



Erasmus+



# CALL FOR PARTICIPANTS



Training course  
for  
youth workers

**SMILE!** - Positive psychology, Creativity  
and Nature for inclusion of marginalized  
youth

**26.09 – 04.10**

**2019**

**Gudevica, Bulgaria**



# Welcome

Dear friends,

Through the following pages, we have summarized the information you need to know about our training course **in order to apply for participation**.

If you have further questions, do not hesitate to contact us at: [home@learningforchange.net](mailto:home@learningforchange.net)

*Enjoy exploring the information!*

This project is hosted by:

**Learning for Change Foundation**

[www.learningforchange.net](http://www.learningforchange.net)

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## Who we are?

“**Learning for Change**” Foundation is established in 2016 by experts in the field of education, training and project activities. The main motivation of the team for the establishment of the Foundation is to combine in one organization their long experience in international Youth work, youth policy, project activities and non-formal learning. The team of experts and professionals behind the organization works actively together in the field of Youth work at national and international level for years. In early 2016 they have decided to create a unified organization to meet the specific needs for the development of non-formal learning and Youth work in Bulgaria and Europe.

Our share values are: solidarity, social justice, the right for education and training, mutual cooperation, intercultural and interreligious dialogue, public and personal responsibility, peace and sustainable development.

**MISSION:** To support young people in the search of their true life purpose by raising personal awareness, connection to nature, and building sustainable core values.

**VISION:** To live in a value-driven society that provides opportunities for natural growth and personal development through one's unique talents as an integral part of the global eco-system.

Two main areas of work of Learning for Change are:

1. **Ecocentric development** – modern developmental psychological concept promoting holistic personal growth;
2. **Positive psychology** – modern trend exploiting resources of the brain to creates positive attitudes and thus affecting learning, working and social capacities of the people;

## About the Course

### WHY “SMILE!”

**SMILE!** - Positive psychology, Creativity and Nature for inclusion of marginalized youth provides opportunities for personal development and competence gaining for youth workers. The whole concept of the training process is based on innovative methods and modern psychological concepts targeting personal and professional development of the participants. The positive psychology is recognized as powerful trend in personal development and we believe that it can be very beneficial for young people. In the training we will introduce integrated approach consisting of elements from *psychology, nature based personal development and creativity*.

During the training based on modern psychological practices participants will explore how these practices can serve as a tool for increasing happiness, confidence and create sustainable positive mindset. These results can be in great benefit of young people with fewer opportunities.

*Given this, SMILE! - Positive psychology, Creativity and Nature for inclusion of marginalized youth aims at training youth workers to use the practices of positive psychology, creativity and nature based methods within an integrated approach to individual and group support to marginalized youth.*

### TRAINING OBJECTIVES

The training course is built on a flow which combines elements of practice/experience, reflection, theory and application. Thus, we are aiming at:

- 🕒 Providing knowledge and skills linking **Positive psychology, Creativity and Nature based personal development**;
- 🕒 Raising the awareness of youth workers about the marginalized youths' need for support in their **mental health, personal and professional development**;
- 🕒 Developing skills to provide **inclusion of young people** through an integrated approach;
- 🕒 Demonstration of **innovative methods and tools** for working with marginalized young people from the areas of Positive psychology, Creativity and Nature based personal development;
- 🕒 Development of **practical tools** for working with marginalized young people.

### TOPICS OF THE COURSE

- 🕒 **Self-analysis and self-development** - how to transfer understanding about ourselves into process of conscious development.
- 🕒 **Positive psychology** - practices to develop sustainable happiness and habits of positive mindset.
- 🕒 **Meditation and mindfulness** - tools for focus and balance of attention, emotions and consciousness.
- 🕒 **Connectedness and nature** - connecting with yourself, nature, other people, the outside world.
- 🕒 **Creativity, art and music** – as tools for self-expression and communication.





## PROGRAMME ELEMENTS

Working with values  
Positive psychology practice  
Nature based methods  
Experiential learning  
Methods for self-development  
Workshops development and delivery  
Solo time in nature  
Peer-to-peer learning  
Transferability  
Living as a community (*cleaning, cooking etc.*)

## WHO CAN PARTICIPATE

You can apply for this training course if you are from the following countries: **Bulgaria, Croatia, Slovenia, Greece, UK, France, Italy, North Macedonia, Poland and Czech Republic.**

**Dates:** 26.09 – 04.10.2019

**Arrival day:** 26.09.2019 **before** 12:00 (AM) in Sofia

**Departure day:** 14.11.2018 **after** 2:00 (PM) from Sofia.

### Participant profile:

1. **RELEVANT PROFESSIONAL EXPERIENCE:** persons who have experience in youth work. The participants should have one of the **following roles:** youth workers, youth leaders, educational and career counselors, teachers, general educators, trainers, mentors, coaches, educational nature guides.
2. **MOTIVATION:** persons who feel a strong calling to participate in this course and have strong and relevant motivation for joining the process. The motivation should be a blend of personal and professional factors. We are looking for persons who feel **comfortable of being in nature (as the topic will be addressed through nature based practices)** and who can immerse in natural learning environments.

