

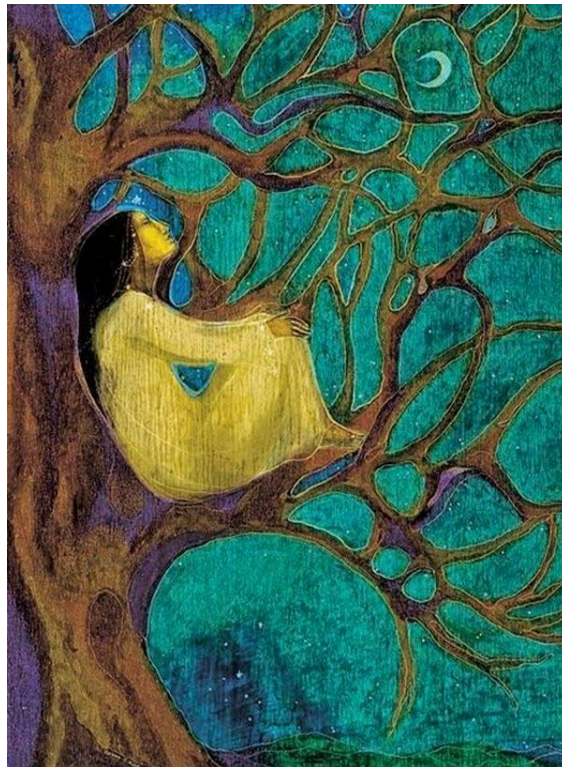
Inner Pathways - fairytale and storytelling workshop for well being

9-13. June, 2024 Bátonyterenye, Hungary

CALL FOR PARTICIPANTS!

For youth workers who are interested in developing new fairytale psychology approaches to creative resourcing in their youth work and self-development.

"Things do not start on the outside, but on the inside, and not from the bottom, but from the top and not in the visible, but in the invisible" – Béla Hamvas



What is “Walking on your Inner Pathways”?

We're thrilled to introduce our new initiative, "Walking on Inner Pathways." This project is designed to support youth workers and adult educators who are facing burnout, exhaustion or considering leaving their profession, as well as to aid their learners from disadvantaged backgrounds, including the unemployed, disabled, refugees, and those living in rural areas.

Our approach includes organizing two residential learning sessions Inner Pathways 5 days in Hungary (current call) and a Walk to Assisi 10 days in Italy (September 2024), and launching a preparatory online course, providing ongoing mentoring, and conducting various dissemination activities. Our ultimate goal is to boost the resilience and well-being of both youth workers and their young participants, helping them to integrate more effectively into a long term youth work practice.

This project is built in collaboration with Kulcs Association Romania- <https://www.kulcs.ro/> and Libero Pensatore Italy - <https://liberopensatore.it/it/> and mutual learning, tapping into a decade of exceptional adult education/youth work experiences shared among our partners. We're committed to exchanging insights, developing innovative tools, and applying best practices learned from our residential sessions across participating countries and beyond.

The objectives of "Walking on Inner Pathways" include:

- Enhancing the quality of youth work and learning.
- Improving the resilience and well-being of all participants.
- Creating sustainable career paths for both learners and facilitators
- Fostering collaboration among diverse groups.
- Implementing a common framework based on resilience tools.

Our innovative methodology blends folktale therapy, storytelling, and informal outdoor walking courses inspired by non-formal education-based "pilgrimages," tailored to the specific needs of the participants involved. We also offer a suite of accessible tools,



including individual and group activities, a "Heartland" online resilience course, and guidelines for overnight walking programs.

Moreover, we address the crucial issue of social inclusion, focusing particularly on youth workers who are at high risk of burnout due to the pressures of working with adults facing fewer opportunities. These educators often experience increased stress due to global crises or lack of recognition in their roles.



INTRODUCTION of the 5 days workshop experience:

The 5 day workshop offers an opportunity to explore the potency of one's own well being and expand your youth worker's toolkit through the European folktale, myth and legend heritage in the approach of storytelling and folktale therapy. At the "Inner Pathways" we involve the following elements:

Storytelling: Facilitators- Dr Annamária Kádár folktale therapist and Iringó Vargancsik art facilitator present a traditional folk or fairy tale relevant to mental health challenges.

Every fairy tale speaks about our lives. In the tale, everything is US: we can identify not only with the smallest prince or the edge boy. Setting out represents moving out of our own comfort zone, the cake baked in ashes symbolizes our resources, the dragons often represent our inner dragons, our own fears, anxieties, and timidity that we must tame. The helpers symbolize our social network, choosing a partner, finding the princess represents finding our better selves, and the goal in the fairy tale is our self-realization. The journey of the fairy tale hero symbolizes our personal development, our journey of self-knowledge. "Things do not start on the outside, but on the inside, and not from the bottom, but from the top and not in the visible, but in the invisible" – Béla Hamvas articulates the essence of the inner journey. The world of fairy tales, known from folk tales as once upon a time, is very similar to that which lives deep within our souls. This approach is not about a planned lifestyle, but about the depths where our perseverance, determination, and hope are founded. Courage in life, confidence is our ability to venture beyond our own limits. Although it seems that the journey happens on external landscapes, it is a deep, inner exploration, where we awaken our hidden resources. In our own lives, we also turn a nag into a magnificent steed, and for this, we must find the life-sparking "embers."

We learn to apply metaphorical thinking to their lives, which can lead to creative solutions and new ways of approaching problems. Engaging with stories can provide a sense of catharsis and emotional release beneath which we get empowered as we recognize parallels between the stories and our own capacity for change and growth.



