

“FEMININ – MASCULIN restoring the sacred energies”

Erasmus+ training course

21st to 29th of August 2023 (Arrival and departure days included)

In France, Brittany (Lanvallay)



CALL FOR PARTICIPANTS

What: Erasmus+ training course (mobility of youth workers)

When: 21-29 August 2023 (7 full training days + 2 travelling days)

Where: France, Bretagne, near Dinan, Lanvallay

Host organization: Lydille Lang – transculture



**Co-funded by
the European Union**

Details about the project

This project is focused on how to support young women and young men on their path to womanhood and manhood. The training course is dedicated to youth workers who want to learn how to address specific developmental tasks related to the initiation of young people into adulthood, in relation to femininity and masculinity.

Activities

Women and men's circles, working with the feminine and masculine archetypes, ceremonies for men and women, the way of council, storytelling, artistic ways of expression based on music, dancing, singing, land-art, nature explorations and nature connection, personal development workshops, working with the land, through gardening, community living etc.

The process is envisioned for engaging and enhancing the four human dimensions: **the physical, the mental, the emotional and the spiritual.**

Through this course we intend the followings:

- To create a space of deep transformation and learning, in which the participants can evolve at personal and professional level.
- To develop the knowledge of those involved in the areas of femininity and masculinity.
- To engage the participants in the process of skills development in the themes of the project.
- To inspire and motivate the participants to become agents of cultural transformation.
- To support the participants become multipliers of holistic development.

Participants Profile

This training is for residents of **Armenia, Estonia, France, Georgia, Ireland, Italy, Lithuania, Poland, Romania and Spain.**

This course is for those who feel a strong resonance with the themes and activities of the project. It is especially for professional youth workers who are active in the youth field (youth workers, trainers, educators, NGO leaders and mentors) who are willing to explore and develop themselves in relationship with the feminine and masculine energies and after that to resourcefully support the initiation of young people into adulthood, in relation to femininity and masculinity.

The participants must be **over 18 years**, actively participate in the youth field, and have a good level of English.

A total of **22 participants** from 10 countries will take part in this training course.

The team of trainers



Lydie Guégan (from France)

Lydie is university qualified (PHD) in teachers training, programme conceptualising, teaching evaluation since 2003. Experience in the field of teaching and training as well as organizing and finance administrating with the French ministry of foreign affairs, experience in teaching in the field of personal development since 2009, trained and trainer in MBSR from Jon Kabbat Zin, benevolent education from Isabelle Filiozat, intelligences of Howard Gardner, mindfulness from Tich Nhat Hanh. Long term experience since 1998 in the field of youth worker as she worked 10 years in this field too. Working in the field of European projects through youth exchanges, training,

Grundvig, research programmes since 2009. She is specialised as a therapist in the field of acupuncture and work for women.



Bogdan Romanică (from Romania)

Bogdan is a human development guide, trainer, and mentor, from Romania. In his work, he intuitively combining elements of psychology, nature connection, experiential learning, outdoor education, storytelling, and art. He loves exploring nature and the human soul. He feels in his element when inspiring and empowering people to become the best versions of themselves. He has worked

locally and internationally in the field of human development since 2010. He graduated the Wild Mind Program within Animas Valley Institute from USA. In the area of masculinity and men's work he has direct experience with The Mankind Project Romania, Illuman USA and his personal initiatives.

What to bring with you

- Passport / National ID
- Health insurance
- Your own towel
- Your own medicines and hygiene products
- Swimsuit
- Warm waterproof clothes & shoes. (It can be cold and humid in the evening and in the night)
- Special shoes for dance activities and warm cozy socks.

- Torch
- Sleeping bag if you can.
- Comfortable clothes for movement activities
- Plug adapter for France.
- Good mood and goodwill (be sure you are really decided and motivated by this training).

Practical details

- You will be accommodated in tents in a private place.
- The training will take place in a rural location where there are no shops or amenities within walking distance of the venue. (40 min walk)
- There is Wi-Fi connection near the house, but not very powerful.
- We will have 3 vegetarian meals per day as well as 2 coffee breaks.
- Use of alcohol is not allowed during the project.
- The place is an ecological place: only ecological products are allowed such as eco shampoo and soaps. This is a permaculture center, so please, be kind to nature.
- WC are dry WC.
- You will be active in the daily tasks as washing your dishes, cleaning toilets and shower after your own use, maybe look after animals if you wish (goats, chicken and horse)

Traveling to the location

- The Training Course will take place in the city of Lanvallay, Brittany region, France, near Mont Saint Michel, Saint Malo, Dinan.
- Green travel is encouraged: meaning, you can have extra money to cover your transport if you can use “green travel”, as bus, train or car, or carpooling. Let us know as soon as possible. (And first check in the board if it is mentioned for your country)
- **Arrival day is 21st of August.** You should arrive in Lanvallay by bus. We will pick you from there. No other places!
- The train (TGV) can be taken from Paris airport or from the main station Montparnasse. The station Montparnasse is 1 hour from the airport. To Rennes and a bus to Lanvallay.
- Trains are very expensive in France so book your train ticket as soon as you can after confirmation of your sending organization. And allow 3 hours minimum between your plane arrival and train departure.
- You can also catch the bus from Paris which is much cheaper, but the timetable is not always convenient.
- If you are landing by plane in Rennes: just take the right bus outside the airport and then travel up to the train and bus station in Rennes. (There is a change of bus in «Republique» and then go to “gare routière”, the terminus). Take the bus there up to Lanvallay (Lanvallay city is not the terminus, 1 hour travel approx.).

- **Departure day is 29th of August.** We will drop you at the bus station. So please, try to make sure to be able to have time to take a bus in the morning and catch your flight the same day. (Departure flight from Paris not earlier than 15:00).
- It is allowed to travel 2 days before or stay 2 days after the training course for sightseeing and still be eligible for travel refund. Please note that during that time you need to cover your accommodation on your own.

Financial conditions

The project is financed by the **Erasmus+ Programme of the European Union**, 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 amount limit presented in the table below.

	countries	reimbursemen t	If green travel	number of participants
1	France	210	320	9
2	Romania	360 (if more than 2000 km)		3
3	Ireland	275		2
4	Spain	275	320	2
5	Estonia	360		2
6	Lithuania	275		2
7	Italia	275		3
8	Armenia	530		2
9	Georgia	530		3
10	Poland	275		2

Each participant is asked to offer a financial contribution, on a sliding scale from 100 to 150 Euros (each person will choose according to possibilities). This money will be for various expenses that cannot be covered by the E+ grant, such as specific materials, local transportation, bank fees etc.

If the amount of money is an obstacle in your participation in the training course, feel free to get in touch with us to find a solution.

Please bring all your tickets, receipts, and boarding passes for refund!!!!

Application procedure and deadline

If you feel a deep calling to participate in this training course, you must fill in the application form available at this link:

<https://forms.gle/sFXGP2C56r3JYQae7>

The deadline for applications submission is **2nd of July 2023 (included)**.

The selections results will be published at the latest on the 5th of July.

Contact

If any question, please feel free to contact **Lydie Guégan**
0033615910183. or **lydieguegan@yahoo.fr**