learning space through the connection with the 5 elements and embodiments arts as well as tools and resources to move from awareness into regenerative action.





The aim of Harmony is to integrate a holistic view into individuals, organisations and projects, bringing us closer to a more harmonious way of life.

Structure of the project

This project is a training course that has 3 phases:

Phase 1

Activity 1 - Training course From 1st to 11th of May 2023 at Ängsbacka (Sweden)

Phase 2

Local Implementation Phase June - September 2023, happening simultaneously at a local level in all 9 partner countries during June, July, August, September 2023.

Phase 3

Activity 2 - Capacity Building Meeting From 3rd to 9th of October, 2023 at Ängsbacka (Sweden)



Objectives

To provide youth workers with:

- Tools to work on self sustainability and wellbeing,
- Tools to create healthy, inclusive and cooperative relationships, workplaces and communities,
- Resources to raise awareness about sustainability and climate action.

Through these main objectives, the project aims to offer an inclusive and safe framework for personal, group and environmental sustainability.

On a broader scale, the project aims to respond to the personal, social, environmental crisis by creating regenerative learning spaces as a transition towards a sustainable and inclusive society, providing young people with tools to face the challenges of global society, to reflect on their personal choices and to encourage them to adopt regenerative lasting solutions.



Program/meethods

This Training Course is based on a **Non-Formal and Experiential Learning** approach, being highly participatory and interactive. We will have **an immersive and intensive** program full of experiences, movement and action, as well as reflection.

In Harmony we co-create our learning experience together and each individual learning process will take place in a safe space and in a team-oriented and group-supported environment, guided by the facilitators.

Our team stands and acts by the **values** of soft radical honesty, compassion, empathy and pleasure (understood as wide concepts that will be concreted to build the group dynamic).



You can expect:

- Body awareness, mindfulness, meditation & breathwork practices
- Contemporary dance & improvisation movement sessions
- Self care & self regulation embodiment practices
- Fire ceremonies, nature connection and elemental rituals.
- Facilitation techniques of group indagation and processes
- Sessions and group dynamics on environmental awareness and sustainability



Learning outcomes

- Exchange, develop and acquire **healthy foundations and tools for awareness, self sustainability and personal well-being**
- New tools to create **healthy, community-based, cooperative, and inclusive working groups and relationships.**
- Acquiring resources for **increased resilience** as youth workers and organizations
- How to **teach and facilitate through movement, voice, nature connection and applied psychology**
- Acquiring tools and resources to **increase environmental awareness and regenerative practices** with youth and less informed collectives.

Participants will come back from the training with a professional background enriched by a considerable number of tools, to be able to **welcome and empower diversity in their groups and environments.** They will be able to support youth and provide them with knowledge and the skills required for better mental wellbeing.

We expect to **contribute to the global sustainability and regeneration movement** by starting a network of organizations to keep on further developing this work.





Alba Fernández - Facilitator

Alba develops her work around different themes and through artistic methodologies such as dance, theater, painting and voice, with the body and language being the main motors that guide her search. For 6 years she was responsible for the “Kolarearekin” Inclusive Art Association, in which she promoted mixed spaces for dance, normative and non-regulatory bodies.

Trained in Facilitation of group processes, she has worked with groups of various kinds in spaces for reflection and experimentation. Her main motivations are to study, create, design and apply forms and means of inclusion of people in society, in order to open the vision to new perspectives and create new possibilities.



Baldesca Moner - Facilitator

Baldesca Moner holds two master’s degrees in industrial engineering and energy systems. She has a background as project manager in start up companies and international R&D projects in the field of renewable energy and sustainability. She is also a certified yoga teacher and studied about holistic health and women’s empowerment from different eastern traditions in Asia.

Baldesca also is a moon dancer and has studied latinamerican traditions and lived with indigenous tribes in Mexico. She is passionate about passing on the indigenous knowledge and values that make human beings relate to the earth and its resources with care and reciprocity. As a facilitator, she will bring awareness and regenerative practices for individuals and the environment, support people to connect with their essence and authentic expression and how to do it in a harmonious way within themselves and the earth.



Melania Forte - Coordinator

Melania graduated in law and holds a Master degree in Cultural Management. She is the promoter of Alter, a co-living space for extraordinary people based in Mallorca, and is the co-founder and coordinator of Asociacion Dinamica, an educative platform focussing on working from the body and allowing collective processes. She has experience as a manager in the field of performing arts and cross-cultural cooperation, and is interested in creating horizontal structures based on balance and sharing.

Passionate about witnessing the magic and synergy in offering spaces for ideas, inspiration and curiosities to flow, with enthusiasm and a strong force of organisation, she brings dreamers together to make things happen.



Financial arrangements

This training program is **co-funded** by the European Commission program Erasmus+. The grant covers your participation in the training, accommodation, food and materials. Travel costs are covered up to a maximum amount. See the table below for details:

Travel Costs Reimbursed

Country	Max amount reimbursed per participant each phase
Sweden	210€ Green travels
Estonia, Germany, Poland, Romania, Slovenia	320€ Green travels
Bulgaria, Portugal, Spain	420€ *Green travels



To reduce the project's environmental footprint, participants from most countries will be asked to avoid flying for traveling to and from the training. Please make sure that you comply with this condition if you apply. Participants traveling green (no fly) will also be refunded for the costs of their accommodation if they need to stay overnight along the way. You will need to provide a proof of payment (tickets, etc.) and the maximum amount is 60€ per night. Please note that this refund is not intended to support holidays or other detours before or after the training. The amount spent will be refunded only if it is part of a coherent travel plan coming from and going back to your place of residence.

