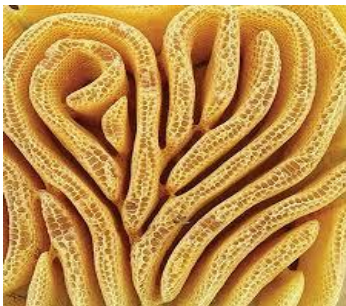


# Well-BEEing

## Ecosystemic practices for youth mental wellness



Co-funded by the  
Erasmus+ Programme  
of the European Union

*“Well-BEEing”* is an experiential training course designed to create a learning space for the development of participants' skills and competences into personal and community growth, as keys for a sustainable social impact within a cooperative network

## CALL FOR PARTICIPANTS!

The training course will take place in a valley into the rural area in Leon, the north of Spain, surrounded by astonishing nature, from the 17th to 22nd June 2024.

It has been designed for trainers, educators, leaders, youth workers, volunteers and professionals from the youth field and non-formal learning methods.

We have 2-3 places for each of the 7 partnering countries of the project: France, Germany, Greece, Italy, Latvia, Poland and Spain.

Stylized logo for ASCKAS, featuring the letters in a white, hand-drawn font with a white underline.

# About the project

Living in an era where the health crisis, isolation and individualism not only affects our bodies, but also our cultures and planet Earth, we recognize the urgency of addressing mental, emotional, physical and spiritual well-being through an educational-experiential approach.

The purpose is to create a space of well-being and personal growth that strengthens social connections as a source of health and community transformation for social change. The project is based on the systemic vision and the power of collective intelligence, recognizing the interconnection between personal and community well-being.



Inspired by nature, its cycles, its rhythms and all its abundance and beauty, we take the image of bees as a collective community uniting individuals with cooperation. Understanding that each person is an active agent in the community and that by creating networks of learning and action we can pollinate change, creating a sustainable social impact.

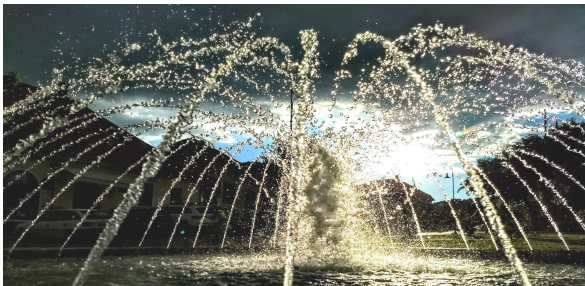
The training course focuses on promoting emotional health, communication, conflict transformation and stress management, both individually and collectively. In this way, we will develop skills and work with different tools, which can be transferred to working with young people back in the different communities.

We will explore with great curiosity the different archetypes that live within us and in our networks to promote the authentic expression of each person as part of community development. Including the diversity of different cultures and societies at an international level, beyond the borders of each territory, fostering cooperation.

# Working methods

This training course is organised within the context of Non-Formal Education, so it will be based on creating a safe, open and interactive learning environment for the participants, promoting as well a participatory approach into the collective experience.

Within the concept of learning by doing, we will be using methods such as games, embodiment practices, storytelling, sound work, role play, dance, nature-based experiences, visualisations, expressive art work, social theatre with systemic view, creative-writing, meditation, self-reflection and many others, including self-assessment and reflection along the process. We welcome the participants to share their knowledge, skills, experience and tools contributing actively to the programme by exchanging and sharing while learning from others and from themselves.



Bear in mind that previous experiences within these methods are not needed to attend the training course.

**We are learning by experiencing!**

# Who is it for?

It has been designed for trainers, educators, facilitators, leaders, volunteers and professionals that are active in the youth field at local, national or international level and are willing to develop their competences and skills through this intercultural collective experience.

So this IS FOR YOU if you WANT TO:

- *Get to explore well-being, cooperation and conflict transformation in a context of social action towards community development*
- *Learn by the experience, developing skills and gathering tools for your professional and personal life*
- *Be curious to explore creativity, community and nature as sources of growth, and be open to go through a process of self-learning and reflection within yourself and others*
- *Move, hike, be outdoors, be indoors, travel within... open yourself to the methodology and the transformative process*
- *Be an active bee of the group, actively sharing your own resources, caring and participating in cocreating a well-being and learning space*
- *Engage fully with the project, including dissemination and follow-up, becoming an active agent of social change creating impact through your learning experience*
- *Connect and develop new networks and inspiring contacts in a multicultural environment, as a base for future projects and cooperation*

It is a **learning experience**, so we will all work during the training course by learning and being actively open to contribute to the process. If you are looking for holidays, you better try somewhere else, as we have limited spots and so much willingness for motivated participants.

Same way as this project will have an impact on you if you take part on it, we expect you to create an impact back in others acting as a **multiplier of change**, polinising as the bees. Which means that during the follow up and dissemination process, you will have to implement some learning processes, activities and tools from the training course adapting them into your own community.

# The team

## TRAINERS

**Yolanda B. Miranda:** educational designer, movement therapist, project coordinator and group facilitator in the fields of personal growth and well-being. Understanding human conflict and distress from a cultural and systemic view with emotions as a key for transformation. Always in the process of learning by exploring somatics, art tools, nature-based experiences, neurology, embodied practices, storytelling, creative thinking, theatre and social action. In love with creation and playfulness, she likes to create sessions as inner journeys with a community impact.



**Antonio Martin:** facilitator in the fields of social and systemic theater, nonviolent communication and transformation of human conflict. The focus of his sessions is always based on creation from social reality, and the concern about the well-being of human beings and planet Earth, having a holistic approach, embracing deep ecology, conflict transformation, human well-being (yoga, meditation, therapeutic work with sounds...), shadow inquiry work and systemic approach.

## BACKSTAGE

**Laura Barranco:** social educator, project designer, conflict mediator and coordinator of rural development and community projects in various depopulated areas, improving connections and networks among both native population and migrants. Working with different associations collaboratively on sociocultural projects with a focus on interculturality values for community development. She is creating spaces for coexistence and awareness-raising during settling population processes promoting local initiatives and innovation for social change.



# The venue

The training will take place in a very creative venue that will be our home for the days we will be learning together. Meals will be served there, being all of them vegetarian and home-made.

Accommodation will be arranged in a community room with bunk-beds and shared bathrooms. As it is the beginning of summer time, there might be as well the possibility to sleep under the stars outside in the venue.

More information about how to get there and ticket booking procedure will follow for selected applicants

## Costs

The **travel costs** of the participants will be reimbursed up to a maximum according to the E+ Programme and that will be done after the training course, once the participants have send all the travel documents and have completed the required tasks (Erasmus survey and dissemination activities).

We encourage participants for planning green travel (bus, train, carpooling...).

The maximum amount reimbursed for travel costs is:

- Greece, Latvia, Poland: 360€
- France, Germany, Italy: 275€
- Spain: no travel reimbursement available

There is a **participation fee** to contribute to a 5 days training course, accommodation and meals that varies in a sliding scale in between 90 to 150 euros to be self-assessed by you in order to suite diverse financial situations.

If that is a barrier for your participation, please contact us.

# Do you feel like being part of the project?

Apply here:

<https://tinyurl.com/appwellbeing>

Until 23rd May

*The selection process will be done through the application form and announced on the **24th May**. Keep it in mind to receive news from us!*

*Commitment to participate in the whole duration of the project is required, including the phases before and after the training course, as well as being responsible for own health insurance during the days of the training course.*



## Any questions? Wonders? Contact us



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