

Experiential Learning Youth Programme

# DARE TO BE YOU!

3.-14.10.2018

ADAMOV, CZECH REPUBLIC

Do you dare to be vulnerable?

Do you dare to re-discover who you really are?

Do you dare to show the real you behind all the curtains?

Do you dare to enjoy your uniqueness together with others?

Do you dare to take the step?

*Do you Dare to be You?*



# DARE TO BE YOU

is a ten-day youth programme that offers you space to explore your uniqueness and your own identity, space to grow it, to gain trust in it, and to celebrate it, daring to show who you are.

It is for those who want to take a next step and get rid of patterns and roles that are not working, creating freedom of their own expression.

Beside that you will also have space to practice your skills of leadership, creativity, imagination, communication, cooperation, planning and organization.

# PATH OF DARING



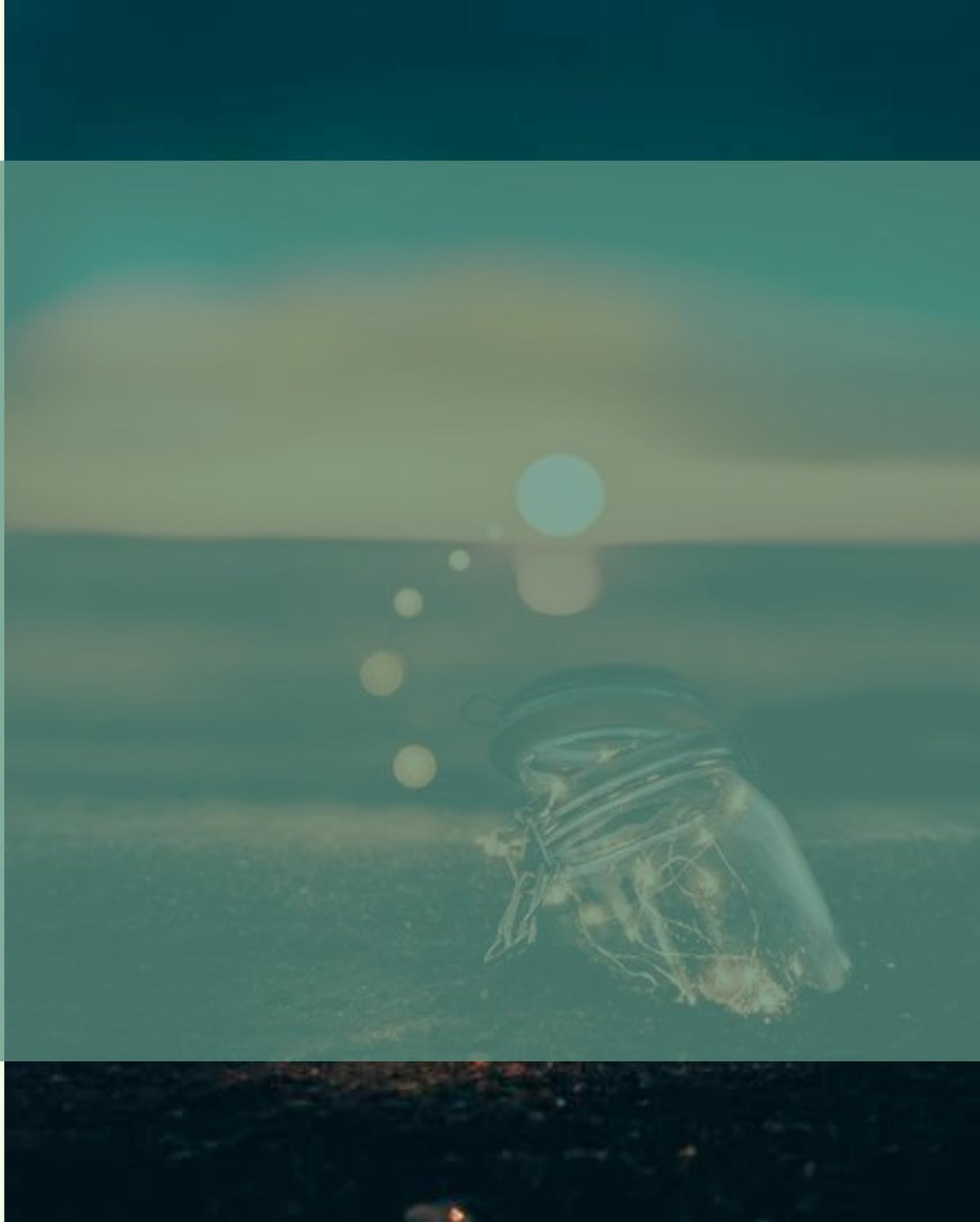
**THE MAIN IDEA IS TO DARE.  
DARE TO ENJOY, TO CREATE, TO BE.**

Throughout the days we will offer you a variety of experiential activities, deep and light, demanding and joyful. We will use learning by doing approach, reflection, compassionate communication, circle, theatre, dance, visual arts, body awareness, workshops for public and participatory leadership.

Together with other young people coming from all around Europe we will build up a strong community and co-create the programme. You will serve each other as a group of support, as with every new day we will challenge you to dare more.

# PROGRAMME FLOW

- 1: Connecting with each other
- 2: Daring is fun
- 3: The origin of me
- 4: Working together
- 5: Sharing the inner light
- 6: Anchoring the power within
- 7: Leveling up
- 8: Enjoying the dare
- 9: Giving forward
- 10: Preserving, bringing home



# WHO SHOULD DARE?

This programme is for you if:

- you resonate with the previous statements
- you are officially resident of the Czech Republic, Slovakia, Croatia, Greece, Romania, Bulgaria or Italy
- you are 18 - 30 years old (there is one place for a group leader who can be older than 30)
- you are challenged by having educational difficulties, unemployment or economical instability, feel isolated coming from a remote area or being a minority of ethnicity, migration, sexuality, or any other, or you are challenged by other people around you (judgements and actions from the side of family, peers, bullies, partner, etc.) - you will have a priority in this programme
