

INFOSHEET

Earth & Heart Connect to your inner leader!

ERASMUS+ YOUTH WORKER MOBILITY

Tiny House Community Lübnitz/ Bad Belzig, Germany
10th of July to 24th of July 2023



You can apply for the project by the 5th of June by filling in the following form:
<https://tinyurl.com/yuf6wnkb>

Selection of the participants will happen latest by the 15th June 2023

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1. General information

Earth & Heart – connect to your inner leader! is a project of “Yes to Sustainability”, a network of young people and youth workers whose aim is to bring together young people in ecovillages and sustainable projects in Europe. **Our vision** is a world in which young people are empowered to create resilient communities, contribute to regenerative cultures, and take care of the planet.

We work towards this by organizing Youth Exchanges and Mobility for Youth Workers such as training courses and seminars. These activities are fully funded by the European Union’s Erasmus scheme. In this training we ask for a little participation fee to cover all the costs and to pay fair salaries.

WHAT IS A YOUTH WORKER MOBILITY?

It is an Erasmus+ project that allows people to go abroad, to learn foreign languages and cultures, to learn best practices on youth participation and to contribute to a better world with the support of the Erasmus+ program. It provides an opportunity to join meaningful work and experiential learning while costs for food, accommodation and travel are funded in order to create and facilitate more learning spaces for youth.

CONTRIBUTION

As an investment in your learning journey, we ask you for a participation fee between 100€ and 300€ regarding your financial situation.

Supporter 300€ / regular 200€ / reduced: 100€.

WHEN

You commit to attend the full duration:

- Arrival on 10th of July, between 15h-18h
- Departure on 24th of July in the morning after breakfast and cleaning around 12h.

WHERE

The venue is a young Tiny House Community in a little village called Lübnitz near Bad Belzig, a beautiful outdoor place in nature with a few wagons and tiny houses, a tree house, outdoor-kitchen and a four square meters sauna hut, 1,5 hours South-West from Berlin in Germany. We are 4 adults and one child and the neighbor's cat. The accommodation will be in your own tent that you need to bring. It is a place to be yourself, to heal and to take care of the Earth and have a free and grounded life in the countryside.

Be aware and take it into consideration that the life here is very basic and nature connected using compost toilets and cold rainwater showers. We don't have running water yet but tanks filled with drinking water and a gardening hose from our neighbors. :) We will be outside all the time or in tents.

PROGRAM & ACTIVITIES

Are you committed to inner process work, transformation & stepping out of your comfort zone, diving deep into yourself, facing your inner dragons, expanding your box and embracing life in its pure love? Our experience showed us that it can be very intense and beautiful at the same time.

This exchange is for people that are at least 18 years old, who want to co create with us a safe space of trust, authenticity, love, sensuality, mutual support, respect, where you can follow your inner truth and experience yourself in a group. By learning the basic

techniques of communicating our feelings, needs and boundaries, we gain confidence and security in ourselves, relationships and groups. We want to raise consciousness in the fields of social conditioning, love & sexuality, connection to ourselves, our bodies, nature and others through methods like Sharing Circles, Medicine Walk, Queer, Men-& Women Circles, Deep Ecology, Playfight and Sexological Bodywork and more. This training takes place in an eco-initiative to show us a new perspective of sustainable living.

In the mornings we will help the community in the garden, kitchen and with construction works and in the afternoon we will have inputs and group sessions/ workshops.

Topics:

- Authenticity/ Consciousness Work/ Self Development
- Spirituality/ Shamanism/ Nature Rituals
- Feelings/ Needs/ Boundaries/ Communication
- Body/ Sensuality/ Sexuality
- Love/ Partnership / Relationships
- Group Building/ Celebration/ Fun
- Ecovillage life/ Skill Sharing/ Networking

Aims:

- Remembering people to their own inner truth/ highest vision
- Rising awareness for social conditioning and our body feeling
- Encouraging people to follow their heart and their intuition
- Helping to rekindle the connection to nature
- Teaching knowledge and skills that help everybody to fully use their own potential und live more sustainably

2. Travel information

Participants should arrive in Lübnitz on 10th of July if possible between 15h-18h and leave on 24th of July around 12h.

