

# Be Mindful, Be the Change

*YOUTH EXCHANGE 5/5 - 14/5/2021*

**CALALZO DI CADORE, (BL) ITALY**

A photograph of a field of red poppies and wheat stalks, with some poppies in the foreground and others in the background, creating a soft, natural background for the text.

**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**, 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 (included pre-departure meetings in national groups)
- with fewer opportunities (economical, social, educational, cultural, disability, geographical, health problems) - 2 per country

**Group leaders** can be:

- people **older than 18 years old**
- willing to take part in the APV (Advanced Planned Visit) in April 2021
- 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 **5th to 14th of May 2021** (travel days 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)** and then participants will reach the venue in 2.5h by taking a train and a 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.

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



Even though the actual pandemic situation makes it hard to plan properly in advance, we really would like to implement the project in person in May 2021. At the same time, we are aware there may be difficulties or restrictions that must be taken into account while organising activities like a Youth Exchange.

So, we'll keep the situation monitored and **by the end of March** we will be able to give a more specific answer about the evolution of the project (either to turn it into an online mobility or to postpone it) and eventual safety measures that have to be followed before, during and after the mobility (if a test is required, participants will be asked to cover this cost).

While applying for this project make sure, then, you are willing to participate in this mobility either if it will be implemented in May or as an online mobility. In case it will be postponed, you will be asked to renew (or not) your willingness to participate once new dates are established. If the project will be held in May all the safety measures will be put in place as the safety of all participants is a fundamental priority.

So, selected participants will be notified by the end of March about flight purchase depending on the decision all partner will agree on.

## 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.

## 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 March.**



Selected participants will be announced on the **25th of March** and the final answer about when and how the project will be implemented will be released **latest the 29th of March.**

## INFO

Alice Trevelin

**Erasmus+ Project Manager**

Jonathan Cooperativa Sociale

**europe@jonathancoop.com**



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

SHARON SALTZBERG

