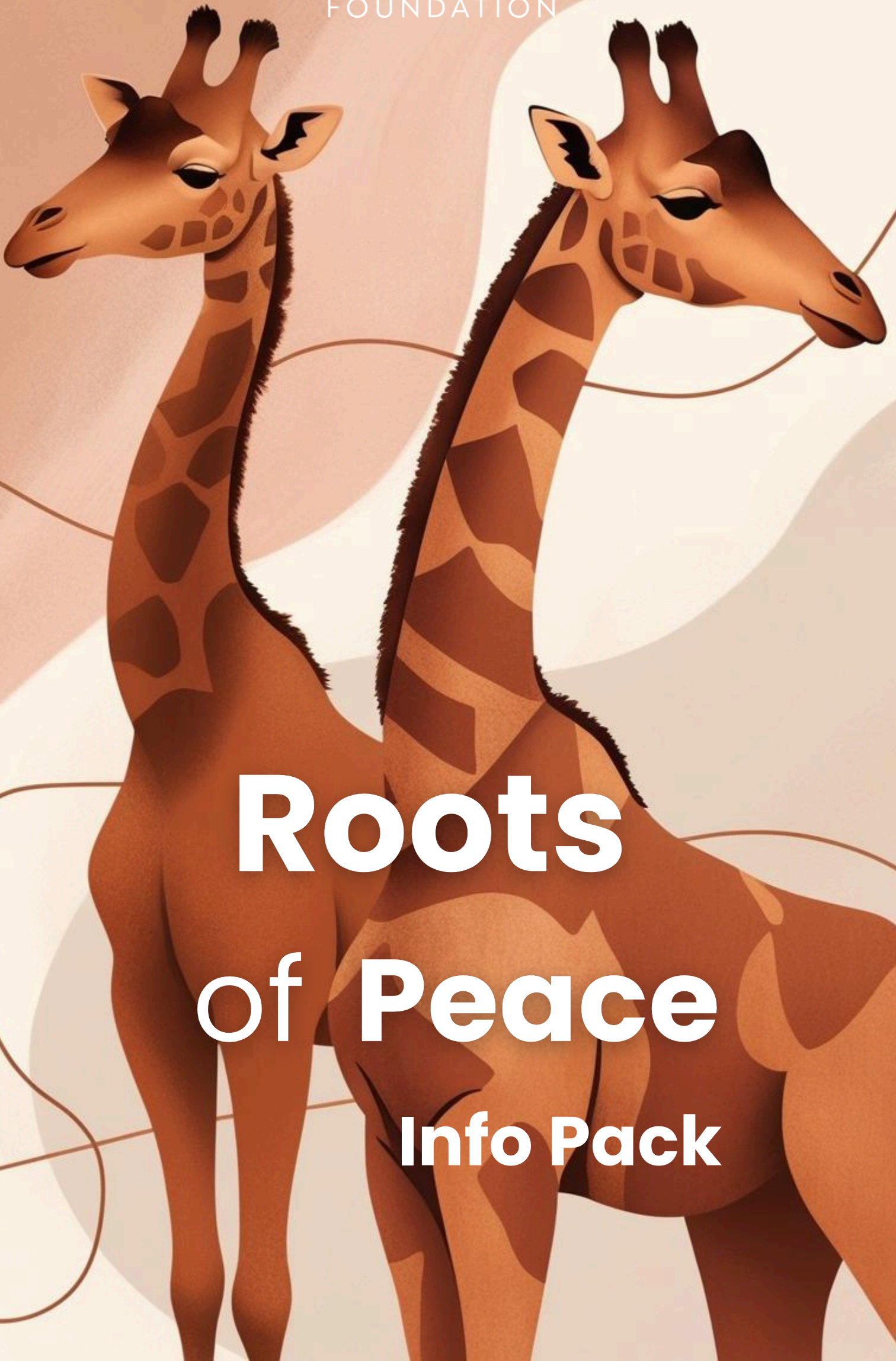




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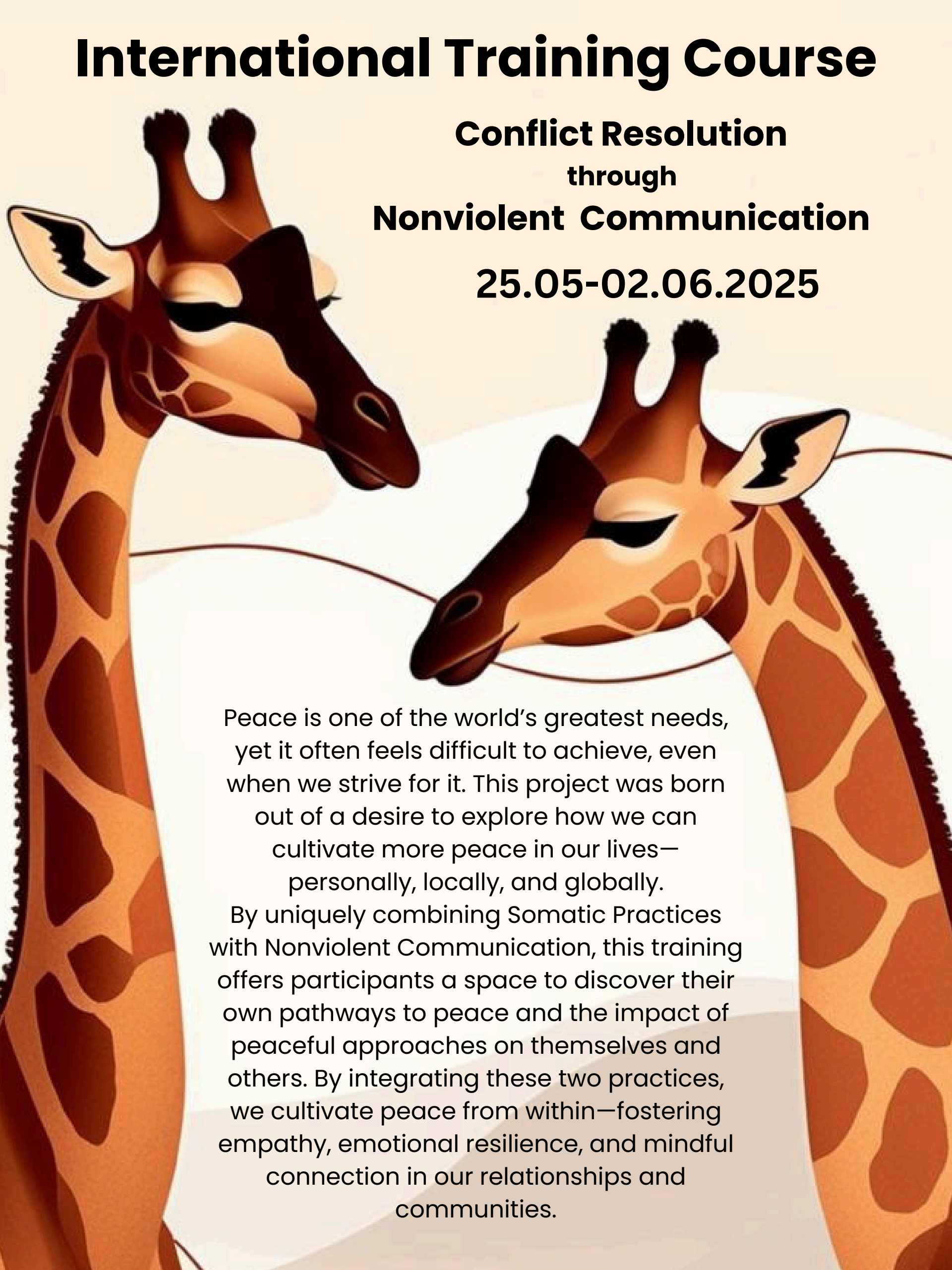
Roots of Peace Info Pack

International Training Course

**Conflict Resolution
through**

Nonviolent Communication

25.05-02.06.2025



Peace is one of the world's greatest needs, yet it often feels difficult to achieve, even when we strive for it. This project was born out of a desire to explore how we can cultivate more peace in our lives—personally, locally, and globally.

By uniquely combining Somatic Practices with Nonviolent Communication, this training offers participants a space to discover their own pathways to peace and the impact of peaceful approaches on themselves and others. By integrating these two practices, we cultivate peace from within—fostering empathy, emotional resilience, and mindful connection in our relationships and communities.

AIMS

- Explore and deepen your relationship with conflict by understanding your personal triggers, attitudes, and habitual response patterns.
- Discover how Nonviolent Communication can support a more open and easeful approach to conflict.
- Practice shifting your mindset toward conflict, moving from fear to curiosity.
- Enhance emotional regulation by connecting with your body and feelings through somatic practices.
- Deepen your empathic skills by truly listening, understanding, and responding to the needs and emotions of others with compassion and presence.
- Learn how to connect through conflicts and view them as opportunities for growth and understanding.

