



Funded by the
Erasmus+ Programme
of the European Union



Option I dates: 07.06. - 11.06.2024

Arrival date: 07.06.2024 by 6pm in Radomir

Departure date: 11.06.2024 after 10am

Option II dates: 14.06. - 18.06.2024

Arrival date: 14.06.2024 by 6pm in Radomir

Departure date: 18.06.2024 after 10am

Drugan, Bulgaria

[Apply](#) before **30.04.2024**

Summary

A 3-day experiential workshop to explore and practice radical honesty, awareness and somatic-oriented communication tools to transform conflicts and grow as human beings and change-makers.



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Context

Conflict transformation in non-formal education, community organizing and advocacy often runs against deeply entrenched divisions, stereotypes and unidimensional worldviews which prevent genuine connection and exchange of ideas and experiences, as well as their modification.

Unequipped with awareness and skills to recognize our own needs and wants, as well as communicate our lived experience honestly and effectively, we instead suppress ourselves and rely on manipulation, lies and moralizing to get others to do what we want. On both individual and political level, these tactics escalate violence and alienation instead of preventing conflict.

Knowledge about and awareness of social issues alone are not sufficient to mobilize support across political and ideological divides and lead to sustainable collective action. When we do not attend to the emotional pains underlying any given perspective, we lose the opportunity to transform suffering into constructive learning, authentic empathy and empowered agency.

In order to support our communities to transform conflict and find sustainable solutions to the problems they face, as social workers and community leaders we need to build our skills to facilitate individual and collective healing, and expand our capacity to connect, collaborate and sustain togetherness.

How will we apply honesty and somatic practices towards conflict resolution?

The program of the workshop is based on somatic awareness practices and uses honest sharing as a tool to create deeper connection. By learning to report out loud what we notice in front of ourselves, in our bodies, and in our minds in the present moment we ground ourselves in what is actually happening - as opposed to being stuck in our interpretations of reality and fighting over them. Through noticing our bodily sensations and increasing our capacity to stay with them, we learn to access all of our emotions, and experience them fully in order to reclaim our energy and aliveness and prevent getting stuck in conflict.

Honest, embodied communication helps us to express our anger, communicate our boundaries, and attend to our emotional wellbeing before we move on to creating solutions and making agreements.

Through this process we can connect with others and discover intimacy that doesn't require manipulation, emotional suppression, lying or hiding. In this way we can find creative solutions to conflicts and problems, and have fun at the same time. You might even start to appreciate conflicts as an opportunity to connect even deeper!

Program Goals

We invite you to join us in exploring and growing our power to turn conflict into connection through the courageous acts of vulnerable sharing and allowing ourselves to fully experience whatever is. We will ask you to commit to stay in contact when conflicts arise and explore alternative ways of facing them. In this way we will practice respectful acceptance of different experiences and realities.

In this intensive experiential program, we will use honest communication and somatic awareness practices in order to:



- Develop skills in telling the truth and being together without filters
- Connect to ourselves and others in a deep, honest, and compassionate way
- Attune to our body senses and express whatever arises in the moment: excitement, attraction, anger, fear, etc.
- Experience being fully present and grounded in the moment
- Practice asking for what we want in a direct, non-manipulative way
- Expand our awareness and reclaim our energy, aliveness and sense of purpose
- Co-create cooperative environment by making clear agreements based on consent and honesty.

Expected learning outcomes:

- Feeling our bodies and expanding bodily awareness
- Starting on the path to becoming completely and compassionately honest
- Letting go of (some) shame, fear, and attachment to approval
- Being at ease with the uncomfortable - expanding our comfort zones
- Asking for what we want; expanding our ability to give & receive
- Getting over anger, guilt, and obsessive thinking
- Becoming more aware of relationship dynamics and experiencing whole-body forgiveness
- Living out loud - laughing, crying, yelling, smiling, and getting inspired to transform our lives
- Enhancing and enriching our leadership, communication and conflict transformation skill sets.

Daily Flow

We will start every day with movement and meditation to gently awaken our bodies and minds. During the morning and afternoon sessions we will practice Conflict Transformation through teaching, group and paired exercises and sharing circles. This way of learning relies on personal sharing and requires our willingness to be vulnerable with each other.

During lunch break we will have time to relax and explore the village and nearby nature, as well as engage in experiments outside of our group space. After dinner we will continue to get to know each other and our cultures through activities organized by the participants.

8.45 - 9.15 am	Body Awareness Session
9.15 - 10.15 am	Breakfast
10.30 am	Morning Session
1:30 - 4.30 pm	Lunch Break
4.30 pm	Afternoon Session
7.30 - 8.30 pm	Dinner
8.30 pm	International and Participant-led evenings



Commitments:

In order to create a safe and effective container for sharing and learning, all participants and trainers will be asked to keep several agreements for the duration of the workshop. Agreeing to them is a requirement for participating in the workshop. The two crucial agreements are:

I agree to tell the truth.

