

# Hero's Journey: the power of storytelling for wellbeing

Training Course about storytelling method for educating the youth at risk on how to take care of their mental health & well-being.



29 April to 6 May 2022

The Netherlands



Funded by the  
Erasmus+ Programme  
of the European Union



Nederlands  
Jeugdinstituut

# About Hero's Journey...

Hero's journey: the power of storytelling for wellbeing is a Training Course funded by the Erasmus+ program that aims to equip organizations with the storytelling method for educating the youth at risk on how to take care of their mental health & well-being.

Before the Training Course, we will have 2 online preparation meetings.

During the training, you will learn about storytelling competence and its usage for educating on how to take care of their mental health & well-being. Participants will design and implement 12 workshops using storytelling methods for educating youth at risk on how to take care of their mental health & well-being.

The follow-up period will be an opportunity to put into practice what you learned. We will create an event to identify, publish and promote stories that can be used for fostering empathy, understanding and self-reflection to promote mental health & well-being.





# Everyone has a story

Human civilization has been evolving around stories and narratives which constitute our identity and seeing of the world since prehistoric times. Stories have an enormous influence on the human mind and perception.

Stories talk from our past, fears for our future, and high and low moments from our lives. We're all more than just one dimension or one story. Simply listening to and acknowledging others' stories, helps to create a greater sense of wellbeing, reducing the risk of loneliness and stress.

For that reason, stories are a brilliant tool to work with human health and well-being, and working through Storytelling provides an opportunity to shift these inner narratives to a more positive and empowering one.



# Our approach

The AIM of our project is “To equip organizations with the storytelling method for educating the youth at risk on how to take care of their mental health & well-being.”

We work with **EXPERIENTIAL LEARNING**: learning by doing & leaning by experiencing.

We approach learning as a collective process. During the training we will offer the foundations for the group to work together and learn from each other and for each other.

The program structure will be built up in a way that the participants experience will be supported by storytelling theory, embodied activities, each other learning resources, common sharing and reflections.

# Timeline



## Preparation

1st online meeting:  
End march

2nd online meeting:  
Middle April



## Training Course

Arrival: 29th April

Departure: 6th May  
before 10 am



## Follow - up

After the TC, the journey continues with applying what you have learned back in your own youth work. All participants are asked to create a follow-up activity, organise it and report it back after the training course.

# Participant's profile

- You are 20+ years old.
- You are a registered inhabitant of Greece, Bulgaria, North Macedonia, Czech Republic, Latvia, Spain, and/or the Netherlands.
- You are a youth worker, social worker, trainer, volunteer in a youth organization, and/or student in social work.
- Willing to live, learn, reflect, experiment, and explore in a multicultural group through 8-10 hs of daily intensive program.
- You are able to work in English.
- You are highly motivated and willing to actively participate during the whole project and put into practice your learnings during the implementation period, follow-up activities and beyond.



# Meals & Venue

We will be hosted in the accommodation place called De gouwe droom in the North Holland region.

The bedrooms will be shared among 4-5 people max. Each bedroom will have its own sanitary facilities; a shower, sink and a separate toilet.

The Accommodation will be our home for the entire program and we will take care of it by ourselves (eg. washing dishes, cleaning the rooms, respecting the surrounding nature).

Around the accommodation, there is an outdoor space for outdoor activities, walking, and meditation.

We will have healthy & environmentally conscious food. Meals will be vegetarian & vegan.



