



Erasmus+

YOUTH EXCHANGE

(Erasmus+ KA152-YOU)

Nature Within Me

*Explorative Journey Into the 4 Elements
of Our Outer & Inner World*

WHERE? Organic farm Metta, Slovenia

WHEN? August 5th-19th 2022

WHO? 30 participants from Spain, Italy, Hungary & Slovenia

AGE LIMIT: 18-30 years (group leaders can be older)

HOW TO APPLY?

Contact partner organisation in your country

PROJECT GOALS:

- to develop personal, social, emotional and creative skills of young people, thereby promoting their physical and mental health and well-being
- to contribute to sustainable development - share and learn about actual, practical solutions to live more sustainably (in ecological and social terms).

WHAT WILL WE DO?

We will be discovering the qualities of earth, water, fire and air, and learning how to connect with them to support us in life and lead us to our full potential.

At the same time, we will address each of the elements from an ecological and sustainable point of view, critically evaluate our attitude towards the environment and natural resources, and find practical solutions on how we can contribute to save the planet Earth, our beautiful and only home.

Experiential and interactive methods of work will be used, with special emphasis on building supportive group dynamics and active participation of all. We will share our knowledge & skills through open space workshops, and explore the topic of sustainability in small groups with elements of a proactive café. Creative media methods will also be employed: various creative expression techniques (dance, singing, visual expression), psychosocial movement / dance methods, interactive work methods, role plays etc.

We will conclude our journey with the ancient sweat lodge ceremony, which, by integrating all 4 elements, opens the door to the fifth: the aether, the magical space of healing and pure creation.

ACCOMODATION & MEALS

We will be living in natural surroundings, most activities will be held outdoors. Accomodation is simple (shared bedrooms on a barn, nice and clean compost toilets) yet pleasant. It is also possible to sleep in a tent. Meals are vegetarian, we can observe special diets. Participants will be actively engaged in cooking & cleaning tasks, thus developing the concept of shared responsibility.

FINANCIAL RULES

The project is funded by Erasmus+. There is no participation fee, all expenses for accommodation and meals will be covered by Društvo Metta.

Travel costs will be reimbursed upon the submission of travel tickets, up to the sum of:

23 eur per person for Slovenia
180 eur per person for Italy & Hungary
275 eur per person for Spain

Participants are encouraged to use GREEN TRAVEL.

This project shall include young people with fewer opportunities.

IMPORTANT NOTE!

To keep the energy clean and pleasant, we will be following a strict NO ALCOHOL AND NO DRUG ABUSE POLICY throughout the exchange.

HOW TO APPLY?

Fill out the application form and submit it to partner organisation in your country!

Contact person in Slovenia:

Tinka Hernavs

Project coordinator

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