



ESTONIA, 14TH - 22ND OF SEPTEMBER, 2019

Metamorfoos

Experience the LOVE -
make a better future





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Love, love, love... A lot is being said these days about self-love, how it is the root of most our problems and how we need to increase it if we want to live a better life. Here are a couple of sentences someone might have told you. „You can't love another person until you love yourself first.“ „If you loved yourself, you wouldn't let him/her do this to you.“ But how can you actually increase self-love? As it is a deep feeling within the body, these „just believe in yourself, just love yourself!“ type of suggestions don't usually work. We've tailored a training course for increasing self-love.

We will work with:

- being in front of other people without wearing a mask
- speaking from the whole heart and listening with it as well
- focusing on the sensations in the body
- forgiving those that need to be forgiven
- letting go of what needs to be let go
- the support within the group and more.

Why is self-love important in the bigger picture?

We aim to create a world where people make decisions based on love, as opposed to hate, revenge, fear, greed, etc. For this end we wish to increase the deep feeling of love in the youth. There is no point in building the capacities of people who have the wrong motivation for doing things. The love motivation of an entrepreneur will lead to a community of harmony. Whereas the greed motivation will lead to social injustice and environmental over-exploitation and crisis. This is why motivation matters so much.

Mother Earth wins too. We believe that the root of most environmental problems is the lack of sufficient self-love. Buying unnecessary clothes to feel good about oneself and being a businessman to „be someone“ are just some examples in an ocean of them. Making products pollutes the environment, transporting the products pollutes the environment (with rare exceptions). We humans use way more natural resources than necessary and then a big part of it end up as trash, again polluting the environment. If we were to love ourselves more, Mother Earth would definitely smile.

But coming back to YOU. The one who would win the most. We will provide you the atmosphere, the conditions, the activities, the opportunity and the support. Are you ready to leap in?



Schedule

PREMIUM SELF- LOVING ACTIVITIES ALL WEEK LONG

14.-22. September, 2019

14.Sep - Arrival

22.Sep- Departure

ARRIVAL:

Welcoming party

DAY 2:

Getting to know each other + International evening

DAY 3:

Slowly leaning into LOVE + Organisation fair

DAY 4:

Working on the mind level + Magical evening

DAY 5:

Working on the body level + Relaxed sauna evening /Free time

DAY 6:

Working on the soul level + Visit to Suure-Jaani and the 1st. special task

Day 7:

Working with the support of the group + Visit to Viljandi and the 2nd. special task

DAY 8:

Wrapping it all up + Leaving party

DEPARTURE:

Going back home

*Note that this is a draft schedule and might be adjusted due to weather and participants needs

PROFILE OF PARTICIPANTS



YOUTH WORKERS

We would be especially glad to be able to provide the feeling of love on to youth workers working with (future) entrepreneurs or leadership skills building among the youth or doing the the important work of supporting the youth one-on-one in their development in their local community. However, we are open and happy to working with everyone. Everybody wins from self-love.



18+

The participants need to be 18 years old by the 1st day of the TC

#CHILD-FRIENDLY

We encourage parents (especially single parents) to apply and come with their child, there is a babysitter at the training.



B2+ ENGLISH LEVEL

A fluent communicational level of English is required. Mistakes are welcome :)



UTTER MOTIVATION

We expect the participants to be motivated to explore their inner world.



LOCATION

The guesthouse is situated in Kildu, Viljandi county, Estonia. It is away from the city noise, perfect for our training course. There is a little lake near the guesthouse and lots of room for outdoor activities if the weather permits. The guesthouse is creating a minizoo: they have rabbits, goats, sheep, ducks and geese. Maybe by September they will already have more animals. Oh, and there are horses too!

Viljandi is a beautiful town of 18 000 people, situated about 160km to the South from Tallinn, the capital of Estonia. We will visit Viljandi too!

ACCOMMODATION

The training course will take place in an old schoolhouse, newly renovated to a guesthouse. Participants will share rooms, 2-3 people in one room. Each room has a private bathroom. The guesthouse has a sauna which we can use, and we can have a barbeque on the terrace if the weather permits.

Address: Kildu külalistemaja, Kildu, Viljandi maakond, Estonia,

Here you may find photos: <https://bit.ly/2SLKj0s>
FB page of the premises found here: <https://bit.ly/316pT5j>

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MARIA

Maria has let her curious spirit take her on different roads, including law studies and involvement in politics, but the one of personal development is her favorite. She has a mission of making this world a more loving place and is using herself as a starting point. She would be more than happy to share and let you experiment with different techniques for increasing the feeling of love!



STELLALENA

Stellalena was Born in love with Humankind! Being totally fond of knowledge she studied a lot (Psychology, Law and Medical Labs with masters in Adult Education, Public Health and Well-Being)Then she realized she was in love once again: Non Formal Education! Being a conscious sapiosexual she continues to learn (in an experiential way) while working as a freelance trainer and as a psychologist for the last 15 years. She'll be sharing with you tools based on Psychoeducation that you can take back home and make your life WAY BETTER!



MICHAL

Michal tries not to define himself by his degree, skills or former experience. What he likes is foreign languages, non-formal education, beer, countryside and good reading.

Travel

Participants are expected to arrive to Tallinn airport and proceed to Viljandi by train or bus, both stations are quite near to the airport. The tram to either station costs 2€ (1€ with an ISIC Student Card) and the bus or train ticket from Tallinn to Viljandi costs around 10€ one way. Participants will be picked up from Viljandi. More specific information will be provided later as the schedules for September are still not announced. Please take into consideration when making travel plans that the journey from Tallinn to Viljandi and vice versa takes more than 2 hours.

Please do not book any flights before receiving a confirmation to your application and receiving a confirmation to your travel plans. The participants are expected to cover their travel costs at first, the costs will be reimbursed after the organiser has received all the expense receipts. Remember to keep all invoices, receipts, boarding passes, etc – without these documents we are unable to reimburse the costs.

We strongly recommend getting a travel health insurance!



TRAVEL ALLOWANCE PER PARTICIPANT

Spain	360€
Portugal	530€
The Republic of North Macedonia	275€
Slovakia	275€
Netherlands	275€
Turkey	275€
Greece	360€
Romania	275€
Estonia	0€*

*depending on the distance

To bring along

FOR YOURSELF AND OTHERS



National food/drinks/music/games to present your country on intercultural evening



Any information about your organisation you want to share at the organisation fair



A personal object that marks your important life event



European health card



Swimming outfit in case the weather permits.

Weather and clothing

In September the temperature is usually between 10C-20C. We can have sunny days and rainy days or beautiful rainbow days when both decide to visit us at once. Please check the weather forecast and make sure you have appropriate clothing with you. Waterproof shoes and a waterproof jacket are always a good idea when visiting Estonia.



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PARTICIPATION FEE

The participation fee is 50€ per participant but we don't want it to be an obstacle for participating, the participation fee will be waived in case of economic obstacles.

APPLY HERE

In order to apply, fill in this questionnaire please:
<https://forms.gle/vhnRQgSudrqR39PK6>

The participants will be chosen on the basis of the applications.
Priority will be given to highly motivated youth workers

The sooner you send your application, the better!

EMAIL ADDRESS

mariakasepalu@hotmail.com

PHONE NUMBER

+372 51 99 49 71

Application

