

*We meet*

IN BETWEEN



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

CALL FOR PARTICIPANTS, TO JOIN US ON  
THIS JOURNEY

ERASMUS+ TRAINING COURSE  
1.6. - 9.6. 2022 - SLOVENIA

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**MOAVE**  
psycholog **IN** movement

Hey you, ...

welcome to this  
introduction

now lets try to bring  
some inspiration....



# About this project

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We meet in between is a 9- days training course which aims to introduce aspects of **embodied emotional intelligence through somatic practices**. We will be giving you tools and experiences to explore yourselves and therefore understand the beautiful multifaceted world of our psychophysical functioning.

We will explore how dancing, being playful, using improvisational theatre, contact improvisation, empathic communication methods, body awareness exercises etc., can enlarge the understanding of what is needed, to support peers in current life situations and ways of living. But also, how to support ourselves in our daily life and work routines.





This training is designed for youth workers, trainers, educators, mental health professionals, movers, NGO leaders working with marginalized groups, youth, etc.

But mostly, it is for you, if you noticed the lack of skills while supporting your groups in a more embodied and holistic way!

We aim to have an overall number of **25 participants from Czech Republic, Slovenia, Italy, Romania, Latvia, Greece and France.**

The participants must be over 18 years old and have a communicative level of English language, so they can participate fully in a program that will be held in English.

*Already inspired?*



# this training is for you...

## What we will be doing?

- refreshing curiosity and playfulness in approaching our daily life and work
- collecting new inputs and inspiration
- improving our facilitator / trainers' and personal skills to be more efficient, adaptable, responding to issues and demands in our work and daily life
- widening our perspectives and points of view to see new opportunities and possible approaches

By training your own awareness, acceptance, sense of initiative, you can improve the quality of your being and of your actions.

**We wish to support you in finding ways to be more resilient and empathic, while trusting your body and its intelligent powers to provide you a safe environment inside yourself..**

## Working methods

- **We will be learning by doing.**
- **The course will also have a strong component based on the sharing of ideas, opinions, experiences and best practices, so if you consider joining the training, start thinking of some activities, you would like to propose.**
- **Also, bear in mind that previous experiences with somatic practices are not needed to attend the training.**

## ANTONIO CARGNELLO

Antonio is a passionate trainer who loves to craft experiences for self development, group awareness, creative expression and pursuit of a wise and joyful freedom. He facilitates workshops for teenagers, students, youth workers and adults, using and mixing his expertise and experiences from theatrical improvisation, contemporary dance, martial arts and contact improvisation.

## ANDREJ DOBES

is naturally curious kid exploring the universal magic of life on his travels around the world and in different roles in multi-culti educational youth projects and initiatives. His main passion and mission is experimenting with different methods and tools and trying to bring "mind-fool" and playful approach into youth work through nature, mindfulness and movement based activities.



## ZIVA JERMAN

Živa is an anthropologist, contact improviser, researcher, massage therapist. Passionate about psychology, nature, philosophy, she loves to bridge conceptual thinking and dancing. When she's not organizing events or travelling for learning new skills, she spends most of the time in Croatian Istria, gardening, renovating old stone houses, making long walks and melting with the nature.



## NAYELI SPELA PETERLIN

Nayeli loves to dance and uses her own movement research as a tool for personal growth. She is a freelanced trainer, psychologist and psychotherapy student. Inspired by nature, deep talks about life around the fire, authentic people and laughter.

# meet the Team

# Accommodation

**VENUE: Krušče Creative Center** - Cerknica - Slovenia

**Krušče Creative Center** is a creative property in the hills of Slovenia near Cerknica developing into a small art village where art is being created, shown and discussed. Krušče Creative Center is a place of meaningful encounters with rarely combined worlds and perspectives, a space of inter-professional, inter-generational, inter-local and inter-national bridgings. Its regular activities include also research and educational programs in psychodrama and psychotherapy, as well as pedagogy and other fields that include group work.

**WEB: [www.krusce.si](http://www.krusce.si)**

The accommodation will be in shared rooms.



