

# Be free, know yourself

20 August - 28 August



Erasmus + Training Course

# ***Our organisation***

- Our organization is dedicated to integrating society into alternative educational realms to promote emotional well-being and self-discovery through self-awareness. We provide innovative educational approaches that emphasize sensitivity as a path to innate wisdom. Our mission includes promoting ethical and cooperative values while disseminating diverse personal growth proposals via digital and in-person platforms.
- We believe in elevating human capacities such as empathy, compassion, and solidarity to improve personal and social environments. Our diverse team includes professionals from various disciplines, from medical experts to philosophers and yoga instructors, all united in delivering heartfelt messages of encouragement and wisdom.
- Our commitment stems from a deep-seated belief in the transformative power of mental and emotional ecology. We strive to restore balance by nurturing inner peace and advocating for personal growth as a means to societal harmony.



# Objectives

- The primary objective of the project is to enhance the emotional well-being of participants. This involves providing tools and techniques to manage emotions such as stress, anxiety, low self-esteem, and depression. By equipping individuals with these skills, we aim to build a solid foundation of emotional well-being, helping them navigate their emotions more effectively and achieve a greater sense of inner peace.
- We also emphasize the importance of setting and achieving personal goals through effective techniques, improving work-life balance with strategies for time management and fulfillment. Promoting ethical and moral values is crucial for enhancing social cohesion and personal integrity. By raising awareness of social and emotional challenges, we aim to create better opportunities for youth development through innovative applications and initiatives.
- Empowering youth workers with the skills and motivation to support young people's psychological and motivational states is essential. We encourage personal growth initiatives as tools for developing transversal skills, well-being, and emotional intelligence. The project will deliver concrete outcomes, including personal development videos, an online mindfulness platform, and follow-up activities in participants' home countries, ensuring a lasting impact on individuals and their communities.

# Activities

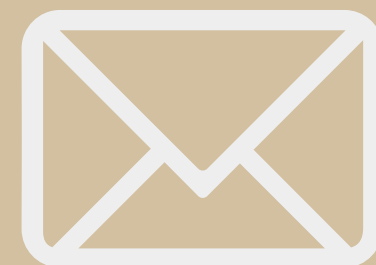
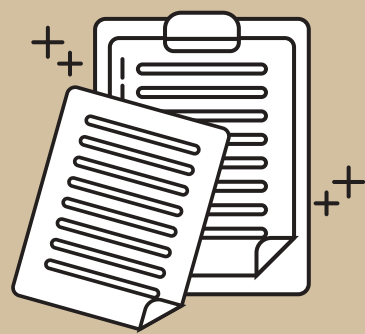
Timing	10:00-11:30	12:00-13:30	16:00-17:30	18:00-19:30	21:30-23:00
Day 0	Arrival of participants		Presentation of the project		Free time
Day 1	Self-knowledge through the Enneagram 1	Self-knowledge through the Enneagram 2	How the mind works.NLP 2	How the mind works.NLP 2	Shared space
Day 2	Power of Beliefs. "The Work"	Letting go of beliefs. "The Work"	The Value of Values	Reflections on talent, potential and vocation	First contact with the wisdom of the body
Day 3	Wisdom of the body. Yoga, breathing, body awareness, body language		Exiting the mental and psychological comfort zone (courage and practice)	Definition of theatrical projects and preparation by groups	Theatrical performance
Day 4	We are what we eat. Emotional Emancipation (Transpersonal Psychology)		Healthy relationships and attachments	Dynamics through touch	intercultural evening 1
Day 5	Awakening the mind. Meditation	Coaching	Free time		Free time
Day 6	New professional paradigm (coaching) ----- Purpose and mission		Talent and passions Imagination and creativity(Videos)		intercultural evening 2
Day 7	The game of money		Define your personal project Learn to entrepreneur		Closing circle
Day 8	Conclusion	Departure of participants			

# Selection process

The inscription process will be open **until the 1st of August**. You will have to fill in a questionnaire to be selected as a project participant:

<https://forms.gle/QLFfqeLJ5Cau9Dp6A>

*LATER ON, WE WILL INFORM AND GUIDE YOU WITH THE TRAVELLING PURCHASE AND ANY MEASURES TO TAKE IN CONSIDERATION.*



SELECTED PARTICIPANTS WILL BE COMMUNICATED VIA EMAIL  
MAXIMUM 5 DAYS AFTER THE SELECTION PROCESS IS CLOSED.

