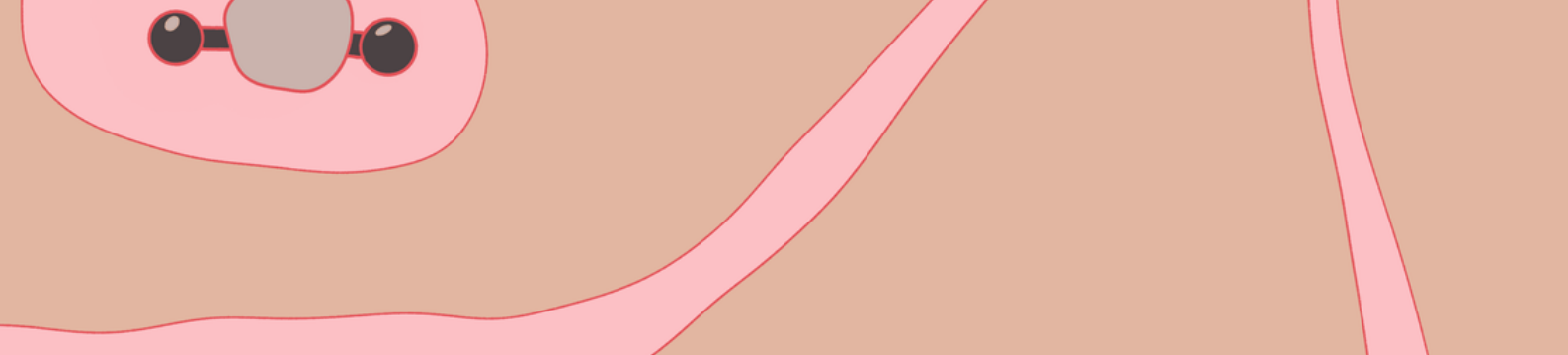


A stylized illustration of a person with dark, spiky hair, wearing a black crop top and a light pink skirt. Their right arm is raised with a clenched fist. The background is a solid red color with a large, wavy, light pink shape on the left side. The overall style is flat and graphic.

# resilient bodies

MINI CONFERENCE  
MAY 2-5, 2024



**Resilient Bodies** is a weekend conference for 60 youth work practitioners from all around Europe. It is going to take place in Riga, Latvia, from 2nd to 5th of May, 2024. This mini conference is organized within the framework of Erasmus+ funded international cooperation project **BODYkind**. In this document you will find all the main information about the program of this event. Please, look through it, and - if interested - do not hesitate to apply. We hope to meet you, share our ideas and tools, and discover more about your work.

## WHAT IS BODYKIND PROJECT?

Traditional education has a long history of prioritizing the mind over the body. Instead of learning how movement, sensing, thinking, and feeling are interrelated, we are exposed to messages reminding us that our bodies are not good enough.

Ignoring and shaming our bodies comes at a high cost. It removes the focus and awareness from our resources and the true range of our potential. To appreciate our bodies is to trust ourselves, and from that comes the power to make a difference in our lives and communities.

BODYkind aims to transform the educational practices in which the bodies of the learners are neglected. Within this project, six trainers from Czech Republic, Latvia and North Macedonia have created a digital toolkit which offers ideas and methods for leading a conversation about body image with young people, boosting their self-confidence, critical thinking, media literacy, and encouraging their active participation in developing inclusive communities.





## WHY AND FOR WHOM?

The aim of the conference is to create a space where youth work practitioners could exchange ideas, experiences and best practices, and gain knowledge and tools, that would enable them to facilitate workshops about different body image topics. The participants will have a chance to learn more about the tools that were developed within the BODYkind project and choose from a menu of diverse workshops led by facilitators representing different European countries and organizations.

This event has been created for youth workers, facilitators, trainers, peer educators, and teachers who are interested in non-formal learning methodologies. Applicants must be at least 18 years old, and legal residents of EU. You can **apply before March 31st using THIS FORM**. If you have questions, contact Inese Minši, coordinator of the conference - [info@piepildi.org](mailto:info@piepildi.org).