I agree to support others in telling the truth.

Agreeing to tell the truth means that you agree to honestly speak about the thoughts and feelings that arise for you during the workshop. The trainers will support you in doing so. By “telling the truth” we understand on one hand - no straight out lying, and on the other - no withholding or hiding things you’d rather not share.

Supporting others in telling the truth means that you agree to stay physically present while other people tell their truth, and doing so without trying to comfort them or get them to change. This also means participating in all sessions and not walking away even in “difficult” moments.

Additionally, we are envisioning this experiential program as a **no alcohol and drugs** space (excluding nicotine).

If you want to join a workshop, but have questions or resistance regarding these agreements, you can contact us at hello@solidarityworks.eu

Profile of participants

Participants in the workshops will be:

- Youth or social workers, young leaders, activists, community organizers working with disadvantaged communities
- Residents in a partner country (EU Member States, as well as Norway, Iceland, Liechtenstein, North Macedonia, Turkey, Serbia)
- Older than 18
- With working-level English proficiency to be able to fully participate
- Highly motivated to apply their learning in their work back at home
- Willing to further disseminate the project results and participate in the follow-up phase
- Comfortable with shared accommodation (participants will be accommodated in shared rooms with 2 - 5 other people)

In accordance with the inclusion and diversity aims of Foundation “SolidarityWorks” 6 of the 13 available participant spots in each workshop will be filled with participants who are low-income, disadvantaged or first-time participants in Erasmus+ mobilities.



Trigger Warning

The kind of work we will do during the workshop often has therapeutic impact. This means you might have the opportunity to work with personal triggers, access childhood wounds, or go into deep interpersonal processes. Still, the workshop is not designed to substitute personal therapy and does not replace it.

Due to the agreement that we will all tell the truth and stay present with each other, you might witness other people speaking about difficult events from their life, such as war experiences, abuse, suicidal thoughts, trauma, and intimate aspects of sexuality. If you think hearing about such topics might trigger you deeply, please reconsider attending the workshop.

Please be aware that this workshop might not be suitable for you if you have major untreated trauma. Also, if you have an acute mental health challenge, please first discuss it with your therapist/doctor and then with us upon applying. You can reach us at: miczekk@gmail.com and magi.nazer@gmail.com.

Preparation tasks

1. We expect you to read the book [“Radical Honesty: How to transform your life by telling the truth”](#) by Brad Blantond, PhD in order to arrive to the workshop with some understanding of how honesty and embodiment can change the way we approach conflicts. The workshop itself is aimed to be an experiential immersion into the practice. Ideally, you should read the book before you apply in order to have an idea of what you are getting yourself into 😊.
2. Plan to bring some materials to present your country and culture with - snacks, non-alcoholic drinks, souvenirs, photos, etc.

Project team

Katarzyna Mitschke (Kasia), Poland is a Certified Radical Honesty Trainer. The essence of her work is to help people reclaim the emotions, expressions, and connections they have denied themselves in the process of growing up. She enjoys creating and holding safe, encouraging spaces where people feel free to explore who they are and what they are capable of. Warm and humorous, she loves to accompany people in making new discoveries about the inner and outer world. Kasia co-founded an alternative school, taught workshops, coached parents and teachers, wrote a book about how to support children in natural learning, and unschool the way people think about life and growth. She offers honesty coaching as well as coaching for parents and educators who want to update their beliefs about how people learn and see children (and themselves!) as perfectly capable of learning what they need to learn.

Maggie Nazer, Bulgaria (project coordinator) is a sociologist, social entrepreneur and a domestic violence prevention activist. She describes herself as an adventurer and explorer, and a human being obsessively passionate about learning. Maggie has studied Sociology in the United States, as well as History of Women and Gender at Sofia University, and is undergoing



training to become a Gestalt therapist. Maggie cares about creating bridges between individuals and groups from different backgrounds, nurturing solidarity, learning and teaching healthy and authentic communication and relationship skills.

Venue & Accommodation

The project will be hosted in SolidarityWorks' Center for Learning, Sharing, and Exchange (CLSE), located in the village of Drugan¹, 10 kilometers away from the town of Radomir. CLSE consists of a newly renovated rural house transformed with the help of countless volunteers. The house has two bathrooms with access to hot water through water boilers.

The house has 4 bedrooms with shared sleeping arrangements, fit to host 16 people. Sleeping assignments in the hostel house will be done according to the gender of the program participants with females and males sleeping in separate rooms to ensure everyone's comfort. Bedsheets, pillows, and blankets will be provided.