## What to bring

- Your travel tickets (bus/train tickets, boarding passes...);
- Health insurance (European Health card)
- Raincoat and warm clothes.
- Comfortable clothes and hiking boots.
- Your special needs.
- Your best motivation and good mood :)
- An open mind and sense of humour.
- Energizers.
- Food, drinks, and materials for intercultural nights.

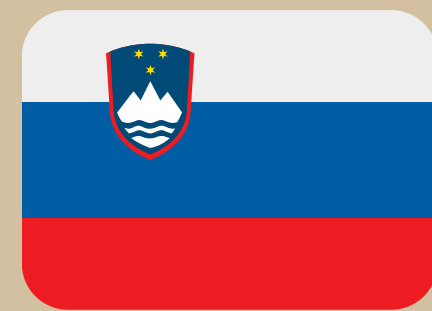
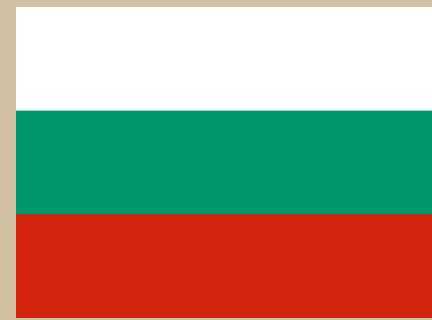
# Accomodation



Nestled in the picturesque village of Laguna de Cameros, the Camero Viejo Hotel offers a charming and comfortable stay amidst the stunning landscapes of La Rioja, Spain. This quaint hotel boasts a harmonious blend of traditional architecture and modern amenities, providing guests with a unique experience of rural Spanish hospitality.



# Participants



- 4 participants per country.
- Youth workers, volunteers, youngsters.
- People engaged in the topic.
- Dinamic and curious about E+
- Independent English user.
- Are between 18 and 35 years old.

# Destination

Laguna de Cameros is a charming village in La Rioja, Spain, set against the stunning backdrop of the Sierra de Cameros. Known for its picturesque landscapes of forests, hills, and rivers, it's perfect for hiking and nature exploration. The village features traditional stone houses, cobblestone streets, and historical sites like the 16th-century Church of San Martín. Visitors can enjoy local festivals, authentic cuisine, and the warm hospitality of rural Spain in this serene and beautiful location.



