

TRAINING COURSE

MINDFUL MOTION

Fužine, Croatia, MARCH 17 - 24 2024.



Training course on emotional well-being

Mindful motion is an immersive 7-day training course on emotional well-being, and will take place in mountain village of Fužine, Croatia, from 17th till 24th of March 2024. It will gather 23 participants from **6 countries**: Croatia, Portugal, Serbia, Slovenia, Albania and one more. In the peaceful mountain town of Fužine, we will be exploring various techniques and creating valuable tools for youth work.

Application
deadline is January
10th Read this
infopack and:

[**CLICK HERE
TO APPLY!**](#)





Hosted by Amazonas

Amazonas Association was registered in Zagreb in 2004. Our vision is an open, playful and solidary society. Our values are inclusiveness, optimism and change. Our activities are based on the implementation of programs and projects aimed at educating, empowering and increasing the quality of life of children, youth and adults in the local community.

We have three main areas of work:

1. Social support - empowering of children, youngsters and families at risk of social exclusion
2. Active and mobile youth - non formal learning of young people, for young people, including mobility projects
3. Educations of experts - training courses as well as development of the education materials for experts in the field of youth and social support.

Through our work we are very much movement based and we use capoeira as well as various sport and movement forms, as a tool to reach positive psychosocial change.

More info find on our [website](#).



PARTNERS:

HEureka Generator
(Poland)

No Excuse Slovenia
(Slovenia)

ESD Albania (Albania)

Udruženje SVETLOST
(Srbija)

Empoderar (Portugal)



Co-funded by
the European Union



Mindful motion

In today's fast-paced world, the focus on emotional well-being has become paramount, especially among young individuals facing various societal pressures and challenges. The demands of modern life often lead to heightened stress levels, and providing individuals with tools to navigate their emotions becomes crucial. At the same time there is a growing recognition of the importance of integrating **body related well-being practices in youth work**, as these techniques not only enhance personal development but also contribute to the growth of young individuals facing diverse opportunities and obstacles.

Mindful Motion is a timely response to the imperative need for comprehensive emotional well-being strategies, offering a transformative experience for individuals and organizations dedicated to nurturing the mental health and positive development of today's youth. It will offer participants a comprehensive journey **integrating dance, mindfulness, movement, visualization and relaxation techniques, with theoretical insights to enhance emotional wellness**. Throughout the program, attendees will engage in dynamic sessions aimed at fostering a **deeper understanding of their emotions, empowering them with practical tools to navigate life's challenges with resilience**. The course structure emphasizes a balance of theoretical insights and experiential learning, creating a conducive environment where individuals can explore and enhance their emotional intelligence.

Through their own experience participants will acquire **valuable tools for youth work**. By blending creative expression with self-awareness, the course aims to empower individuals with practical and theoretical skills for navigating emotions and equipping youth workers with effective strategies and tools for fostering positive youth development.



AWARENESS of emotions, thoughts, and sensations is crucial for emotional intelligence, mental well-being, and effective decision-making. It enables individuals to understand and manage their reactions, navigate stress, and foster positive relationships.

ACTION is the bridge between awareness and empowerment, that transforms knowledge or understanding into tangible steps

EMPOWERING involves gaining control, confidence, and influence over one's own life, as well as the skills and confidence to share the knowledge with youth.

TC objectives are:

- *To raise awareness of emotions, thoughts, and sensations of participants*
- *To explore actions, aligned with awareness, that will result in empowerment*
- *To develop the competence of participants for fostering positive development and emotional wellbeing of young people*
- *To raise understanding of the relation of body, mind, and emotions*
- *To strengthen the capacity of partner organizations in using body related wellbeing practices in their work*
- *To share experiences and examples of good practice in using body related techniques in youth work*
- *To create a series of workshops for working with young people with fewer opportunities, using body related techniques*



WHO CAN APPLY

- Mindful motion is a training course activity aimed for youth workers, teachers, youth group leaders, trainers, educators that want to develop/improve their skill of using body related techniques to improve emotional well-being of youth
- If the description fits you, and you are working with young people, apply using the application form link on the first page of this manual.
- Selection will be made based on your experience in youth work, your motivation for the subject of the course and the amount of results sustainability (how will you use project results in your daily work). Please write us detailed description of it in the application form.





