



Into the troubles

TRAINING COURSE KA153 - YOU

APRIL, 2024 - ITALY

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





Our task is to make trouble, to
stir up potent responses to
devastating events, as well as
to settle troubled waters and
rebuild quiet places.

—

DONNA HARAWAY

'Into the troubles' is a six-days training course organized by Il Giardino di Stivecchia inviting 26 youth workers and young leaders from 10 countries (Armenia, Czech Republic, Italy, Kosovo, Latvia, Netherlands, Poland, Slovenia, Spain and Türkiye) to enter a space in which to cocreate embodied stories about working with the ecological and interpersonal troubles of our times.

We come together to open up and relax into the vulnerability that comes with being human. To play with exercises and games that aim to dissolve our automatic responses and together learn to weave our personal experiences and backgrounds into shared meaningful stories that support us and offer perspective as we work with disadvantaged youth.

During the program **we will open ourselves to our innate ability to be truly in the present**, not as a vanishing pivot between awful or edenic pasts and apocalyptic or salvific futures, but as humans together entwined in all sorts of unfinished configurations of places, times, matters and meanings.

Practices and activities used during the training will be based on embodied, tentative, ecocentric education and experiential learning and include: **social and image theater, mindfulness, creative expression, critical response theory and deep listening, mythmaking, self-styled ritual, exploratory writing.**

WHEN.

From the 13th to 20th April, 2024

Please take into account that 13th is arrival day and 20th is departure day, so the 6 training days are from the 14th to the 19th.

WHERE.

Il Doccione Foreste Casentinesi National Park, ITALY.

COSTS.

There is not participation fee. Activities, accommodation and food are 100% covered by the Erasmus+ Programme. You will find more details in the reimbursement page.

PARTICIPANTS PROFILE.

Human workers who are eager to explore and develop themselves, and subsequently, resourcefully inspire their community in a nurturing and life-enhancing manner.

Participants should be over 21 years and must have a good level of English. Additionally, participants must possess lawful residency status in one of these countries: Armenia, Czech Republic, Italy, Kosovo, Latvia, Netherlands, Poland, Slovenia, Spain or Türkiye.

Il Giardino di Stivecchia ETS is a non-profit association operating in the sectors of humanitarian reception and social assistance.

It aims to create and manage a place in which to carry out activities in the psychological and cultural fields, particularly **towards youths who have specific needs in the social, health, cultural, educational, training or economic fields, and for prevention.** It supports activities of care and promotion of the well-being of the person, favoring and carrying out clinical interventions of evaluation, consultation, psychological support and psychotherapy, which are also closely connected to interventions in the educational, pedagogical and expressive activities of training and cultural awareness.



**IL GIARDINO
DI STIVECCHIA**

for candidates

Imagine embarking on a profound six-days odyssey in which you embrace the beautiful fragility of our shared humanity. **Nurtured by the embrace of nature, we'll work together in a picturesque Tuscan farmhouse,** distanced from the hustle and bustle of society, cocooned by mountains, lush trees, expansive meadows, and babbling brooks.

Our sojourn will be a retreat from societal clamor, granting us the space to observe it from a (dis)passionate vantage point, and to reflect upon our own place in social existence. For a span of six days, **we shall partake in wholesome nourishment and imbibe pristine air, eschewing alcohol and immersing ourselves in the intoxicating essence of the great outdoors.**

We at **Il Giardino di Stivecchia** extend a heartfelt invitation to **all over 21 years of age and working in the field of youth work** who want to traverse the depths of human experience, weaving tales of resilience amidst the ecological and interpersonal challenges in our tumultuous era.

We invite you to 'Into the troubles', **an immersive training on storytelling and nature based healing.**

apply here

Throughout the program, we will explore our natural capacity to embrace the present moment fully. Rather than viewing it as a fleeting point between challenging pasts and hopeful futures, **we'll aim to connect as individuals united in a dynamic world undergoing change.**

Our training techniques are grounded in embodied, exploratory, ecocentric education and experiential learning. They encompass a diverse array of practices, including **social and image theater, mindfulness, creative expression, critical response theory, deep listening, myth-making, selfcrafted rituals, and exploratory writing.**

If your heart resonates with our mission and you wish to become a participant, please reach out to us **before January, 12th.** Together, we shall craft a legacy of empathy, resilience, and profound connection in a world yearning for healing.

APPLY NOW



LOCATION.

Il Doccione, Foreste Casentinesi National Park, ITALY. See it in this [link](#).

YOUR TRIP TO TUSCANY.

Closest airports are Florence (FLR) and Bologna (BLQ), but maybe you could find more convenient options flying to Rome (FCO) or Pisa (PSA).

MEETING POINT.

Regardless of the Italian city they arrive to, each participant will have to reach the town of Bibbiena, in the province of Arezzo by public transport as on April, 13th, a shuttle van to the venue will be waiting for the participants at the train station of Bibbiena town. Time will be confirmed.

Easiest way to get to Bibbiena is traveling to Arezzo and from Arezzo station you will find a direct bus to Bibbiena. However, some cities as Florence have also direct train/bus to Bibbiena, but not every day. Please be careful when planning your trip or contact us for support.

TRAIN [website](#)



[website](#) **BUS**

venue



THE VENUE.

