

# Be Mindful, Be the Change

*YOUTH EXCHANGE 30/9 - 7/10/2021*

**GALBIATE, (LC) ITALY**

A field of red poppies and wheat stalks under a bright sky. The poppies are in various stages of bloom, some fully open and some as buds. The wheat stalks are golden and stand in the foreground.

**CALL FOR PARTICIPANTS**

## JONATHAN COOPERATIVA SOCIALE



Jonathan Cooperativa Sociale is a non-profit organisation born in 2009 in Piazzola sul Brenta, Province of Padua, Italy.

Our goal is to promote the society well-being through the people's self-empowerment and self-development with an important role of active citizenship and intercultural dialogue.

The African proverb "it takes a whole village to raise a child" perfectly represents the mission we believe in. In our vision, any individual and any group can consciously contribute to the community development and growth, in a sustainable and human rights oriented way.

Thanks to the variety and interdependency of our human and professional resources, our activities range touches different areas: education, training, social development, cultural promotion, environmental protection, human rights, inclusion, gender studies and equal opportunities.

## THE PROJECT - Be Mindful, Be the Change



The project "Be Mindful, Be the Change" was designed during an Erasmus+ Training Course in Romania where 5 youth workers from 5 different countries (Spain, Italy, Poland, Turkey and Lithuania) had the chance to share their views about the trends of self awareness knowledge in young people in their countries.

What emerged highlighted a crucial similarity: even if recently these countries have been witnessing a rising attention towards well being related themes, the spread of new practises of self awareness seems confined to a few people's disposal and young people don't seem to be the final recipients of those.

Add to this, different studies by Khoury, B., Lecomte (2013) and the 2010 study "Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth." show that mindfulness is especially effective for reducing anxiety, depression, and stress and that it can be beneficial for enhancing responses to stress among youngsters.

Self awareness can improve the life of young people and they highly value it but, unfortunately, the occasions to learn and practise tools and methods are limited and this is the starting point of this project.

## AIM OF THE PROJECT



The project addresses the need the young people 18-30 aged have in relation to self awareness tools that are now crucial to have in our society. The aim of "Be Mindful, Be the Change" is to boost the self awareness of young people by offering them what they need in order to familiarize with this topic; by showing them how little effort is required to them in their lives in order to start developing a better sense of self understanding, the problem of the lack of self awareness among young people will be addressed.

More specific objectives:

- improve young people's knowledge about what self awareness is and raise their awareness about this topic;
- give young people the chance to practice at least 5 tools that will help them deepen their self knowledge and that they can implement in their lives whenever they feel the necessity.
- show young people how crucial is to have the right mindset while dealing with self discovery and their inner world and how unnecessary is to set unrealistic and unsustainable goals.


## CONTENT & METHODOLOGY



The Youth Exchange "Be Mindful, Be the Change" consists of **8 days** (plus travel) and the participants will have the chance to explore different concepts, tools and methods connected with self awareness, that they will be able to adopt in their lives after the end of the project.

**Yoga and meditation, outdoor activities, discussions, drawing and painting activities, body movement, roleplaying** and the **implementation of a workshop** with italian local young people (in compliance with Covid-19 prevention measures) will be the main ingredients of this immersive experience.

The Youth Exchange is based on non-formal education principles and methods, thus the participants will play an active role in the learning process.

 Due to the international dimension that will enrich the experience, the working language will be ENGLISH.

## OUTCOME OF THE PROJECT



The final product of the project will be a **toolkit** that will summarize the project with pictures, give basic information about the Erasmus+ program and include recommendations and self awareness practices applicable in non-formal methods. This toolkit will be published on SALTO Youth platform and promoted online by each partner.

## PROFILE OF PARTICIPANTS

We are searching for **30 participants** from **Italy, Spain, Lithuania, Poland** and **Turkey**.

**5 participants + 1 group leader per country.**

**Participants** can be young people:

- from **18 to 30 years old** (gender balance will be guaranteed)
- with a high interest in the topic
- willing to take part in a project and be actively involved in all the phases of it (included pre-departure meetings in national groups)
- with fewer opportunities (economical, social, educational, cultural, disability, geographical, health problems) - 2 per country



## DATES & VENUE



The Youth Exchange will take place in Galbiate (LC), Italy from **30th September until 7th October 2021** (travel days excluded). The venue is "Eco-Ostello Parco Monte Barro" in Galbiate (LC), Italy, located in a beautiful natural environment, at the Hermitage of Monte Barro.