## WHERE AND HOW MUCH?

The event will happen in Rija VEF Hotel. 2 to 3 participants will share a twin or triple room with a private bathroom and breakfast included. Meals will be provided as indicated in the program. Guests of the hotel can use a free parking. The hotel is wheelchair accessible.

**There is no participation fee. Travel and insurance costs are not covered.** Participants will have to organize their own travel and insurance.





## WHAT WILL YOU GAIN?

New **tools, methods, and knowledge** that will help you create experiential, non-formal learning activities for young people on various body image topics,

A chance to work on your **personal growth** - learn to feel safe and confident in your body, and use it as a tool in facilitation.

A better insight into what does it mean to provide a BODYkind education and BODYkind facilitation - **how to create safe and supportive spaces** to young people.

A chance to exchange **ideas, best practices, and network** with youth workers and educators from all around Europe. You might find partners for new projects, or some new, like-minded friends.

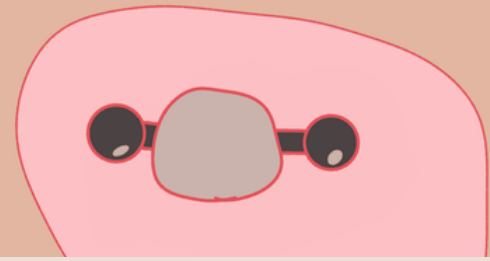
You will also have a chance to **share** best practices and tools from your own work, and raise questions about youth work that matter to you, increase **awareness** of some issue.

A **Youthpass** certificate, confirming participation in the event and opening new **professional development** opportunities.

## SUPPORT

This project is funded by the European Union. Views and opinions expressed are however those of the facilitators and organizers only and do not necessarily reflect those of the EU, European Commission or the granting authority. Neither the European Union nor the granting authority can be held responsible for them.





MINI CONFERENCE

# resilient bodies

## planned program

THURSDAY - 02.05.2024

<b>15:00 - 17:00</b>	Arrival and registration in the hotel
<b>15:30 - 16:30</b>	Read and Drink - LOUNGE
<b>17:00 - 19:00</b>	Opening of the Event and Intro to BODYkind - ROOM CITY
<b>19:00 - 21:00</b>	Dinner and Getting to Know Others - ROOM CITY
<b>21:00 - 24:00</b>	BODYkind Disco - OUTSIDE HOTEL

Rija VEF Hotel  
Brīvības gatve 199C, Rīga, LV-1039

[www.BODYkind.life](http://www.BODYkind.life)



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Jaunatnes starptautisko  
programmu aģentūra

MINI CONFERENCE

# resilient bodies

## planned program

FRIDAY - 03.05.2024

**09:30 - 12:30**

Authentic Bodies - ROOM CITY  
Being in Your Body - OUTSIDE HOTEL

**12:30 - 14:30**

Lunch break

**14:30 - 16:30**

Eating Disorders in Youth - ROOM CITY  
Stories of Our Bodies - LOUNGE  
Feeling Safe in Your Body - OUTSIDE HOTEL

**16:30 - 17:00**

Coffee break

**17:00 - 19:00**

Spring Cleaning - ROOM CITY  
Bodies and Taboos - LOUNGE  
Un-Shaming our Bodies - OUTSIDE HOTEL

**19:00 - 20:00**

Dinner

**20:30 - 22:00**

Pecha Kucha - ROOM CITY



MINI CONFERENCE

# resilient bodies

## planned program

**SATURDAY - 04.05.2024**

**10:00 - 12:00**

Creating Space: Rediscovering the Body's Home - ROOM CITY  
Bridging the Community Barriers - ROOM RIGA  
Sensuality and Pleasure as a Form of Activism - OUTSIDE HOTEL

