



YOUTHWORK FLOW 2.0: CULTIVATING INNER BALANCE, COMMUNITY AND CONNECTION THROUGH ACROYOGA

INTERNATIONAL TRAINING COURSE

09-17 JUNE 2024

KÖNIGS WUSTERHAUSEN, GERMANY

SUPPORTED BY



DEVELOPED AND IMPLIMENTED BY



ABOUT THE PROJECT

Youthwork Flow 2.0 offers eight days of workshops exploring the world of acroyoga, partner acrobatics and experimental play. The project will take place near the natural area just outside Berlin and is open to participants from Erasmus+ programme countries.

Acroyoga and partner acrobatics present powerful tools for non-formal education, personal development and intercultural learning. To this end, we have teamed up with the internationally acclaimed Acroyoga trainer, Juri Kussmaul, to provide engaging new impulses for participants' personal and professional development.

The project is implemented by Lernlabor, a Berlin-based platform for intercultural exchange, process-based research and experiential learning. Lernlabor is accredited in the Erasmus+ programme, and its experienced team will be responsible for ensuring a supportive and empowering learning environment.



PROJECT AIMS

The aim of this Training Course is:

- To provide participants with the foundations of acroyoga and partner acrobatics and how these practises can be used to engage diverse target groups and foster community building and learning
- To connect relevant target groups – including youth workers, activists, community organisers, local stakeholders and experts from beyond the field of youth – with the Erasmus+ programme and the opportunities for developing European-funded education programmes at the local and international level

Through participating in this project participants will:

- Understand how to use acroyoga and partner acrobatics as an effective tool in non-formal and experiential education
- Learn how to design and facilitate engaging games and exercises in play
- Learn to trust and cultivate a trustful atmosphere, by practicing acrobatics with strangers
- Learn how to give and receive feedback and to use reflection as a pedagogical tool
- Gain hard skills through being trained in:
 - spotting skills
 - risk analysis and risk management
 - falling safely
- Gain theoretical and practical understanding of group dynamics in practicing Acroyoga
- Embark on a journey of personal development through stepping outside of their comfort zone and exploring new ways of learning how to learn.
- Benefit from an environment of peer learning
- Gain an understanding of the Erasmus+ Youth, Sport and Adult Education programme and the funding opportunities available within the framework of Key Action 1 and Key Action 2.



REIMBURSEMENT

THE TRAVEL COSTS WILL BE REIMBURSED WITHIN SIX WEEKS AFTER THE PROJECT BY BANK TRANSFER IN EUROS. THE TRAVEL DISTANCE REPRESENTS A SINGLE-WAY DISTANCE FROM THE PLACE OF ORIGIN TO THE VENUE, WHEREAS THE AMOUNT COVERS THE CONTRIBUTION TO THE RETURN TRAVEL TO AND FROM THE VENUE.

PLEASE AS READ CAREFULLY THE **TRAVEL GUIDE** OF LERNLABOR

Travel distances	Standard travel - Amount	Green travel - Amount
Between 0 and 99 KM:	23 EUR per participant	
Between 100 and 499 KM:	180 EUR per participant	210 EUR per participant
Between 500 and 1999 KM:	275 EUR per participant	320 EUR per participant
Between 2000 and 2999 KM:	360 EUR per participant	410 EUR per participant
Between 3000 and 3999 KM:	530 EUR per participant	610 EUR per participant
Between 4000 and 7999 KM:	820 EUR per participant	
8000 KM or more:	1500 EUR per participant	





How to get to the project venue from Berlin?

Since the venue is still in the C-area of the BVG/VBB, you can easily reach it by bus; just go to www.bvg.de and enter your starting address; the stop is called Wernsdorf Schleuse.

Attention! Please let the bus driver know when you get on the bus that you want to go to Wernsdorf Schleuse, as this is an on-demand stop!

If you take S3 in the direction of Erkner Bhf and ride to the last stop, you will find a bus number 428 that goes towards Ziegenhals Neubau. You should ask the driver to stop at the stop - Wernsdorf Schleuse.

ACCOMMODATION

The **Kinderferien u. Tagungshaus Wernsdorf SSB e.V.** serve as our base during the project. The campsite is situated right outside of Berlin.