The suggested airports are **Milan** (MXP) or **Bergamo** (BGY). From the airport participants will get to the closest train station and take the train to Lecco and then the bus n.D55 to Galbiate. The bus station of Galbiate is 15 minute away from the venue and we will arrange a shuttle bus with the help of the staff of the venue.

More info about the venue will be provided to the selected participants in the infopack.



## FINANCIAL CONDITIONS



Travel costs will be supported according Erasmus+ program and using EU distance calculator ([http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm))

COUNTRY	NAME OF THE ORGANISATION	TRAVEL BUDGET PER PERSON
Italy	JONATHAN COOPERATIVA SOCIALE	20 €
Poland	FUNDACJA SEMPRE A FRENTE	275 €
Turkey	BLUE SKY	275 €
Spain	SONRIE A EUROPA	275 €
Lithuania	JAUNIMUI TAIP	275 €

## WEEKLY TIMETABLE

ARRIVAL DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DEPARTURE	
	Mindful Breakfast									
Arrivals after lunch	Get to know each other activities	Orienteering and exploring the surrounding with team building games	Yoga & meditation outdoor	Yoga & meditation outdoor	Yoga and physical exercises	Yoga + discovery personal space/inner limitations	High School visit	Yoga and physical exercises	Departure and goodbye after breakfast	
	Mindful Coffee & Tea Break									
	Team building activities	Approaching self awareness (part I)	Self assessment of self awareness	What is meditation?	Trust activity (part I)	Draw/Paint your feelings	Analyze the results of High School Visit	Mission POSSIBLE		
	Mindful Lunch									
	Presentation of the project + fears/expectations	Approaching self awareness (part II)	What is change?	Body Movement activities (part I)	Trust activity (part II)	Preparation for High School Visit (part I)	Re-Implementation of the workshop	My ITEM final step		
	Mindful Coffee & Tea Break									
Get to know each other activities	Learning and safety agreement + Youthpass	Approaching self awareness (part III) + My ITEM	Personal strenghts & weaknesses	Body Movement activities (part II)	Performative art activities	Preparation for High School Visit (part II)	Empathy & Listening	Self assessment, Youthpass, final evaluation and		
Free Time	Reflection Time									
Dinner	Mindful Dinner									
Welcome evening	Free evening	Free evening	Intercultural night	Free evening	Free evening	Free evening	Free evening	Farewall party		

## COVID-19 PANDEMIC SITUATION



Given the slowdown of restrictive measures in Italy, we are confident that we will be able to implement the project in person in September/October 2021.

However, given the uncertainty of the period, we recommend monitoring the situation in the countries via the national websites and the re-open EU portal. At present, and until 30th July 2021 for people coming from Spain, Lithuania, Poland and Turkey in order to arrive to Italy, it is necessary to: 1) fill in a self-certification form 2) undergo a PCR and antigen test within 48 hours before departure. Turkish participants, in addition, have obligation for quarantine.

In addition, to return to the partner countries, it will be necessary to undergo a further PRC test within 48 hours before departure and Jonathan Cooperativa Sociale is considering two options to facilitate this procedure: 1) guaranteeing transport to the nearest medical centre or having a representative to travel to the venue to carry out the tests. In either case, the costs of such tests will be borne by the participants, however we are considering covering part of the mentioned costs and more information will be given in the infopack.

During the project all procedures in accordance with Italian and venue regulations will be followed.

## PERSONAL INSURANCE



Insurance cover for personal effects is the responsibility of the individual participants or of the sending partner organizations. Neither the Italian National Agency nor any venue used during the event can entertain claims against loss of or damage to personal property. Each partner organization or each participant is recommended to ensure an adequate medical insurance to cover the period of your stay in Italy. Contact your health insurance or travel agency for more details. All the participant will be covered in case of damages to the venue or in case they get injured during the project (at the venue) thanks to a special additional policy subscribed with the venue.

## VISA

Turkish participants will be asked to get a VISA before arriving to Italy. The Turkish partner "Blue Sky" will support and help with the procedure for obtaining it and more information will be given to the selected participants.

## FOOD AND ACCOMODATION

Food and Accomodation expenses are covered by the Erasmus+ program.

## APPLICATION PROCEDURE

**APPLY HERE** by filling [this form](#) **by the 25th of July.**



FOR INFO

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**"Mindfulness is not difficult.  
We just need to remember to do it."**

SHARON SALTZBERG

