



Erasmus+



Dansk ICYE
International Cultural Youth Exchange

Travel to Exchange Your Life!

TC "With.In Nature"

A training course for youth workers about finding their Inner Leadership
and new ways of upgrading the quality of life

30th of August – 06th September 2017
Bornholm (Denmark)

DESCRIPTION OF THE PROJECT

The training course "**With.In Nature**" is organized by Dansk ICYE.. This semi-outdoor training course involves 24 (2 per country) motivated youth workers, project leaders or educators from Denmark, UK, Spain, Estonia, Malta, Czech Republic, Romania, Cyprus, Slovakia, Latvia, France and Belgium. The participants will meet on the sunny island Bornholm. Supported by the team of trainers a space will be created for personal development in connection with nature through reflection on our concerns and passions as well as becoming more conscious of our personal learning process. We believe that gaining a deeper understanding of who we are and what we can do for others is an empowering process which can lead to positive changes for the future of society. Moreover it is necessary that youth workers know how they can support young people in facing their own challenges and thereby continue to grow as a person. After the training, participants are expected to adopt a multiplier role: they will lead young people in their home organisations and communities through a personal learning journey to craft and find powerful and meaningful responses to the challenges of the 21st century.

PARTNERS



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AIM

The aim of the training course is to create a space for youth workers to find their Inner Leadership and new ways of upgrading the quality of life.

OBJECTIVES

In order to achieve this aim, we established the following **objectives**:

- To raise awareness of our identity through reflecting on our challenges, concerns, talents and passions.
- To stimulate the creativity, vulnerability, confidence and resilience of the participants.
- To explore alternative ways of living, in particular the exchange with nature, which gives us a new quality of life.
- To develop a different Mindset, based on the values: mind, heart, body and environment, which serves us in our future.
- To encourage and serve the participants in planning their learning process also after the training course and also implement with their own target groups: young persons in their organization and community.
- To learn more about the Erasmus+ program and its actions, and Youth Pass as a tool of recognition of the key competences. .

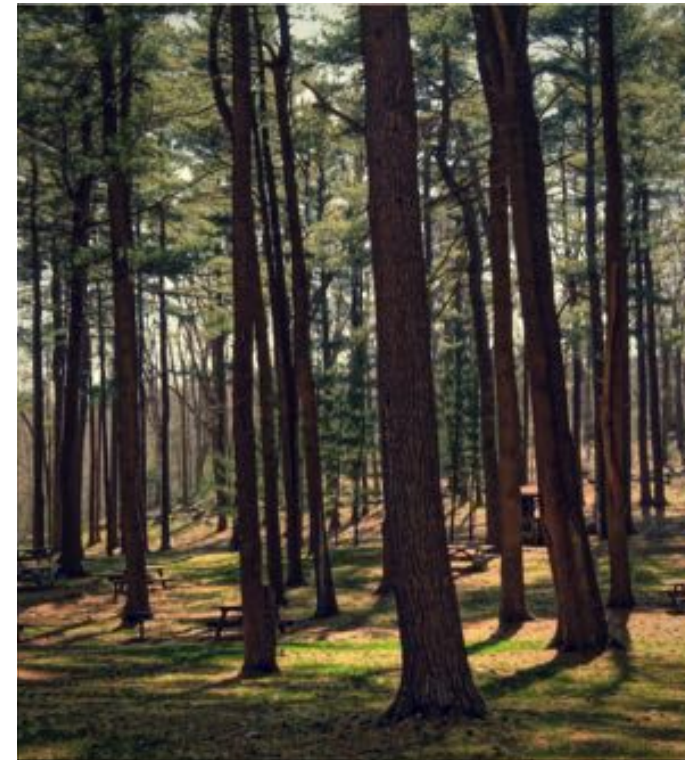
The methods used will be those of non-formal education, including creative workshops, debates and active inter-cultural learning processes that will encourage young people to become active citizens and to share their gained understanding and knowledge with others.



PARTICIPANT'S PROFILE

The profile of the participants are youth workers from NGO's and public bodies who are involved in environmental learning and working with all kinds of youngsters. The participants learning needs and contributions will play an important role. We are looking for participants who are familiar with the topic and who can reflect about it from an holistic point of view. Participants should have good command of English, and be willing and committed to work hard in a demanding environment outdoor as well as indoor. Moreover, you as a participant should be willing to go on an intensive journey where you explore diversity and discover varied views on this topic. You will also have a multiplier role, in other words: you will adapt what you learn in this training course to the context of your work with youngsters.

The participants minimum age is 18, but because of the topic of the training we suggest that participants of 25 years and older, but motivation to participate is more important than age.



LOCATION

BORNHOLM (DENMARK)

Bornholm is an island in the **Eastern most part of Denmark in the Baltic Sea**, close to Sweden. The area has a **lot of forest and beautiful nature**, and there is a big castle called Hammershus close to the venue that is a very popular tourist destination all year long.

The weather is **rather fresh in the end of August** (specially for Southerners!). Average temperature is around **15-20° Celsius**, but it can be both warmer and colder. So please bring appropriate and warm clothes, practical shoes, hair dryer, etc!