The proposed PROGRAMME (the schedule is subject to change):

Working hours: 9.30-13.00 with breaks

15.00 - 18.00 with breaks

Throughout the 5 days we build up our own story.

Day 1: Introduction well-being, trends, learning and teambuilding, scope of the course

Day 2: teambuilding, what is my story? challenges in youth work

Day 3: storytelling, inner and outer journey

Day 4: narratives and transformation

Day 5: living your story - tools for youth work and closing

Motto of the workshop: Discover Yourself and You Will Know Your Destiny

"Wouldn't it be nice to get a ticket and travel to Ourselves, to discover what truly lives within us" (Attila József)



FACILITATORS

About Iringó Vargancsik:

She is a social educator and president of the KEY - Association of Social Educators, a non-governmental organization founded in 2007 in Tîrgu-Mureş, Romania. Beneath she is a university lecturer at the University of Arts Tîrgu-Mures in the Teacher Training Department and outdoor experiential trainer at Outward Bound Romania and its international network.



lecturer at Sapientia Hungarian University of Transylvania. Currently, she teaches at the Marosvásárhely branch of Babes-Bolyai University in the field of Preschool and Elementary Education Pedagogy.

She is an invited expert and co-editor of the weekly live radio show "Pszichotrillák" on Erdély FM radio. She is a folktale therapist and author of various books on the theme. She believes that the real driver of development is stepping out of one's comfort zone, that the most important personal value is authenticity, the deepest resource is playfulness and storytelling.

About Dr. Annamária Kádár:

In 1999 she obtained a degree in psychology from the Faculty of Psychology and Educational Sciences at Babes-Bolyai University in Cluj. She pursued doctoral studies in the Cognitive Development program at the Faculty of Education and Psychology of Eötvös Loránd University. She worked as a school psychologist and university



CURRENT EVENT DETAILS

- Main facilitator: Dr Annamária Kádár; Iringó Vargancsik, Romania www.kulcs.ro
- **Arrival date: 8.06.2024**
- **Programme days: 09.06 - 13.006.2024**
- **Departure date: 14.04.2024**
- **Venue: Három Kincs Völgye, 3078 Bátorterenyé, Bükkvölgyi major 1., Hungary; https://haromkincsvolgye.hu/index_en.html**
- Participants: 20 participants.
From **Hungary, Romania, Italy**

PARTICIPANT PROFILE

- **Youth workers, trainers, social workers, psychologists, teachers.**
- Helping professionals working for **3-5 years** continuously on the field.
- Having a medium / good level of English.
- Able to participate during the whole “Inner Pathways” training course.



CONDITIONS

The Inner Pathways programme is financed by Erasmus+ and requires co-funding from your side. **All costs related to board and lodging will be covered by Erasmus+.** **Travel costs to Hungary will be reimbursed up to 100%** if you manage your travel in the allocated budget and upon the presentation of the tickets, invoices and proof of payment. Whilst from your side, there is a **30 EUR participation fee (contribution to the program) to be paid.** Further details will be sent to the selected participants.

The **allocated travel budget** are as follows:

Country of origin	Maximum travel budget / person
Hungary	50 EUR
Italy	300 EUR
Romania	120 EUR

HOW TO APPLY?

Till 10th of May 2024 please fill in the online application form at:

<https://forms.gle/D1bFhx4izP2o5QTKA>

About the selection you'll be informed about the results of the selection by the latest **11th of May, 2024** the latest.



PARTICIPATING ORGANISATIONS:

MORE about the organizer Origó Múhely:

The Origó Múhely/Origo Workshop was founded in 2021 summer as a registered Nonprofit LTD. organization, however many of its original members had already been developing and testing mental health and related non-formal (online and offline) methods for more than 10-15 years. The aim of the workshop/organization is to create space and time for well-being, recreation and resilience building for young people and for their youth workers, psychologists, social workers, teachers, youth leaders. Its ars poetica is to find inner balance, healthy relationships in life and in purpose (work), run sustainable life, and the ability to resource oneself and others.

Website: www.theorigoworkshop.com

About KULCS Romania:

The KEY Association of Social Educators is a NGO founded in 2007 in Tîrgu-Mureş, at the initiative of the first graduates of Sapientia University, specializing in social pedagogy. It aims to create a more inclusive, tolerant and peaceful society through education and personal development for teachers, social workers and young people especially with disabilities. They achieve this through their programs, thematic camps and projects and conferences, so we are present in formal and non-formal education, teacher training and lifelong learning, working with children, students, parents, educators and teachers.

Their activities aim to:

Improve parent-child-teacher communication to increase the effectiveness of the educational process

Promote tolerance towards and cooperation with young people with disabilities
Professional development and continuous teacher and social worker training.

Promote the principle of lifelong learning. In 2018, they set up the Bibola Development and Training Center together with the Srita Association

About Libero Pensatore Italy:

Founded in 2009, Libero Pensatore APS works on 3 areas:

a) cultural archeology (investigating local culture & giving back to the community through public events, books, documentaries, etc.);



b) sustainability (recovering abandoned olive groves, production of bamboo toothbrushes, sustainable tourism & training within olive groves, networking around organic food, etc.);

c) adult education (training in communication, soft skills, stress management, creativity, leadership, etc) for private companies, public grants & Erasmus+.

Since 2011, Libero Pensatore APS is also a small non-profit publishing house (www.edizionilliberopensatore.it). As of 2023, it has 49 members with varying degrees of involvement on voluntary basis. <https://liberopensatore.it/it/>

FURTHER INFORMATION

For further information please contact :

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