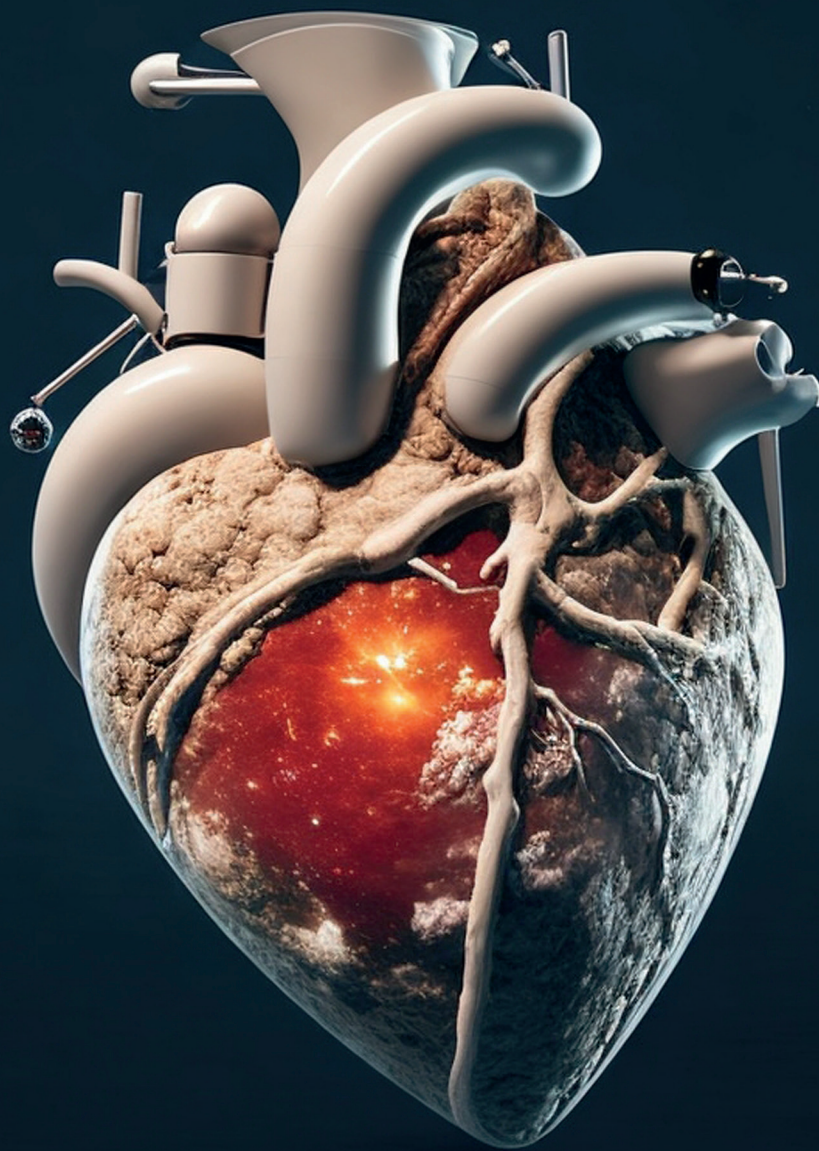


TRAINING COURSE

FUTURE B



A Deep Ecological Journey
to the Emerging Future

11-17 September 2023

Madrid - Spain

THE PROJECT

“Over the last few years, the term ‘CRISIS’ has created echoes in European politics and has significantly impacted the lives of millions of young people. The influence of interconnected crises — health, economic, energy, and climate — has been increasingly prevalent.

FUTURE B invites youth workers and young activists from across Europe to participate in a **training program** that will provide tools to **aid young people in navigating the impacts of this multidimensional crisis period**, with a particular emphasis on its **ecological dimension** and the effect it has on young people’s mental health.

Through this training, we will delve into personal and community resilience, emotional management, and the transformation of individual and group conflicts and changes in uncertain environments. This will be coupled with opportunities for group creation and reflection, allowing for the dynamic emergence of group ideas and the construction of shared narratives that edge us closer to a more sustainable and equitable future for individuals and the environment.

