

**CONNECTION WITHIN YOU(TH)** is aiming at creating the premises for exploring and embodying a deep sense of connection to oneself and the natural world around us.

Connection within You(th) a 7 day training course bringing 24 people together in the forests of Latvia. This training course is developed for youth workers, human-workers, to give them the chance to experience and learn about the ways how we can listen better, hear more and learn through and from nature.

### ABOUT THE PROJECT:

Project is organized by AANF (LV), working together with two trainers from Romania - Sandra Horea (Actions for Change) and Bogdan Romanica (Dreams for Life).

The main aim of this training course is to develop the resources and competencies of people who work with other people, especially youth, in the fields of personal transformation by exploring and learning a wide variety of concepts and practices such as mentoring, art of listening, nature based learning, storytelling and dream work. We will attempt to tackle and look closer to the existential crises - the loss of meaning and purpose in life, the so called 'youth disconnection' due to the loss of genuine models. Afterwards we intend to move outwards and look at the global environmental crises affecting humans, fauna and flora of earth and threatening the future of our planet.

### ABOUT THE WAY WE WORK

The methods

The methods used during the training will be based on non-formal education and experiential learning and include:

- exploration of the innate human resources
- creative expression (storytelling, movement, authentic writing, music, arts)
- connection with nature
- deepening questions, mirroring, tracking the individual personal stories unfold
- holistic education, soul-based work
- rituals and practices based on wisdom of native cultures
- somatic and embodied learning

### Entering the realm of experience

The participation in this training requires a preparation phase. Those who will be accepted in the training should follow an online learning process (reading different materials, articles, watching videos) related to the topic of the training.

The participants will receive several suggestions for personal work before coming to the program (e.g. journaling on certain questions, self-time in nature and several other invitations).

Applying to this program requires also the commitment to follow the preparation process.

#### Soul-based work

During the training we wish to create profound experiences. Knowledge, information and facts are very important and will be provided within the training, but what moves us, what drives us to create a long-lasting impact in our field of activity is the joined elements of both intellectual understanding and deep experience processes that unlock the personal wisdom and deep knowing.

#### Art-based and ritual-based work

We'll explore the landscape of the psyche through a variety of art practices, including creative expression, self-designed ceremony, solo exercises while wandering on the land, group work, embodiment, movement, voice dialogue, journaling, singing and deep imagery work.

#### A vision with a task

After the training course we want to pay special attention to the dissemination activities, which will contribute to a learning journey and inner growth of youth work. This phase will be as important as the training itself. We want to create a powerful impact through our project. As a continuation of the experience each participant will have to implement at least one ACTION in their own community.

#### About the trainers:

##### SANDRA HOREA (Romania) -

Sandra Horea, is a soul initiation guide, inspired by the wisdom of nature, poetry, myths, symbols and emotions, fully encouraging people to be in intimate and meaningful conversations with their Soul, Earth and the community they belong to. She tends the inner river blood of humans boiling when truth is being spoken. She is a deep, romantic and erotic creature who calls humans to fall in love with the world and therefore with their greater life they are called to inhabit. She graduated depth psychology based Wild Mind Training program and is currently training in Soul Initiation Program (SAIP) at the Animas Valley Institute in the USA.

##### BOGDAN ROMANICA (Romania) -

When asked by life "What do you have to offer to the world?", he answered "I am here to guide people find their true meaning in life and empower them to live it". He manifests his life mission by being a nature based human development guide, mentor, trainer and inspirer. He sees himself as an active agent of cultural evolution, while serving the human Soul, the Earth and the Great Mystery. He believes that rewilding humans is an essential part of the restoration of human culture. In recent years he has felt a strong

calling to serve men, by creating spaces and gatherings in which men explore their inner world and get in touch with the masculine energies. He developed his craft by engaging consistently in deep and meaningful work and training with the Animas Valley Institute from the USA (organization founded by Bill Plotkin), the Mankind Project, Illuman and other organizations and teachers. Born in Romania, he feels deeply connected with the lands where he lives, the hills, mountains and forests that spread not far from his city, Cluj-Napoca.

## **ABOUT THE PRACTICALITIES**

This 7-day intensive training is part of an Erasmus+ project. (Erasmus+ is a Programme coordinated by the European Commission of the European Union).

The European Union's Erasmus+ programme is a funding scheme to support activities in the fields of Education, Training, Youth and Sport.

### Who can participate?

Human workers, youth workers, trainers, educators, NGO leaders and workers who are willing to explore and develop themselves and after that to resourcefully inspire their community in a nurturing and generating life enhancing way.

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

Participants can apply to this training if they are legal residents in Romania, Latvia, Iceland, Italy, Portugal, Greece, Slovenia or Slovakia.

### Participants per country:

Romania - 3

Latvia - 3

Iceland - 3

Slovenia - 3

Slovakia - 3

Greece - 3

Italy - 3

Portugal - 3

### What are the costs?

Materials, activities, accommodation and food are 100% covered by the Erasmus+ grant.

### Traveling costs

The traveling costs (plane, train, bus) are also covered and will be reimbursed to the participants after the course up to this limit:

The traveling costs (plane, train, bus) are also covered and will be reimbursed to the participants after the course up to this limit:

Romania - 275 euros

Latvia - 20 euros

Iceland - 360 euros

Italy - 360 euros

Portugal - 530 euro

Slovaki - 275 euros

Slovenia - 275 euros

Greece - 360 euros

### Creating a safe space in the context of Covid pandemic:

- All participants are asked to come with a certified negative rapid test taken 48 hours before their arrival to the venue (The cost for testing is not covered by the organizers).
- We strongly encourage everyone to make health insurance that covers Covid emergencies and refundable tickets.

### When and Where?

Where: country side of Latvia, guest house "Melderī", Ape Municipality

Accommodation will be a guest house in a rural area in the north-eastern part of Latvia, close to a town called Ape, you will share rooms 2-4 people per room.

### Dates: from 3.04. to 11.04.2022.

3.04.- arrival day in Latvia, and traveling to the location in organized transportation from Riga;

4.04. – 10.04.the training course is 7 full days.

11.04 – departure day, organized transportation to Riga

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### ABOUT JOINING THIS PROGRAM

Application form link: <https://forms.gle/D2RFTn3RaMMdEA24A>

If you want to participate in this training you have to fill in the application form and wait for the selection results.

The deadline for applications submission is 23th February 2022 (included).

The selection results will be published on 27th February 2022.

Looking forward to welcoming you in this transformational space!