PARTICIPANTS

- Minimum 18 hours of prior NVC training
- Experience working with movement-based practices
- Readiness to work with touch-based exercises
- Ability to commit to an intensive 6-7 hour daily schedule
- Willingness to share emotions and personal experiences
- Ability to communicate in English
- Over 21 years old
- Readiness to organise local workshops inspired by the training

Disclaimer:

This training is not therapy, but some therapeutic tools may be used, potentially bringing up strong emotions. If you are currently in therapy, please consult your therapist before applying.

VENUE

MaPa is a serene workshop center nestled in the heart of the Etłk Lake District, Masuria, Poland. Surrounded by lush forests and a tranquil lake, it provides the perfect setting for relaxation, personal growth, and creative exploration. The center consists of two thoughtfully designed buildings that offer versatile spaces for workshops, recreation, and comfortable accommodation.

The comfortable rooms can accommodate up to four people. Shared bathrooms are located outside.

Vegetarian meals will be served three times a day..

Ośrodek MaPa



PRACTICALITIES

Accommodation, food, and travel costs (up to the reimbursement limit) are fully **covered** by the Erasmus+ program. Travel expenses will be reimbursed after the training course, once all required documents (as detailed in the application form) are submitted.

A sliding-scale **contribution** of €120 - €150 EUR is required, to be paid via bank transfer upon confirmation. This contribution helps co-finance the project.

If the financial contribution poses a barrier, please contact us before applying to discuss potential solutions.

Medical **Insurance**: Participants are responsible for their own insurance.

TRAVEL REIMBURSEMENT

Participants' travel costs will be reimbursed up to the set **reimbursement limit**. It is essential to keep **all original travel documents**, including bus and train tickets, invoices, boarding passes, etc. Reimbursement cannot be processed without these documents.

Tickets bought without confirmation will not be reimbursed.

Travel costs will be refunded in EURO, up till 2 months after all requirements are delivered.

Regular Travel

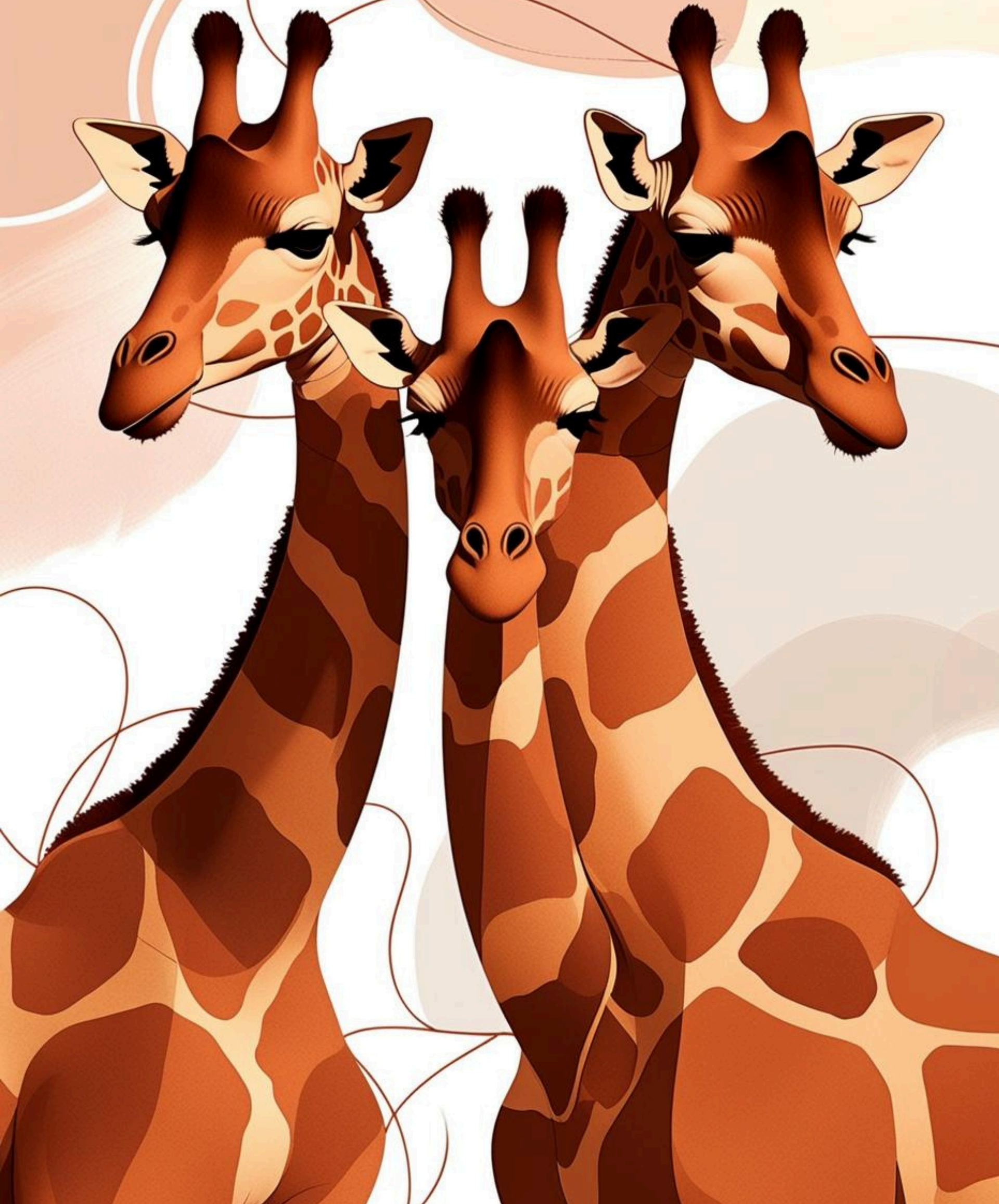
- Reimbursable: Economy class flights, train, and bus tickets.
- Not reimbursed: Taxi fares, business class flights.