The venue will be located in **Allinge**, a small village on Bornholm. It is close to the nature, and there we'll have fresh air, forest and the sea as neighbours.

Bedlinen and towels will be provided.

You can check the website of the venue in the following link:

<http://www.hosengholm.dk/>



TRAINING PROGRAMME

Together we are going to make a **personal journey** in many different dimensions. This includes invitations to come out of your **comfort zone**, tools of **personal development** and reflection and **inner leadership**. The combination of innovative non-formal education methods, including:

- activities from body expression sources (contact improvisation, Butoh...)
- theatre of the oppressed
- nature-based methods
- various personal development tools



An outdoor experience is designed for the second part of the training: being IN the Nature to reconnect with the Nature WITHIN oneself. Expect one night sleeping in tents as part of the learning process.

TRAVEL ARRANGEMENTS

We will be staying at the beautiful **island of Bornholm** with the most unique nature of Denmark, but that also means that it a little **bit difficult to reach** the island, since you will need to take a train and a ferry to the island.

The venue on Bornholm is located approximately **4 hours from Copenhagen**. We strongly recommend you to take the flight to **Kastrup Lufthavn** (in Copenhagen), as it is cheaper and easier to go to Bornholm than any other airport. Later on, both from the airport and Copenhagen central station you can take **the train** to Rønne on Bornholm, which goes few times each day. Note that **trains from Copenhagen to Rønne** are not so frequent, so plan your journey accordingly!

You can check the trip from home at this website: <https://www.rejseplanen.dk>

Write: København Lufthavn St. => Rønne Havn.

Standing in the port off **Rønne Bornholm**, you have to go and take the bus, it is just near by the ferryterminal, it is bus number 1. You have to get off at **Sandvig Gl Station**.

Also, when buying the tickets, bear in mind that there is a **fixed maximum amount reimbursable for your individual trip costs from and to your home country**. These amounts vary from country to country, and are as follows:

Estonia, Belgium, France, Latvia, Romania, Slovakia, Spain, U.K., Czech Republic	275 €
Malta, Cyprus	360 €
Denmark	180 €

PRACTICAL ARRANGEMENTS

ARRIVAL

YOU NEED TO BE IN COPENHAGEN BEFORE **13 a clock on the 30th of August** to be able to take the train to Bornholm.

DEPARTURE

The **6th of September is departure day**, so you will be able to leave Bornholm and go to Copenhagen on this day. Check for flights in the **afternoon** since it will take some time from Bornholm to Copenhagen

REIMBURSEMENT

Reimbursements will be made by bank transfer within 14 days after the training course **ONLY** on presenting **ALL** your traveling documents. Keep all your tickets and boarding passes close, so we can collect them once at the venue! As soon as you have your tickets send them to:

uug.icye@gmail.com

NB! You are welcome to come earlier or leave later to see Copenhagen, to chill with your new friends and have some more great experiences but it will be on your own expense.
(+/- 4 days)

REMEMBER!

To avoid misunderstandings and have an easy reimbursement process, we advise you to follow these steps:

- Arrange all your travel in advance based on **economy class tickets and plan the cheapest route possible** to the project venue and back home.
- **Taxi** rides can only be reimbursed if the trip is happening at night, when **no local buses or trains operate**.
- Please note that **car travel** can only be reimbursed in **certain conditions**, so please contact the coordinator if you must have any long-distance car travel.
- If you are over your personal given travel budget, the **excess amount will not be covered**.
- If you have any doubt about your travelling plans, please contact the coordinator **before booking tickets**.

*Failure to participating in a minimum of **80% of the content sessions or inappropriate behavior** might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.*



PRACTICALITIES



TRAVEL INSURANCE

It is mandatory and your own responsibility to have a valid travel and medical insurance during your travel (i.e. **European Health Insurance Card**).

If you need help with this, please contact your organisation back home.



CURRENCY AND EXCHANGE

Food, accommodation and transport costs will be covered, but if you want to buy something, the best and easiest way is to use **credit card**.

If you want to exchange, the currency in Denmark is **Danske Kroner (DKK)**: **1€=7,4 DKK**. It is not easy to exchange at the venue so do it before arriving!



DANISH EVENING

We'll have the opportunity to **discover the Danish culture and national delicacies** during an evening visit to a local family on Bornholm.

No need to bring typical items from your own countries, we believe you are already carrying with you your own personal culture and you'll exchange it throughout the whole training.



PARTICIPATION FEE

There will be a **40€ participation fee** to be brought in cash at the beginning of the training course.

The money will be spent on the benefit of the project to provide extra activities and more fun times.

HOW TO APPLY

**SO IF YOU ARE READY TO DARE AND JUMP INTO A NEW ADVENTURE,
THEN WE ARE WAITING FOR YOU!**

**IF YOU WANT TO PARTICIPATE IN THE PROJECT
APPLY HERE**

<https://goo.gl/forms/xCspuHvQqtpifvrw1>

CONTACT INFORMATION

For any questions or clarifications regarding the project, feel free to contact your organisation or the coordinator of the project:

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Looking forward to welcome you on Bornholm!