Throughout the program, the group will interact with inputs and exercises relating to facilitation and social participation **methodologies, including Deep Ecology, Processwork, and Social Presencing Theatre**

Out of the participation in the training course, participants will gain a set of knowledge, skills, tools and techniques that they will be able to reproduce in the context of their local communities, in networking with the rest of participants around Europe.

PARTICIPANTS

The group of participants will be composed of 5 adult participants each from Spain, Italy, Lithuania, Romania and Greece.

The profile of the participants is related to the worlds of social intervention, education, environment, mentoring, cultural animation, volunteering and activism.

LANGUAGE

The activities will be held in English. A good English level is welcomed to participate, even if a fluent level is not necessary.

WHO CAN PARTICIPATE?

Anyone who works with young people, or works or is active in the field of human and environmental rights interested in learning new methods for working with their target-groups and who feels the desire to join a space in which to deepen the relationship between the personal, group and systemic dimensions as a motor for change.

COSTS AND REMBUISSEMENTS

Food and accomodation and training costs are fully covered by the Erasmus Plus Programme grant, thus **free for all the participants** during the activities days.

Then, according to the Erasmus+ guidelines, we will **reimburse up to 360 €/person to the participants travelling from abroad, except for Italian participants who will be reimbursed up to 275€** (for Spanish participants there is no travel reimbursement).

All the reimbursements will be done by on-line bank transfer after the training course upon receipt of all the tickets and boarding passes.

IMPORTANT: The Spanish Erasmus+ Agency applies the programme guidelines related to travel arrangements in a strict way, allowing only for a maximum 2-days gap between the project dates and your travel days.

Non-compliance with this requirement may lead to cancellation of the reimbursement.

In case of doubt and for advice on your travel arrangements, feel free to contact us!

As for health insurances, the European Health Insurance Card (EHIC) is valid also in Spain and all participants coming from EU countries need to bring it with them.

DATES

The Training Course will be held **from the 11th to the 17^h** of September 2023.

We will expect you for a welcome dinner on the 11th and we will say goodbye after breakfast on the 17th.

ACTIVITIES

The training activities will take place every day in two sessions, one during the morning and one during the afternoon), coffee breaks included.

Evening time is imagined as at the participants' total disposal, informal time for connecting with each other according to your own needs and desires.

Meals will be served according to this schedule:

- Breakfast: from 8.00
- Lunch: from 13.30
- Dinner: from 20.00

Activities programme overview:

Day 1 – Listening to the Resonance:

Today marks the genesis of our journey together, one that centers on fostering connection and creating a strong, supportive community, enhancing our sensory awareness of the world around us, but also to developing a deep sense of connection and understanding within our group.

Day 2 – Our Personal Myth:

The second day unravels the fascinating narrative of our human journey. Through a combination of Processwork exercises and group discussions, we will explore our unique and shared mythologies, how they shape our perception of the world and influence our behaviors. By understanding our personal and collective stories, we can better navigate life's complexities and contribute to our evolutionary journey as a species.

Day 3 – Work that Reconnects #1:

We delve into the transformative framework of "The Work That Reconnects," inspired by Joanna Macy's pioneering work in deep ecology and systems theory. Today's session focuses on gratitude and honoring our pain for the world. It's about acknowledging the gifts we receive from life, recognizing our feelings of despair about the world's suffering, and transforming these into compassion and strength to take action.

