



Empower your nature

TRAINING COURSE

Tinos, Greece

15-22 October 2022

About the project

"Empower your Nature" is a training course organized by Hellenic Youth Participation focused on the needs of people working with young people with fewer opportunities. This project aims to improve their ability to empower and enhance their social inclusion through mindfulness and nature-based practices and methodologies. The specific methodologies, which will be used, are storytelling, poetry, ecological collage, botanical art and embodiment practices.

The project will take place on the island of Tinos in Greece on 15-22/10/2022.

Partners

Hellenic Youth Participation (Greece)
Asociatia Actions for Change (Romania)
KLUB ZA OSNAZIVANJE MLADIH 018 (Serbia)
GO GREEN (The Republic of North Macedonia)
VulcanicaMente (Italy)

Network for European Citizenship &
Identity (Cyprus)
LAS NIÑAS DEL TUL (Spain)
ANIMAM VIVENTEM (Portugal)
NATURKULTUR (Germany)



Co-funded by the
Erasmus+ Programme
of the European Union


Why is this project necessary?

In Europe, 20% of youngsters are affected by at least one psychological problem every year. From 2020 till today, the pandemic has introduced new levels of anxiety and stress, affecting the daily life and the future prospects of young people. Those vulnerable before are even more affected now.



In youth work, the main psychological impact is the high rates of stress, anxiety, loneliness, depression, alcohol, drug use and self-injury or suicidal behaviour. Finally, rural areas and especially the islands in Greece have few opportunities for on-the-job training with young people creating even more challenges in their work.





Objectives





The development of professional competences (knowledge, skills and attitudes) of use of non-formal methods of education, especially activities based on consciousness and contact with nature.




A better understanding of the conditions and achieving greater social inclusion of young people with fewer opportunities, through methods based on contact with nature and expanding consciousness.



A better understanding of the psychological, social and economic characteristics of young people with fewer opportunities.



An increase in the motivation to work with young people with fewer opportunities.





The Participants

The project invites 27 participants, 3 people legally residing in Serbia, Cyprus, Romania, Spain, Italy, Portugal, Greece, Germany and the Republic of North Macedonia. They must be 18+, with a good operational command of English. They can be trainers, educators, youthworkers and leaders who work with young people, especially young people with fewer opportunities and are interested in the topic.

Participants should participate actively in all parts of the project.

Preparation: The participants will receive a preparation letter with specific guidelines.

Implementation: The participants are required to fully participate during the project.

Follow up: The participants are required to share the opportunity **and** implement an in-person workshop with peers and/or young people to share the knowledge and good practices at the local level.



The Trainers



Sandra Horea

is a nature-based Soul Initiation Guide crafting her work with elements of depth psychology and nature-based practices to sacredly serve the unfolding of meaning and purpose in the benefit of humans and Earth.



Sara Marzo

is a trainer and facilitator guiding individuals and groups to become more conscious and to connect authentically to themselves, to others and to nature, in order to engage in meaningful actions in their lives and to better impact our planet Earth.



Eleni Kardamitsi

is a trainer of non-formal education focusing on environmental activism at the grassroots level. She trains young people to implement impactful local initiatives. Her passions are creativity, mindfulness, travelling and connection.

About Tinos

Tinos is part of the Cyclades, in the heart of the Aegean in Greece.

It has an area of about 195 km² and a population of 8590.

The villages of Tinos are like ornaments decorating the island's slopes and valleys.

Legend has it that the great ancient sculptor Phidias taught his craft on Tinos, at the museums on the island you will admire immortal works of Neohellenic sculpture.





Travelling Guidelines

Tinos is at a four/five-hour distance from the area of Athens. Reaching the island is the responsibility of the participants and requires planning. Please mind your journey to and from this training course, to avoid stress and possible risks.

The project starts on 15th October 2022 at 13:00 and finishes on 22nd October 2022 at 13:00. Participants are required to arrive before the starting time and leave after the project.

