



Become an Agent of Regenerative Culture!

Consciously building the capacity of young people
to respond and make a change in troubled times

Training Program for Youth Workers

3rd - 12th September 2023

*Osada - Center for Regenerative Living
Prosinko 28, Poland*

Young people are increasingly aware of the negative effects of climate change on the Earth's ecosystems and human health. Entering adult life with the prospect of the collapse of the current order and without a clear opportunity to influence the situation, **youth is increasingly suffering from emotional and mental problems.** Hopelessness, eco-anxiety, despair and burnout are among many of them.



We need new paradigms of action that will restore hope and meaning in undertaking activities that change reality. This project is a response to the crisis, based not on opposition or criticism of the current state, but on regenerative approach - building a network of support, activation, rebuilding a sense of connection to the broader ecosystem, strengthening agency and resilience of individuals, as well as entire communities.



The goal of this training is to strengthen and develop the competence of youth workers in topics related to the environmental-social crisis and regenerative approaches and far-reaching to build a European network of regenerative practitioners. **The young people who later experience the methods developed under the project will become the future leaders** of revitalizing damaged social and ecosystem tissues.

Objectives

- Deepening knowledge and understanding of the environmental-social crisis in terms of regenerative approaches and regenerative culture (Deep Adaptation, Regenesi Institute, Whole Systems Design)
- Strengthening skills in working with groups (Group Process, Community Building, NVC, Work That Reconnects)
- Co-creating and developing a model training program for young people

Outcomes

- Skills of capturing the modern challenge in the context of regenerative development
- Tools to work with group dynamics and young people
- Attitude of co-responsibility for the surrounding reality
- Active involvement in youth work in local environment in relation to the environmental-social crisis
- Be the part of created network of Agents for Regenerative Culture



About the Place

Osada - Center for Regenerative Living is an intentional community based on the agricultural land in Western part of Poland with the mission of deep exploration and radical transformation of human lifestyle towards a regenerative culture. We practise and research the three interconnected aspects of regenerative living: personal growth, deepening community and meaningful contribution to the ecosystem. Our goal is to create a place to discover together what it means to live regeneratively in connection with others and the surrounding ecosystem, and to grow up to be more responsible for the world and what we create.

Who can apply

Adult (21+) eco-aware youth workers who:

- want to go deeper into regenerative approach
- are ready to co-create a model training program for youth
- active in their local environment
- willing to support youth in countries' local actions
- willing to develop and strengthen international network of regenerative practitioners in Europe



Food & Accommodation

Living conditions are simple with the focus on a low ecological footprint. You will live in a 5 bed yurt-style glamping. Ecological dry outdoor toilets with outdoor showers are shared with other residents. We provide delicious vegan and vegetarian food.



Financial arrangements

To reduce the project's environmental footprint, participants 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.

Green Travel Costs Refund

| | |
|------------------------------------|-----------|
| Czech Republic, Denmark, Poland | 210€/320€ |
| Netherlands, Italy, Sweden | 320€ |
| Spain | 320€/410€ |



Apply now!

Fill out
the **APPLICATION QUESTIONNAIRE**
by 5th August 2023



For more information feel free to contact our Project Coordinators: Magda and Daniel at **osada@osada.earth** or visit our website osada.earth

This training is funded by the European Union 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 above.



Co-funded by the
Erasmus+ Programme
of the European Union



Partner Countries

Poland
Czech Republic
Netherlands
Denmark
Sweden
Italy
Spain

*each country sends 3 participants

*Join us to co-create
regenerative culture!*

