



FROM THE GROUND UP

TRAINING COURSE

22 -31/05/2024

LLEIDA, SPAIN



Erasmus+

A woman with long brown hair, wearing a yellow and black plaid shirt over a green t-shirt and grey pants, stands in a shallow stream. She is looking down at the water. The background is a dense forest with many trees and green foliage. The water is clear, showing rocks and leaves at the bottom.

ABOUT

This training aims to address the challenges faced by those working in the youth field and empower them to take charge of their destiny, personally and professionally.

The conventional career path may seem limiting, leading to anxiety and a loss of enthusiasm. To counter this, the training encourages participants to explore and create their personal myths, their unique success story to draw inspiration from and lean upon in times of confusion, doubt and insecurity.

The training, inspired by Sharon Blackie's work, uses myths, storytelling, and nature to guide you through a journey of mystical fairytale self-discovery, all the way From the Ground Up.

THIS MIGHT BE FOR YOU IF YOU ARE:

- a youth worker / teacher / mentor / volunteer **working with and for young people on a daily basis;**
- **18+** years old withouh no age limit and a national or permanent resident of: **Spain, Latvia, Italy, Portugal, Poland, France, Czech Republic, Lithuania, and Hungary** (good level of English is required);
- **enthusiastic** to spend a lot of time immersed in nature and mindfulness based activities, turning inwards and connecting with your own higher wisdom and guidance;
- dedicated to improving your youth work practice, **open to fully participate in preliminary preparation + training course + follow-up** (dissemination of the project outcomes locally).



QUEST UNFOLDS WITHIN

SANILLES ECO-CENTER, SPAIN*

- eco-centre located 2 hours away from Barcelona next to the **Natural park of Cadí-Moixeró**;
- situated at **1000 m above sea level in Spanish Pyrenees**, close to South France and Andorra;
- **fully plant-based nutritious magic kitchen**;
- 30 minutes walk from the closest village;
- shared bedrooms for 2-3, and a shared bedroom for 10.





CHRONICLES OF THE JOURNEY

22.05.

ARRIVAL
starting 5 pm



31.05.

DEPARTURE
until 10 am



23.05.-30.05.

FULL PARTICIPATION
in 8 FULL training days

After the training,
back in the local
communities:

**AT LEAST 2
FOLLOW-UP
ACTIVITIES PER
PARTICIPANT**

THE JOURNEY

Rooted in the principle of **taking responsibility for your own experience**, your voice and contribution shapes the narrative of the training just as much as the outcomes you will walk away with. Here is the outline of our shared story:

22/05

Arrival

DAY I

The Wasteland

DAY II

The Call

DAY III

The Cauldron of Transformation

DAY IV

The Pilgrim's Way



THE JOURNEY II

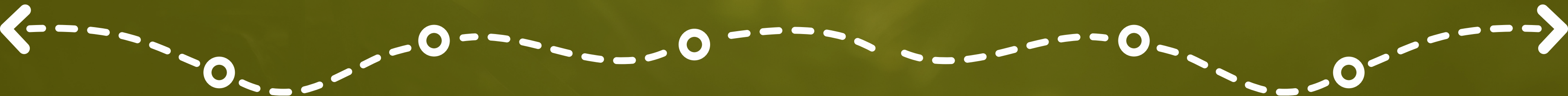
DAY V **Retrieving the Buried Essence**

DAY VI **Restoring the Balance**

DAY VII **The Hero's and Heroine's Return**

DAY IIX **Becoming Elder**

3I/O5 **Departure**



ENCHANTING PATHWAYS

Some of the main methods we plan to use are:

