

Crossing the Threshold

training course

in Romania

Nature practices , Embodiment
Cultivating resources, Inclusion for all

Implemented by:



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CALL FOR PARTICIPANTS

Crossing the Threshold 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 “Crossing the Threshold” is to discover and explore the resources of the human potential through nature-based activities and embodiment practices in order to contribute to a more sustainable and inclusive world for all humans.

Our minds and bodies possess astonishing resources, untapped potentials and depths that we might not even know exist until we discover how to access them, cultivate their powers, and eventually integrate them into our everyday lives. In this training course, we'll access these depths and potentials in order to cultivate and bring them to our community in order to contribute to a life enhancing world.

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 **inner soul gifts** and resources based on the model of Soulcraft in order to find our place in the World and manifest the soul-gifts.
- bring to life the hidden resources of the human self through **embodiment practices and nature-based practices**.
- 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 journeys with their Soul, Nature, and the Community they belong to. As a trainer, she creates purposeful spaces of self-discovery incorporating in her work her experience regarding nature and soul-based practices, eco-centric development, contemporary dance, storytelling, poetry and deep imagination.

Antonio Cagnello (It.)

Antonio is an passionate trainer who loves to craft experiences for self development, group awareness, creative expression and pursuit of a wise and joyful freedom. He regularly facilitates workshops, for teenagers, students, youth workers and adults, using and mixing his expertise and experiences from theatrical improvisation, contemporary dance, martial arts and contact improvisation.

Practical information:



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

This 8-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 Romania, Italy, Czech Republic, Ireland, Bulgaria, Latvia, Croatia, Spain and Netherlands.

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

Bulgaria 180 Euros/ person

Italy, Croatia, Czech Republic, Latvia, Netherlands 275 Euros/ person

Ireland, Spain 360 Euros/ person

When and Where?

Dates: from **21st to 30th March 2020**

21st March- arrival day in Cluj-Napoca and travelling to the location;

22nd - 29th March - the training course (8 full days);

30th March - departure day

The training course will take place in Apuseni Mountains in Romania

Who is the coordinating organization?

Actions for Change is an organization 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 organization 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/1FAIpQLSfMDwUFOnU43xKpKrWItEue81K_kAflcAM4DCnaBLUHz3v0kQ/viewform?usp=sf_link

The deadline for applications submission is **20th January 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) or Stefi Forgaciu (project implementer) at
crossingthethreshold2020@gmail.com

Thank you! 😊