

SAN VITO LO CAPO - SICILY
8 - 14 MARCH 2024

WITH IDEAS
WE GROW

TRAINING COURSE





Inesto invites change-makers from all over Europe to participate in:

The Ideas We Grow It is a training course focused on empowering youth workers with the skills and tools needed to help young people in rural communities turn their ideas into cooperative actions that drive positive change; it will gather **28 youth workers** from **Italy, Spain, France, Turkey, Portugal, Ireland, and Poland** and it will happen in **Sicily**, Italy from the **8th to the 14th March 2024**.

The program aims to strengthen the capacity of youth organizations working in rural areas through developing expertise in design thinking methodologies, community engagement strategies, and environmental sustainability practices.

This **6-day program** is the second part of our **placemaking journey for rural areas**, following our first training on becoming a Village Facilitator. Participants will build on the skills and network developed previously to foster creativity, entrepreneurship, and well-being of young people through community-led sustainable development.



DESIGN THINKING AND BUSINESS FOR RURAL YOUTH

This training will introduce design thinking - a collaborative approach to problem-solving. Participants will learn to guide young people through the stages of:

- Identifying needs through observation and interviews
- Brainstorming many potential ideas
- Prototyping low-cost test versions
- Gathering feedback to refine prototypes
- Implementing pilots and iterating based on results

By applying these stages locally, youth workers can empower rural youth to structure their ideas into tangible community actions.

Many youth ideas could form the basis for rural social enterprises. The course will equip participants with tools to help young entrepreneurs:

- Develop basic business plans with clear goals and budgets
- Consider sustainable models like social enterprises
- Connect to local resources and partners
- Pitch their ideas clearly to mobilize support

Gaining these skills enables turning creativity into real businesses and projects that drive positive change. Participants will practice active outreach, inclusive collaboration, and cooperative action on innovative ideas.



EQUIP YOUTH WORKERS WITH DESIGN THINKING TOOLS

Provide 28 youth workers with hands-on training in design thinking methodologies, creativity tools and mentoring approaches to help young people structure their ideas.

DEVELOP SOFT SKILLS FOR COMMUNITY ENGAGEMENT

Build participants' empathy, initiative, cooperation and other soft skills critical for engaging diverse youth and mobilizing communities around shared goals.

IMPLEMENT LOCAL FOLLOW-UP ACTIVITIES

Support each participant to organize and carry out a follow-up activity in their local area involving at least 10 young people and applying learning from the training.

FOSTER AN INTERNATIONAL NETWORK FOR RURAL YOUTH

Establish an ongoing network among participants and partner organizations to exchange practices, connect rural youth communities across borders and promote sustainable lifestyles through nature.



The Training Course will follow the **non-formal education** methods, participants will actively participate in the working sessions, which will be presented with different approaches such as:

EXPERIENTIAL LEARNING METHODS

Explore new ways to learn and grow through hands-on experiences that engage your team's creativity and self-reflection.

OUTDOOR EDUCATION ACTIVITIES

Connect with nature and enhance team dynamics through team-building exercises in natural settings. Enjoy meditation sessions and hiking to promote well-being and foster a sense of unity among participants.

PEER WORK

Participate in sharing and listening circles, dialogues, and presentations to encourage meaningful exchanges and collaboration.

EXPLORE NATURAL RESERVE AREA AND LOCAL STAKEHOLDERS

Discover the cultural richness and social innovation of the region, and explore how your team can make a positive impact on the local community.



The training course will take place in **Sicily**, in the town of **San Vito Lo Capo**. We will be mainly hosted in a Timbuktu Hostel, a soulful place, home for almost a decade to explorers and change-makers.

Some activities will be hosted in the natural reserve around: Riserva dello Zingaro, Monte Cofano, and Makari.

Meteo can be variable with sun and rain, temperatures will be between 10°C and 20°C

Swimsuits and trekking shoes are recommended, Climbers and trekkers will find amazing walls and natural paths.





We invite each participant to embark on a journey of valuable experiences. As part of this commitment, we kindly request a small contribution to cover Inesto's annual membership fee. This contribution will give everyone the possibility to participate and ensure your active involvement and dedication to the program.

Each participant is asked to offer a financial contribution, on a sliding scale from 50 to 100 Euros (each person will choose according to possibilities, we value inclusion)

In order to be selected to take part in this project, potential participants need to:

- Take part for the whole duration of the project, from preparation, to follow up
- Disseminate the project's results to the local and international community
- Actively take part in every session of the Training



7 March

arrival day,
till 5 p.m.

28 people

from 7 countries

15 March

departure day, after
10 a.m.

7-9 hours a day

intensive program

6 training days

8th - 14th March

April - June 2024

Follow up
Bringing back to your
community, sharing the
results, and evaluating
them

IMPORTANT: Less alcohol - no drugs policy

The practices and activities that will be done during the training require our full mental and physical capacities. Thus, we invite the participants to reduce alcohol consumption and avoid any type of drugs during the whole training duration.



The travels to the venue and back home are covered in line with the Erasmus + program reimbursement guidelines.