# Team

## Itsaso Zaldibar



- Life coach
- Trainer
- Pedagogue
- Systemic Work
- Conflict transformation
- Communication expert
- Youth worker

## Beatriz Aroca



- Psychologist
- Trainer
- Artistic Therapist
- Storyteller
- Yoga teacher
- Integration & Diversity
- Gender equality





# Partners

Country	Organisation	Contact
Greece	ROES	<a href="mailto:weare@roescoop.com">weare@roescoop.com</a>
Czech Republic	Association for Wilderness and Adventure Therapy	<a href="mailto:petrova.lucie007@gmail.com">petrova.lucie007@gmail.com</a>
North Macedonia	KRIK	<a href="mailto:kriksending@gmail.com">kriksending@gmail.com</a>
Spain	Noesis	<a href="mailto:contacto@noesis.com.es">contacto@noesis.com.es</a>
Latvia	Active rainbow	<a href="mailto:info.activerainbow@gmail.com">info.activerainbow@gmail.com</a>
Bulgaria	Walk together	<a href="mailto:walktogetherbulgaria@gmail.com">walktogetherbulgaria@gmail.com</a>
The Netherlands	Stichting Heimat	<a href="mailto:foundationheimat@gmail.com">foundationheimat@gmail.com</a>

# Participant's contribution

The project is funded through The Erasmus+ program, thus accommodation, food, and materials are fully covered.

There will be a participants contribution of 50 € per person that will be paid upon arrival in cash.

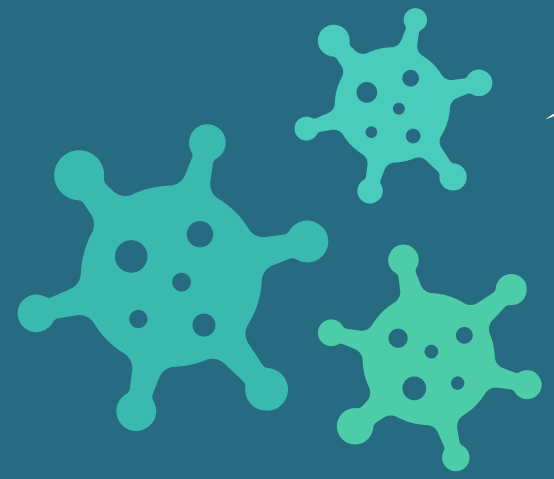
# Reimbursement

- You will be reimbursed the exact amount of travel money, provided that is within the set limit.
- To be eligible for reimbursement, we ask you to keep all your original tickets, boarding passes and invoices.
- The reimbursement of travel costs is done after the WHOLE project is completed (preparation, training course, implementation, and follow-up activities) and you provide us the travel documents, and you fill in the evaluation forms.



## BUDGET:

- Bulgaria, Czech Republic, Spain, North Macedonia and Latvia 275€
- Greece 360€
- The Netherlands 23€

