

Where is my balance?

Training Course
7-16 September, 2022
Manglisi, Georgia



Erasmus+



ICPI

International Center for Peace
and Integration





PROJECT DESCRIPTION

The project "Where is my balance?" will provide participants frames and tools of mindfulness-based stress reduction.

Stress is one of the world's largest health problems, leading to many health problems and unfortunately even to radicalization, discrimination and violence.



In order to avoid this, through this project we would like to become more aware of ourselves and our lives, own fundamental values, views, personal attitudes, decisions and actions. Since the outbreak of COVID19 levels of stress and anxiety have risen substantially. The project guides participants to find new ways of personal development, self-acceptance, self-expression and self-transformation through mindfulness-based stress reduction (MBSR). MBSR uses a combination of meditation, body awareness, yoga, breathing techniques, massage and exploration of patterns of behavior, thinking, feeling and action.

The course will be hosted in a camping area in the beautiful nature of Manglisi, far away from the overwhelming cities, stressful environments, avoiding technology and external distractions. Often we escape in a world of online "likes" and "comments" on Facebook, Instagram, other social media networks, or in a world of fun, alcohol and drugs, trying to fulfill deeper needs by superficial activities. Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and wellbeing.



AIMS & OBJECTIVES OF THE PROJECT

- Develop focus, concentration & clear mind;
- Equip participants with competencies & methods for their personal and professional development;
- Discover the new ways of self-awareness through meditation, yoga, massage body movement & breath techniques;
- Enhance healthy lifestyle, physical flexibility, coordination & body awareness through experimenting different styles of Yoga & contemporary dance movements;
- Build meaningful relationships & future cooperation;



FOR WHOM

- Age: 18+
- Youth workers /coaches
- Youth leaders / educators
- Social workers
- NGO workers
- HR representatives
- Anyone else who works with people & would like to expand their practice or career to include mindfulness teaching.
- At least one person per country with fewer opportunities (socio-economics, geographical, cultural, discrimination) should be selected by the sending Organization
- Experience/interest in one of the following fields: yoga, meditation, coaching, massage , dance.



ABOUT THE ORGANISATIONS HOSTING PARTNER



ICPI

International Center for Peace
and Integration

ICPI is a Georgian non-governmental organization founded in 2011 by active youth leaders and ex-EVS volunteers, coming from different backgrounds and experiences with the Georgian civil society. The main mission of ICPI is to support socially active youngsters, promote integration and contribute peace-building processes. The organization aims to support young people's personal, educational and spiritual development, to promote the idea of active citizenship and importance of volunteering, deepen intercultural relations and build partnership between Georgia and other European countries. ICPI works in different social, educational and cultural fields with different target groups such as: children, youth, students, refugees, etc.

APPLICANT ORGANIZATION FROM BELGIUM



JOETZ vzw is a young, open and dynamic non-governmental youth organization in the city of Brussels, Belgium. JOETZ develops projects and activities around health promotion, international youth work and social inclusion for kids and youngsters from 3 to 30 years old.



OUR DEAR PARTNERS



**ARMENIAN PROGRESSIVE
YOUTH (APY)**



**Common Sense Youth
Organization (CSYO)**



ASSOCIACIO GLOBERS



**Association 100%
Playground**



STICHTING DIGG OUT

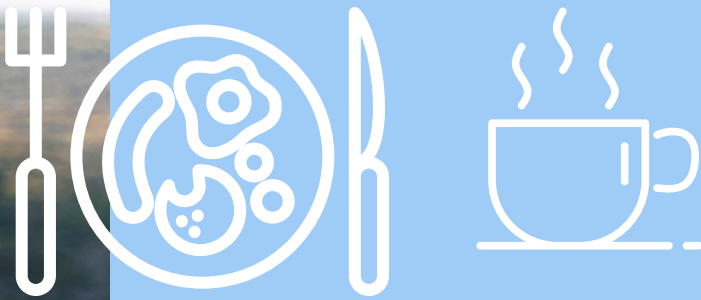


**YOUTHfully Yours
Greece**

ACCOMMODATION & FOOD

Camping site will be equipped with

- Water & electricity
- Waterproof tents
- Showers and WC

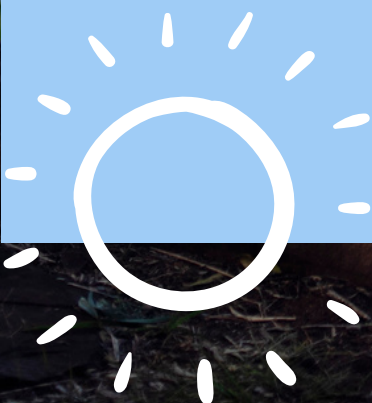


Everyday we will have

- 3 main meals
- 2 coffee breaks

Before the project all selected participants will be asked about their dietary requirements. (Vegan, vegetarian, etc)

Internet will be available just in emergency cases!
We ask you to live without social media during the project :)



ACCOMMODATION & FOOD

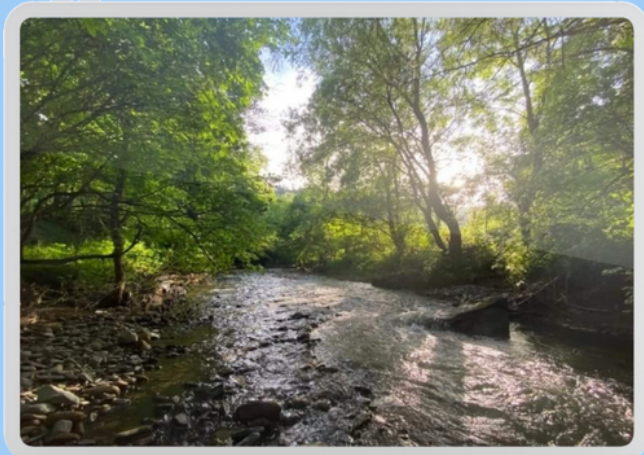
MANGLISI, GEORGIA

The training will take place in the middle of the nature in Manglisi, 1,5 hour drive from capital city Tbilisi, 1200 meters above sea level. Manglisi is located in Kvemo Kartli region, belongs to Tetrtskaro municipality, on the southern slope of the Trialeti Range, on the left bank of the Algeti River.



The camping area includes a rich forest and access to the river.

Participants will be divided in tents according to the same gender, but different nationalities.



TRAVEL LIMITS & REIMBURSEMENT

Country	Participants	Travel limits per person
Belgium	5	530
Armenia	3	180
Azerbaijan	3	275
Spain	3	530
Romania	3	275
Netherlands	3	530
Greece	3	275



After selection, you can start looking for travel options!

**Send your travel plan to:
whereismybalance2022@gmail.com**

- **Wait for our confirmation before you buy the tickets!**
- **You will receive a link where to upload your tickets.**
- **Keep ALL paper boarding passes and tickets with you**
- **Reimbursement will be done via bank transfer max.
2 month after the project.**



TRAVEL LIMITS & REIMBURSEMENT (2)

100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+



It is necessary for participants to have travel and health insurance (not covered by project).

Participants can use max 2 extra travel days. (NOT covered by the project)

Only the most economical transportation will be reimbursed!

No taxi costs will be refunded unless there is no public transport that covers your journey.

PRACTICAL INFORMATION

**Deadline for selecting participants:
20 July 2022**

**Deadline for buying tickets:
27 July 2022**



**All SELECTED participants will receive link to our FB
group and the online questionnaire.**



**In case you have any questions, you can contact us
on whereismybalance2022@gmail.com**