Inesto, the hosting organization, will reimburse every participant **ONLY AFTER** having participated for the whole duration of the project and having **provided all the travel documentation** used to the venue and back home.

Documents are: boarding passes, tickets, and all the invoices showing the price

ITALY: **180€**

FRANCE, SPAIN, PORTUGAL, IRELAND, POLAND, TURKEY: **275€**

Travel costs higher than this sum will be on the participant's expenses.

Green Travels

Participants from **France, Poland, Portugal**, and **Spain** are eligible for the green travel option with a maximum budget of **320€**. We encourage them to use sustainable transportation like international trains, shared cars (the entire national team together), or buses to reach the venue and travel back home.

In line with the Erasmus+ program and the Italian National Agency, participants are eligible to travel up to 2 days before and after the mobility in Italy and back to your country, or 7 days for green travels.



Inesto is a passionate and innovative non-profit organization committed to creating positive change in rural areas. Through our projects, we bring together artists, professionals, and changemakers to co-create unique and immersive experiences that foster social innovation, well-being, and cultural exchange.

Our mission is to revitalize and empower remote communities by offering creative residencies, art projects, and cultural initiatives. We believe in the power of collaboration and shared growth, making every participant an integral part of our journey toward a more sustainable and interconnected world.



**Paola
Balduzzi**

Coordinator



**Stefano
Laddomada**

Media and
communication



**Sara
Gandini**

Logistics and Chef



**Alessandra
Spano**

Logistics and Chef





Ivan Ballesteros Barnie

Regenerative and community trainer, Intercultural mediator & holistic facilitator.

He has ten years of international experience exploring communities where personal, ecological, community, and artistic development were the main axes.

In his life, he has been active in many fields of regeneration and sustainability, including the social field, coaching and counseling, committed spirituality, creativity cooperation, social entrepreneurship, art and movement therapy, rural regeneration, collaborative economy, and eco-construction.

He has participated in more than 35 E+ projects, and he has founded several organizations in Europe, coordinating alternative educational programs and regenerative projects. He is part of the core team of Inesto and coordinates courses for Gaia Education.

He lives as a nomad, traveling in different rural areas, intentional communities, and ecovillages where he carries out his purpose “to connect people with themselves, with others and with nature through the experience of community”.





Jela Ravnjak

Jela Ravnjak is a highly sought-after doula, photographer, workshop facilitator, and advocate for holistic well-being. She holds an MA in Business and Economics, and has pioneered a new approach to work-life integration that honors our natural rhythms and cycles.

By combining her entrepreneurial spirit with expertise in human resources, Jela developed impactful training programs to help individuals and organizations leverage life's ebbs and flows as superpowers. Her flagship blog on pregnancy and birthwork has welcomed over 500k visitors.

As a seasoned birth worker with over 100 births attended, Jela brings profound empathy, care, and wisdom to all her teachings. Through online courses and in-person workshops worldwide, she empowers people to build authentic, purpose-driven lives in balance with nature.

When not traveling, Jela calls a small Bosnian village home. She works closely with youth and the local community to foster wellness, creativity, and connection to places. Partnering with Inesto allows Jela's versatility, love of learning, and passion for nurturing human potential to shine through in new impactful ways.





Virginia Bailon

Psychodramatist, Coach, Retreat Facilitator, and trainer, specialized in supporting women entrepreneurs and young people in their leadership development, soft skills, communication, creativity, and well-being to create a work culture that prioritizes collaboration and the well-being of people.

For the last 3 years, she has been collaborating with educational programs that aim to empower young people to be the change-makers of tomorrow and to give them the necessary skills to cope with the VUCA world we live in. She has implemented a challenge-based methodology based on design thinking and experiential learning with a focus on recognizing the needs and problems of a territory and seeing them as opportunities for entrepreneurship and civil participation.

In her facilitation and training Virginia includes embodiment work, mindfulness, art, and creativity tools because she thinks that if it is not fun it is not sustainable! She uses experiential methodologies and non-formal education tools that make learning simple and accessible to everyone. She will make you reflect, gain new insights, and create new ways of thinking and collaborating. And maybe she will even make you dance!





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

<https://forms.gle/t9fY8fwz6pjCyNjo6>

The **deadline** for application submission is **16th of January 2024** (included).
The selection results will be published at the latest on the 20th of January.

Contact

Contact Primary contact - **Inesto APS**

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Spain - Viaje a la sostenibiliad - contacto@viajealasostenibiliad.org

France - Association de Développement Rural International du Bas-Ségala - adribsfrance@gmail.com

Turkey - Avcala Gençlik Köyü - avcalayouthvillage@gmail.com

Ireland - Blackwater Training and Consulting - info@blackwatertraining.ie

Poland - Fundacja Rozwoju Społeczności Lokalnych "Inicjatywa" - biuro@inicjatywa.foundation

Portugal - Associação Inspira! - Intervenção juvenil e ambiental - inspirajuventude@gmail.com

APPLY HERE

“It doesn’t interest me what you do for a living.

I want to know what you ache for and if you dare to dream of meeting your heart’s longing.”

- Oriah Mountain Dreamer



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