- you are able to work in English
- you are highly motivated and willing to actively participate during an intensive 8-10 hours daily programme full of experiences, throughout the whole project
- you are willing to live, learn, play, reflect, experiment and explore in a multicultural group

# TEAM



## KATKA MARTÍNKOVÁ (CZ)

Katka is a youthworker, trainer, facilitator, coach and co-founder of Brno Connected. She has more than 10 years experience with non-formal education and experiential learning, currently focusing on implementing self-development and coaching into non-formal education. She has delivered 8 Erasmus+ projects and participated in many more as a team member.

She is passionate about people and about supporting them in daring to show who they are and creating a life they want to have, through having healthy relationships to themselves and to others.



## IVAN KOBELEV (CZ/RU)

Ivan is a freelance facilitator, trainer and mentor for beginning trainers, but also the volunteers coordinator at USE-IT Prague.

Over the last 8 years he has been empowering young people, but also teachers and adults, delivering trainings and youth forums around Europe and Asia, for over 30 different organizations, from local initiatives, like small volunteers teams, to global institutions, like Security Council of United Nations. He believes that everything is possible with just enough imagination and creativity, for what daring to enjoy your uniqueness is a key.

# TIMEFRAME

**ARRIVAL** Wednesday 3rd October 2018, 5 - 7 pm

**DEPARTURE** Sunday 14th October 2018, 8 - 11 am

**We expect you to participate in the whole programme.  
(It means coming later or leaving earlier is not allowed)**

You are allowed to arrive or depart max. 2 days before or 2 days after the mobility. In case you decide to use that extra time, keep in mind that it will not be supported with food or accommodation. Should your stay be longer than 2 days, we will not reimburse part of your travel costs.

# VENUE

During the programme you will live together with other participants in a group accommodation at the ecocentre Svycarna (<http://svycarna.eu/>) that is situated 3 km from the town of Adamov.

The area is called Moravian Karst, which is one of the most important karst area of Central Europe.

