



INDIVIDUAL WELLNESS FOR MINDFUL YOUTHWORK

Blue Whale Education Center / Mönichkirchen – Austria

01/04/23 – 09/04/23

TRAINING COURSE

PARTNER COUNTRIES: ITALY, TURKEY, SLOVAKIA,
SPAIN, BULGARIA, BELGIUM, GREECE, POLAND, AUSTRIA

HOSTED BY **MOVE to Be You**



Co-funded by
the European Union

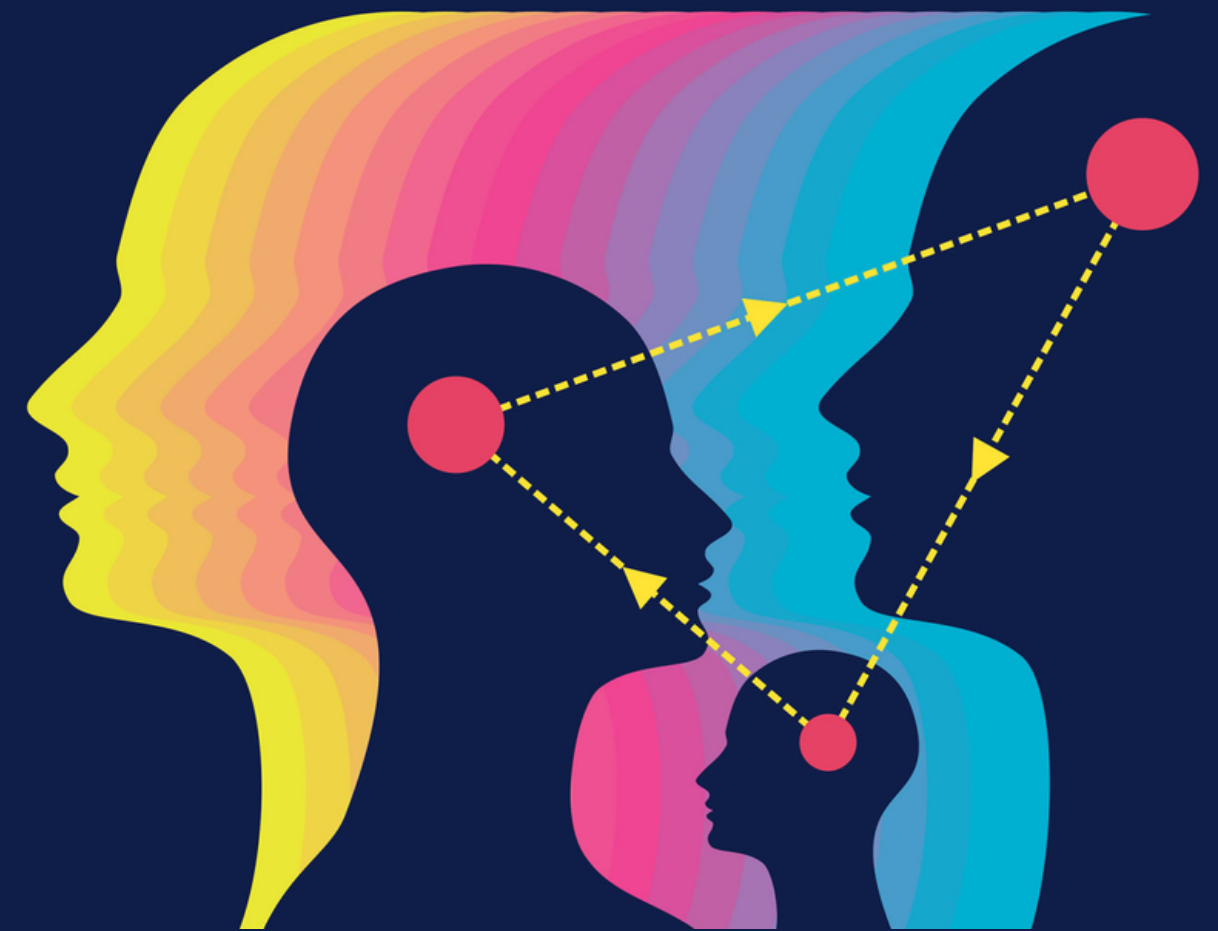
CONTEXT & OBJECTIVES

The uncertainties of the 21st century and the rising of fear and anxiety in young people are also related to the **lack of emotional intelligence** in the individuals, which is the ability to listen, understand and manage emotions of the self and others, in order to release stress, empathize, *communicate effectively and manage personal and interpersonal conflict.*

Individual Wellness for Mindful Youthwork is a path for the participants to explore self awareness and empathy towards others and discover techniques that can be used in youthwork practices.

Training Course's Focus will be:

- ☀️ Methods of mindfulness by practicing both mental and physical activities for self-empowerment and youth development.;
- ☀️ To explore creativity and use artistic tools for personal development and social inclusion
- ☀️ To use gamification in youth work and in daily life
- ☀️ To explore new ways of communication through activities related to creativity, arts and emotional intelligence;
- ☀️ To motivate and support participants in their role as leaders in their local communities.
- ☀️ To promote the use of digital tools



ACTIVITIES & PROGRAM

INCLUSIVE ACTIVITIES & CREATIVE TOOLS:

- MUSIC,
- THEATER,
- CREATIVE WRITING,
