

# Seeds of Transformation

training course in Romania

7th-15th April 2020



## CALL FOR PARTICIPANTS

### for **Seeds of Transformation** training course

**Seeds of Transformation** is an Erasmus+ project coordinated by Actions for Change association which includes a training course that will be held in the mountains of Romania.

**The purpose** of ‘Seeds of Transformation’ is to meaningfully and impactfully shape and reinvent the resources and competences of youth workers in order to contribute to building healthy human communities and life-enhancing societies.

If what we want is blooming and healthy communities, the most essential aspect is to educate our youth who have the capacity to grow into true, competent and authentic adults.

‘Seeds of Transformation’ will offer the knowledge and skill to foster optimal human development for hard to reach young people, including migrants and immigrants.

The eco-soulcentric human development methods and practices which are going to be explored in this training will enable the participants to cultivate their innate human wholeness, meaningly their resources, authenticity and imagination.

## Planting the 'Seeds of Transformation' through the following practices:

- Nature-based practices - immersions in nature to reconnect and claim and (re)discover our innate human wholeness;
- Mindfulness - maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment;
- Storytelling - exploring inspiring and transformative myths and legends and the art of telling stories;
- Soul Poetry - exploring the mysteries of what it means to be human through metaphor, the language of Soul;
- Singing and drumming - Tapping into the natural ability, ancient and primal way of belonging that we humans have been using since our earliest times;
- Embodiment/Dance - Authentic Movement, Dance of Wholeness, Open Floor Movement;
- Drawing - diving deep into the source of our own imagination - free and abstract drawing
- Mind-Body-Heart awakening - meditation practices and guided visualisations;

The methodology will be experienced at a personal level and also finding a translation of applying it in the youth field, especially with hard to reach young people.

## During the training course we intend to:

- discover the 4 facets connected to the **4 directions of the human psyche** based on the model of The Nature based Map of the Human Psyche in order to live our life from wholeness.
- explore the practice of **mindfulness through nature connection** to improve the mental, emotional, social and physical health and wellbeing.
- delve into holistic education and **eco-soulcentric methods** of storytelling, embodiment/dance, singing and drumming, poetry, drawing to cultivate a healthy authentic and imaginative self.
- create a **commUNITY of heart-minded**, dedicated people who create transformational learning environments in order to support and guide the authentic growth of all young people.

## Entering the realm of the experience

The participation in this training requires a preparation phase. Those who will be accepted in the training should follow an online learning process (reading different materials, articles, watching videos) related to the topic of the training.

The participants will receive several suggestions for personal work before coming to the program (e.g. journaling on certain questions, self-time in nature and several other invitations).

Applying to this program requires also the commitment to follow the preparation process.

## Soul-based work

During the training we wish to create **profound experiences**. Knowledge, information and facts are very important and will be provided within the training, but what moves us, what drives us to create a long-lasting impact in our field of activity is the joined elements of both intellectual understanding and deep experience processes.

We'll explore the landscape of the psyche through a variety of practices, including creative expression, self-designed ceremony, solo exercises while wandering on the land, group work, embodiment, movement, voice dialogue, journaling, and deep imagery work.

## A Vision with a Task

After the training course we want to pay special attention to the dissemination activities, which will contribute to a learning journey and inner growth of youth work. This phase will be as important as the training itself. We want to create a powerful impact through our project. As a continuation of the experience each participant will have to implement at least **one ACTION in their own community**.

## The guiding trainers:

### Sandra Horea (Ro.)

Sandra creatively and heart-fully invites people to be in intimate and meaningful conversations with their Soul. She calls humans to fall in love with nature, metaphor, symbol, feeling and therefore with themselves and live their lives delivering their gift to the hungry world. As a trainer and a guide, she creates purposeful spaces of self-discovery incorporating in her work her experience regarding nature and soul-based practices, eco-centric development, embodiment, storytelling, poetry and deep imagination. She has a masters degree in Adult Education and she has a wide experience of 10 years in working with youth and adults in facilitating spaces of personal and community transformation using holistic education. At the moment she is studying within Animas Valley Institute from USA and graduated the Wild Mind Program.