Il Doccione is a beautiful farm located inside the Foreste Casentinesi National Park in the municipality of Chiusi della Verna, Tuscany.

Located at an altitude of 1000 meters, participants will be surrounded by the forest where some of the activities of the training course will be held.

ROOMS.

Shared rooms (same gender) máx 4 pax/room. Bed linens included but please bring your own towel.

FOOD.

Mediterranean meals will be prepared with love by our friendly hosts using local products. Dishes will be mainly vegetarian.

WHAT TO BRING.

Warm and sport clothing and shoes suitable for walking in rugged nature, sunscreen, towel, a journal or notebook and something to write with.

⚠ Please do not forget any necessary medicines.

HEALTH INSURANCE OR HEIC IS MANDATORY

Participants **MUST** have the European Health Insurance Card (HEIC) or a valid private health insurance during the training course.

You can find more information about HEIC in this [link](#).

trainers

Bert van Beek (1981) composes, writes on gaming and education, and works as a Creative Writing instructor and researcher at ArtEZ University of the Arts. His primary interests are mindfulness, role playing games in education, embodied knowledge and communal living. Bert is actively involved in education and research, having worked all over Europe, mostly with youth.



Francesco Ridolfi (1975) works as a psychologist and psychotherapist, conducting both group and individual sessions. In his group work, he combines psychotherapeutic techniques with theatrical methods. He specializes in conflict resolution (both intra and interpersonal) and treating past traumas. He has collaborated on and developed short-term projects, performances, conferences, shows, and workshops across Central America, Italy, Spain, France, Portugal, Scotland, Croatia, Serbia, Greece, Türkiye, and Palestine.

Reimbursement

COSTS.

There is not participation fee.

Activities, accommodation and food are 100% covered by Erasmus+.

Bank transfer fees are not covered by the Erasmus+ Programme.

TRAVEL REIMBURSEMENT.

Travel costs (bus, train and planes) are also covered by the Erasmus+ Programme according to its Distance Calculator:

Czech Republic, Latvia , The Netherlands, Poland, Spain and Türkiye up to 275 €/participant.

Armenia up to 360€/participant.

Italy up to 23€/participant (green travel)

Kosovo up to 320€/participant (green travel) or 275€ standard travel.

Slovenia up to 210€/participant (green travel) or 180€ standard travel.

WHAT GREEN TRAVEL MEANS?

Green travel is defined as the travel that uses low-emissions such as bus, train or car-pooling. Plane is not considered green travel.



Please do not forget to keep all your boarding passes, invoices, transportation tickets in order to be reimbursed!

WEATHER. In April, the average daily temperature in Tuscany ranges from 12°C (54°F) to 19°C (66°F). However, temperatures can vary rapidly, so it's advisable to bring clothing suitable for various conditions.

WIFI. WIFI connection is available at the venue, but phone line is limited.

CURRENCY. Italian currency is Euro €

ELECTRONIC PLUG. Electronic plug is the European one (types C/E/F).

PHONE CODE. International phone call of Italy is +39

EMERGENCY NUMBER. Emergency number in Italy is 112.

⚠ **HEALTH INSURANCE OR HEIC IS MANDATORY.**

LEARN ITALIAN!

Hello **Ciao**

Good bye **Arrivederci**

Good morning **Buongiorno**

Good night **Buonasera**

Thank you **Grazie**

You are welcome **Prego**

Yes **Si** No **No**

See you tomorrow **A domani**

Please **Per favore**

How are you? **Como stai?**

Where is the bathroom? **Dov'è il bagno?**

How much? **Quanto?**

COORDINATOR.

Italy - **Il Giardino di Stivecchia** - 3 participants

PARTNERS:

Armenia - **Future in your hands** - 2 participants

Czech Republic - **Asociade DICE** - 2 participants

Kosovo - **Global Shapers** - 3 participants

Latvia - **AANF** - 3 participants

Netherlands - **Selkie** - 2 participants

Poland - **CIM** - 2 participants

Slovenia - **PerArtem** - 2 participants

Spain - **Asociación Miras** - 3 participants

Spain - **Jarrón Club** - 2 participants

Türkiye - **SACER** - 2 participants

contact

Nicolas Raffieri

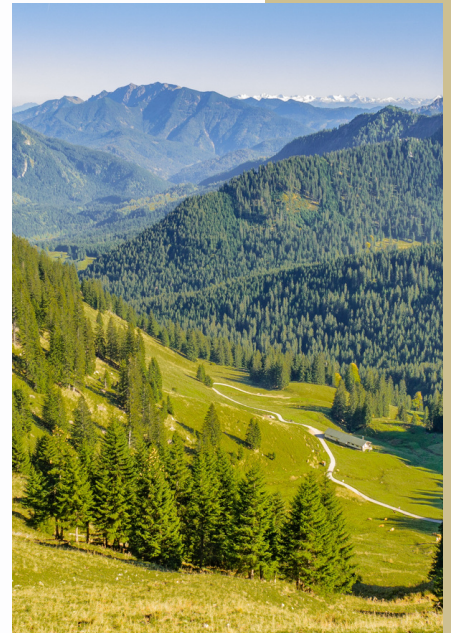
raffieri@gmail.com

+39 3466888156

Irene Gallego-Sanabria

iregalsan@gmail.com

+34 692622780





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