REGENERATING OURSELVES
REGENERATING EARTH

CALL FOR PARTICIPANTS

for youth workers (educators, trainers, facilitators, teachers, students…)

TRAINING COURSE
WELL-BEING LAB
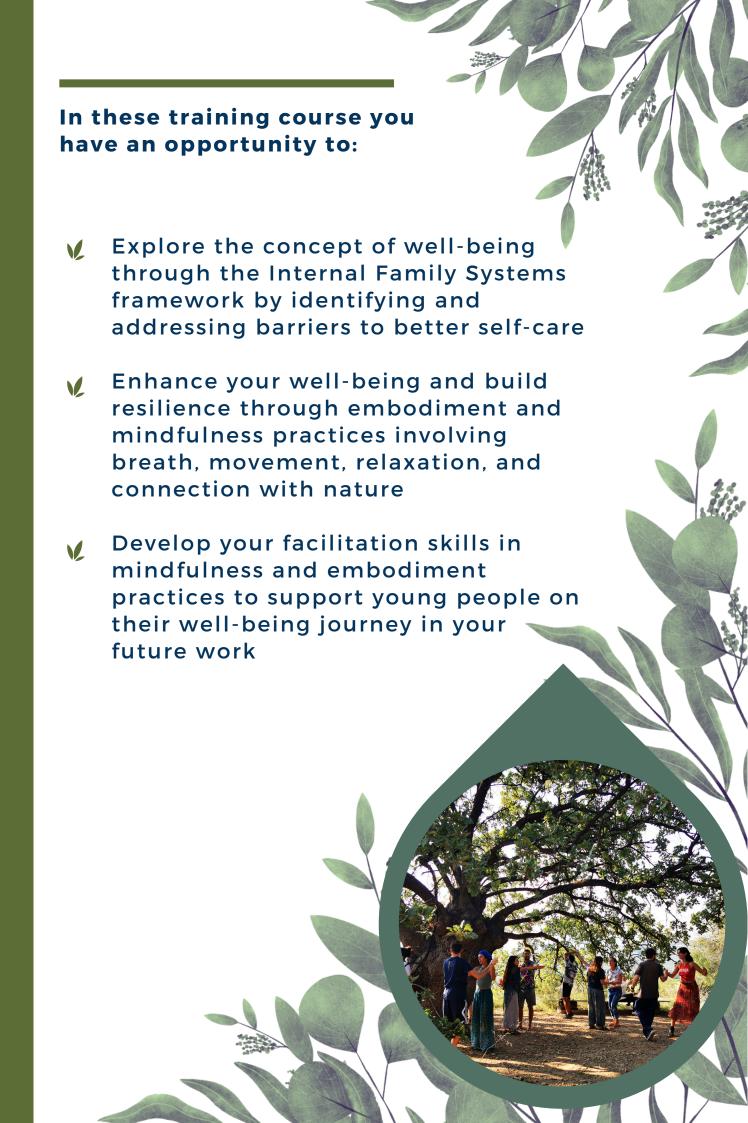
September 17th – 23rd, 2024
Ekodrom Estate, Croatia

The need to pause, reflect and work on our well-being has never been greater. In this training course, we will explore the concept of well-being through the Internal Family Systems framework as well as through mindfulness and embodiment practices such as breath, movement, relaxation, and nature connection.

By doing so, we take responsibility for cultivating our inner and outer ecosystems, making them more resilient and sustainable even in the face of adversities like the recent pandemics. Ultimately, this can contribute to shaping an inclusive and compassionate society and promote sustainable social change for the common good of all.

In these training course you have an opportunity to:

- Explore the concept of well-being through the Internal Family Systems framework by identifying and addressing barriers to better self-care

- Enhance your well-being and build resilience through embodiment and mindfulness practices involving breath, movement, relaxation, and connection with nature

- Develop your facilitation skills in mindfulness and embodiment practices to support young people on their well-being journey in your future work

PARTICIPATION REQUIREMENTS

- Motivation to explore the topic of well-being and resilience, learn new well-being tools and integrate lessons learned into daily life and work with young people

- Feeling comfortable to participate in activities that take place in nature

- Minimum 18 years old, no upper age limit

- Residency in Germany, Slovakia, Italy, Croatia or Bulgaria

IN THE SELECTION PROCESS PRIORITY WILL BE GIVEN TO PEOPLE WHO

- Have prior experience working with young people (between the ages of 13 and 30), or are currently working with them, and particularly with young people with a disadvantaged background (young people experiencing geographical, social, economic, cultural, educational barriers)

- Are experiencing geographical, social, economic, cultural, educational barriers (e.g. LGBTQI, BIPOC, Roma, migration background, lower income, unemployed, rural areas, single parents, hearing or vision impairment, lower levels of education)