## Eleni Michail (Cy.)

Eleni is an educator passionate about inspiring change and supporting people to tune into their authenticity and lead meaningful lives. She believes that every person is uniquely gifted and wonderful. Through her work she dedicatedly creates a space in which people can reconnect with their inner wisdom, as well as the wisdom of the earth.

She studied Primary School Teaching and holds a master's degree in Educational Management and Leadership. She has more than 10 years of experience in organizing and delivering local and international educational programmes based on experiential learning. In her work, she uses elements of Positive Psychology and Eco-centric development. She is a mindfulness facilitator and works a lot with nature and outdoor experiential learning, offering opportunities for growth for children, young people and adults.

### Practical information:



Co-funded by the  
Erasmus+ Programme  
of the European Union

This 7-day intensive training is part of an Erasmus+ project. (Erasmus+ is a Programme coordinated by the European Commission of the European Union).

**The European Union's Erasmus+ programme** is a funding scheme to support activities in the fields of Education, Training, Youth and Sport.

### Who can participate?

Human workers, youth workers, trainers, educators, NGO leaders and workers who are willing to explore and develop themselves and after that to resourcefully inspire their community in a nurturing and generating life enhancing way.

The participants must be over 18 years and have a good level of English.

Participants can apply to this training if they are coming from or have legal residency in Romania, Cyprus, Italy, Latvia, Croatia, Spain, Portugal and Greece.

### What are the costs?

Materials, activities, accommodation and food are 100% covered by the Erasmus+ grant.

We are inviting you to contribute to Actions for Change's future local projects by making a donation from 40 to 80 Euros based on personal financial possibilities.

The travelling costs (plane, train, bus) are also covered and will be reimbursed to the participants after the course up to this limit:

*Romania 20 Euros/ person*

*Cyprus, Greece, Italy, Croatia, Latvia, 275 Euros/ person*

*Portugal, Spain 360 Euros/ person*

## **When and Where?**

Dates: from **7<sup>th</sup> to 15<sup>th</sup> April 2020**

**7<sup>th</sup> April** - arrival day in Cluj-Napoca and travelling to the location;

**8<sup>th</sup> to 14<sup>th</sup> March** - the training course (7 full days);

**15<sup>th</sup> April** - departure day.

The training course will take place in Apuseni Mountains in Romania

## **Who is the coordinating organisation?**

**Actions for Change** is an organisation established in 2016 with the aim of bringing personal and community transformation and to build the capacity of educators in order to contribute to a more sustainable society, where the full potential of individuals can be achieved through quality education. The organisation was born out of the need identified by a group of young professionals, educators and youth workers who want to contribute to an enriching and enjoyable process of learning for young and adult learners. We envision creating harmonious learning spaces for a peaceful and sustainable society where respect, cooperation, equality and proactivity co-exist. We want to offer and contribute to the personal and professional growth of individuals of different backgrounds.

## **Application procedure and deadline:**

If you want to participate in this training you have to fill in the application form available at this link:

[https://docs.google.com/forms/d/e/1FAIpQLSeg1BQsuA0Qr3Ae38bP9vDtWbuaH9-8xFuBJLTyLSxxluxhIA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeg1BQsuA0Qr3Ae38bP9vDtWbuaH9-8xFuBJLTyLSxxluxhIA/viewform?usp=sf_link)

**The deadline** for applications submission is **8<sup>th</sup> February 2020** (included).

The selections results will be published in maximum 1 week after the deadline.

### **Contact:**

For further details and questions you can contact  
Sandra Horea (project coordinator) at:  
[seedsoftransformations@gmail.com](mailto:seedsoftransformations@gmail.com)

**Thank you! ☺**