



Back To The Roots



Infopack for a training
course in Georgia to
promote a healthy lifestyle
through outdoor learning



DESCRIPTION OF THE PROJECT

MANGLISI, GEORGIA
20-31 JULY 2023



The project “Back to the Roots” will be a one-stage training course for youth workers. The project will focus on outdoor & nature education, raising awareness on the physical health benefits as well as the importance of spending time in nature for mental health among youngsters, through non-formal education methods. The project aims to inspire youth workers to develop a relationship with nature in their youth work.

Participants will have the opportunity to completely unwind and focus on nature, themselves and each other: back to the roots! One of the main concepts we will introduce and explore throughout the training is Forest Bathing. Going on a Forest “Bath” is going on an immersive wandering in forest and nature. During Forest Bathing you deeply restore the basic healthy connection between nature and you.

Forest Bathing means consciously exposing yourself to nature through body and mind, and especially your senses. Exposing ourselves to nature creates an immense positive effect on our mental and physical health. Recent scientific research unambiguously confirms this. Connecting yourself to nature – and especially doing this consciously – results in a wide variety of deep-going benefits for our mood, physical health and brain structure.

During the project participants will also experience hiking, different sports & outdoor activities that can be inspiring for their future commitments related to the topic. They will learn and practice how to use outdoor opportunities to improve both physical as mental health, enhance their knowledge of healthy lifestyles and methods for sharing the practice with youth. The TC also aims to create a meaningful youth network where youth workers can share experiences in the field of health and outdoor activities. Overall, the project aims to promote a healthy lifestyle, improving mental as well as physical health of youngsters, through training youth workers in nature and outdoor education.



Who are we?



ICPI
International Center for Peace
and Integration

ICPI is a non-governmental organization founded in 2011 by active youth leaders and ex- EVS volunteers. The main mission of ICPI is to support socially active youngsters, promote integration and contribute peace- building processes, to give a hand to create more active, educated and modern society. ICPI works in different social, educational and cultural fields with different target groups such as: children, youth, students, refugees, etc.



JOETZ is a young, open and dynamic non-governmental youth organizations in Belgium for kids and youngsters from 3 to 30 years old. We develop projects and activities around health promotion, international youth work and social inclusion. We also organise a wide variety of holidays for kids and youngsters and training for youth workers. JOETZ is mainly a health promoter and works around health through different campaigns and actions. Our actions are varied and we work around mental as well as physical health.

Partner Organizations :



Otra Escuela - Spain
Asociatia OTI Romania - Romania
MOVE to Be You - Austria
MLADINSKI DOM JARŠE (MDJ) - Slovenia
ROES Cooperativa - Greece
Projekte Vullnetare Nderkombetare (PVN) - Albania

Main objectives of the project

- To enhance their skills in promoting physical and mental health through outdoor and nature education;
- Experience and learn about the benefits of spending time in nature for mental health and the concept of Forest Bathing;
- Through hands-on experiences and engaging activities, to gain a deeper understanding of healthy lifestyles and effective methods for sharing insights with young people;
- To build a supportive network with other youth workers in the field of health and outdoor activities;
- To contribute to the promotion of a healthy lifestyle and improve the physical and mental well-being of young people through the training of youth workers in nature and outdoor education.
- to support the professional development of those who work in training and youth work with a view to innovate and improve the quality of training and youth work

Who are we looking for?

Participant profile

General profile:

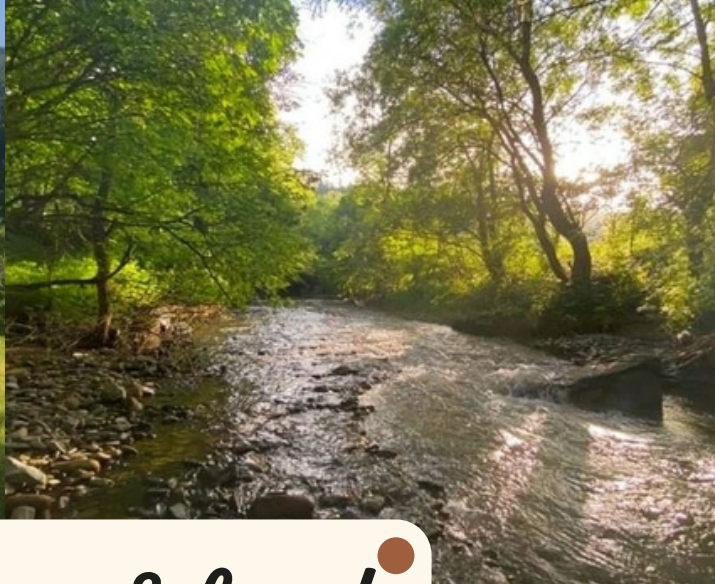
- Resident in the country of the sending/receiving organization;
- Age: 18+;
- Priority will be given to participants with follow-up project ideas;
- People working directly with youngsters and are motivated to support their mental & physical well-being;
- Newcomers in Erasmus+ programme are highly welcomed.

What do we expect from you:

- Basic level of English;
- An interest in at least one of the following fields: outdoor education, nature education, physical/mental health, sports, mindfulness, hiking, forest bathing, “ecotherapy” etc.
- Readiness and availability to involve in the project actively and dedicate time and effort to it;

To ensure a country balance in the group, each partner agreed to send 3 youth workers

The course is designed for youth workers, youth leaders, youth educators, social workers, NGO workers and representatives of our organizations as well as partner organizations. Those working with young people and who would like to expand their practice or career to include outdoor & nature education, theory and exercises.



Accommodation & food

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 project will be settled in a camping site.

The site will be equipped with kitchen for cooking, cold and warm water, electricity, showers and WCs

Waterproof tents will be divided according to the same gender, but different nationalities

Each day they will be provided 3 main meals and two healthy breaks with fruits;

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

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



Reimbursement information

According to the rules of Erasmus+, the maximum amount that we can reimburse for travel cost for each representative of the country is indicated in the table:

Country	No of Participants	Amount
Belgium	3	530 €
Spain	3	530 €
Austria	3	360 €
Slovenia	3	360 €
Greece	3	275 €
Albania	3	275 €
Romania	3	275 €

Send us your flight tickets for approval before purchasing them!!!
DO NOT BUY THEM WITHOUT OUR APPROVAL!

You must present all the travel documents such as boarding passes, invoices and receipts, otherwise applicant organization will not be able to make reimbursement

100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+. Only the most economical transportation (2nd class) will be reimbursed. **It is necessary for participants to have travel and health insurance** (not covered by project).

Reimbursement will be done via bank transfer max. 3 month after the project.

Practical information

**Working language:
English**



**Deadline for selecting
participants: 31/03/23**

**Deadline for buying
tickets: 14/04/23**

**If you have any questions or queries,
do not hesitate to contact us at:
back2theroots.erasmus@gmail.com**

Please note that "Joetz vzw" and the "International Center for Peace and Integration" may use audiovisual tools (pictures, videos, livestream, project movie) for the purpose of dissemination of the project results. If you **DO NOT** wish to appear in these digital materials, please inform us.