Day 4 – Work that Reconnects #2:

Building on the foundations from the previous day, we continue our journey with "The Work That Reconnects". Today we'll focus on seeing with fresh eyes and going forth. We'll uncover new perspectives on the interdependent nature of all life and make visible the systemic changes needed in our societies. We will prepare ourselves for the ongoing

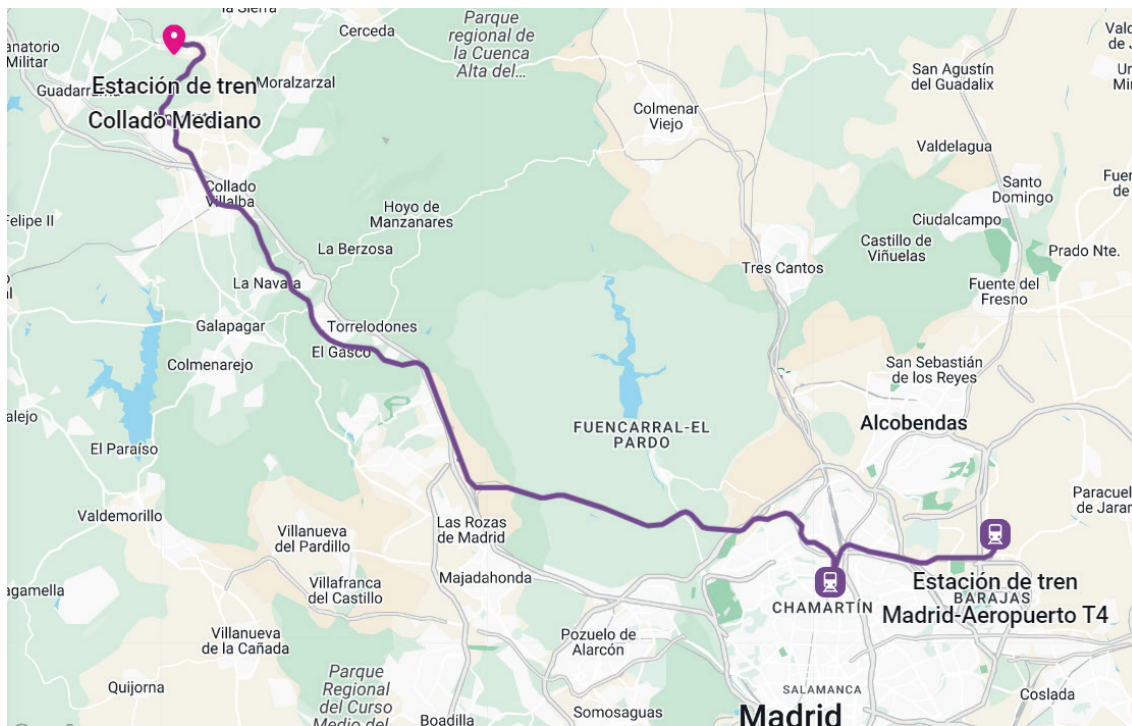
personal and societal transformation necessary for a sustainable future.

Day 5 – Embracing the Future:

Our final day focuses on envisioning and embracing the future. We will reflect on our learnings from the past days and imagine new possibilities for ourselves, our communities, and our planet. We will engage in activities that allow us to articulate our visions for a sustainable future and commit to concrete steps that we can each take to become active agents of change.

Final and detailed programme will be sent before your arrival.

HOW TO REACH THE VENUE FROM MADRID AIRPORT



To get from **Barajas Airport** to **Collado Mediano** by train you can follow these instructions:

First, you will need to reach the airport train station, which is located on the -1 floor of Terminal T4, also known as **Airport T4**.

From there, you will take the RENFE commuter train, which can be **line C1 or C10**, to the **Madrid-Chamartín-Clara Campoamor** train station.

Once at the Chamartín station, you will need to take another train to the **Collado Mediano station**.