PROGRAMME

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
08.30 - 10.00		BREAKFAST					
10.00 - 10.15		OPENING CIRCLE, WELCOME & LOGISTICS	HOW ARE YOU DOING? INTRODUCING THE PROGRAM OF THE DAY				
10.15 – 11.15			BREATH & MOVEMENT				
11.15 – 11.30			SILENT TIME FOR SELF-REFLECTION				
11.30 - 11.45		BREAK					
11.45 – 13.00	ARRIVAL	SAFE(R) LEARNING SPACE & GROUP PRINCIPLES	INTERNAL FAMILY SYSTEMS APPROACH TO WELLBEING			ENVIRONMENTAL WELL-BEING (ecological action)	DEPARTURE
13.00 - 15.00		LUNCH					
15.00 - 16.00		GROUP INTEGRATION	PARTICIPANTS PRACTICE FACILITATION SKILLS OF MINDFULNESS & EMBODIMENT PRACTICES			INTENTIONS FOR THE FUTURE	
.16.00 - 17.00		SETTING INTENTIONS & INTRODUCTION INTO THE TOPIC				EVALUATION	
17.00 - 17.15		BREAK					
17.15 - 18.00		REFLECTION OF THE DAY & CLOSING RELAXATION				CLOSING CIRCLE	
18.30 -19.30		DINNER					
20.00		EVENING PROGRAM					

VENUE

EKODROM ESTATE
CROATIA

Ekodrom Estate is the perfect place to get lost and find peace. Set in an idyllic and supremely private location, you can enjoy the beauty in simplicity and reconnect with nature surrounded by plum orchards & lush greenery. Moreover, you can enjoy your time at the hot tubs, in sauna or by bonfire under the starry sky.

TRAINERS

IVA BUBALO

Iva Bubalo is a psychologist with over ten years of experience working in the field of non-formal education both as a coordinator and a facilitator of workshops, seminars and trainings at the intersection of personal and socio-ecological transformation.

Iva has been certified in Internal Family Systems therapy Level 1, Mindfulness in nature and Kundalini Yoga. She is passionate about shaping the world in which leadership is based on the principles of wisdom, humility and service to the community and in which young people have equal opportunities to fulfill their purpose in life for the benefit of the human and more-than-human world.

GEMMA ARAGONÉS

Gemma Aragonés is a social worker, facilitator, clown, and Gestalt therapist from Barcelona. She works with groups at risk of social exclusion using non-formal education and performing arts to foster self-learning, reflection, and empowerment.

She is a part of Companyia Llavors (a social theatre company) and her clown "Gemma TheGem" has her own clown acts. Gemma has participated in multiple Erasmus + programs including the first edition of the project Regenerating Ourselves, Regenerating Earth (RORE) which gives her the motivation to start writing and facilitating her own projects and to join as a facilitator in this year's edition of the RORE project.

VALENTINA MOLOGNI

Valentina is a psychologist with a master's degree in Neuroscience from the University of Padova. She is currently pursuing a PhD focused on the physiological foundations of depression, aiming to uncover innovative treatment strategies that enhance awareness of positive emotions.

Valentina has a profound interest in mindfulness, positive thinking, and embodiment, which she integrates into her research and daily life. This passion led her to participate in the latest edition of the RORE project. In her free time, Valentina loves running, hiking, and sharing books and music. She believes that paying attention to bodily sensations is key to building deep connections with ourselves and others, ultimately enhancing our well-being and resilience.

FOOD
All the meals will be vegetarian/vegan prepared with fresh and as much as possible local ingredients and with a lot of love and care.

ACCOMMODATION
You will be accommodated in shared rooms in a beautifully designed houses that combine traditional and modern design in line with principles of nature. Each house has a bathroom and a toilet.

LANGUAGE
The working language is English, however there might be a possibility for translation if needed.

HEALTH & TRAVEL INSURANCE
You are responsible for your own insurance.

FOLLOW-UP SESSIONS
We will hold two follow-up sessions after the training to provide a space for participants to reconnect, share their experiences, and continue learning. These sessions will take place via ZOOM on

November 4th, 2023 (6 -7 pm CET)
December 2nd, 2023 (6 -7 pm CET)

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PARTICIPATION FEE

The fee covers costs of food, accommodation, travel and the training course.

Travel costs will be reimbursed by the organizer and the amount that can be reimbursed will depend on a type of travel and a residency address. We highly encourage green travel - train, bus or car-sharing. If you get selected for the training, you will receive more information.

If the fee is a barrier, we still encourage you to apply. We will figure it out!

Germany 70€
Slovakia 50€
Croatia 50€
Italy 50€
Bulgaria 35€

DEADLINE FOR APPLICATION
July 7th, 2024
If you are selected for the training course, you will be notified by July 10th, 2024.

Apply via this LINK.

CONTACT FOR FURTHER QUESTIONS
IVA BUBALO
PROJECT COORDINATOR
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