



**YOUTHWORK FLOW:
CULTIVATING INNER BALANCE, COMMUNITY
AND CONNECTION THROUGH ACROYOGA**

INTERNATIONAL TRAINING COURSE

13-22 OCTOBER 2023

LEONIDIO, GREECE

SUPPORTED BY



DEVELOPED AND IMPLIMENTED BY

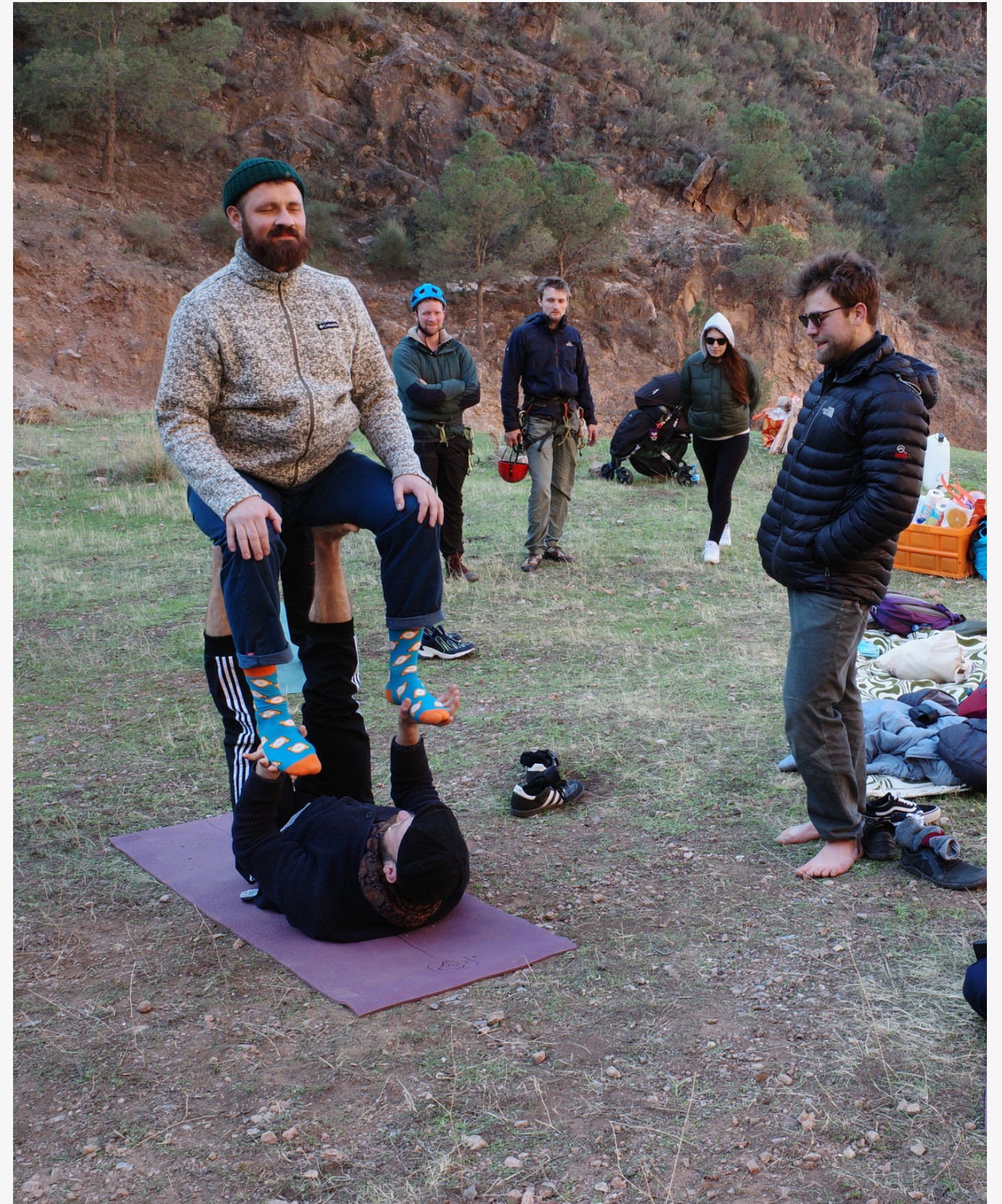


ABOUT THE PROJECT

Youthwork Flow offers eight days of workshops exploring the world of acroyoga, partner acrobatics and experimental play. The project will take place near the village of Leonidio, on the Greek Peloponnesian coast, and is open to participants from Erasmus+ programme countries.

Acroyoga and partner acrobatics present powerful tools for non-formal education, personal development and intercultural learning. To this end, we have teamed up with the internationally acclaimed Acroyoga trainer, Juri Kussmauel, to provide engaging new impulses for participants' personal and professional development.

The project is implemented by Lernlabor, a Berlin-based platform for intercultural exchange, process-based research and experiential learning. Lernlabor is accredited in the Erasmus+ programme and its experienced team will be responsible for ensuring a supportive and empowering learning environment.