- CONSCIOUS MOVEMENT,
- MINDFULNESS TECHNIQUES AND
- GAMES.

FOCUSED ON:

EMPATHY, SELF-EXPRESSION AND CREATIVITY

ENERGIZERS WILL INCREASE THE ENERGY LEVEL OF A GROUP & HELP THE BRAIN ACCESS ITS IMAGINATIVE SIDE. SIMULATIONS TO UNDERSTAND COMMON QUESTIONS AND BEHAVIORS RELATED TO THE TOPIC AND DEBRIEFINGS IN VARIOUS LEVELS.



OUR TRAINERS

ORSOLYA CZIRAKI ((MOVE TO BE YOU _ AUSTRIA)

ORSOLYA HAS EXTENSIVE INTERNATIONAL EXPERIENCE IN EUROPE AND ASIA IN LEADING YOUTH, OUTDOOR EDUCATION AND EDUCATIONAL STUDY TOURS AS WELL AS BUSINESS DEVELOPMENT IN TOURISM AND EDUCATION FIELDS. AS QUALIFIED YOGA AND ACRO YOGA TEACHER SHE USES SPORT AND PHYSICAL ACTIVITIES FOR SOCIAL INCLUSION, SUSTAINABILITY AND SELF-AWARENESS AS A NON-FORMAL EDUCATIONAL TOOL. SHE IS AN EDUCATION-THROUGH-SPORT TRAINER COMBINING HER VARIETY OF BACKGROUND IN PROJECT DESIGN AND REFLECTIVE LEARNING BY DOING. SHE IS A CERTIFIED NLP MASTER PRACTITIONER, ADVANCED COACH (ICS) AND LEVEL 2 REIKI MASTER.



FRANCESCO DIPERNO (AVE - EXPERIMENTAL HUB FOR SOCIAL ARTS _ ITALY)

FRANCESCO HAS A BACKGROUND IN CULTURAL MANAGEMENT AND CREATIVE COMMUNICATION STUDIES AND HAS EXPERIENCE WORKING WITH MUSIC LABELS, FESTIVALS AND CULTURAL ORGANIZATIONS. HE HAS TAKEN PART IN MORE THAN 25 INTERNATIONAL PROJECTS AROUND EUROPE AND MIDDLE-EAST, FIRST AS A PARTICIPANT AND THEN AS A TRAINER, FACILITATOR AND PROJECT WRITER. HE LIKES TO MERGE CLASSICAL NON-FORMAL METHODS WITH INNOVATIVE AND EXPERIMENTAL TOOLS RELATED TO CREATIVITY AND MINDFULNESS, OFTEN TAKING ADVANTAGE OF INTERACTIVE STORYTELLING, ART AND GAMIFICATION.