STORYTELLING

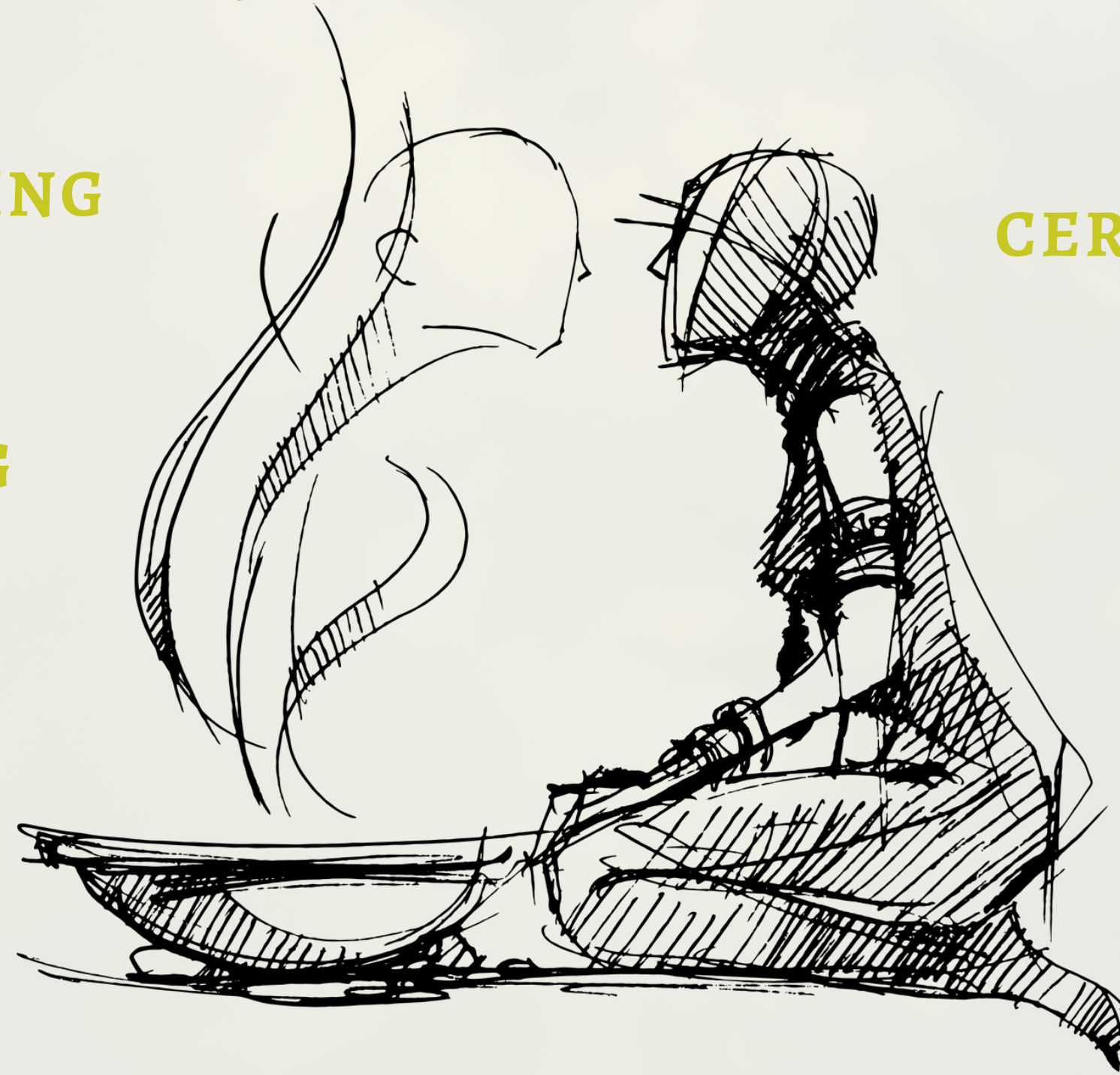
CEREMONIES & RITUALS

COMMUNITY BUILDING

NATURE

**MEDITATION &
MINDFULNESS**

MOVEMENT & DANCE



JOURNEY REIMBURSEMENTS

| | | |
|----------------|--|------|
| Spain | <u>HOSTING NGO- Associació A fil de vent</u> | 23€ |
| Poland | <u>Youth Act</u> | 275€ |
| France | <u>Labi Collective</u> | 275€ |
| Czech republic | <u>European Youth Centre Břeclav</u> | 275€ |
| Hungary | <u>Sabai Training</u> | 275€ |
| Italy | <u>YOUMORE APS</u> | 275€ |
| Portugal | <u>Pó de Ser</u> | 275€ |
| Latvia | <u>Mindful Journeys</u> | 360€ |
| Lithuania | <u>Kūrybines raiskos centras</u> | 360€ |

We recommend all applicants to use sustainable and eco-friendly ways of travelling when possible, as travelling with trains/ buses. Private car and driving individually is not an option.

Contact us, if you are interested to know more!

Reimbursement will be done **only after all requirements of the project are met.**

JOURNEY GUIDES

LINDA FREIVALDE
CO-TRAINER



Linda is bringing knowledge and experience gained studying health for 6 years that lead to exploration of various body practices and new passions. It will be her first time in the role of co-facilitator.

JOURNEY GUIDES

ROTA MARITE STRAZDA
TRAINER



Rota is a life-long community builder and a facilitator of mindfulness based programs, whose “superpower is in creating a magic atmosphere in which the process of self-discovery feels like a fairytale adventure”.

JOURNEY GUIDES

LORENA CHAMORRO COORDINATOR



Lorena will be in charge of coordinating the proper functioning of the entire project, backed by her 10 years of experience as a project coordinator, youth worker and trainer.

