



Bakuriani , Georgia

23/05/2024

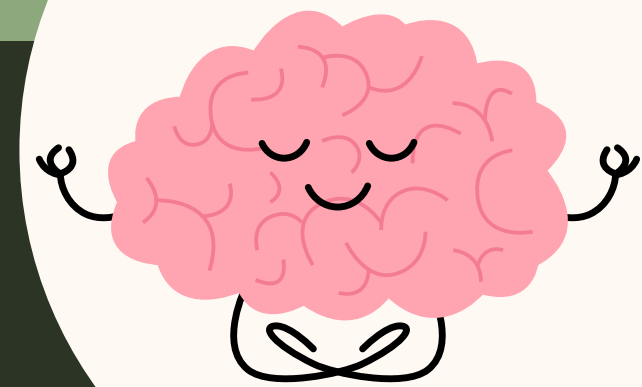
31/05/2024

INNER ECHOES

AUTHENTIC CONNECTIONS THROUGH NATURE'S RHYTHMS



ABOUT THE PROJECT



Embedded in the fabric of European identity, the project draws inspiration from thinkers like Denis de Rougemont and Norbert Elias. It aims to cultivate authentic communication for a shared European identity, echoing Rougemont's emphasis on shared cultural values and Elias's vision for interconnected societies. Integrating contemporary European thought, the project champions empathy and genuine human connection.

Its goal is to provide a platform for self-discovery and empowerment in partner countries like France, Georgia, Armenia, Italy, Lithuania, and Ukraine. By fostering authentic connections and incorporating nature-based sessions, the project will contribute to a more inclusive and connected European society.

PARTNER ORGANISATIONS



LYDILLE LANG - TRASCULTURE



YOUTH ASSOCIATION DRONI



EURO SUD



**NON-FORMAL EDUCATION
FOR YOUTH**



YDF ARMENIA



VSI "UMUNTHU"

OBJECTIVES

- Foster personal development by incorporating mindfulness and self-discovery practices;
- Enable individuals to embark on a transformative journey of self-exploration, cultivating a deeper understanding of their innermost values and aspirations, fostering a sense of gratitude and empathy;
- Respond to the priority of environmental sustainability;
- Inspiration for Civil Activism;
- Promoting Erasmus+

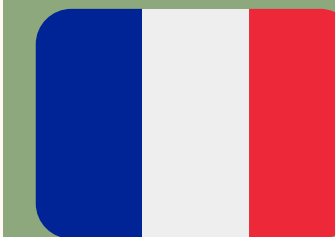


PARTICIPANTS

We are looking for **FIVE** participants per country.

Participants profile

- Age: 20+
- able to communicate in English;
- high interest in the topic;
- Youth worker, Youth Leader, working with young people.





TRAINERS



Manuele Heuberger earned his degrees in Communication and Semiotics from the University of Bologna, with studies in Paris enriching his academic path. His extensive travels post-graduation deepened his appreciation for cultural diversity. Recently, Manuele has concentrated on mentoring through workshops and courses on authentic communication, while also training in bodywork to enhance his approach to fostering genuine relationships.

Lydie Guégan holds a PhD in project management with extensive experience since 2003 in educational roles across various organizations, including the French Embassy and Alliance Française in Vietnam. She is skilled in teaching, training, and financial administration, with a focus on personal development and mindfulness practices, including MBSR from Jon Kabat-Zinn. Additionally, Lydie has a long history in youth work, European educational projects, and is a therapist specializing in acupuncture, massage, and hypnosis.

