# CAIA academy



Landkreis: place: residents: Cities nearby: distance: Field of work: Nienburg / Weser Steyerberg 5218 Hannover, Bremen, Nienburg 60 km; 75 km; 20 km Educational campus with a spiritual and sustainable orientation



## **Project description:**

Hello meaning seekers,

we are CAIA academy. CAIA means: Co-existence, Awareness-based, Intrinsically-motivated Association. With our retreats & seminars we want to give our guests space to get to know themselves better with a conscious distance from everyday life and inspire them to follow their heart, to love themselves and the world. Together with a large network of coaches and mentors, and located in a living community in Steyerberg, we give you suitable tools to deal better with yourself and the world, to feel appreciation for yourself and life, and thus to make the world a better place bit by bit. We have set out together to create spaces, to create reference experiences, to shine out of ourselves and thus to carry away and inspire other people.

CAIA is nothing less than a new beginning. An experiment. A manifestation of the idea of a better and healthier world. An attempt to join forces and change the world together.

In the background there is a cooperative in which people work together and with each other instead of separately and against each other. Mutual consideration instead of egoistic pursuit of one's own interests. We celebrate successes together and absorb setbacks with cohesion. Together instead of alone. From today into tomorrow. Innovative approaches are needed to find sustainable and socially supported answers to the challenges of our time. That is why reallabs - a new, intensive form of interaction and cooperation between science and society - are more important than ever before.

#### https://www.youtube.com/watch?v=raUtGBusCOE

ECO CiVi is a real laboratory for the development of a functioning and healthy local ecosystem, in which science, business and administration work out holistic solutions together with citizens - across topics, transdisciplinary and oriented towards the common good.

As a workshop for co-creative synergies, ECO CiVi identifies, activates and unfolds potentials for sustainable transformation. Existing resources and evolved structures are preserved and, in line with the demands of the 21st century, updated and further developed. The village of Steyerberg in the district of Nienburg / Weser is located in Lower Saxony, about 60 km from Hanover and Bremen. It has about 5200 inhabitants and is surrounded by nature and landscape conservation areas, some of which are home to highly endangered plant and animal species.

The Lebensgarten ecovillage has been shaping the town since 1985 and has played a significant role in making Steyerberg a pioneer in the field of sustainability. Already today, comprehensive measures in regenerative energy production, e-mobility and energy efficiency are being researched and implemented here.

With the CAIA Academy, we have established ourselves in the eco-village in Steyerberg and are working on a new beginning here. Would you like to join us?

#### Learning possibilities & task in ESC:

The young people we ask to volunteer at CAIA can benefit from their work with us in many ways. One of the most important foundations for us would be to be able to give them a part of our image of man. The greatest changing force on our planet is the human being. Therefore he is the starting point for the transformation to a sustainable and healthy world. For thousands of years, humanity has been continent, humanity has been dealing with conscious being. Findings from philosophy, anthropology, quantum physics and many other disciplines have shaped our current patterns of thought and behaviour - our mindset. The globalised world is closely interconnected, but consciousness is fragmented. Humans must use their capacity for reflection to develop a consciousness that thinks holistically. This is the key to a sustainable present. A societal shift in consciousness is needed so that we humans learn again to take a supportive place on this planet. From an ego understanding where we humans focus on the well-being of ourselves, to a system that respects and includes all parts of the ecosystem and emphasises the well-being of the whole.



In addition, there is the opportunity to learn many soft skills, whether it is planning and accompanying events, dealing with their contents, contact with our guests, planning and implementing an ecologically sustainable lifestyle, especially in the area of food. In our kitchen we only cook vegetarian and vegan food. You can also support us here.

As we are new to the ESC, there is no detailed description of your activities yet. We are open to you finding tasks and areas within our framework for which you would like to use your energies. The CAIA academy in the Lebensgarten offers you a wide range of possibilities.

In regular reflection meetings, we would like to give you the opportunity to identify your own learning goals and support you in implementing them within our framework. At the end of your voluntary service, you will receive a Youth Pass certificate from us, which documents your work and your learning progress.



#### Your profile:

The biggest building block of our work is the contact with people. Whether it is our community, the people here in the Lebensgarten, our guests or trainers.

That is why we are looking for a person who is courageous enough to get in touch with people. Being open and inviting, interested in CAIA's topics and courageously approaching other people and situations are qualities that will make your start with us easier. We do not expect any special educational qualifications. During the warmer months we are out and about on our site creating NEW things, so manual dexterity or interest would also be something that could be helpful to you. Of course, you won't be able to communicate in German from the start, but we think there are many ways outside of language in which communication can take place at the beginning.

The most important aspect for us is that you want to be part of our team for the duration of the service and that you are interested in our values. We are happy if you bring your own interests and skills into our team.

### **Further informations:**

period:	We are planning a 12 month ESC, Starting in autumn 2022
accomodation:	You will get a private room in our community.
foods:	You will get the offical amount for foods: 270,00€ per month.
Pocket money:	Your pocket money allowance is 150,00€ per month.
trainings:	Preparation support before departure, welcome training after arrival, reflection training during your service, further offers from your coordinating organization
	and return event
Online:	Homepage our mission Instagram Facebook

We work on behalf of Youth for Europe and welcome you to join us as part of the European Solidarity Corps. The conditions of participation are that you must be between 18 and 30 years old. Either be from the 27 member states of the EU or the partner countries or have registered on the Youth Portal. <u>https://europa.eu/youth/solidarity\_en</u>.

Would you like more information about the application process? Then contact us at: esc-hi@ijgd.de. The application Deadline is 20th of september 2022.

We are looking forward to meeting you,

your CAIA community and the IJGD Team from Hildesheim

