

CALL FOR PARTICIPANTS

Be Mindful, Be the Change

YOUTH EXCHANGE 19-28/9/2022

CALALZO DI CADORE, ITALY



Erasmus+



JONATHAN
COOPERATIVA SOCIALE

JONATHAN COOPERATIVA SOCIALE - short description

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, two different studies (i) the 2013 "Mindfulness-based therapy: A comprehensive meta-analysis. Clinical Psychology Review" by Khoury, B., Lecomte and (ii) 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.

TRAINING 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. **Yoga and meditation, outdoor activities, discussions, drawing and painting activities, body movement, roleplaying** and the **implementation of a workshop** with italian local young people will be the main ingredients of this immersive experience.

Participants will get a taste of many different tools that they will be able to adopt in their lives after the end of the project. 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. Also, during the activity period of the project participants will have to occasion to visit an Italian local school (if applicable, in compliance with Covid-19 prevention measures) to run a workshop based on the methods learned.

PROFILE OF PARTICIPANTS



We are searching for **30 participants** from **Italy, Spain, Lithuania, Poland** and **Turkey**, so every country is asked to select **5 participants** and **1 group leader**.

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
- with fewer opportunities (economical, social, educational, cultural, disability, geographical, health problems) - 2 per country

Group leaders can be:

- people **older than 18 years old**
- eager to guide the national team during the preparation, implementation and follow-up phases of the project



DATES & VENUE



The Youth Exchange will take place in Calalzo di Cadore, Italy from **19th to 28th of September 2022** (travel day included). The name of the accommodation is **"La Calantina"**, an ex colonial-lodge located in a beautiful natural environment, surrounded by Dolomites mountains, near Calalzo lake.

The suggested airports to land on are **Venice (VCE)** or **Treviso (TSF)**. Participants will have to reach Venezia Mestre railway station and they will be taken to the venue by a private bus. Participants who want to get to Italy one or more days before the beginning of the project will have to cover all the costs for food, accommodation and personal expenses for the days not covered by the Erasmus+ program.



FINANCIAL CONDITIONS



Travel costs will be supported according Erasmus+ program and using EU distance calculator. Please note that 20 EUR has been already deducted from your reimbursement to cover the transportation to the venue from Venezia Mestre.

COUNTRY	NAME OF THE ORGANISATION	TRAVEL BUDGET PER PERSON
Italy	JONATHAN COOPERATIVA SOCIALE	- €
Poland	FUNDACJA SEMPRE A FRENTE	255€
Turkey	BLUE SKY	255€
Spain	SONRIE A EUROPA	255€
Lithuania	JAUNIMUI TAIP	255€

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

From June 2022, the Green Pass is no longer required for entry into Italian territory. The venue may require the presentation of a rapid test (to be paid for by the participants) to be taken within 48 hours prior to entry.

Selected participants will be given more information about this in the weeks leading up to the project.

VISA for TURKISH PARTICIPANTS



Based on the information we got from the Turkish Embassy, the VISA for the purpose of the project is free of charge, however the Turkish partner "Blue Sky" will support and help with the procedure for obtaining it.

PERSONAL INSURANCE



All the participant **will be asked to subscribe a 6€ insurance policy** that covers in case of damages to the venue or in case participants get injured during the project activities at the venue.

Insurance cover for personal effects, accidents during travelling and medical issues is the responsibility of the individual participants (for more information contact the sending organisations).

Each participant is recommended to ensure an adequate medical and travel insurance to cover the period of your stay in Italy as neither the Italian National Agency nor the venue, Jonathan Cooperativa Sociale and the partner organisations can entertain claims against loss of or damage to personal property or cover for medical expenses. Moreover, be careful when subscribing travel insurance and make sure you are covered for unexpected events regarding flights not foreseen by the flight companies.

Contact your health insurance or travel agency for more details.

APPLICATION PROCEDURE



If you want to take part in the project as participant or group leader,

APPLY HERE by filling this form **by the 22nd of July 2022**

Selected participants will be announced on the **25th of July 2022**.

INFO

Alice Trevelin

Erasmus+ Project Manager

Jonathan Cooperativa Sociale

europ@jonathancoop.com

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

SHARON SALTZBERG

