



Five Elements

Flow with Your Element

Flow with your “FLOW” course

(28th September 9th of October 2023, Ponta Delgada, Portugal)

INFORMATION LETTER

Dear Participants,

We are happy to invite you to the Flow with your “FLOW” - Five Elements Wisdom training course supported by the Erasmus+ Programme of the EU!

I am Zsuzska (Zsuzska Juhász), coordinator of the project, and responsible for hosting you around on behalf of the team.

So let me share with you some **useful information**:

- I. **Date**
- II. **Aims of the project**
- III. **Profile of Participants**
- IV. **Method and facilitators**
- V. **Application form to be filled in**
- VI. **Accommodation and board**
- VII. **How to get there?**
- VIII. **What to bring with you?**
- IX. **Reimbursement of travel tickets for participants/ travel budget**
- X. **Participation fee**
- XI. **Programme**



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I. Date:

- Arrival day: **28th September, 2023** (afternoon/evening). The first informal programme will be the dinner and the official programme will start on the 29th of September.
- Program days: **29th. September - 8th. October, 2023**
- Departure day: **9th October 2023** (breakfast will be served).

II. Aim of the project:

Flow with your Elements aims to address youth workers with risk of burnout and develop their ETS and digital competencies through the two times 10 days residential learning activities - FLOW is the second training course of the project - & through the SALTO HOP online resilience course participation & extended mentoring during the 12 month collaboration. Competence development ensured in many ways - 2 residential courses based on the Five Elements methodological tools & the online resilience learning course are meant to serve & develop social- cognitive (ETS) & digital competencies & beyond that, a set of well being-skills essential to tackle burn out. By which our target groups are addressed due to their high stress youth and social work or due to the current global crisis trends and previous pandemic. Aims are to support a) recognition of wellbeing development reached at an individual and professional level thus building a positive self-confidence of youth workers and their young target groups; and b) recognition and visibility of positive influences of resilience within non-formal learning and youth work context in general.

III. Profile of participants:

The course is for - youth workers, social workers, psychologists, group leaders, teachers, volunteers working with groups aged 20+ - who would like to develop their skills and competences on well being and mental health.. The course is targeted for youth workers, trainers and facilitators (or any helping professionals) who want to develop their competences in the field of mental health and well being through oriental methods - like chikung and the wisdom of the 5 elements principles. As a result you will gain concrete tools: physical activities based on mindfulness and chikung; basic psychoeducational tools for emotional regulation; better understanding of ETS competences as youth workers/trainers working with groups and a plan to extend the longevity of your youth work.

IV. Method and facilitators:

The Five Elements System has a several thousand years oriental origin, and it is based on the **taoist concept** of being in **harmony** both with yourself and the world. This harmony can



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be translated as your own personal wellbeing, considering all concepts and methods creating and maintaining the physical, emotional and mental health of the individual. And the other essential aspect of harmony is resilience realized in the sense of **how you handle and react to the impacts the world is presenting to you.**

Since the Five Elements can be understood as a philosophy (and practical aspect) that permeates everything existing in this universe, it can offer you an overview of all walks of life helping you in increasing and deepening your awareness of what the current situation is, then depending on your intentions and desired destinations it offers you a very pragmatic approach and tool how to get there.

Five Elements can offer you benefits in several levels, and depending on your personal goals, you can choose either or all of them to your advantage. These can be categorized into 2 main areas: individual and interpersonal level.

First there is an **individual level**, where you can explore your particular perspective, understand **how you work**, what are your basic motivators and greatest inspirations, moreover where are your shortcomings and what are the skills and talents you can capitalize on. This can also be understood as establishing harmony with yourself.

The second step is - on one hand - how you apply everything you've learned and realized to the world by investigating **your connection to the world**, especially your relationships. On the other hand this level is also about how you manage your everyday life given the external circumstances you cannot control.

The effectiveness of the system primarily builds on the cyclical nature of things and in this case **Elements**, considering the understanding of the characteristics of each Element (Wood, Fire, Earth, Metal and Water) and how they interact with each other. By using and applying the cycles to your daily life you can learn how to nurture and support or how to regulate a situation, a person or a communication, or how you can command them by guiding the conflict or process to the right direction.

For achieving harmony on a personal level movement and **Qi Gong is an essential support**, helping you embody and connect the Elements (which also you are made of) and adapting your physical body and emotions through simple motions, easy to learn breathing techniques and uncomplicated visualizations.

Awareness and proper management of all emotions including the negative ones is another crucial part of harmony and integrity of both individual and interpersonal level.

Please visit the **webpage of the programme** for further inspiration:

<https://www.theorigoworkshop.com/copy-of-your-natural-element-2>

The team composition:

Qi Gong, martial art teacher and Five Elements Coach:

Etelka Szeghalmi - https://szeghalmietelka.com/en/homepage_eng/

Five Elements Coach and business consultant:

Nóra Varga - <https://hu.linkedin.com/in/n%C3%B3ra-varga-77761ab3>



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Qi Gong, Tai Chi martial art teacher and Five Elements Coach
András Havasi

Host - well being and resilience:

Zsuzska Juhász

<https://www.salto-youth.net/tools/toy/juhsz-zsuzsanna.3533/>

V. Application form to be filled in

In case we learn all our future participants please fill in the following application form **till 29th of August 2023.**

<https://forms.gle/4ySxyfoSFExZ4PwR8>

VI. Accommodation and board:

Venue of the event: Azores Youth Hostels, Ponta Delgada, Portugal

<https://azoresyouthhostels.com/en/properties/portugal/azores-ponta-delgada/azores-youth-hostels-sao-miguel>

Address:

ADDRESS : RUA SÃO FRANCISCO XAVIER S/Nº Ponta Delgada, Sao Miguel

- Located just steps from the heart of the Azores liveliest city, the Youth Hostel of Ponta Delgada is the perfect place to discover the spectacular contrasts of the island: the wild, natural side and the culturally rich, cosmopolitan side. Ponta Delgada evokes all the charms of Europe with cobblestone streets, sidewalk cafes and a thriving culinary scene.
- Rooms with 4 beds are available with a shared bathroom.
- The water is drinkable.
- Bed sheets are provided, but you should bring your own towel.