FRANCESCO DIPERNO (AVE - EXPERIMENTAL HUB FOR SOCIAL ARTS _ ITALY)



FOR WHOM?



WE WILL HAVE 29 PEOPLE FROM THE PARTNER COUNTRIES

PREFERABLY OVER 21 YEARS.

YOUTH OR SOCIAL WORKERS, TEACHERS ACTIVE IN THEIR ORGANIZATIONS OR LOCAL /SOCIAL COMMUNITY.

ENGLISH KNOWLEDGE.

NEVERTHELESS WE WILL BE OPEN TO SELECT SOMEONE WHO IS NOT EXPERIENCED BUT SHOWS MOTIVATION AND INTEREST IN THE TOPIC.

PRE EXISTING EXPERIENCE WITH MENTAL HEALTH RELATED ISSUES IS NOT A MUST, HENCE EXPERIENCED OR RELEVANT YOUTH WORKERS WILL BE GOOD TO BE ADDED TO THE GROUP FOR HIGHER LEVEL OF QUALITY AND PEER LEARNING OPPORTUNITY.

TARGET GROUP:

SPAIN (3 ppl), SLOVAKIA (3 ppl), ITALY (4 ppl), BELGIUM (3 ppl), POLAND (3 ppl), BULGARIA (3 ppl) GREECE (3 ppl), AUSTRIA (4 ppl) and TURKEY (3 ppl).

FINANCIAL CONDITIONS:



100% ACCOMMODATION, FOOD AND PROGRAM ARE COVERED BY ERASMUS PLUS FUNDS.
50 EUROS PARTICIPANTS CONTRIBUTION REQUIRED.



100% TRAVEL COSTS (ONLY MOST ECONOMICAL) ARE COVERED, UP TO THE MAXIMUM LIMITS PER PERSON PER COUNTRY THAT IS SHOWN BELOW:



BULGARIA (275€), BELGIUM (275€), GREECE (275€), ITALY(275€), SLOVAKIA (180€), SPAIN (275€), POLAND(180€) AND TURKEY(275€).



Upon being selected, Participants should search travel options and get approval from the project coordinator before booking their tickets. All travel documents must be kept, as those documents, tickets and boarding passes will be collected for the reimbursement (mandatory) !



TRAVEL TIPS

HEALTH INSURANCE;

All participant is responsible for their own insurance. The best is to bring your own EHIC card, otherwise you have to make a private health insurance on own responsibility and costs.

SANITARY SITUATION

You can find constantly updated news on the sanitary conditions in Austria by [CLICKING HERE](#)

PASSPORT/ID

Please check your passports/ID that your arrival date is 6 months before your passport expiry date! In case of visa costs, we will not be able to reimburse participants as there is no budget for that in this project.

THE BLUE WHALE EDUCATION CENTER

VENUE OF THE PROJECT



We are implementing the training course activities at The Blue Whale Education Center

Tauchen 125

7421 Mönichkirchen - Austria

How to Arrive:

You will make your way to Vienna, either by plane or other means. Upon being selected you will receive further info.

It is important to know that tickets purchased without our confirmation may not be reimbursed.

The recommended solution to arrive to the Blue Whale Education Center is by train. Trains go almost every hour from Vienna. When booking a ticket online to arrive here enter the Trainstation "**Tauchen-Schaueregg**". If you come from Vienna airport you will first go to the city center first, then to Wiener Neustadt and from there a train to Tauchen-Schaueregg. Once arrived in Tauchen-Schaueregg its a 5-10 minutes walk to the Center. For orientation we suggest using google maps in any case for olanning the best route, it is a very short and easy walk.