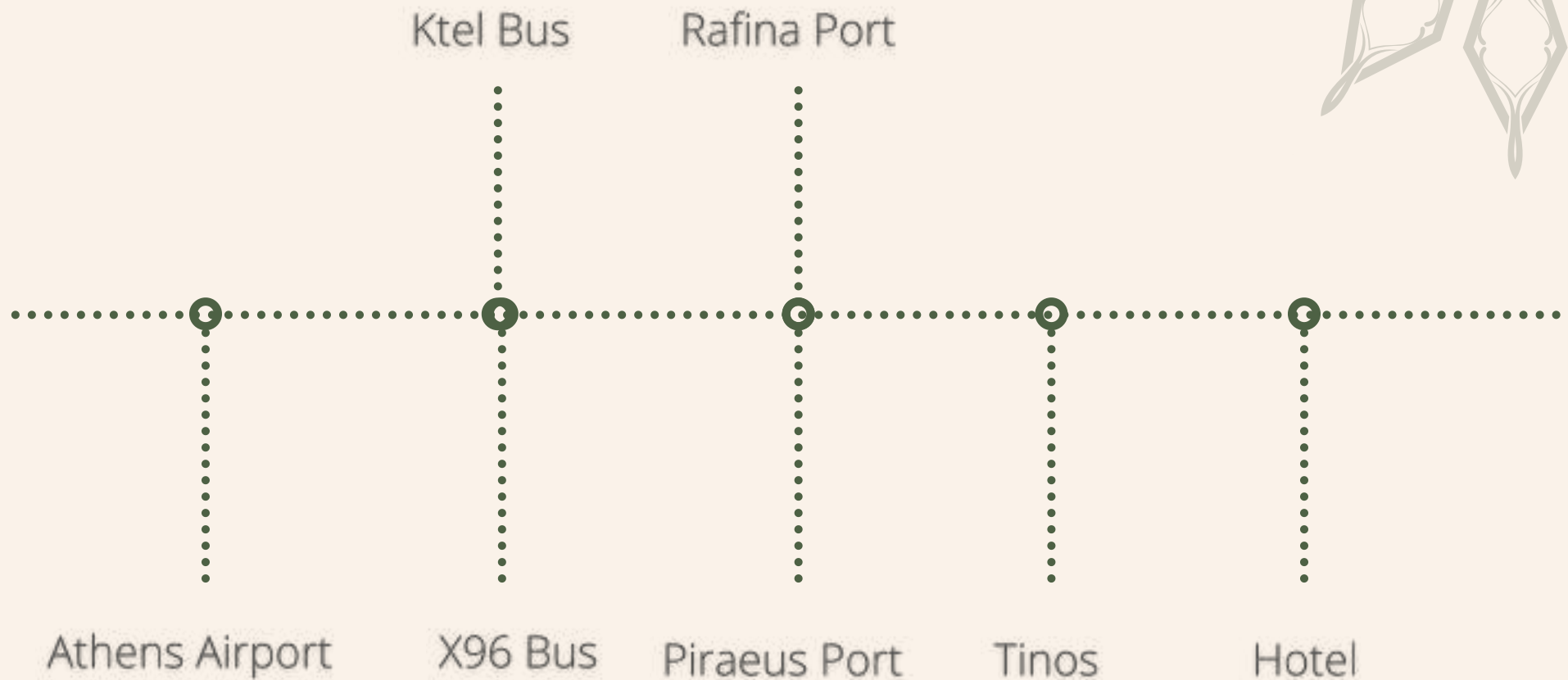
Accommodation and food are provided only within this specific timeline.

NO tickets will be reimbursed if arriving late or leaving early.

NO accommodation and food are provided outside the timeline.

Our suggestion is to arrive in Athens on 14/10 and depart from Athens on 23/10. Participants are able to travel up to 2 days before and /or after the project covering their own expenses.

Travel Plan



Before booking tickets, make sure you can arrive/leave within the timeline of the project.

Practical Information

The venue is 6 km from the town of Tinos. Facilities are not available in the area apart from a mini market within walking distance.

Each room has space for 3 to 4 people of the same gender, who will share a private bathroom.

The diet will be **local vegetarian** Mediterranean (accommodating vegans). Three warm meals will be provided (breakfast, lunch and dinner) with two breaks.

We cannot support specific diets like Halal, raw-vegan, etc. If anyone has allergies or is in need of special care please let us know in the participants' form.





Reimbursement Rules



Every participant will provide every proof of purchase and tickets/boarding passes to our google drive.

Tickets purchased in physical form will also be sent to the organizers by traditional post.

NO tickets will be reimbursed if arriving late or leaving early.

Full participation in all stages of the project is required for the reimbursement claim.

The reimbursement amount is available up to the maximum amount per country, provided that all stages have been completed. Each partner organisation will receive the total reimbursement of its participants and transfer each amount to them.

Youthpass

The Youthpass is a recognition tool for non-formal & informal learning in youth projects.

After your successful participation in the mobility, you will receive your Youthpass certificate, which is recognised throughout Europe and can boost your employability.

You can find more information and sample certificates at <https://www.youthpass.eu/en/>





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Thank you

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