The participants must be over 18 years and have a good level of English.



## TRAINERS TEAM

The trainers' team has a rich experience in providing life changing experiences in safe but challenging learning environments. The "guides" of the learning process are professional youth workers, international trainers, persons with strong backgrounds in human development and psychology, with high ethics and working principles. The team is composed of:



**Chari Cámara Beviá (SPAIN)** is teaching activists, an illustrator and a graphic storyteller. She creates art that meets life and brings games, creativity and sensorial experiences into people daily life. Nature is a living sensei inspiration and through her creations, toys, origami and stories she tries to bring her wisdom close to you. While people explore like a wanderers they raise their intuition, their connection with the body and the ecological awareness, and from this point people start creating. She is a freelancer working on her own projects: Archiplay and Doctora Creativa, and also she collaborats with Oika and La TransEducativa, all of them projects that aim to bring to communities a deeper connection with nature and practices about

how to be resilient, sustainable and creative to face reality as a team: a climate emergency. She is a change maker and wants to share this energy with you. Let's create together a better world.



**Maria 'Marushka' Lebioda (POLAND)** is a youth worker and trainer of intercultural and interreligious communication, forest and outdoor education. She works mostly in the local context trying to encourage people to take more responsibility for the reality they create and live in. She is enthusiastic individual, using her passion for learning in the outdoors to engage and inspire both young people and adults to develop their social and cultural skills.



**Ognian Gadoularov (BULGARIA)** is a youth worker and trainer specialized in international youth cooperation projects. He is involved in interactive teaching and environmental education. Prepares and educates instructors for working with children and young people. Ognian perform responsibilities as a trainer for Bulgarian "Erasmus +" National Agency. Expert in conducting adventure programs based on experiential learning and improving team performance. <https://www.salto-youth.net/tools/toy/ognian-gadoularov.2625/>

## FINANCIAL AND PRACTICAL CONDITIONS

**SMILE! - Positive psychology, Creativity and Nature for inclusion of marginalized youth** is a project financed by the **Erasmus+ Programme**, thus all the activities, accommodation and food are 100% covered by the EU grant. The travel costs will be reimbursed to the participants **after the course** in the amounts limit according the Erasmus + regulations.

**INSURANCE:** Due to the complexity of the program each participant must have a comprehensive travel and medical insurance, covering both the travel and the stay from the first until the last day of the way back home. **The insurance needs to be covered by the participants.**

### Travel

If you plan to **arrive earlier** or **leave later** your expenses out of the days of the training will not be reimbursed by the organizers.



There is **NO** participation fee for this training course.

## VENUE – EDUCATIONAL CENTER “NATURE SCHOOL”

The training course will take place in the Educational center “Nature school” in Gudevica village. The center is situated **in the mountain** next to the Greek border in thinly populated region. There is **NO PERMANENT WIRELESS INTERNET ACCESS** in the center.

The educational centre “Nature school” is placed in an old school building surrounded by beautiful nature, high in the Rhodopy Mountains. There are a lot of nature phenomena around – Springs of Arda River, Uhlovica and Golubovica caves, Peak Kom and also natural reserves. Today in the village live only 18 people.

The place is **RURAL AND REMOTE**. So you have to be **ready to live close to the nature, in a small community far from the city civilization!** You would enjoy the place if you are a person who likes **outdoors and country life**.



### Accommodation



The accommodation will be in a village house (hut-type) with big common sleeping rooms. There are separate rooms for women and men. The beds are equipped with sheets, blankets and sleeping bags. There are two bathrooms with hot water in the house. There is also an outdoor bathroom (with amazing view to the sunset). The toilets in the center are 5 – 2 internal and 3 external compost ones. There is also a possibility to use tents and camping equipment for free if anybody wants.



## Food

During the training rich and healthy **VEGETARIAN food** will be served. It will include products from local farmers, homemade cheese, butter and milk and lots of vegetables and grains. The food will be prepared by a professional cook.

Please, inform us about **any special diet and food allergies** by stating it in the application form.



## APPLICATION PROCEDURES AND DEADLINE

If you want to participate in this training course you have to fill in the application form available at this link: <https://forms.gle/SbHTAp5yY7bZrAEP6>

The **deadline** for applications submission is **30th of July 2019 (included)**.

The selections results will be published on 10th of August 2019.

## CONTACT

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