Important tip: the tickets from Wien to Tauchen-Schauregg are significantly cheaper if two people or more go together. It pays off to go together!



ACCOMMODATION & FOOD



Blue Whale Education Center is a **Training Center**. This means that the hosting organisation is expecting participants to behave accordingly and count on each individual for a **peaceful and harmonic coliving**.

Common guidelines will be shared with participants in the first day.

You will be accommodated in shared rooms of **people with mixed countries**.

Food will be delicious and based on healthy cuisine. Vegetarian food will be served with vegan alternatives. **If you have any allergies or diet needs, please let us know in advance through the application form so we can act accordingly.**

[GET TO KNOW THE VENUE'S WEBSITE BY CLICKING HERE.](#)

or discover their social media channels down here:





CLICK HERE AND APPLY NOW!

TIME TO TRAVEL AND LEARN

Traces: 3' 1/50

IF WHILE USING THE SMARTPHONE YOU CLICK THE BUTTON AND IT DOESN'T WORK, TRY FROM YOUR LAPTOP OR ASK THE PROJECT COORDINATOR FOR THE LINK!

ROLES & RESPONSABILITIES

At first fill in the application form; link can be found in the previous slide; **"CLICK HERE & APPLY NOW"**

If you are selected then, please search and inform us about the details of the tickets and after our confirmation, you can buy them.

IF YOU BOOK WITHOUT OUR CONFIRMATION WE WILL NOT BE ABLE TO REIMBURSE YOU.

Important: YOU HAVE TO KEEP ALL DOCUMENTS RELATED TO YOUR TRAVEL in order for us to advance with the reimbursement process. If there is no document, we cannot reimburse you.

To be reimbursed, the participants need to take part in all the duration of the training course and all the activities.

Please prepare short country presentation (it can be short tales or games, music, dance, sketches and so on..) and as well bring **SNACKS** and **DRINKS** for the **intercultural night**. Kitchen cannot be used, so bring ready made delicious typical food from your countries!

We are happy to host everyone who is willing attend in all the sessions of the project activity and bring lots of positive energy.



MOVE TO BE YOU

HOSTING ORGANIZATION



We organize international and cross continental projects, trainings, workshops and social activities throughout Europe and Asia.

As an Austrian NGO formed by a group of international educators and trainers, we believe in the power and benefits one can find, learn and transmit through movement, sport, physical or mental practice, performing art and coaching. MOVE to Be You develops projects using experiential learning, nature based methods and Non-formal education for self and community skills development. In this way we aim to support the creation of a mentally and physically healthy and active inclusive society. Programmes are developed by our professional trainers and educators working in youth and adult education field.

The grassroots sports for skills development and self-empowerment used by our trainers are:

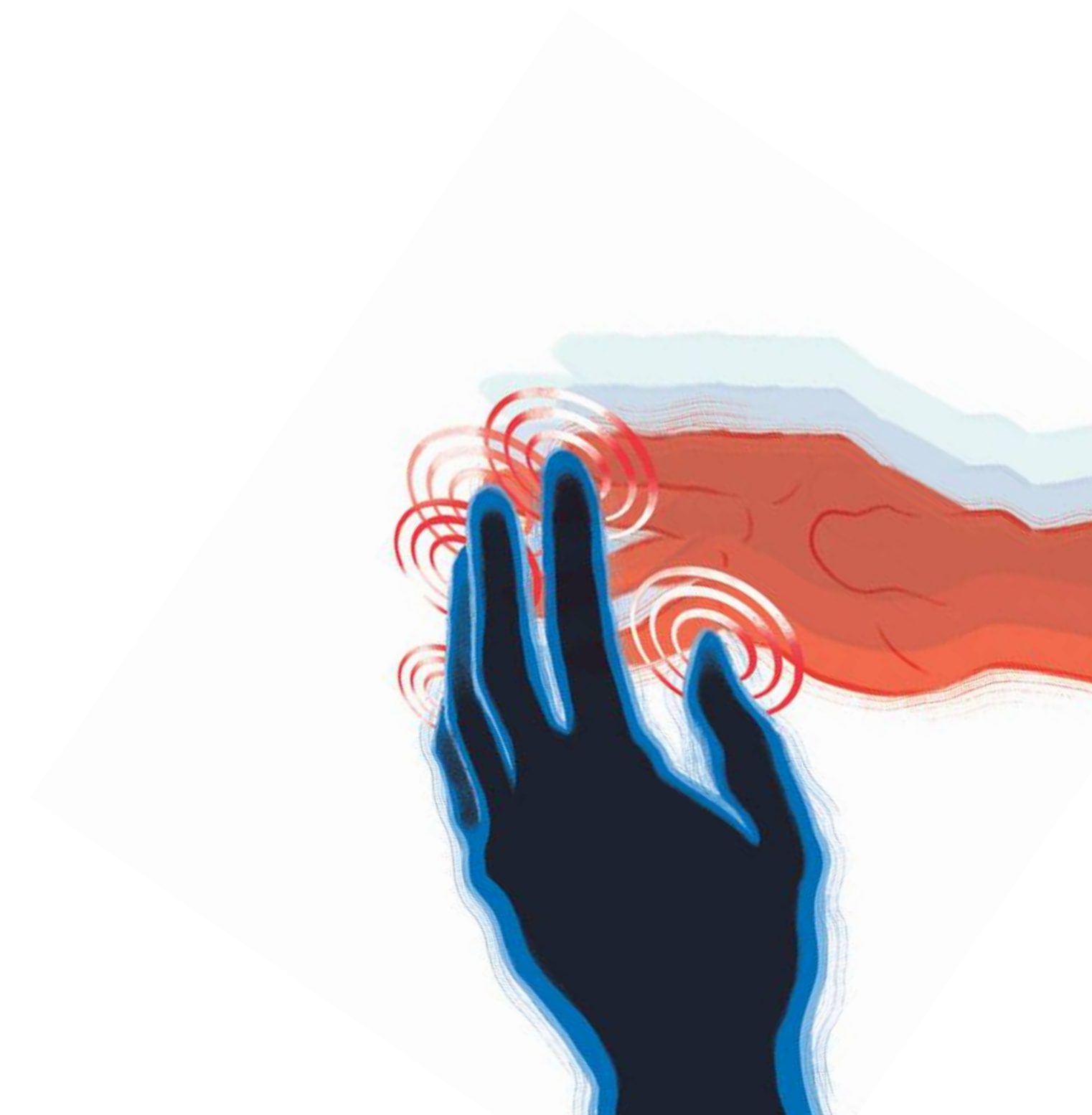
AcroYoga, Yoga, Contact Improvisation, Body work, Performing art elements, Dance, alongside workshops for entrepreneurship, sustainability (social, economic, environmental), self-development and leadership projects.

Our motto is: "Entwicklung in jede Richtung": "Development in every direction."

CLICK HERE TO NAVIGATE INTO:



MOVE to Be You



PARTNERS

ITALY: AVE - Experimental Hub for Social Arts

POLAND: Freedom Universe

TURKEY: Avrasya Genclik Gelisim Dernegi

SPAIN: Ticket2Europe

SLOVAKIA: Youth for Equality

GREECE: Be Visible Be YOU

BULGARIA: Smokinya Foundation

BELGIUM: JOETZ



IF YOU HAVE QUESTIONS AND NEED HELP
TRY TO FIND YOUR ANSWERS IN THE INFOPACK.
IF NOT, FEEL FREE TO CONTACT US:

Project Coordinator Team

Email: movetobeyou@gmail.com

Good luck with your application!

We hope to see you soon in Austria.