JOURNEY GUIDES II

ILZE VILCINA
COOK



We know that delicious food is what creates the foundation for a training's success, and no-one is as equipped to bake that foundation with wonderful plant based meals as Ilze is. She is even bringing her own knives and homemade spices!

JOURNEY GUIDES II

AINA ALTUBE
LOGISTICS



Aina will be the one who will carry out all communication tasks in all phases of the project. She will also be in charge of coordinating logistics and practical aspects.

APPLY HERE

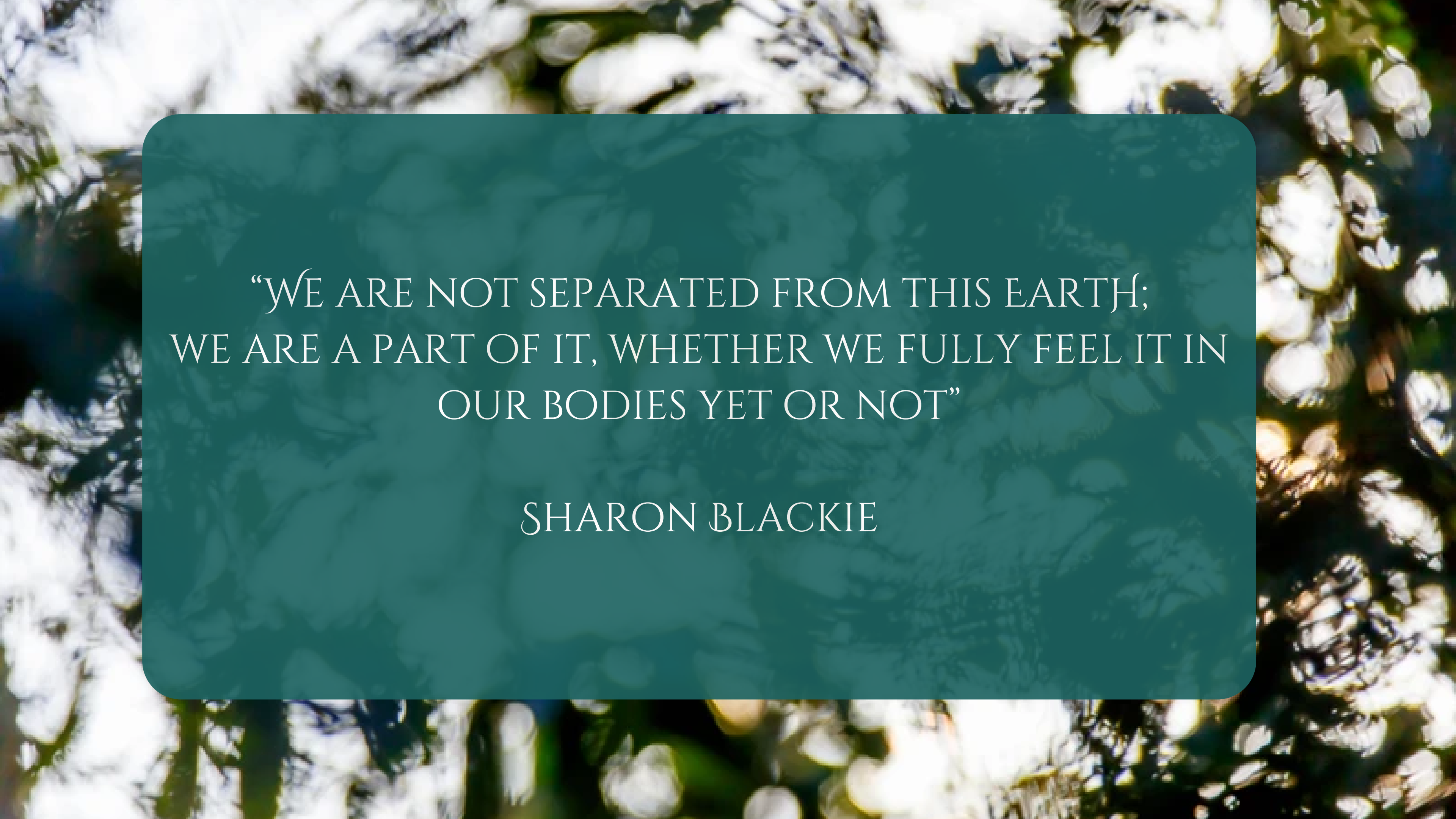
UNTIL **01.03.2024.**

DATE OF SELECTION **10.03.2024.**



CONTACT US

ASSOCIACIO.AFILDEVENT.EU@GMAIL.COM



“WE ARE NOT SEPARATED FROM THIS EARTH;
WE ARE A PART OF IT, WHETHER WE FULLY FEEL IT IN
OUR BODIES YET OR NOT”

SHARON BLACKIE