*Exceptions on green travels can be made for participants coming from Bulgaria, Portugal and Spain. Contact the team if that's your case.

In order to cover the expenses of the project, participants are asked to contribute with a **Participant's Contribution** on a **sliding scale from 80 to 120 €** depending on your economical possibilities. To be paid in cash during the registration at the beginning of the 1st Phase.

(We don't want money to be an issue stopping anyone from learning, so if you can't honestly afford the participation fee contact us and we are open to discuss alternative possibilities).

** In case you are selected to participate in Harmony, you will receive the **detailed conditions** of the reimbursement of your travel costs in the Confirmation Email.

About the venue

We welcome you to Ängsbacka Kursgård, a Course and Festival Center for personal and spiritual growth located in the beautiful deep forests of Värmland, Sweden. We support people in their paths to sustainable development, well-being and harmony.

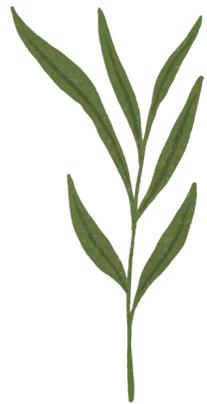
For over 20 years Ängsbacka served as an internationally renowned source of inspiration and meeting place where tens of thousands of people have participated in our events, courses and volunteering programs. We believe that the magic of Ängsbacka lays in authentic connection with yourself, the people and the nature around you.

For more information and pictures about Ängsbacka visit their website www.angsbacka.com

Food and accomodation

Participants will stay in dorm rooms with shared bathrooms/toilets. Blankets, pillows, sheets and towels are provided

We serve delicious vegan and vegetarian food
(all the information needed will be sent in the Confirmation Email)



Timeframe of the project

Phase 1: Training Course

Arrival day: 1st May 2023 after 15.00 (dinner is served at 18.30).

Departure day: 11th May 2023 before 13:00

Phase 2: Local Implementation Phase

June, July, August, September 2023

Phase 3: Capacity Building Meeting

Arrival day: 3rd October 2023 after 15.00

Departure day: 9th October 2023 before 13:00

Before applying take into account that you need to work with a local group of young people for the Local Implementation Phase of the program. **In case you are currently not working directly on a daily basis with young people at a Local Level**, you can contact your sending organisation and find a way cooperate with their target group during Local Implementation Phase.

Fill in the [APPLICATION FORM](#)
latest by 19th March 2023 at
23:59 CEST time.



Contact details

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erasmus@angsbacka.se

Sweden

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Estonia

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Slovenia

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Portugal

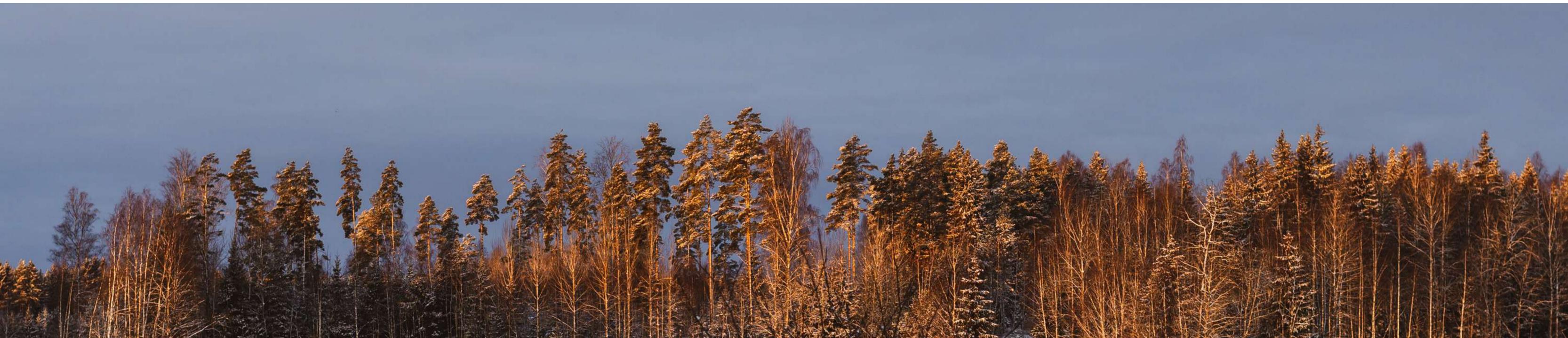
Lugar específico

info@lugarespecifico.pt

Spain

Asociación Dinámica

dinamica.asociacion@gmail.com



If you have any questions, you are very welcome to contact our project coordinator:

Melania Forte at harmony@angsbacka.se

This training course has been co-funded by the **Erasmus+** Program. If you would like to find out more about the program, please visit http://eacea.ec.europa.eu/erasmus-plus_en



Co-funded by the
Erasmus+ Programme
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