

The time and self



**Land Art & Mindfulness for Youth Empowerment
Training course, 05-14 May 2025– Balestrand, Norway**

-Call for Participants-

The main goal of the project is to equip youth workers with the knowledge and practical skills to utilize **Land Art** and **Mindfulness** techniques as tools for **fostering emotional well-being** in young people.



The Main Goal of the Project



Land Art

LAND ART, also known as Earth art, is a movement that fundamentally alters the relationship between art and its environment. It's not simply about placing art within nature, but creating art from nature, within nature. **This movement emerged in the late 1960s and early 1970s, driven by a desire to break away from the confines of traditional art spaces and reconnect with the raw, unfiltered power of the earth.** Artists engage directly with the land, using materials found on-site—soil, rocks, branches, water—to construct works that are intrinsically tied to their specific location.

Connecting **land art and mindfulness** creates a powerful synergy, offering youth workers a unique and effective approach to supporting young people's emotional wellbeing. The core link lies in their shared **emphasis on presence, connection, and self-awareness.**

Both Land Art and mindfulness **encourage a heightened sense of presence.** **Land art** requires careful observation of the environment, noticing textures, patterns, and subtle changes in the landscape. **Mindfulness**, similarly, cultivates awareness of the present moment, focusing on sensations, thoughts, and emotions. Youth workers can guide young people to slow down, pay attention to their surroundings, and engage with nature in a mindful way. This fosters a sense of groundedness and reduces feelings of anxiety or overwhelm.

Land art provides a **non-verbal outlet for creative expression.** Young people can use natural materials to express their emotions, thoughts, and experiences. Mindfulness **supports self-reflection and self-discovery**, allowing individuals to gain insights into their own inner workings.

Connecting Land Art and Mindfulness



The specific objectives of this training course are:



- To explore the connection between nature, creativity, and emotional wellbeing.
- To gain knowledge of various mindfulness techniques and their applications.
- To learn how to integrate land art and mindfulness practices in youth work.
- To develop practical Land Art skills, including planning, creating, and documenting Land Art projects.
- To design and implement Land Art and Mindfulness activities for young people.
- To foster empathy, self-awareness, and emotional resilience and encourage creativity and self-expression.



The course is **strongly based on experiential learning principles** and philosophy, with adequate time allocated for **debriefing and reflection** throughout the whole program. The working methods used are chosen to offer the possibility of **equal involvement** of each participant, every person being stimulated to be engaged actively in the process. The training activities are **flexible and adaptable to group needs** taking into account the reactions of participants, their feedback, their expressed needs, their experience and the way they will work as a group.

The **non-formal education methods** we will use are: experiential learning, group work and collaboration, reflection and self-evaluation, peer learning and sharing. Throughout the training course we will use various **self-reflection tools** such as journaling, reflection circles, guided meditation, artistic expression, individual and group discussions.

The Educational Team

- **Tuba Ardic** is the Director of Creative Connection, a Trainer at the National Agency of Norway and a passionate youth worker, active mentor, trainer, facilitator and social researcher since 2010.
- **Berat Ezel** is director of BDK Youth ,Culture and Art Centre in Bodrum, currently taking active role as youth worker and senior trainer, working for empowerment and participation of young people. He is passionate about working with Nature and Art and he believes connecting these elements helps to cultivate self awareness.



Do you resonate with this course and want to be part of it? This is who we are looking for:

- **Members or close collaborators of active Youth Organizations** (staff or active members, paid or not) who are working regularly with young people. **The organization should have a valid OID number.**
- **Youth workers, educators, social workers, and community leaders.**
- **Artists** interested in using Land Art for youth wellbeing.
- Those **passionate about nature and mindfulness.**
- **Trainers** seeking practical tools for emotional support.
- Participants who are **open to experiential learning and collaboration.**
- **Good command of the English language;**
- People **older than 18 years** and with a **legal residence** (proven by documents) in the country they are currently residing in.



Expenses



Board and lodging for the training course are fully covered by the local organizers during the period mentioned in shared rooms (**3-5 people in one room**).

Each participant is free to choose the preferred way of travelling. **We strongly encourage the use of green travel.** If flights are used for more than 50% of the total travel distance (roundway) the maximum budget allocated available will be from standard travel!

Use this website (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>) to find out your distance. Write at the START, your location, from where you will start your travel and at the END, Balestrand, Norway. You will get a km number as a result which will correspond to financial support which you may get for your travel costs.

***NOTE this is the official website which will used for calculating your final travel allowance**

The individual maximum budget allowance for travel, per person, is the following:

10 – 99 km	56 EUR (Green Travel)/	28 EUR (Non-Green Travel)
100 – 499 km	285 EUR (Green Travel)/	211 EUR (Non-Green Travel)
500 – 1999 km	417 EUR (Green Travel)/	309 EUR (Non-Green Travel)
2000 – 2999 km	535 EUR (Green Travel)/	395 EUR (Non-Green Travel)
3000 – 3999 km	785 EUR (Green Travel)/	580 EUR (Non-Green Travel)
4000 – 7999 km	1188 EUR (Green Travel)	1188 EUR (Non-Green Travel)
8000 km or more	1735 EUR (Green Travel)/	1735 EUR (Non-Green Travel)



We are taking the application process very seriously and **we believe in the importance of personal input and honesty** in the answers in the application form. Therefore, we want to **strongly discourage of using AI-generated content** in your applications. This can lead to your disqualification or at least negatively influence the evaluation of your application.



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If you decide to apply, we would appreciate if you **approach the application process with honesty, integrity and dedication**. We are curious about your unique perspectives, experiences and motivations to be part of the training course, and it is of high importance to us. Feel free to ask any additional questions to the contact person (mentioned next) if you are not sure if this training is suitable for your learning and professional needs before deciding to apply.

Thank You.



Before applying, please **be aware** that the participants of this training will need to be prepared for **physical outdoor work**, including cutting and carrying materials, **regardless of the weather conditions**, as this is a practical, collaborative experience.