There will also be an option to sleep in tents in our spacious and birdsong-filled garden. Each camping participant will receive a 2-person blackout tent, equipped with a mattress, a tent lamp, a pillow and an extra warm sleeping bag (as well as additional blankets if needed). If you desire to be placed in a tent, please, let us know in the application form. We encourage participants who value privacy and alone time to select the camping sleep arrangement.

Please review our [SolidarityWorks Values and Rules](#) document which covers important information about our expectations from you in relation to the use of our Hostel House (we request that you familiarize yourself with the document even if you will be camping in the garden).

!!! You are expected to arrive in Radomir on June 7th by 6pm the latest (for Option I workshop dates) or on June 14th by 6pm (for Option I workshop dates). We will have our first group dinner and an introductory circle to get to know each other and get started on our embodied awareness immersion journey together.

You can follow these [directions on how](#) to reach the town of Radomir from Sofia (the bus ride takes about an hour). If you arrive by bus or train, we will pick you up from Radomir and bring you to Drugan. However, if you arrive late and don't manage to get on a bus or train to Radomir, your only option will be to come by taxi (= around 120 Leva, non-reimbursable).

On June 11th / June 18th at 10am we will take you back to Radomir from where you can take a bus or train to Sofia. **Please, coordinate your travel and don't buy tickets before discussing your travel options with Maggie Nazer (magi.nazer@gmail.com).**

¹ The Village of Drugan is located in the South-Western region of Bulgaria. The permanent population is about 280 people. [Google maps link](#)



Food

We will have breakfast at the house, and home-cooked meals two times a day. The food will be vegetarian, but we'll also be served fish. All vegetables and fruits we will consume will be organic and obtained from local farms. If you know that you like late-night snacks, or have a sweet/salty tooth, you can buy snacks from the nearby shop during your free time every day. Local shops in the village work daily until 10 pm.

Financial conditions

We are offering you a uniquely accessible opportunity to spend 3 full days in an experiential Radical Honesty environment² and receive training and coaching by two experienced and licensed Radical Honesty trainers. In order to be able to offer this opportunity, we request all participants to contribute to the project budget as follows:

- Non-profit workers with monthly income under 1000 euro - 50 euro
- Non-profit workers with monthly income above 1000 euro - 100 euro

Food, accommodation, international and local travel costs (only during the workshop dates) will be covered by Foundation "SolidarityWorks" through the support of the Erasmus+ Programme.

See the maximum travel allowance depending on the distance between your home town and Drugan, Radomir, Bulgaria using the [Erasmus distance calculator](#):

² See other workshop and retreat offerings here: <https://www.radicalhonesty.com/events>



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Distance band	Max Travel allowance
100 - 499 KM	180 euro
500 - 1999 KM	275 euro
2000 - 2999 KM	360 euro

Reimbursement

Foundation “SolidarityWorks” will reimburse **100% of participants' travel costs** (using cheapest means of transportation, economy class within the limits set by the Erasmus+ Programme. No taxi.) upon presentation of original tickets, invoices and boarding passes. All documents should have the price, currency, name of the passenger and date of purchase clearly visible on them, otherwise we will be unable to reimburse the costs.

If you want to explore Bulgaria, you can arrive/leave up to two days before/after the official dates of the workshop. Please, consult with us prior to buying your tickets, so that we are able to reimburse you afterwards!

Participants will receive reimbursements by bank transfer **after the workshop** and upon sending of return travel documents, international bank details, and dissemination activity reports. Exception to this rule will be done only for participants coming from non-EU member states in order to avoid high bank fees. Any tickets purchased in a local currency other than EUR, will be converted and calculated according to the exchange rate of the official European Commission website³. SolidarityWorks is not responsible for, and will not cover bank charges administered by receiving banks.

Health insurance

Health insurance for participants from non-EU countries has to be provided by the participants themselves. Participants from EU-countries are encouraged to use their [European health insurance card](#).

³ www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en



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**Foundation “SolidarityWorks”
Drugan, Radomir municipality, Bulgaria**

[Facebook](#) | [Instagram](#) | [Youtube](#) | [Website](#)

Our goal is to promote, encourage and support the sustainable development of individuals and communities through solidarity and collective action for social change.

At SolidarityWorks we work tirelessly to promote intergenerational and intercultural dialogue, empower marginalized groups, as well as youth, women and the elderly. We use art, storytelling, advocacy and self-development to prevent domestic and intimate partner violence, and are continuously learning how to create healthy and fulfilling interpersonal relationships as well as nurture solidarity between and among diverse groups of people.

Reach us at: hello@solidarityworks.eu