Participants will be accommodated in dormitory rooms or in tents (up to you). So please bring a sleeping bag. The tents and sleeping mats will be provided.

The food will be organized by self-catering and we will be organising cooking as a group, in addition to a couple of visits to local cafes.

<https://www.tagungshaus-wernsdorf.de/>

Neu Zittauer Str. 10, 15713 Königs Wusterhausen,
Germamy

KINDERFERIEN U. TAGUNGSHAUS WERNSDORF SSB E.V.



EQUIPMENT

PLEASE ENSURE THAT YOU BRING THE FOLLOWING EQUIPMENT IN ORDER TO BE ABLE TO PARTICIPATE IN ALL ACTIVITIES

CLOTHES

PLEASE BRING APPROPRIATE SPORTS CLOTHING FOR THE ACROYOGA WORKSHOPS. OUR TRAINER RECOMMENDS TIGHT-FITTING SPORTS ATIRE SUCH AS LEGGINGS AND TIGHT, LONG-SLEAVED TOP. ACCORDING TO JURI, "SHORTS WORK AS WELL. T-SHIRT IS OK. BUT BETTER TO HAVE SOMETHING MORE TIGHT AROUND THE BODY, SO THE FEET OF THE BASE ARE NOT GETTING STUCK IN THE FABRIC".

ADDITIONAL EQUIPMENT

- SLEEPING BAG
- BEACH SANDALS
- WATER BOTTLE (1 LITER)
- TOWEL
- SUNSCREEN AND MOSQUITO SPRAY
- WE ALSO RECOMMEND TO BRING A LIGHT WINDPROOF JACKET
- FLEECE OR WARM JUMPER FOR THE EVENING
- THERMAL BASE LAYER IF YOU ARE A COLD SLEEPER

ADDITIONAL INFORMATION

THE LOCAL CURRENCY IS THE EURO, YOU CAN EASILY EXCHANGE OR PAY BY CASH OR PAY BY CARD.

YOU CAN ARRIVE IN GERMANY BEFORE AND STAY AFTER THE PROJECT AT YOUR OWN EXPENSE.

WE WILL BE COLLECTING A 50 **EURO** PARTICIPATION FEE DURING THE PROJECT TO SUPPORT THE LOCAL COMMUNITY WE ARE WORKING WITH IN BERLIN.

YOUR SENDING ORGANISATION MAY ADD ADMINISTRATIVE FEE TO COVER THE ADMINISTRATIVE COSTS OF SELECTING AND PREPARING PARTICIPANTS.



TRAINERS AND ORGANISERS



Juri Kussmaul

Juri is an internationally established acroyoga teacher, circus performer, musician and artist of many disciplines. After completing his Masters' degree in Architecture and Sculpture, he discovered his passion for Acroyoga and Partner Acrobatics. Since then he's researched, taught and performed a mixture of Acroyoga combined with the pleasure of the game from physical theatre, which he studied under Phillippe Gaulier in France and Matteo Destro in Italy.

Well known for his circus duo Barada Street and his Acroyoga classes, Juri has travelled the world to share his passions.



Angélique Poulain

My name is Angélique Poulain and I'm working as a AcroYoga teacher and personal trainer for pilates and yoga therapy. I'm based in Berlin but usually travel with my work around Europe.

AcroYoga and partneracrobatics became a passion around 8 years ago and since then I love to share this movement practice with others! My teachings are usually influenced from a holistic approach with focus on the physical circumstances and injury prevention.

If you want to find out more about me:
www.YogaRebel.de



Marko Boyko

Marko is co-founder of Lernlabor. MA in Human Rights and Democratization. He is an expert on non-formal education, group dynamics and outdoor management processes. Marko has organised educational projects in countries across Europe and beyond.



Nita Ivanishvili

Nita joined Lernlabor as an ESC volunteer in autumn 2023 and is experienced in organizing and coordinating Erasmus+ non-formal educational projects.

She is an undergraduate student of architecture and current NC of EASA Georgia, with 4 years of experience on architectural and construction non formal projects.

Nita has a diverse volunteer engagement history in various communes, musical festivals, exhibitions, fairs etc.

CONTACT DETAILS



For questions about the programme and
learning content:

projects@lernlabor.berlin



LERNLABOR.BERLIN