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You are going to be provided **vegetarian food with fish** (breakfast, lunch, dinner and some snacks) **and accommodation** for the whole period of the training. On the arrival day dinner will be the 1st meal to be served, whilst for the departure day breakfast will be served.

If you plan to arrive earlier or stay longer, remember to book your own accommodation!

VII. How to get there?

1. Take a flight from your country to Ponta Delgada Airport - **João Paulo II Airport**.
2. Walk 15 minutes and at **Rua do Ramalho** catch the **C200 bus**.
3. Take **the C200 BUS** from the airport to **Avenida Marginal**.
4. Walk 12 minutes and you reach **Azores Youth Hostels** R. São Francisco Xavier s/n, 9500-243 Ponta Delgada,

Link for google maps: <https://goo.gl/maps/ZAAceMqX5UQaUvy57>

You can also **plan your travel** here: <https://www.google.com/maps>

VIII. What to bring with you?

1. *For the training activities we recommend you to bring the following:*

- **Small item of beauty**- to be placed on a centerpiece, art offering space that has meaning for you.
- **Publicity or promotional material** or information you would like to share on the work you do. There will be a display area for all organization's and participants to show / share their work.
- **Clothes and shoes for movement work** outdoors and are comfortable and suitable for the weather.
- Lightweight **waterproof clothing** for summer showers
- Water bottle
- **Small rucksack**, backpack so you can be hands free while walking.
- **Indoor slippers** (the studio and some other spaces we will use are no shoe environments)
- **Protection for the sun** - cap, suntan lotion
- **Swimsuit, towel**
- **Mosquito repellent**
- **Favorite films** downloaded or on DVD for optional evening entertainment

2. For the trip itself, remember to bring/check:

- Your valid (during the whole event days) **ID or Passport**
- Your **boarding pass** (please check if you should do your check in online) printed (as we will ask you for it for the project account procedures)



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- **Luggage size** - please check the correct measures that you are allowed to bring.
- The **European Health Card** (ask for it in your health system) for any case. Please check if this European health card is valid until the end of the event! In addition to this, we also recommend you to have travel **insurance!**

IX. Reimbursement of travel tickets for participants/ travel budget:

As included in the call for participants, travel costs will be reimbursed up to 100% if you manage your travel **within the allocated budget** (see below) and upon the presentation of the tickets, invoices and proof of payment. We will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, low budget airlines. Thank you!

You are entitled for the amount of travel bills/invoices you used in reality up to the maximum amount of budget cost in below list, but if you used less you will get less then the maximum budget cost - it means you get back exactly what you have used. .

Please keep in mind that only direct travel costs **between your “home location” and the venue of the event** can be reimbursed (private traveling cannot be financed by the fund).

You are entitled to the reimbursement of your travel costs, if you present **the tickets themselves and related invoices to the name of your sending organization or on the name of Origó Workshop.**

The **allocated travel budget and the details of the sending organizations** are as follows:

Country of origin	Maximum travel budget / person	Sending organization
Hungary (4 pax)	275 EUR	Origó Műhely Nonprofit Kft.
Latvia (2 pax)	275 EUR	Izglītības pārvalde
Portugal (2 pax)	180 EUR	Lugar Específico
Slovakia (2 pax)	275 EUR	SYTEV
Italy (2 pax)	275 EUR	Libero Pensatore
Turkey (2 pax)	360 EUR	Hasat
Georgia (2 pax)	360 EUR	RICDOG
Lithuania (2 pax)	275 EUR	Vilniaus Antakalnio
Spain (2 pax)	275 EUR	Estrellas del Sur
Poland (2 pax)	275 EUR	Wiedza Powszechna

Warning! If you do not have the receipt AND the tickets we CAN NOT reimburse your expenses!

Travel by car can also be financed, for this we'll need to fill out **special documents**. Should you plan to travel by car, please let me know!

Travel cost reimbursement will be done **via bank transfer to your sending organization after having received all your travel documents within 2 months after the TC.**

X.Participation fee:



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Furthermore a financial contribution from each participant is required - this is your contribution to the success of the TC:

Fee: 50,00 €

The participation fee can be paid **in cash during reception & registration** on the arrival day.

Please note: The amount cannot be reduced from the travel cost reimbursement. Please inform us in advance which of the both mentioned options you are planning to use AND if you are paying as an individual or as an organization

XI: Programme

The draft programme of the event you can find below.

Please consider it might changes upon receiving your application forms:

<https://docs.google.com/spreadsheets/d/1BJxoWdDyw5NBEAlp3YMrPTjr3rbiGpmd/edit#gid=1973576562>

During our training course we are going to visit natural spots which reflect the given element - e.g we travel after breakfast and come back to the venue only by dinner. Therefore we will get packed lunch for at least 5 days of the course.

Last but not least, if you have any questions please do not hesitate to contact me ! You can reach me at:

- Name: Zsuzska (Zsuzska JUHÁSZ)
- E-mail: origomuhely@gmail.com
- Phone/WhatsApp number: +36 302536919

Looking forward to hearing from you and meeting you personally very soon!

Warm regards,

Zsuzska and the team of Origó Műhely



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