

CALL FOR PARTICIPANTS

“Steps on the Wheel”

training course



from **10 to 19 July 2016**
in Romania (Cluj-Napoca area)

*This training course is built around the process of **eco-centric development**, inspired from the **Wheel of Life/Medicine Wheel** concept and is aiming at creating an educational frame which will contribute to the holistic development of youth.*

*During the training process we will explore and experience a wide variety of concepts such as **holistic development, working with vulnerabilities, therapeutic practices, atmospheric games/activities, spirituality, connections, rituals and relations with nature.***

Through this training we support the participants in exploring these concepts within the context of their personal and professional life. The practices which will be experienced during the course will be translated into educational tools, methods and activities to be used in the youth field, for the personal and professional development of young people.

COORDINATING ORGANIZATION

Dreams for Life, Romania

Dreams for Life is a youth organization from Romania, which operates in Cluj-Napoca. Our organization unites young adults and youth that are passionate about personal and community development.

Our mission is to support youth for following their true meaning in life, being in strong connection with nature and living in sustainable communities. (www.dreamsforlife.ro)



WHY “STEPS ON THE WHEEL”

Throughout the years we have observed that in many international projects (youth exchanges, courses and other actions) there is a certain point or limit which is not crossed by the youth leaders, trainers or facilitators of the learning process. We could see how the participants involved in such projects are exploring only the surface of their characters and true beings, thus making only small personal and professional changes. But, we believe that sustainable and authentic change is coming from working with young people at deeper levels, addressing deeper personal issues and tackling deeper life topics. In this way the youth can become who they are meant to be.

The youth workers nowadays have the challenge of supporting and empowering young people who are caught in the trap of finding and maintaining unsatisfying jobs in order to make a “normal” living. But the world we live in offers more and more challenges and pushes the youth in areas of insecurity and confusion.

Through *Steps on the Wheel*, we want to give new perspectives, solutions and tools for youth workers so they can create authentic and sustainable personal changes in young people. Solutions that are rooted in ancient wisdom, in natural laws and strong experiential learning.

Thus “Steps on the Wheel” aims at increasing the capacity of youth workers to create sustainable results and powerful impact on personal and professional development of youth.

TRAINING OBJECTIVES

The training course is built on a flow which combines elements of practice/experience, reflection, theory and application. Thus, we are aiming at:

1. **Developing competences** that enable youth workers to work with youth on complex personal challenges, thus enabling them to reach their full potential.
2. **Building and strengthening personal and professional vision, mission and values** of youth workers in order to act as responsible members of the world wide community for protecting the Earth and supporting authentic youth development.
3. **Developing the transferability and innovation capacities** of youth workers in order to use and adapt new educational concepts, tools and methods in their own working environments.
4. **Increasing the strategic thinking** of youth workers in order to create long-term interventions for personal and professional development of young people.

WHEN AND WHERE?

Dates: 10-19 July 2016

- 10th July - arrival day
- from 11th until 18th July – training (8 full days)
- 19th July – departure day

Location: in Romania, 40 km from Cluj-Napoca.



- The course will take place in a natural area, in the Carpathian Mountains.
- The location offers **basic living conditions** and working together as a community (*cooking, cleaning, making fire etc.*) will be a necessity as well as a pleasure.

TOPICS OF THE COURSE

- **Eco-centric and holistic development** – exploring and understanding the concept and elements of Wheel of Life/Developmental Wheel (a contemporary concept, based on the principles of Medicine Wheel – an element of Native American cultures) and how it can be used in youth work, in order to facilitate authentic development and transition from adolescence to adulthood.
- **Atmospheric activities** – experiencing and understanding the pedagogy of atmospheric games and activities (*complex experiential learning activities*) which can be used to address important personal topics of youth.
- **Vulnerability and therapeutic practices** – working with personal limitations, vulnerabilities and expectations (personal, social groups), finding strengths and qualities, being open, accessing inner resources.
- **Connection with nature** – connecting with nature within, nature without, other people, the outside world (deep ecology), exploring the natural elements (water-earth-air-fire), web of life, nature based methods.
- **Spirituality** – exploring secret-sacred things, sharing experiences, understanding human spirituality in different cultural backgrounds, exploring rituals and ceremonies.

PROGRAMME ELEMENTS

Wheel of Life/Developmental Wheel	Baking bread
Atmospheric activities/games	Hero's Journey
Working with vulnerabilities	Fasting
Therapeutic practice and mirroring	Solo time in nature (<i>sleeping alone one night in the forest</i>)
The Way of Council	Sharing, peer-to-peer learning, transferability
Connecting with nature	Living as a community (<i>cleaning, cooking etc.</i>)
Sweat lodge	Network of eco-centric youth workers
Experiential learning	

TRAINERS' TEAM

The trainers' team has a rich experience in providing life changing experiences in safe but challenging learning environments. The "guides" of the learning process are professional youth workers, international trainers, persons with strong backgrounds in human development and psychology, with high ethics and working principles. The team is composed of:

Stefan Schwarc Do světa (Czech Republic) <http://www.dosveta.org/tym>
Martin Klajn Do světa (Czech Republic) <http://station17.os-prevent.cz/tym>
Bogdan Romanică Dreams for Life (Romania) <https://www.salto-youth.net/tools/toy/bogdan-romanica.3421/>
Adela Militaru Dreams for Life (Romania) <https://www.linkedin.com/in/adela-militaru-38927124>

COSTS

“Steps on the Wheel” is a project financed by the **Erasmus+ Programme**, thus all the activities, accommodation and food are 100% covered by the EU grant. The travel costs will be reimbursed to the participants after the course in the amount limit presented in the table below.