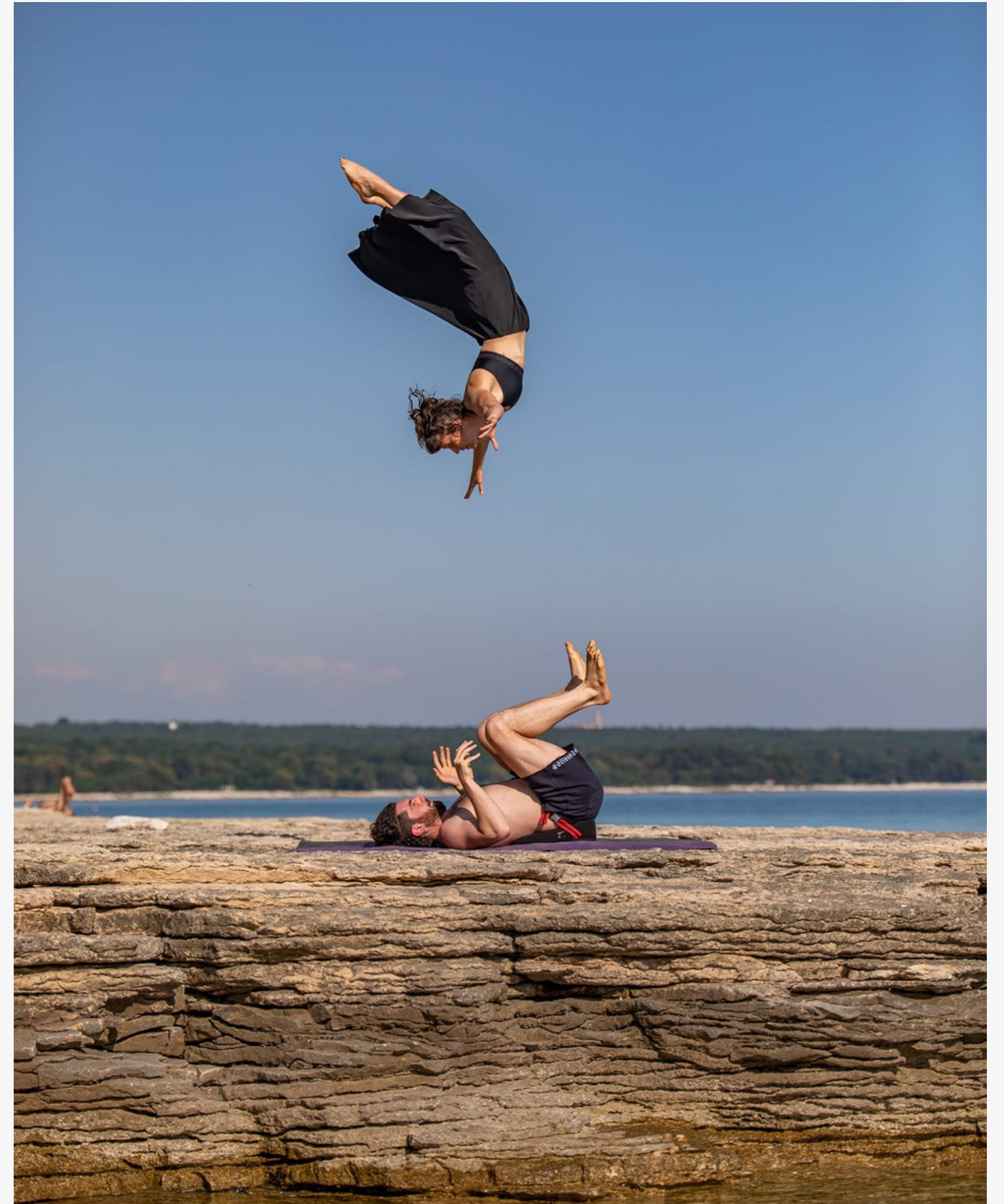
PROJECT AIMS

The aim of this Training Course is:

- To provide participants with the foundations of acroyoga and partner acrobatics and how these practises can be used to engage diverse target groups and foster community building and learning
- To connect relevant target groups - including youth workers, activists, community organisers, local stakeholders and experts from beyond the field of youth - with the Erasmus+ programme and the opportunities for developing European-funded education programmes at the local and international level

Through participating in this project participants will:

- Understand how to use acroyoga and partner acrobatics as an effective tool in non-formal and experiential education
- Learn how to design and facilitate engaging games and exercises in play
- Learn to trust and cultivate a trustful atmosphere, by practicing acrobatics with strangers
- Learn how to give and receive feedback and to use reflection as a pedagogical tool
- Gain hard skills through being trained in:
 - spotting skills
 - risk analysis and risk management
 - falling safely
- Gain theoretical and practical understanding of group dynamics in practicing Acroyoga
- Embark on a journey of personal development through stepping outside of their comfort zone and exploring new ways of learning how to learn.
- Benefit from an environment of peer learning
- Gain an understanding of the Erasmus+ Youth, Sport and Adult Education programme and the funding opportunities available within the framework of Key Action 1 and Key Action 2.