PARTICIPANTS CONTRIBUTION

BEFORE THE TRAINING COURSE:

Please read this infopack so you are aware of the training programme and all practicalities. In case you have experience and want to share a body related practice with a focus on emotional wellbeing, please describe it to us in the application form.

Also, as we will be analysing young peoples needs, based on your previous experience; be ready to present ways your organization is working with young people and what are the needs of the population you work with.

DURING THE COURSE:

Be ready to participate actively in all the sessions. Also, we will ask you to put away your phones during all sessions as we want to have a full presence of the entire group. In the final days of the course you will be preparing workshops for working with youngsters in your local community.

AFTER THE COURSE:

The workshops you create we will ask you to apply upon your return home, as a part of dissemination process. Also, we will put all the workshops together and ask you to share them in your organizations, directly and through social media channels.

NGO FAIR

One day evening programme will be dedicated to presenting your NGO's and your area of work. Please bring materials like flyers, posters, video (if you have) or anything else that presents your work in the field of youth.

WE WILL SEND YOU A DETAILED TIMETABLE AFTER THE SELECTION PROCESS.



A bit more info, to help you prepare better:

Keep in mind, we will mostly be moving :)

The whole exchange will be very experience focused and we will be discovering various techniques that can help us achieve emotional balance, like dance, mindfulness and relaxation techniques, visualisation and creative techniques. **Bring enough comfortable clothes** you can wear for movement sessions. Also, please bring indoor shoes or warm socks with rubber bottom; in the working area you will need to have clean shoes.

March is still winter time, and we will be near the mountains. Bring warm clothes with you. Also, bring waterproof shoes. For sure we will go for a walk in nature and there might still be snow.

Activity dates: 17 to 24 March 2024

Arrival is on the **17th before 15:00** (or before 13:00 if you wish to catch lunch), departure is on the **24th after breakfast**.

Cost of **food** (3 meals per day plus coffee breaks) **and accommodation** are covered by the project.

All participants **must be covered either by the European Health Card**; either by a travel insurance. (Information to be checked with the sending organisation).





ACCOMODATION

Fužinarska kuća is located in the beautiful ambiance of idyllic Fužine. From stunning lakes and forests to caves, this area offers countless possibilities for an active vacation as well as relaxation in picturesque nature. Fužinarska kuća is an ideal place for hosting workshops, playrooms, seminars, courses, and conferences. It specializes in catering to both small and large groups. Decorated in a mountain style with a cozy, homely atmosphere and a delicious kitchen that adapts to all the needs of its guests.

[CLICK TO FIND ON THE MAP](#)

Participants will be accommodated in double rooms.





LOCATION

Fužine is a village and a municipality located in Primorje-Gorski Kotar County, 10 km away from the coast and 30 km away from the city of Rijeka. It is situated at 722 meters above sea level while being surrounded by mountains and three large artificial accumulation lakes. For more information on this beautiful area please visit [FUŽINE TOURIST BOARD](#).

HOW TO REACH:

There are frequent buses to Fužine from both Zagreb (capital) and Rijeka.

Travel costs will be reimbursed according to Erasmus+ [distance calculator](#), depending on your place of origin (in the country of your sending organization).

DISTANCE	STANDARD TRAVEL (GRANT IN EURO)	GREEN TRAVEL (GRANT IN EURO)
0-9	0	0
10-99	23	23
100-499	180	210
500-1999	275	320
2000-2999	360	410
3000-3999	530	610
4000-7999	820	820

MONEY / COSTS

As of January 1st 2023, official currency in Croatia is EURO.

In case your country is using another currency, we recommend you buy euros from your Country as exchange office are not so common anymore.

ATM's are available in Fužine.

**We look forward to see you in Fužine.
Please apply before January 10th using the link on the first page.**