**12:30 - 14:30**

Lunch break

**14:30 - 16:30**

Body Politics - ROOM CITY  
Advocacy and Activism - ROOM RIGA  
Partnership Building - LOUNGE

**16:30 - 17:00**

Coffee break

**17:00 - 18:30**

Closing of the Program - ROOM CITY

**20:00 - 22:00**

Dinner - OUTSIDE HOTEL



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programmu agentūra



## WORKSHOPS AND FACILITATORS

### **Drink and Read**

#### **Inese Minši**

This is informal part of the program. You can join and leave whenever you wish. You will have a chance to get to know other participants before the event starts, taste local drinks, as well as explore our team's favorite associative cards and books about embodiment, movement, body image, and activism.

Inese has been working as a trainer since 2008. She is interested in creative learning methodologies and has developed series of experimental, original training programs that connect body movement with the development of soft skills. Inese holds a master's degree in communication and media and is an author of several papers that explore how media constructs notions about gender and sexuality.

### **Authentic Bodies**

#### **Filip Kňáček**

During this workshop, we will explore the topics of authenticity, honesty, vulnerability, trust, and what it actually is and feels like to be a human being. We will discuss, reflect, share, practice, look at various aspects of our work life and roles from different perspectives. You will have a chance to get deeper into the topic of radical honesty, as well as practice your boundaries and trust through methods coming from contact improvisation.

Filip is a facilitator, personal development guide, nature and movement enthusiast, and pharmacist. He helps people find strength, courage, and a zest for life. As a trainer he focuses on the topics of mental health, communication, emotions and their connection with body, movement, and nature.







## WORKSHOPS AND FACILITATORS

### **Being in Your Body**

**Maria Ri Shirotsuki**

This master-class is dedicated to self-acceptance, embracing capabilities and limitations in the body that each person has here and now. We'll explore techniques of body awareness as a key element to take the first steps toward accepting your body. The session will integrate methods from acting training, contact improvisation, Japanese butoh dance, functional training, contemporary dance, and body-oriented psychotherapy.

Maria Ri Shirotsuki is a trainer, choreographer, and performer. She has an MA in Film and Multimedia Performance Directing. She has been working as a dance teacher, theatre group leader, music video director, and workout trainer. In 2022, Maria led her own Acting Training in Latvia, using psychosomatic methodology.

### **Eating Disorders in Youth**

**Anna Balode**

This session will give you knowledge how to recognize eating disorders, as well as the main information you should be aware of before starting to work with young people who have eating disorders. You will get to know different types of eating disorders, explore common communication and action mistakes when meeting someone with eating disorders for the first time, as well as learn about mentoring and creating support groups.

Anna Balode is head of patient organization and social enterprise for people with eating disorders in Latvia. She works as a coach for people who are suffering from eating disorders. Anna is active also in social media communication aiming to reduce stigma in Latvia regarding eating disorders and body image.





## WORKSHOPS AND FACILITATORS

### **Stories of Our Bodies**

#### **Ilona Olehlova**

The workshop's aim is to give a chance to experience methods based on creative writing and storytelling that participants can use in non-formal learning activities with diverse groups. You will also have a chance to learn how to establish an open and supportive atmosphere, facilitate creative writing and storytelling sessions, and address different group work challenges.

Ilona is co-author of two practical toolkits connecting creative writing with competency development: [Creative Writing Cookbook](#) and [Creative Playbook](#). She has experience in facilitating learning events of various formats and developing learning materials focused on communication, media, activism, and bridging divided communities.

### **Feeling Safe in Your Body**

#### **Marina Jela**

Somatic safety involves feeling safe enough to meet emotions and sensations in the present moment, in connections with ourselves, others, and our environment. This concept acts as a bridge to creating a sense of belonging and enoughness. In the workshop, you will receive an introduction to somatic safety and how to nurture it. You will also learn about four distinct survival responses - Fight, Flight, Freeze, and Fawn. We will explore how these responses are triggered, their connections with sensations, emotions, needs, and the systemic context that influences them.