REIMBURSEMENT

THE TRAVEL COSTS WILL BE REIMBURSED WITHIN 3 WEEKS AFTER THE PROJECT BY BANKS TRANSFER IN EURO. THE TRAVEL DISTANCE REPRESENTS A SINGLE WAY DISTANCE FROM THE PLACE OF ORIGIN TO THE VENUE, WHEREAS THE AMOUNT COVERS THE CONTRIBUTION TO THE RETURN TRAVEL TO AND FROM THE VENUE.

Travel distances	Standard travel - Amount	Green travel - Amount
Between 0 and 99 KM:	23 EUR per participant	
Between 100 and 499 KM:	180 EUR per participant	210 EUR per participant
Between 500 and 1999 KM:	275 EUR per participant	320 EUR per participant
Between 2000 and 2999 KM:	360 EUR per participant	410 EUR per participant
Between 3000 and 3999 KM:	530 EUR per participant	610 EUR per participant
Between 4000 and 7999 KM:	820 EUR per participant	
8000 KM or more:	1500 EUR per participant	





ACCOMMODATION

The Camping Semeli will serve as our base during the project. The camping is situated right next to the beach, where most of our workshops will be held.

Participants will be accommodated in 3-person tents. Please bring a sleeping bag.

The Camping Semeli is self catering and we will be organising cooking as a group, in addition to a couple of visits to local restaurants and tavernas.

EQUIPMENT

PLEASE ENSURE THAT YOU BRING THE FOLLOWING EQUIPMENT IN ORDER TO BE ABLE TO PARTICIPATE IN ALL ACTIVITIES

CLOTHES

PLEASE BRING APPROPRIATE SPORTS CLOTHING FOR THE ACROYOGA WORKSHOPS. OUR TRAINER RECOMMENDS TIGHT-FITTING SPORTS ATIRE SUCH AS LEGGINGS AND TIGHT, LONG-SLEAVED TOP. ACCORDING TO JURI, "SHORTS WORK AS WELL. T-SHIRT IS OK. BUT BETTER TO HAVE SOMETHING MORE TIGHT AROUND THE BODY, SO THE FEET OF THE BASE ARE NOT GETTING STUCK IN THE FABRIC".

ADDITIONAL EQUIPMENT

- SLEEPING BAG
- BEACH SANDALS
- WATER BOTTLE (1 LITER)
- BEACH TOWEL
- SUNSCREEN AND MOSQUITO SPRAY
- WE ALSO RECOMMEND TO BRING A LIGHT, WIND PROOF JACKET
- FLEECE OR WARM JUMPER FOR THE EVENING
- THERMAL BASE LAYER IF YOU ARE A COLD SLEEPER

ADDITIONAL INFORMATION

THE LOCAL CURRENCY IS THE EURO, YOU CAN EASILY EXCHANGE OR PAY BY CASH OR PAY BY CARD.

YOU CAN ARRIVE UP TO 7 DAYS BEFORE AND STAY 7 DAYS AFTER THE PROJECT AT YOUR OWN EXPENSE.

WE WILL BE COLLECTING A 50 **EURO** PARTICIPATION FEE DURING THE PROJECT TO COVER ADDITIONAL EXPENSES SUCH AS TRAVEL IN RURAL AREAS.

YOUR SENDING ORGANISATION MAY CHOOSE TO ADD AN ADDITIONAL ADMINISTRATIVE FEE TO COVER ADMINISTRATIVE COSTS OF SELECTING AND PREPARING PARTICIPANTS.



TRAINERS AND ORGANISERS



Juru Kussmaul

Juri is an internationally established acroyoga teacher, circus performer, musician and artist of many disciplines. After completing his Masters' degree in Architecture and Sculpture, he discovered his passion for Acroyoga and Partner Acrobatics. Since then he's researched, taught and performed a mixture of Acroyoga combined with the pleasure of the game from physical theatre, which he studied under Phillippe Gaulier in France and Matteo Destro in Italy.

Well known for his circus duo Barada Street and his Acroyoga classes, Juri has travelled the world to share his passions.



Meg Snellock

Meg is an Ashtanga Vinyasa Yoga instructor who has been practicing for 7+ years and has experience teaching the Primary series in group and 1 to 1 settings. Meg combines Pranayama and meditation techniques alongside the physical postures in the class, so that practitioners can get a taste of the many benefits that this type of yoga can offer. Ashtanga Vinyasa is a strong and dynamic practice with repetition of movements, aimed to create a fire within the body and explore our potential and "limits".



Marko Boyko

Marko is co-founder of Lernlabor. MA in Human Rights and Democratization. He is an expert on non-formal education, group dynamics and outdoor management processes. Marko has organised educational projects in countries across Europe and beyond.



Peter Mitchell

Peter is co-founder and Executive Director of Lernlabor. He is an experienced non-formal education trainer who holds a PhD in modern European history from the University of Edinburgh and is an Austrian Alpine Club certified Alpine Climbing Guide. Peter is a regular contributor to SALTO, where he researches and publishes articles on innovative trends in european youthwork.

CONTACT DETAILS



For questions about the programme and learning content:

projects@lernlabor.berlin



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