



BRIGHT LIFE

ERASMUS + TRAINING COURSE
MOBILITY OF YOUTH WORKERS

13th - 22nd October 2023

Sanillés eco-centre, Lleida, Spain



Co-funded by
the European Union

Associació A fil de vent



WHAT IS IT ABOUT

Due to individualism and social isolation, increased (not only) after the pandemic, it is common to find young people and youth workers, who work with them, experiencing feelings of emptiness or density in their day-to-day lives, together with symptoms such as demotivation, apathy and anxiety. The negative effect on their mental health is explicit.

With Bright Life we want to **bring more light** into these situations, by creating a safe space for experimentation, vital and professional development through **routine and daily rituals, creativity, movement and nature** at the center with the aim of giving enough time to each of the elements.

Through this we want to support the resilience of youth workers and help them to find specific tools they can use for their mental health management and also for their work.





AIMS & LEADING PRINCIPLES

NATURE-BASED METHODS

teachings inspired by Bill Plotkin and indigenous traditions, nature wanders, solo time - medicine walk, fasting and the philosophy of Byung-CHul Han regarding time conception

MOVEMENT AND EMBODIED PRACTICES

different movement and dancing practices coming from authentic and free expression to and without music

ROUTINES AND DAILY RITUALS

Everyday sharings, mindfulness, breathing, connecting and stress relief exercises; non-religious ceremonies and rituals

CREATIVITY AND ART

boosting our creativity and using the nature to artistically express our needs

PARTICIPANTS ' PROFILE

a youth worker/ teacher/ facilitator/ mentor/coach/trainer/ volunteer working with and for young people on daily bases

18+ years old resident of: Belgium, Slovakia, Austria, Italy, Estonia, Germany, Poland, Hungary, Czech Republic and Spain (good proficiency in English is required for a good understanding; min. B1)

happy to spend time outdoors, regardless the weather, disconnected from the society, but highly connected to the group, nature and oneself

dedicated, interested in the topic, ready to learn, grow, support other participants and fully participate in preliminary preparation + training course + follow-up (dissemination of the project outcomes locally)

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**LOOK DEEP INTO NATURE, AND THEN YOU
WILL UNDERSTAND EVERYTHING BETTER.**

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VENUE & ACCOMMODATION

Sanillés eco-centre, Lleida, Spain

- beautiful eco-centre located just 2 hours ride from Barcelona next to Natural park Cadí-Moixeró
- situated at 1000 metres above sea in astonishing Spanish Pyrenees, close to South France and Andorra
- fully vegetarian nutritious magic kitchen from Le Gemme
- 30 minutes walk from the closest village
- shared 2-3 bedded rooms, and a shared bedroom of 10





TIMEFRAME & LOGISTICS

**13th
October**

arrival day,
till 5 p.m.

**22nd
October**

departure day,
after 10 a.m.

**8 training
days**

14th - 21st October

23 people

from 10 countries

**7-9 hours
a day**

intensive program

30-50€

participation fee

PARTICIPATION

is compulsory in all phases - preparation, training course, follow up
there is no alcohol and drugs policy





TRAVEL COSTS & REIMBURSEMENT

WE RECOMMEND ALL PARTICIPANTS TO USE SUSTAINABLE AND ECO-FRIENDLY WAYS OF TRAVELLING AS SHARING CAR TOGETHER OR TRAVEL WITH TRAINS/ BUSES

Hosting association: Associació A fil de vent - Spain - 23,00€

Partners associations:

JOETZ vzw - Belgium - 275,00 €

MOVE to Be You - Austria - 275,00 €

ADEL - Slovakia - 275,00 €

YOUUnique z.s. - Czech Republic - 275,00 €

Stowarzyszenie Mierz Wysoko - Poland - 275,00 €

MTÜ Väike Jalajalg - Estonia - 360,00 €

Academy of Growth e.V. - Germany - 275,00 €

Marga Pura - Italia - 275,00 €

Hidak Ifjúsági Alapítvány - Hungary - 275,00 €

Reimbursement will be done only if all needed requirements of the projects are met.





LORENA CHAMORRO

**TRAINER AND
COORDINATOR**

Lorena is a writer, youth worker, educator, translator and interpreter. She believes in the value of the community as a tool for change for a more fair society and has dedicated herself for almost 10 years to grouping her passions into social projects. This is the first project of her own association, A fil de vent.



FILIP KŇAŽEK

TRAINER

Trainer, facilitator, self-development guide who loves to encourage people to get to know themselves better through effective communication, nature, emotional intelligence, mindfulness, stress management and embodiment techniques.



GEMMA PAGANELLI

CHEF

Welcome to LeGemme, Gemma's healthy kitchen! Gemma gets inspired by current season, vegan/vegetarian equilibrium and multi-cultural cuisine. Harmonise your body, mind, and soul through mindful eating tips, blasting tastes and balanced nutrients.



RAÚL RUIZ

LOGISTICS

President of the Proyecto Nagual association, coordinates and facilitates Erasmus+ TC. He is also a Gestalt therapist, an associate professor in the department of sociology at UB, a musician and a writer.

MEET OUR TEAM



APPLY HERE!

DEADLINE 1ST AUGUST 2023

we will let you know about the results of
selection by 10th August

CONTACT US

ASSOCIACIO.AFILDEVENT.EU@GMAIL.COM