Marine works as a Somatic Leadership Coach, activist at heart, she is passionate about how we organically drive impact, and create a shift of paradigm when we attune to our bodies. Her focus is on somatics and leadership, with a background in social sciences .





## WORKSHOPS AND FACILITATORS

### **Spring Cleaning**

#### **Ilze Zvejniece - Laumane**

During this workshop you will be invited to dive deeper into stories around body image and your own body that you learned from your parents, religion, society and media as you grew up. You will see them, feel them and move them with your body and through your body in order to keep the ones that serve you and leave the ones that do not serve you anymore. Just like spring cleaning. Let's shake the dust and create a new, fresh space!

In this process you will be guided by certified soul centered, somatic coach and learning facilitator Ilze Zvejniece – Laumane. During 15 years of professional work Ilze has evolved from youth worker, non-formal learning facilitator, teacher and community building expert into sexuality and relationship coach.

### **Bodies and Taboos**

#### **Ilze Jēče**

This is a space to express, explore, and discuss uncomfortable topics situations, and thoughts around the body. What do you really think when you see yourself tired in front of the mirror? Do you accept if your colleague farts and burps? Who do you swipe right on Tinder and who do you leave behind? What would happen to our body image if you lose a limb? Bring your own question or dilemma and be inspired by ongoing conversations on what we find acceptable, gross, funny, and exciting when we share vulnerably and listen courageously.

Ilze Jēče has been working in non-formal education for the past 25 years. She has been exploring the topic of body image as a trainer, bodyworker, and movement teacher. Currently, she continues her studies in psychology.





## WORKSHOPS AND FACILITATORS

### **Un-Shaming our Bodies**

#### **Marina Jela**

Every-body has a story - embedded in personal and social-cultural context. This workshop is meant to take you on an un-shaming journey. We meet the story of our bodies deeply and vulnerably. Meeting and addressing how we internalize oppression in the form of shame, in the context of ageism, sexism, racism, fatphobia, and ableism.

This workshop provides a space for deep witnessing and embodied practices centered around un-shaming, fostering a transformative journey towards liberation and authenticity.

### **Pecha Kucha**

#### **Inese Minši**

PechaKucha is a global storytelling platform that celebrates people, passion, and creative thought. It allows to share ideas and connect with others visually, concisely and memorably. The PechaKucha 20x20 presentation format is a slide show of 20 images, each auto-advancing after 20 seconds. It's non-stop and you've got 400 seconds to tell your story, with visuals guiding the way.

In the BODYkind Pecha Kucha night, we will welcome stories from the participants related to youth work, education, body image, and ideas and best practices from their organizations. If you wish to become one of the speakers, you will have a chance to sign-up and prepare before the event.





## WORKSHOPS AND FACILITATORS

### **Creating Space: Rediscovering the Body's Home** **Nora Stojanovikj**

In this workshop, we invite participants to embark on a quest to redefine their relationship with the body. Through a series of experiential exercises and reflective discussions, we will delve into the questions of embodiment and belonging. The workshop offers a journey of self-exploration, where the body becomes a place of safety, comfort, and boundless possibilities.

Nora was involved in music and contemporary art during the 1990s. Since then she has worked in various activist fields, focusing on marginalized communities and promoting an open society. She has been leading civil society organizations, networks, initiatives, and informal groups, while maintaining a strong connection to contemporary music and culture.

### **Bridging the Community Barriers** **Ilona Olehlova**

We are part of our communities. We might have different opinions, but if we aim to achieve a long-term impact, we must find a way to interact with all community members. The aims of this workshop is to explore tools that enable organizations and non-formal groups to connect with community members and raise their awareness of the importance of topics and issues that these organizations or non-formal groups work on.

During the workshop, we will present several methods that can be used to support interaction with the communities. We will share experiences gained using methods such as human libraries, community mapping, and mood workshops, enabling you to understand the steps you could take to become more connected with your local community.