PRACTICALITIES

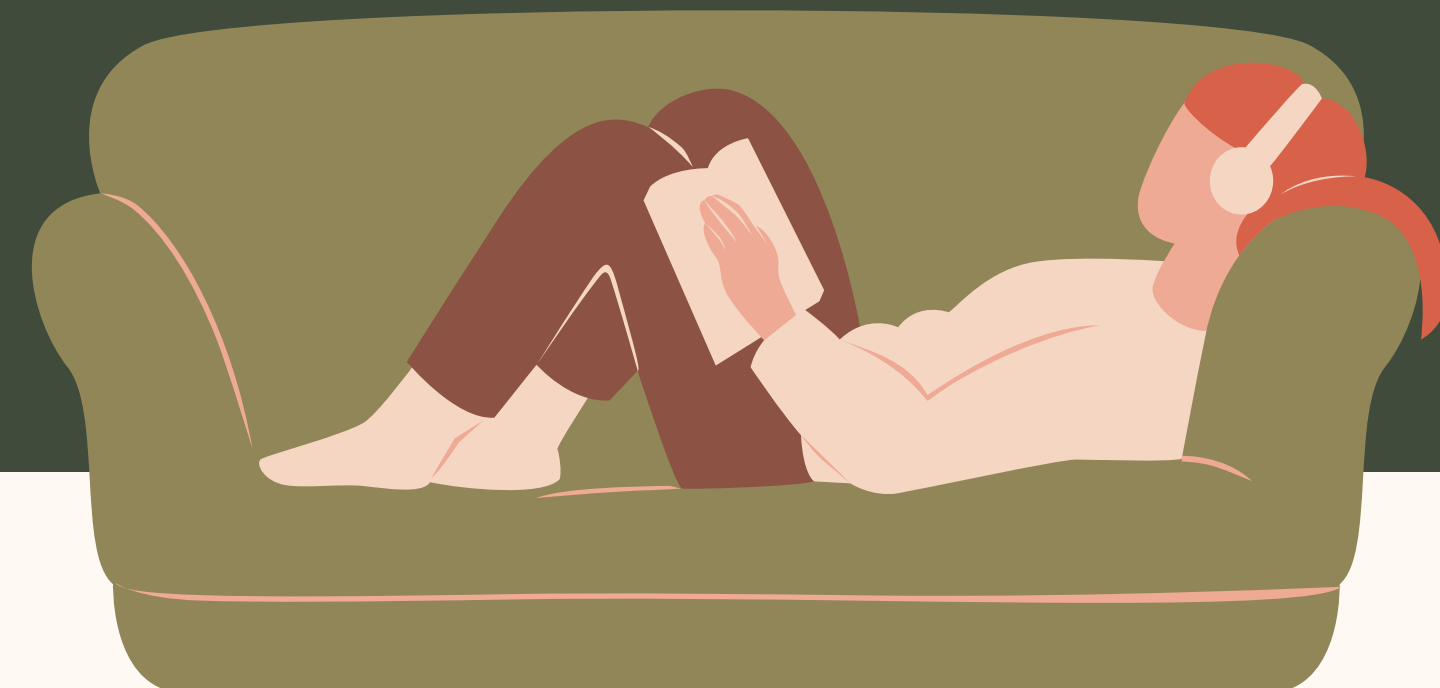
All those eligible for participation and interested in this training should fill in the following application form by March 28, 2024 in order to be considered for the selection.

Form link is [HERE](#).



ACCOMMODATION

The project will be held in Bakuriani, Georgia in Hotel LOFT. Bakuriani is a famous ski resort in Georgia. We will organize your transportation from Tbilisi or Kutaisi to the project venue and back. You will be accommodated in rooms with 3 – 4 beds, which you will be sharing with participants of the same gender, however, mixed with participants from other nationalities who are also participating in the training. All meals will be provided.



REIMBURSEMENT

All costs related to the training, food, accommodation, and other practicalities will be covered by the organizers. The travel costs will be reimbursed up to the determined limit. Any amounts beyond these limits should be afforded by the participants themselves.

Buying tickets is the own responsibility of each participant (with the support of sending organizations). To be reimbursed, the participant has to provide all evidence of travel documents such as original train tickets, original boarding passes, original invoices, etc. as well as the evidence of payment (e.g. bank transcript of payment). Before purchasing the tickets you will need to send us potential routes and costs and wait for our confirmation.

If you want to arrive earlier in Georgia, or leave later from Georgia, and still receive your reimbursement, you have two extra days for travel. It's possible to arrive max. two days in advance OR leave max. two days after the training finishes. Please be informed, that participants will have to take care of their own costs and expenses on these extra days.

Limits of travel costs:

- France - 510€
- Ukraine - 340*
- Italy - 340€
- Lithuania - 340 €
- Armenia - 190€
- Georgia - 0€

*If you're Ukrainian, but travelling from outside of Ukraine the travel budget is 405€

Other important details about the reimbursement:

- Missing or lost tickets will not be reimbursed;
- Taxi or petrol costs are not reimbursed;
- Boarding passes for all the parts of air travel are essential for reimbursement



HOW TO REACH US



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