It is in a remote area in a beautiful nature which provides peace and perfect conditions for calming one's mind, concentrating and creating connections with others.

You will be sharing rooms in smaller groups of people (3-6); there are shared showers and toilets.

The accommodation is very simple; you will be taking part in light housework such as daily cleaning, dish washing, etc. These tasks are part of a learning process in a group environment.

There is wireless wifi available.

We will have meals 3 times a day prepared by the kitchen staff; smaller coffee breaks will be available during the day. The meals will be **vegetarian**.

We have a **no alcohol** policy with intention to allow space for connection with yourself and with the ones around you.



# COSTS AND FEES

The background of the slide features a close-up, slightly blurred image of Euro currency. In the upper right, several gold-colored Euro coins are visible. The central and lower portions of the image are dominated by a 10 Euro banknote, with the number '10' and the word 'EURO' clearly visible. The bottom edge of the image shows a portion of a 20 Euro banknote, with the number '20' and a yellow star from the Euro symbol visible.

The project is funded through Erasmus+ programme, thus accommodation, food, materials, the programme and the travel costs up to the maximum allowed amount are fully covered.

Participants' contribution to the programme is 50 € per person and you pay it upon arrival.

(If you can't afford to pay the contribution, contact us and we will discuss individual agreements)

# CONDITIONS OF REIMBURSEMENT

According to the rules of the Erasmus+ programme you can get your travel costs reimbursed up to amount stated in the table below, depending on the place you are travelling from and its distance. If your travel costs are lower or same as this amount, you get reimbursement of 100% of your real travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. That's why we recommend to book your ticket as soon as you receive the confirmation letter, since they are often much cheaper when bought in advance.

To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes and invoices (originals). **ONLY** if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel costs!

We will only reimburse your travel cost if you participate in the programme.

The reimbursement is done usually approx. 2 months after the project, once you send us the originals of the tickets.

# PARTNER ORGANISATIONS

Country	Organisation	Contact	Max. amount reimbursed
CZ	Brno Connected	brnoconnected@gmail.com	20 €
ITALY	YOUth Connect	youthconnectEU@gmail.com	275 €
GREECE	Solidarity Mission	training@solidaritymission.org	275 €
ROMANIA	Synergy Romania	contact@synergyforyou.ro	275 €
SLOVAKIA	Sapliq	lubomir.lajcak@sapliq.org	180 €
BULGARIA	Smokinya	info@smokinya.com	275 €
CROATIA	SYNCRO	synergy@synergy-croatia.com	180 €

**Each country has places for 4 participants + 1 group leader**

# APPLICATION SELECTION CONFIRMATION

To apply, fill in the online application form,  
the latest by the  
**5th AUGUST 2018**

The participants will be selected by sending organisations, in cooperation with Brno Connected.

Selection is done based on the profile and motivation of applicants. We recommend you fill in the application form carefully.

If you are accepted for the project you will receive a “Confirmation letter” with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.

**CLICK  
HERE TO  
APPLY**

# ABOUT BRNO CONNECTED

A photograph of a wooden boardwalk with a railing, leading through a lush green forest. The boardwalk is made of wooden planks and has a railing made of wooden posts and beams. The forest is dense with green foliage. In the distance, a person can be seen walking on the boardwalk.

Brno Connected is a non-governmental organisation (NGO) active in the field of non-formal education, personal development and volunteering, both on the local and international level. We believe in unique potential of every individual and we aim to support young-spirited people in discovering and fulfilling their personal goals and dreams. We focus mainly on local and international projects, programmes and workshops. We both create and deliver them or we cooperate with foreign organisations as project partners. At the same time, we are engaged in promotion and support of volunteering. We are part of International Synergy Group, an informal network of organisations all around Europe, with whom we share a common vision: to create a world that works for everyone.

# CONTACT



Brno Connected, z.s.

brnoconnected.cz

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If you would like to find out more about the program, please visit

<http://ec.europa.eu/programmes/erasmusplus/>