## WORKSHOPS AND FACILITATORS

### **Sensuality and Pleasure as a Form of Activism**

**Marina Jela**

During this workshop, we'll deconstruct sensuality and pleasure in the context of power-over systems and look at it as a foundational component of activism. When our activism does not only focus on resistance and fighting but also emphasize pleasure and sensuality we organically embody the change we want to see in the world. It becomes not only a resource for our nervous system to stay in capacity to fight our fights, and but also connects us to our senses and to our interconnectedness, allowing a change a paradigm from inside-out.

### **Body Politics**

**Mischa Badasyan**

This is a workshop about activism and art. Your body is a battlefield of our society. Your personal problems are political problems, and in that sense, there are no personal solutions. Only collective actions can bring a collective solution.

Performance art has always been a great tool to use the body for political action. Both as a protest and empowerment act, performance art creates an opportunity for dialogue, education, and change. In the workshop, we will explore the work of various artists, watch performance art videos, and experience practical exercises. You will learn about performance and action art and get to know methods of political body protests.

Mischa is a life artist, social worker, food activist, and animal lover. He has been involved in art projects since 2011. Currently, he works as a social worker supporting refugees in Zurich. Mischa also leads an animal rights organization [Armenian Animal Aid](#) and provides support to animal shelters and projects in Armenia.





## WORKSHOPS AND FACILITATORS

### **Advocacy and Activism: Empowering Impactful Actions**

#### **Dona Kosturanova**

This workshop aims to support facilitation and planning skills for advocacy and activism initiatives led by young people. We will explore steps to help young people identify problems and influence decision-makers to resolve it. Whether you work with high-school students, local community groups, or marginalised youth, this workshop will offer ways to support them.

We will cover success stories, looking into real-life examples of activism from North Macedonia. The workshop will also reflect on contemporary activism – what are the current trends, what works and what less so, and how can we make the best of it?

Dona is a trainer from North Macedonia. She has been member of activist groups in the past years, and worked on different public policies, particularly youth and education oriented. Currently part of the team of Westminster Foundation for Democracy, supporting democratic work of institutions.

### **Partnership Building**

#### **Lada Matyášová**

Informal, but structured space for those participants who are looking for partners for their international activities. You will have a chance to discover common interests, needs, develop project ideas together, as well as receive guidance from our team members about different funding opportunities within Erasmus+.

Lada is Czech writer, youth worker, dancer, and adventurer. Lada became a youth worker in 1995, when she first tasted scouting. Since then she is bound with the outdoors and leadership.





## ORGANISERS

This event is organized in collaboration among three associations. The hosting organization is the association **Piepildīto sapņu istaba** from Latvia. It was founded in 2009, with a goal to create learning and networking opportunities for young people with limited access to qualitative education, as well as for people who are experiencing difficulties finding employment. As the organization evolved, it began to work also with adults and provide courses on creative learning methodologies - with aim to improve the quality of formal and non-formal education by introducing new methods and exploring ways to design an educational process that nurtures the health of learners and responds to needs in their communities.

**Mission Re:connect** was founded in 2019, and it cooperates with local high schools in their region around Prerov, Czech Republic. Their team believes encouraging young people and adults to enroll in local and international activities is an investment in better future prospects. Prerov and its surroundings are facing many challenges, including high levels of unemployment and social exclusion. Through their activities, Mission: Reconnect aims to support the development of their area and support members of the local community with opportunities to work together towards shaping their present and future.

**Spindle** from North Macedonia is a new organization founded in 2022. It focuses on cultural and societal issues. Its main goal is to contribute towards creating a more engaged and open society where members actively voice their concerns and freely share ideas on important issues. As part of its activities, the organization aims to provide youth with the tools to take an active stand in their lives and communities. Spindle seeks to promote young people's active participation through non-formal learning activities, empowering them to increase self-confidence, express themselves, and challenge traditional norms and biases.