**VENUE: Krušče Creative Center**

**Address:** Krušče 2, 1830 Cerknica

# How to arrive

The easiest, but unfortunately often the most expensive, way to reach Slovenia by plane is to fly to airport "Letališče Jožeta Pučnika Ljubljana". You can also fly to nearby airports, like Venice, Zagreb, Graz, Milan and Klagenfurt. From there you can take shuttles FlixBus or GoOpti (reserve them in advance). GoOpti works like public transport but is much faster and more adaptable. They have connections from all of the nearest airports. More information about the prices and destinations you can find on their website [www.goopti.com](http://www.goopti.com).

If you travel with FlixBus or other buses and trains to Ljubljana city centre, take another bus to **Cerknica** (60 min from Ljubljana).

More detailed information about the travel arrangements to the venue will be provided to selected participants and will be assisted by the project coordinator.

Please, try to choose the most environmentally friendly form of transport e.g. bus or train. Try to avoid short-haul (<600 km) flights, and if you must fly, choose airlines with higher occupancy rates and more efficient aircraft.



# Financial arrangements

## **ERASMUS +**

This training course is co-funded through the Erasmus+ Programme, travel costs up to a specific maximum allowed amount will be fully reimbursed.

[More info about Erasmus+](#)

**Participation contribution:** 70 - 150 euro  
(to be paid in cash upon arrival)

Money shouldn't be an obstacle to your participation.

In case you cannot afford the contribution, please contact us.

# Travel reimbursement

As well more detailed information about the travel reimbursement will be provided to selected participants and will be assisted by the project coordinator.

The travel costs of the participants will be refunded after the training course usually within 6 - 8 weeks (after participants send all their travel documents etc.).

Maximum amounts of reimbursement:

Slovenia - 20 EUR

Italy & Czech Republic - 180 EUR

Latvia & Romania & Greece & France- 275 EUR



**ANYWAY, DON'T FORGET TO KEEP ALL YOUR TRAVEL DOCUMENTS AND RECEIPTS, we will need them to reimburse your transport!**

# OTHER PRACTICAL INFORMATION

## Travel and Health Insurance

Health insurance will NOT be provided or reimbursed by the mobility organisers. However, it is a mandatory requirement for all participants to provide your own health insurance. This should cover you for the full duration of your time in Slovenia. When you have arranged your insurance policy, please provide us with the details of it before you attend the training course, by sending us a scanned copy at [zivamoave@gmail.com](mailto:zivamoave@gmail.com)

If you are an EU resident, you can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. Having this card means you may be able to receive free medical treatment in the event of an emergency, but it is NOT guaranteed. Also please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country. To learn more, please go to [www.ehic.europa.eu](http://www.ehic.europa.eu)

General travel insurance to cover the safety of your possessions, lost luggage, delays to flights, etc is NOT a mandatory requirement, but it is advisable.

# Dietary, health and other special requirements

The standard diet will be vegetarian. **Please inform us as soon as possible if you have any food allergies or special dietary requirements** so that we can inform the caterers and they can prepare meals that are suitable for you. If you have any other allergies, need to take regular medications or foresee a need for general medicines during your time in Slovenia (for example bug spray, headache tablets, travel sickness pills, etc) please arrange these yourself as we are unable to provide them for you.

Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the training course activities, then please let us know what they are and how best to assist you.

## Timeframe of the project

Applications deadline: 15 April at 12pm

Selection results: 21 April

Arrival day: 1. June until 4pm

Start of the program: 2. June at 9:30am

End of the program: 8. June around 7pm

Departure day: 9. June until noon

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, bear 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.



# How to apply

Fill in the application form provided in this link

<https://forms.gle/Npnra4v2ohCMLbGC8>

latest by the **15th of April at 12pm.**

We ask you to fill in the application and answer ALL the questions in it.

## Contact details

Any questions related to the training course, travel to Slovenia or other matters shall be addressed to the project coordinator on [zivamoave@gmail.com](mailto:zivamoave@gmail.com)

Dear appliers, thank you very much  
for your interest in our training course.

We look forward to receive first  
information about you.

**Now that you have met us,  
its time WE meet YOU**



**Application form**

## Host Organisation:

Moave - Psychology in movement  
[www.moave.si](http://www.moave.si)

Mail: [zivamoave@gmail.com](mailto:zivamoave@gmail.com)  
[info@moave.si](mailto:info@moave.si)



**Živa, Antonio, Andrej and Nayeli**



If you want to give birth to your true self, you are going to have to dig deep into that body of yours and let your soul howl.



**GABRIELLE ROTH**