

# Training Course

## “Wisper of the Leaves”

### Project Description:

#### Objectives of the Project

1. Building Resilience and Empowerment:
  - Equip youth workers with tools to cultivate resilience, emotional intelligence, and self-empowerment.
  - Provide frameworks to address the root causes of mental health challenges and develop strategies to support young people effectively.
2. Encouraging Self-Reflection and Identity Exploration:
  - Facilitate a deeper understanding of personal strengths and areas for growth through creative exercises and introspection.
  - Use storytelling and artistic methods as tools for resilience and personal empowerment.
3. Understanding the Hero’s Journey:
  - Introduce the Hero’s Journey as a powerful model for personal transformation and growth.
  - Empower participants to guide young people through their own journeys of self-discovery and overcoming adversity.
4. Fostering Nature Connection:
  - Highlight the scientifically supported mental health benefits of nature-based practices, such as mindfulness, self-awareness, and stress reduction.
  - Inspire participants to integrate eco-conscious and nature-oriented activities into their work, fostering sustainability alongside well-being.

**When?** 11.04. – 18.04.2025

**Where?** Klaffer am Hochficht,  
AUSTRIA

**Working language?** English

**Who?** 8 countries, 3 participants from each country

**Participants?** As from 18- with good English communication skills

**Who is the coordinator?**

**Mühl-fun-viertel** - Grenzlandcamp  
Freizeit- & Familienzentrum Klaffer  
Gemeinnützige GmbH, Austria

5. Enhancing European Collaboration:
- Strengthen the capacity of participating organizations through shared knowledge and experience.
  - Foster long-term collaborations among European partners, with a focus on empowering less experienced organizations.

## Who is Mühl-fun-viertel / Grenzladcamp?

The Mühl-fun-viertel is a non-profit company, which was founded in 2001. Primary its founders were looking for some place to camp with a few kids and then they found this old farmhouse in Klaffer/Hochficht in Upper Austria. With thousands of voluntary hours, they made a house for education especially for children, teenagers and families out of it. Right now, the Mühl-fun-viertel is a house for children and families, for education and for diversity. Therefore, we hosted over 60 refugees in our house as a temporary accomodation in autumn 2015 and spring 2016.

In total, there are about 160 beds in various room configurations. There also are areas for tent-camps or camping. The Mühl-fun-viertel enthuses with lovely decorated rooms, an Indian tipi village and a beautiful dining room with great food. The chef considers special requests. There are also a café, meeting rooms with contemporary furnishings, a sauna and steam bath, as well as a handpicked wine cellar. Certainly, we offer complimentary broadband internet in all of our rooms for free. The entire house uses environmentally friendly energy from the sun, wind and water. Electricity and hot water works very environmentally friendly. For the consistent implementation of sustainable energy, the Mühl-fun-viertel won the "Energy Globe" Environmental Award of the State of Upper Austria and the FORD-Environmental Award. In addition, since 2021 they are partner of the "Klimabündnis OÖ" (climate alliance Upper Austria)

Of course, people with disabilities can enjoy their stay with us without obstacles. For this, we have:

- Five family rooms with ground level entrance
- Grab handles on the toilets
- A lift for wheelchairs from the foyer into the cafe and dining room
- Bathrooms with lifts for handicapped people
- A separate toilet for people with disabilities

A large number of leisure activities around the house are offered, because the Mühl-fun-viertel is located in one of the most beautiful places of the Upper Mühlviertel. Located directly at a lake, there is the opportunity to swim, go fishing or canoeing. The nearby mountain Hochficht offers nice hiking treks in summer and a modern family ski area in winter. In the forest near the Mühl-fun-viertel, many outdoor installations can be booked as part of "Team"-seminars. Both large and small will love the numerous animals from near and far that found a new home in the Mühl-funviertel.

Sports enthusiasts will find a football field, a volleyball court, rolling hills and steep trails for mountain biking. In winter, many cross-country ski runs and a frozen lake for skaters and curling can be used.

The Mühl-fun-viertel is a popular conference center. What began with training for teachers of children and youth groups has developed into a great and highly demanded seminar alternative for schools, companies, associations and apprentices. The Mühl-fun- viertel is working with professional trainers in the areas of motivation, teamwork, coaching, health and psychology.

Solidarity can be lived with families, which are in difficult social and financial situations. We cooperate with different associations that provide, among other things, break, recreation and professional advice in the Mühl-fun-viertel.

In the last years we hosted a lot of different projects, mainly in the frames of Erasmus+ but also a lot of integration projects, in our house like:

- Integration Projects (funded by EIF, AMIF and Land Oberösterreich)
- Family weekends for social disadvantaged families
- projects weeks for children and teenagers supporting their self-confidence and personality
- youth exchanges
- seminars and workshops
- training courses
- symposiums
- camps for children and adults
- learning weeks for children
- projects for environmental awareness and fighting climate change

As we host Erasmus+ projects since many years, we also started to apply for Erasmus+ projects by ourselves in the year 2017. So we have also gained a lot of experience and know-how in the field of Youth in Action, Erasmus+ and project management.

### Budget:

All costs for accommodation, food, materials are fully covered by the funding of the Erasmus+ Programme (only during the stay at the project).

According to the new rules within the Programme Erasmus +, travel costs are reimbursed according to km-distance from home place until the venue (Klaffer/Hochficht).

In order to know how it looks like and how high the unit costs are for you, please use a distance calculator: [http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

### Maximum Travel Reimbursement to/from Klaffer/Hochficht:

100-499km	211 EUR/Person
500-1.999km	309 EUR/Person
2.000-2.999km	395 EUR/Person
3.000-3.999km	580 EUR/Person

**We are looking forward to working with you!**