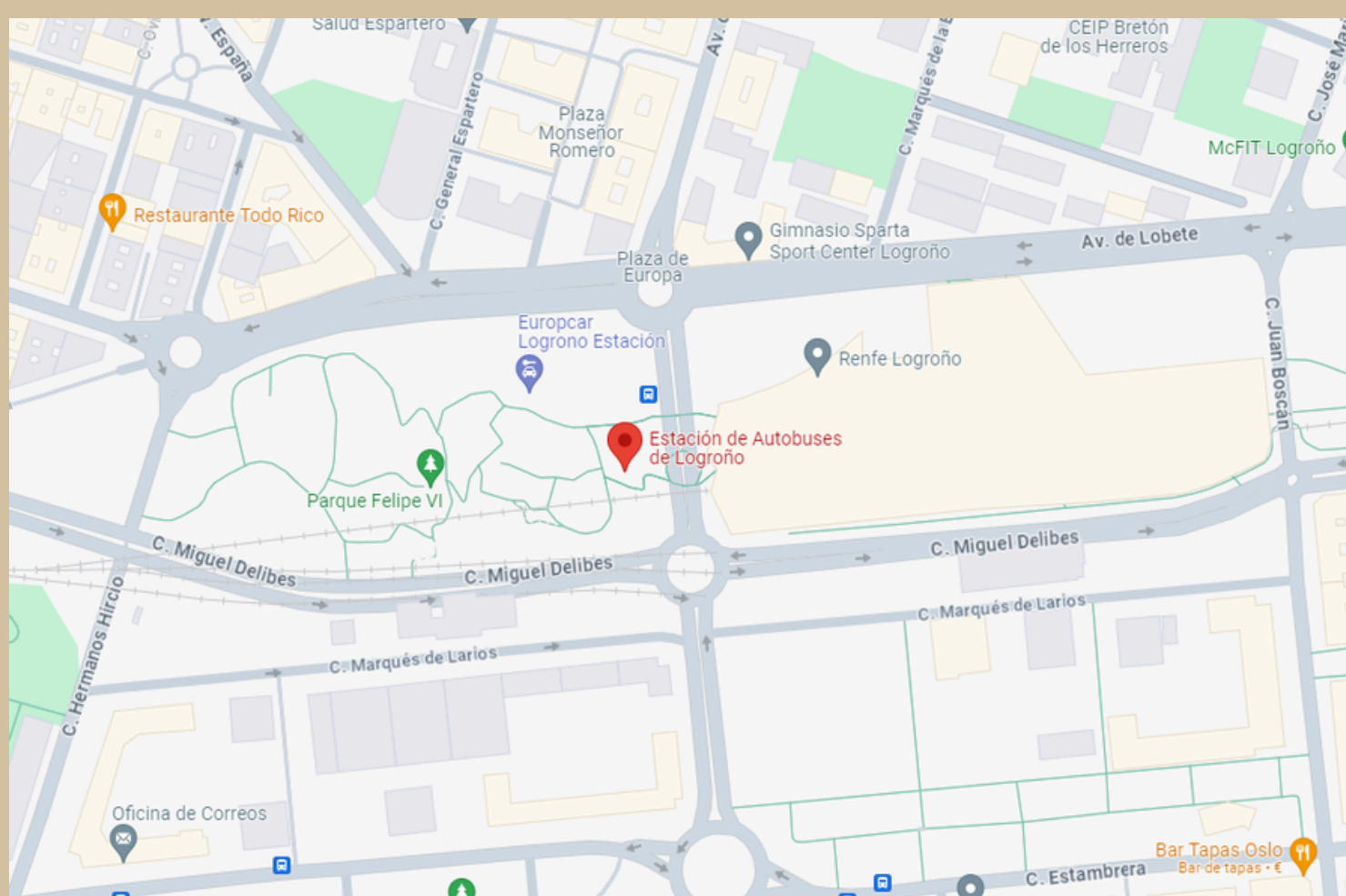


# Traveling

Participants are required to travel with the cleaner transportation means possible up to 4 days before or after the project dates. Keep all tickets needed from your hometown (residence) to the place of activities (Laguna de Cameros).



We recommend you travel to Madrid or Barcelona if closer destinations (Zaragoza or Bilbao) are not available. From there, you can easily take buses/trains to go to Logroño where we will meet **on Tuesday before 19:00**.



A bus will pick you up at 19:00 o'clock from the bus station.

# Reimbursement

According to the Erasmus+ programme, participants in training courses can have their travel expenses reimbursed within the amount given on the table; from your home town (residence) to the place of activities (Sojuela). Everything is stated in Euros. 40 euros have been deducted for the bus already rented from Logroño to Laguna de Cameros and back.

COUNTRY	NORMAL	GREEN (TRAIN OR BUS)
SPAIN	-	-
ITALY	309	377
PORTUGAL	-	245
SLOVENIA	309	377
CYPRUS	540	745
BULGARIA	355	495



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For more information: [erasmus@ayumaya.es](mailto:erasmus@ayumaya.es)