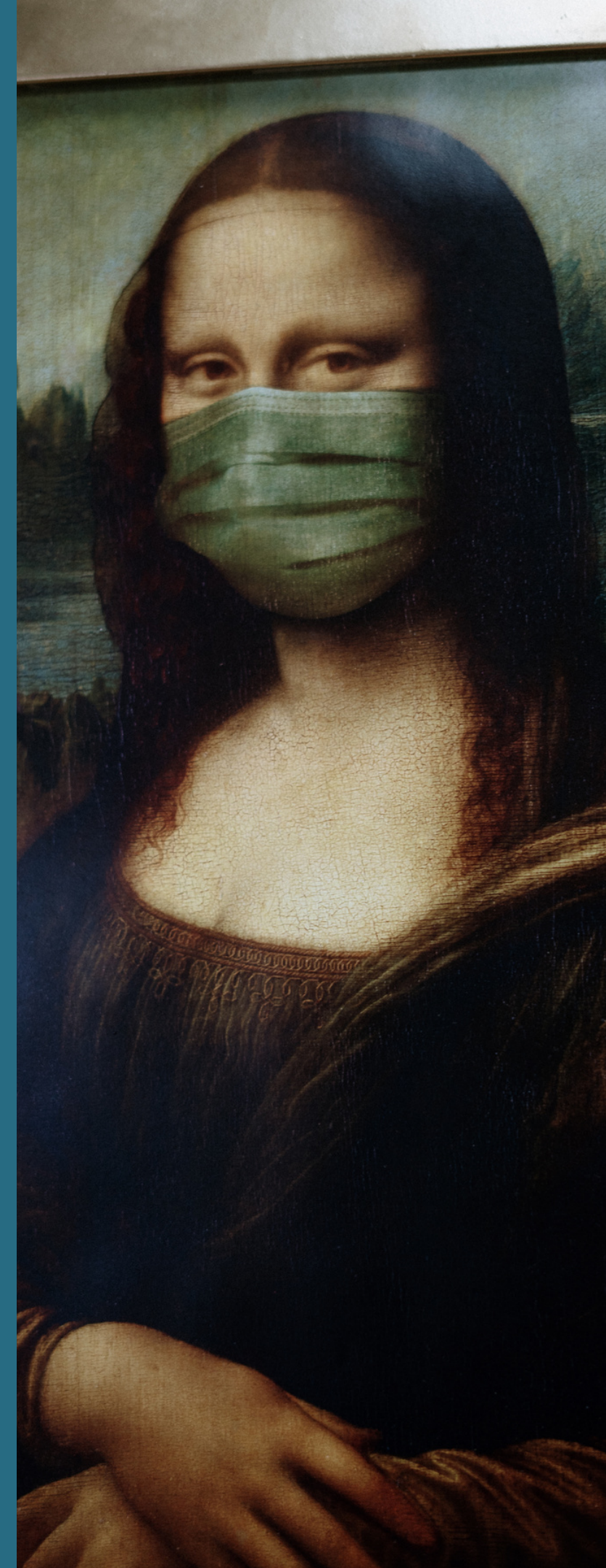


# Together we fight Covid-19

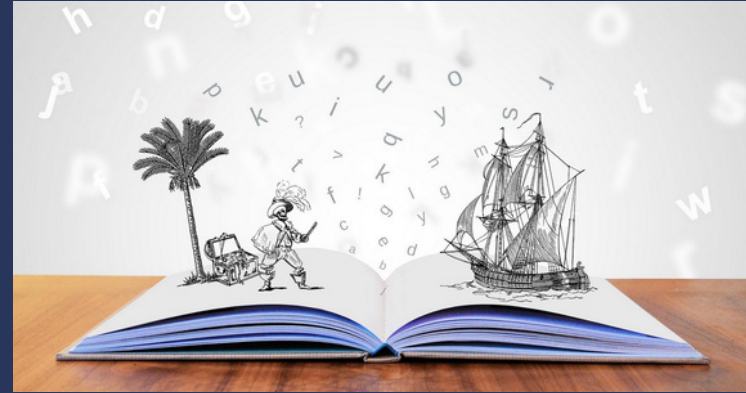
Before applying though, [please read this document thoroughly](#) and check if you are in line with the COVID19 measures we will take to participate in our Training.

## Outline of the strategy:

- Our aim is to hold the course without a mask, without risking our safety.
- We will follow the Dutch national regulations regarding COVID-19. We are following the national regulations that are valid on the period the project is happening.
- If COVID tests are required to enter/exit the country, the participants are responsible to cover the costs. For the tests before departing, Stichting Heimat will support with organizing a testing process.
- If there will be any COVID incident during the course, Stichting Heimat will support the participants to organize all needed processes (testing, quarantine in different accommodations, etc). Costs are covered by the participants.
- We can't reimburse any travel expenses if a participant is excluded from the course because of a positive COVID test result.



# How to apply



To apply, fill in the online application form latest by the

The participants will be selected by sending organizations, in cooperation with Heimat.

Selection is done based on the profile and motivation of applicants.

If you are accepted for the project you will receive a "Confirmation letter" with more practical information and only from this moment you can start preparing for your travels.

APPLY HERE!



# Contact



HEIMAT WEBSITE

<http://heimatfoundation.com/>

EMAIL ADDRESS

[foundationheimat@gmail.com](mailto:foundationheimat@gmail.com)

PROJECT WEBSITE

[Hero's\\_journey\\_TC](#)

Looking forward to welcoming all of you in  
The Netherlands

Heimat Team