The average travel time is **1 hour and 50 minutes**

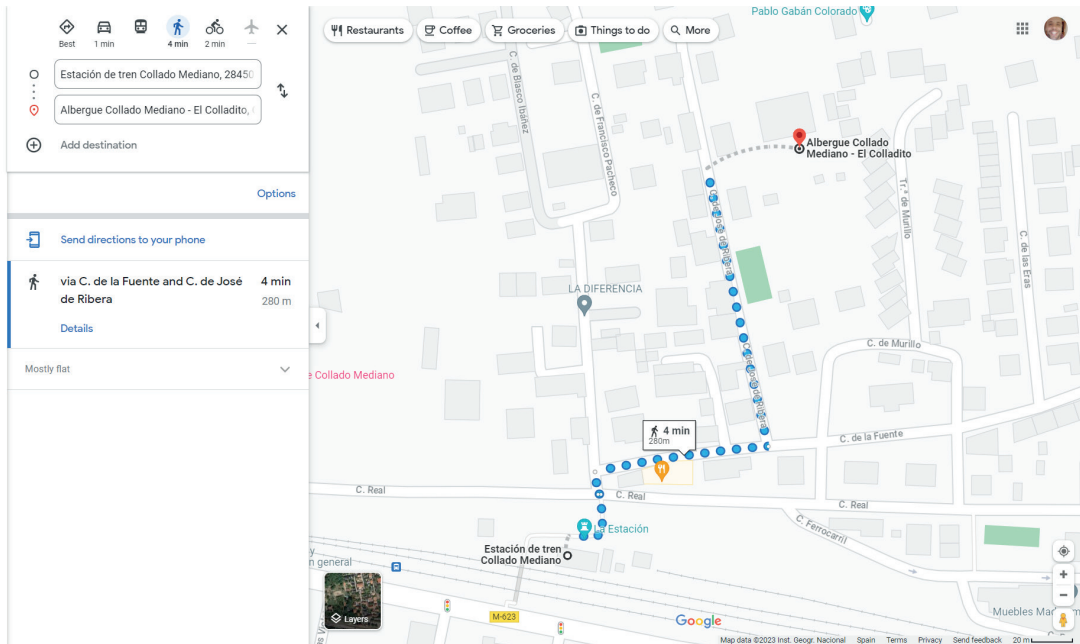
We recommend that you always check the departure and arrival times of the trains before your trip. You can check the train table here:

<https://www.renfe.com/es/en/suburban/suburban-madrid/timetables>

using as departure point **Aeropuerto T-4** and as Destination **Collado Mediano**.

The **price of a one way ticket is €5,50** and you can acquire them at the ticket offices of the stations and at the the stations self-service machines.

Once in **Collado Mediano** you can easily walk to the Hostel "**Albergue Collado Mediano – El Colladito**"



Contact numbers to call on arrival:

Daniele: 0034 671 231 463

Eva: 0034 608 603 874

THE VENUE

El Colladito is a rural hostel in the centre of Collado Mediano, a small village nestled in the mountains of Madrid. The structure includes rooms with bunk beds and shared bathrooms and green spaces for free time.



The village of Collado Mediano is the intersection from where many hiking routes start to visit the wonderful natural landscapes of the area.



WEATHER

During the month of September in Collado Mediano you can expect an average temperature of 25°/12° with chances of rain.

Check updates on the weather before travelling here:

<https://www.aemet.es/en/eltiempo/prediccion/municipios/collado-mediano-id28046>

WHAT TO PREPARE IN ADVANCE

We invite you to explore the web <https://workthatreconnects.org/> in order to be inspired by our vision for the world.

if you are so inclined, you are welcome to further read the works of ecophilosopher Joanna Macy, especially those related to the Work that Reconnects, such as "**Coming back to life**".

Furthermore, don't forget to bring:

- Passport or other official identification
- Tickets, invoices, boarding passes & insurance card
- Clothes for living & training
- Towels
- Medications (if you take any)
- Something related to your personal/professional experience, inspiration and motivation (instruments, props, tools, books/leaflets, pictures, ...)
- Something typical from your country (food, drinks, etc.) for sharing during an informal intercultural night

- Willingness and commitment to active participation!

HOW TO APPLY

Please fill the following application form: <https://forms.gle/uHEnfN3x39U6kQmbA>
We'll get in touch with you once filled in order to coordinate the travel arrangements.

MORE INFO

For any question about the project, please contact the project coordination

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Instagram & Facebook: @creocomun



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