Green Travel (Preferred)

- Includes: Train, bus, or carpooling.
- Additional money for sleepovers.

COUNTRY	REGULAR TRAVEL	GREEN TRAVEL
POLAND	211,00 €	285,00 €
ITALY	309,00 €	417,00 €
SPAIN	395,00 €	535,00 €
PORTUGAL	395,00 €	535,00 €
CZECH REPUBLIC	285,00 €	285,00 €
ROMANIA	309,00 €	417,00 €

TEAM



Paulina Orbitowska-Fernandez

TRAINER



I could say that I am a professional dreamer as everything I do in my life is to fulfill my dream of a world that is based on empathy, dialogue and power-with relationships. To make this happen I work as a certified trainer of Nonviolent Communication, coach, mediator, eduScrum trainer, Resonant Healing Practitioner, MindSonar Analyst and an academic teacher. I support individual clients, leaders, teams and organizations in building their personal and professional relationships on the foundations of partnership, honesty and empathy. I also accompany my clients in making their relationships with themselves safe and nurturing. What I do is my real passion so I share my experience and knowledge with different people in different settings: business, education, NGOs, medical, public institutions. I am where people long for more human connections.

Sylwia Federico

FACILITATOR



Fascinated by the essence of human connection, self-awareness, and our universal interconnectedness, I have spent my life exploring what it truly means to be human. This exploration has shaped both my personal journey and professional path, inspiring me to create spaces where people can reconnect with themselves and each other on a profound level.

Blending diverse methodologies, I have spent over 20 years in non-formal education designing and leading projects that inspire self-awareness and meaningful relationships. My journey began with artistic expression, evolved through talent development, and led me to explore emotional awareness, the bodymind connection, and Nonviolent Communication. As a trainer, facilitator, and embodiment coach I support individuals cultivate emotional resilience, authenticity, and a sense of wholeness, supporting them wherever they seek deeper connection—with themselves, with others, and with life itself.

Tomek Kowalski

SOMATIC EDUCATOR



I educate myself and pursue my passions in Poland and around the world. By combining movement, dance, theatre, photography, video-making, and animation, I create an inclusive environment for self-development and the learning process. Since 2013, I have been involved in international projects, and since 2015, I have worked as a trainer with an inclusive approach. Through art, I connect people of different abilities, ages, and social backgrounds. I have been teaching Contact Improvisation and traditional circle dances since 2016.



Want to apply?

CLICK
HERE

Application Deadline
28.02.25

Date of Selection
07.03.25

PARTNERS



Mudita

Poland



Células Durmientes

Spain



PECO

Italy



Edu2Grow

Portugal



Avatar 3000

Czechia



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