	Number of Participants	Maximum Transport/Participant	Total Transport/Country
Romania	3	0	0
Czech Rep	2	275	550
Bulgaria	2	275	550
Cyprus	2	275	550
Spain	2	275	550
Italy	2	275	550
Poland	2	275	550
Ireland	2	360	720
Latvia	2	275	550
UK	2	275	550
France	2	275	550
Portugal	2	360	720
Netherlands	2	275	550

PERSONAL CONTRIBUTION: Each participant will contribute to this training course with **40€**, amount deducted from the travelling costs.

INSURANCE: Due to the complexity of the program each participant must have a comprehensive travel and medical insurance, covering both the travel and the stay from the first until the last day of the way back home. The insurance must be covered by the participants.

WHO CAN PARTICIPATE

You can apply for this training course if you are from the following countries: **Bulgaria, Cyprus, Czech Republic, France, Ireland, Italy, Latvia, Netherlands, Poland, Portugal, Romania, Spain and United Kingdom.**

From each country will be selected **2 persons** (from Romania there will be 3 participants).

Participant profile:

The themes and elements of this course make *Steps on the Wheel* a quite particular event, thus we are looking for a specific profile of participants.

The ideal participant has:

1. **RELEVANT PROFESSIONAL EXPERIENCE:** persons who have at least 2 years of experience in youth work and participated in at least 2 international learning mobilities. The participants should have one of the **following roles:** youth workers, youth leaders, educational and career counselors, teachers, general educators, trainers, mentors, coaches, educational nature guides. The people under these roles should work directly and constantly with young people.
2. **MOTIVATION:** persons who feel a strong calling to participate in this course and have strong and relevant motivation for joining the process. The motivation should be a blend of personal and professional factors. We are looking for persons who feel **comfortable being in nature** and who can immerse in natural learning environments.
3. **CAPACITY TO USE THE EXPERIENCE:** each participant must be part of an organization/institution which is connected with the project topics or is willing to incorporate them in the future activities and projects.

The ideal participant is willing to:

- Work with nature and holistic approaches.
- Work with youth at deeper personal levels.
- Gain new non-formal practices and methods.
- Develop future partnerships in the area of eco-centric development.
- Address in his/hers work elements of universal spirituality.
- Learn how to work strategically.
- Develop personally and professionally.

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

APPLICATION PROCEDURES AND DEADLINE

If you want to participate in this training course you have to fill in this application form available at this link:

https://docs.google.com/forms/d/1nan8U9_BecESZFInXyPmgXUht3sAFsNb5RmOst2M5EA/viewform?c=0&w=1

The deadline for applications submission is **8th of April 2016 (included)**.

The selections results will be published on 12th of April 2016.

CONTACT

Bogdan Romanică (Romania) – project coordinator and trainer
romanica.bogdan@gmail.com +40 745585415

The TC program is presented on the next page

Thank you for your interest!

	18.06	Day 1-19.06	Day 2-20.06	Day 3-21.06	Day 4-22.06	Day 5-23.06	Day 6-24.06	Day 7-25.06	Day 8-26.06	27.06
Subject/ Timetable	Arrival Day	Introduction & Teambuilding	Atmospheric activities and holistic development	Working with vulnerability and therapeutic practices	Working with nature and basic elements of life	Building the Vision	Integrating the experience and time to recharge	Working on transferability of the training	Erasmus+ Youthpass & Evaluation	Departu re Day
08.30 /09.30	Arrivals & Welcome	Breakfast								
09.30-10.00		Circle of connection/ community service	Circle of connection/ community service	Circle of connection/ community service	Circle of connection/ community service	Circle of connection/ community service	Returning home (Ceremony of welcome)	Circle of connection/ community service	Circle of connection/ community service	
10.00 /11.30		Official opening Aims/ Program	Atmospheric game to address important topics	Working with vulnerability	Connecting with the elements of nature	Hero's Journey	Integrating the experience	Evaluation of the activities and the impact	Exploring Erasmus+ Programme	
11.30/12.00		Break								
12.00/13.30		Expectations Get to know each other	Pedagogy of atmospheric games (Environment rituals etc.)	Principles of therapeutic practices	The basics of life and all my relations	Preparing for the Journey (and fasting)	Time to recharge	Transferability plan and how to use the activities in my own reality	My development and Youthpass	
13.30/15.30		Lunch								
15.30/17.00		Building the group	Eco-centric development a holistic and sustainable way	Therapeutic practices for youth work 1/2	Sweat lodge making and baking bread 1/2	Finding your place (and fasting)	Exploring the local community (Cluj-Napoca)	Open space for sharing experiences	Action plan and personal commitment	Departu res & Good- byes
17.00/17.30		Break								
17.30/19.00		First steps on the Wheel	Holistic practices (Working with all the dimensions)	Therapeutic practices for youth work 2/2	Sweat lodge making and baking bread 2/2	Solo preparation (and fasting)	Exploring the local community (Cluj-Napoca)	Steps for the future	Closing and evaluation	
19.00/19.30		REFLECTION	REFLECTION	REFLECTION	REFLECTION	REFLECTION	REFLECTION	REFLECTION		
19.30/21.00	Dinner									
21.00	Welcome evening	Atmospheric game by night	The Way of Council	Intercultural break	Sweat lodge	Solo night (and fasting)	Free evening	Musical night	Good-bye party	

STEPS ON THE WHEEL - TRAINING PROGRAM