



*The challenge today is to convince
people of the value of truth, honesty,
compassion and a concern for others.
– Dalai Lama*

LOOKING FOR MOTIVATED, EXPERIENCED AND
DRIVEN PARTICIPANTS FOR:


E+ Training Course: Creating Compassionate Cultures

SLOVAKIA, 14TH - 22ND APRIL 2020

Are you involved in community actions and would you like to
get new skills to support compassionate environment within
the group you work with?

Do you want to learn new empathy-based and embodied
methodologies of working with youth/community groups?

Do you want to gain tools to improve and maintain personal
wellbeing thus contributing to developing resilience in yourself
and young people you work with?





AIM OF THE COURSE

The main aim of the project is to create a foundation to build more caring, supportive and healthy communities/youth groups by providing a safe space for the participants to connect with their emotions, share experiences, develop positive attitudes and acquire the tools to respond to the challenges of social issues effectively and with compassion.

PARTICIPANTS

We are looking for actively engaged participants willing to do deep work and commit to making change in their lives and those around them.

Youth workers, social workers, educators, trainers, community leaders – working or volunteering with youth or community groups.

If you are rooted in your community and see your possibility to make a difference and you are willing to bring more empathy and compassion into the community practices, welcome aboard!

Open to participants from: Latvia, Poland, UK, Greece, Romania, Italy, Czech republic, Spain, Republic of North Macedonia, Slovakia.

METHODOLOGY

Through **dialogue, group and self-reflection, bodywork, mindfulness, stillness, movement, dance** and **play** we will journey into our personal stories and experiences, learn from each other and create a shared understanding of what is necessary to bring more compassion, support and empathy in youth work.



LEARNING DIMENSION

Participants will gain more self-awareness, develop capacity to **communicate in compassionate and non-violent manner, listen mindfully**, and lead from the heart and mind alike, as well as learn to motivate and bring out the best in themselves, the people they are working with and communities they are part of.

During the 7 days, participants will develop greater awareness of their bodies, feelings, emotions and inner processes to form safe, empathic and authentic connection with youth and create inclusive and brave spaces – based on trust, openness and support for people to be curious explorers of various truths expressing themselves in diverse realities, and daring to challenge their own truths while hearing the truth of another.

Participants will also gain tools and strategies on how to improve and maintain wellbeing thus contributing to developing resilience in themselves and young people they work with.

PRACTICE

Practice will be a key aspect. Thus participation in this course also means **slowing down** and giving yourself an opportunity to **experience, give** and **receive** compassion. To **notice** what is really going on in and out of ourselves in order to be able to be present for the rest of the world.

WHAT TO EXPECT?

The course will be divided in two parts. We will spend 6 days in the countryside where we will journey into this topic and understanding of communities and compassion and wider reasons why it is interesting and meaningful for us.

Then we will move to Bratislava to be in a bigger community and enlarge both our vision and practice towards wider community, both getting to know the work of host organization Bystro and sharing with their community ideas on how to create compassionate community cultures.

VENUES

Cottage under stars (Chata pod hviezdami)

Cosy cottage in a small town Modra (30 km from Bratislava), located in the forest of Little Carpathians with 2-4 bed rooms, mostly with shared bathrooms. There is a possibility to bring a tent, if someone prefers to stay outside
<http://www.chatapodhviezdami.sk/>

Bystro - community living room

Bystro is a hosting organisation of this TC. The Community Living Room is a space in Bratislava, created by people who care about authentic relationships and feel responsible toward the natural environment. Where everyone can be themselves and realize their potential. Together we are looking for ways to be more human through activities related to ecology, culture and community.

Read more here: <http://www.bystro.org/en/who-we-are/>

Staying in Bratislava for the last 2 days of the TC we will be accomodated in Freddie hostel, whis is very near to Bystro living room <http://www.freddie.sk/>

CONDITIONS OF PARTICIPATION

- **Commitment** to participation in the online preparation process – materials provided by trainers
- **Full participation** in the programme from evening of April 14th to morning of April 22nd is necessary to be eligible for the reimbursement of travel and subsistence costs
- The **costs of food and accommodation** during the training course period (from April 14th in the evening to April 22nd in the morning) and travel (within a specific limit – see below) **are covered by the Erasmus+ programme**
- You are in charge of arranging your own **insurance** (health, accident, liability) for your travel/stay in Slovakia
- We are inviting you to **contribute** to Bystro's future local projects by making a donation from €30 to €60 based on personal financial possibilities. We don't want the money to be an obstacle in participating in this course, so in case any financial difficulties please get in touch with us
- The participants and the partner organisations are expected to ...
 - **promote** the project and its outcomes,
 - **transfer the competences** developed at this training course to further youth workers, teachers, trainers, facilitators and community leaders
 - ensure the wider impact of this project by implementing concrete **follow-up activities** and **providing opportunities with and for young people** in their regions and countries. (it will be necessary to provide proof of the implemented dissemination, transfer and follow-up activities.)

TRAVEL COSTS

Following the rules of ERASMUS+, the costs of your travel are covered up to the following total amounts:

Slovakia EUR 20

Czechia EUR 180

UK, Latvia, Poland, Greece, Romania, Italy, North Macedonia
EUR 275

Spain EUR 360

APPLICATION FORM

If you would like to join this training course, submit your application available here: **http://bit.ly/CCC_Application** by **Friday, February 24th, 2020.**

You will be informed about the selection results by March 7th, 2020.

CONTACT

In case of any questions or doubts feel free to contact Katarina at: compassionate.cultures@gmail.com



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Bystro..

TEAM



Ilze Jece
Latvia



Kasia Stepień,
Poland/UK



Katarina Karcolova
Slovakia

Ilze has over two decades of experience in social and environmental activism, thus also providing training courses on environmental education, activism and campaigning for various organisations. She has experience working with women's groups in prison and crisis center, international camps and training courses, mentoring them to develop leadership skills, as well as work on their personal development. Ilze is also a movement educator, bodyworker and certified embodied facilitator.

Kasia weaves together her passion for embodied practices, nature and communities, inspiring mindful re-connection with self, others and the Earth. She is certified dance meditation facilitator, mindfulness practitioner, explorer and activist, active in facilitating learning processes social change and personal transformation since 2012. In her work she creates heart-based spaces supporting young people and adults on their journeys to wholeness, based on compassion, authentic expression, self-awareness and play.

Katarina is a social soul, who loves to be outdoors. She enjoys being in a group, community, sharing food, things and moments. Last ten years she has been involved in non-formal education as a project manager mostly working in the area of global education and instructor in experiential outdoor education. Lately she has been involved in activities with youngsters from marginalized groups. Bystro with its community played a big role in her last 2 years, as an oasis of togetherness it was for her a place to be, try and co-create.