TRAVEL RULES:

The National Agency expects you to travel **from your home country**. Coming here can be combined with another, work related trip if one way is to/from your home country.

3 travel days to come and 3 travel days to go back home are possible to get reimbursed. We encourage all to use all the **6 travel days to come by green travel and/or have some stopovers to visit friends or discover the surrounding.**

Food & accommodation during the travel days won't be reimbursed, only the transport costs.

COSTS

For the reimbursement of travel costs, we need the **original train or bus tickets or original fuel bills**. The travel costs are covered by the EU up to the following maximum amount that depends on the distance you travel from:

- 23€ (0-99 km)
- 210€ (100-499 km)
- 320€ (500-1999 km)
- 410€ (2000-2999 km), only for Serbians, Greeks and Finnish

HOW TO GET THERE:

- Nearest (Flix)bus station: Berlin or Leipzig
From Berlin or Leipzig you can take the train to Bad Belzig.
- Nearest train station: Bad Belzig, Germany
- By Car- look in google maps : <https://goo.gl/maps/ux39Eafn24yyq7H59>
Address: Dorfstraße 8, 14806 Lübnitz/Bad Belzig, Germany

Please, be aware of the following information:

- Remember to keep all your travel documents (invoices, electronic tickets, train tickets, fuel bills etc.) and bring them **PRINTED** to the project. In addition send all your electronic tickets and photos of the analog tickets to: stefanie.goerisch@gmail.com
- No planes are accepted! Taxi fares cannot be reimbursed, if you decide to take a taxi, it will be at your own expense. First class tickets are also not accepted.
- Try to do carsharing!!!
- The reimbursement of the participant's travels will be done after the end of the Training, once the host organization receives all the documents by the project manager (your original tickets, invoices, fuel bills of the return travel) and it will be made by a bank transfer to your bank account. This can take up to 3-4 months.

3. What to bring

- Flashlight
- Sleeping bag, camping mat and your own tent
- Workwear
- Raincoat and warm clothes (the weather can quickly change)
- Comfortable shoes for working, walking and being outside
- Musical instruments and games if you like
- Ecological and biodegradable shampoo, toothpaste and soap
- Diary/ notebook
- Towel for the sauna
- Your European health insurance card or international health insurance
- Mosquito spray
- Your special needs (the nearest shop is 75 minutes to walk)

INSURANCE

We ask you to apply for the **European Health Insurance Card**. In some countries it is included in your normal Health Insurance Card.

TERMS

Residents in Spain, Italy, Germany, Serbia, Slovenia, Greece and Finland. You also need to travel from and to your residence country!

LANGUAGE

English

4. Food and accommodation

FOOD

Our kitchen team is providing us 3 times per day some delicious vegetarian/ vegan food. Please inform us if you have special diet needs and write it down in the application form.

ACCOMMODATION

This will be a full outdoor experience! The accommodation will be in private tents and maybe a common tent (It isn't clear yet!). If possible please bring your own tent! Please inform us if you can not bring it along. You should bring your sleeping bag with you and a mattress. Towels can be rented for 2 €.

During the day we will be outside or in our community tent. Our community is a drug free place. We ask you to respect it!

5. About the facilitators

Stefanie Görisch

As a sensitive and joyful woman I love to discover and express my authentic being in dance, touch and movement. I love to play! My inner fire burns for the old wisdom of healing plants and trauma integration. My most important source is the connection to the earth, which nourishes me with life energy and gives me love and space to heal. I am a naturopath and a facilitator. Dedicating my life to a world in trust and peace I am motivated to follow the way of my heart and to encourage people to do the same.

Cloé Crettaz

I aim to contribute to a culture in which human beings are empowered in their full aliveness, embodiment and potential for connection. Bringing together feelings and bodywork, I hold spaces for somatic and emotional intelligence to unfold and bring people closer to their inner guidance and playfulness. My work is rooted in the contexts of my intuition, Possibility Management and Sexological Bodywork.

6. Contact details

Stefanie Görisch: stefanie.goerisch@gmail.com

How to apply?

<https://tinyurl.com/yuf6wnkb>

More information:

<https://yestosustainability.org/>