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# Body – Mind – Spirit

## Unlocking Youth Potential

**TRAINING COURSE**  
**10.11.2023 – 18.11.2023**  
**Latvia**



Co-funded by the  
European Union



Agency for International  
Programs for Youth  
Republic of Latvia

**KALM**  
INTERNATIONAL  
TRAININGS

# Are you...

- Curious to explore learning methods related to **body, mind and spirituality**?
- Looking for tools, resources and practices to implement in your work with youth (especially those with fewer opportunities?)
- Ready to take care of your personal well-being by using methods for self-development and healing?



# Why this project?

If so the project "**Mind-Body-Spirit: Unlocking Youth Potential**" aims to do just that! During this training course you we will explore and practice alternative learning methods that promote **holistic development of young individuals**, especially those with fewer opportunities!

We will focus on **alternative learning methods** that emphasize the body, mind, and spirituality!



# Methods

**Training will be based on:**

**1) non-formal learning methods as group work, peer-to-peer learning, discussions, workshops, reflection, etc.**

**2) alternative learning methods as Meditation, Creative Arts, Adventure-Based Learning, Service Learning, Yoga, Gamification, Nature-Based Learning and Mind Mapping.**



# What will you get?

- **New methods** to use in your work with young people;
- Understand how **alternative learning methods** can **level up your work** with youngsters with fewer opportunities;
- Discover how these methods can **enhance your own well-being and healing**;
- Exchange experiences, and understand **what to keep in mind when working with young people with fewer opportunities**;
  - **Share best practices** from experienced youth workers;



# This training is for you, if...

- you are a resident in Latvia, Greece, Italy, Croatia, Lithuania or Spain (no age limit)
- actively working with young people;
- interested in exploring and practicing alternative learning methods with an emphasis on the body, mind, and spirituality
- you are committed to participating fully in all aspects of the project, including the online preparation, follow-up activities and dissemination;
- you are able to communicate effectively in English;
- you are **ready to adopt vegetarian or vegan diet for duration of the project;**



# Project timeline



# Practicalities

The accommodation, food, and the travel costs (up till reimbursement limit) are **fully covered by the Erasmus+ programme**. The travel costs will be reimbursed after the project once all participants have done their dissemination activities. There is a **contribution fee of 30 EUR** to be paid upon arrival.

**Insurance:** Make sure to have your **European Health Insurance card**. The project will also cover your civic insurance, however you are responsible for getting **your own travel insurance (at your own costs)**

**Food:** There will be 3 meals a day with some coffee breaks. We will have delicious **vegetarian and vegan food** during the training! We think you will be pleasantly surprised as we will have great chef.

We want to encourage **no-alcohol** and **no-drugs** policy during the whole program and we highly recommend to not use them, to allow authentic connection with yourself and others.



# Travel reimbursement

Participants travel costs will be reimbursed up till reimbursement limit. We encourage green travel. It is fundamental that you **keep all your original travel documents**: bus and train tickets, invoices, boarding passes; etc. The reimbursement cannot be done without these documents.

Please don't buy any tickets without confirmation from us. Tickets purchased without confirmation will not be reimbursed.

The travel costs will be refunded after the training course within 2 months (after participants send all their travel documents and fulfill closing tasks for the project including dissemination).

Country	Max amount, EUR	Max amount with green travel, EUR
Greece	360	410
Lithuania	180	210
Italy	275	320
Spain	530	610
Croatia	275	320
Latvia	20	-

Sounds like this is something  
for you?



For any questions write to:  
YouthUnlocking@gmail.com  
or you can call: +371 29820165  
(Marija)

Apply here

<https://ej.uz/potential23>

Application deadline: 10.09.2023.

Results will be announced until 14.09.2023.



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TRAININGS

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# The venue



**will be specified**

# Trainers

will be specified



# Partners

**Greece** Ethical Paths

<https://www.facebook.com/ethicalpaths>

**Lithuania** ASOCIACIJA TAVO  
EUROPA

<https://www.facebook.com/TavoEuropa/>

**Italy** Associazione di promozione  
sociale Young Effect

<https://www.youngeffect.org/>

**Spain** EUDUCATE

<https://www.facebook.com/EUducate>

**Croatia** Institut za poticanje mladih

<https://iyp-croatia.com/>

**Latvia** KALM International  
Trainings

<https://www.facebook.com/kalmtrainings/>

