

Erasmus+ Training Course

# CARE FOR CHANGE

## EMOTIONAL INTELLIGENCE & CONFLICT TRANSFORMATION

Non-violent communication, arts and embodiment  
for personal and social transformation.

**25th-31st of March, 2024 | Madrid, Spain**

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

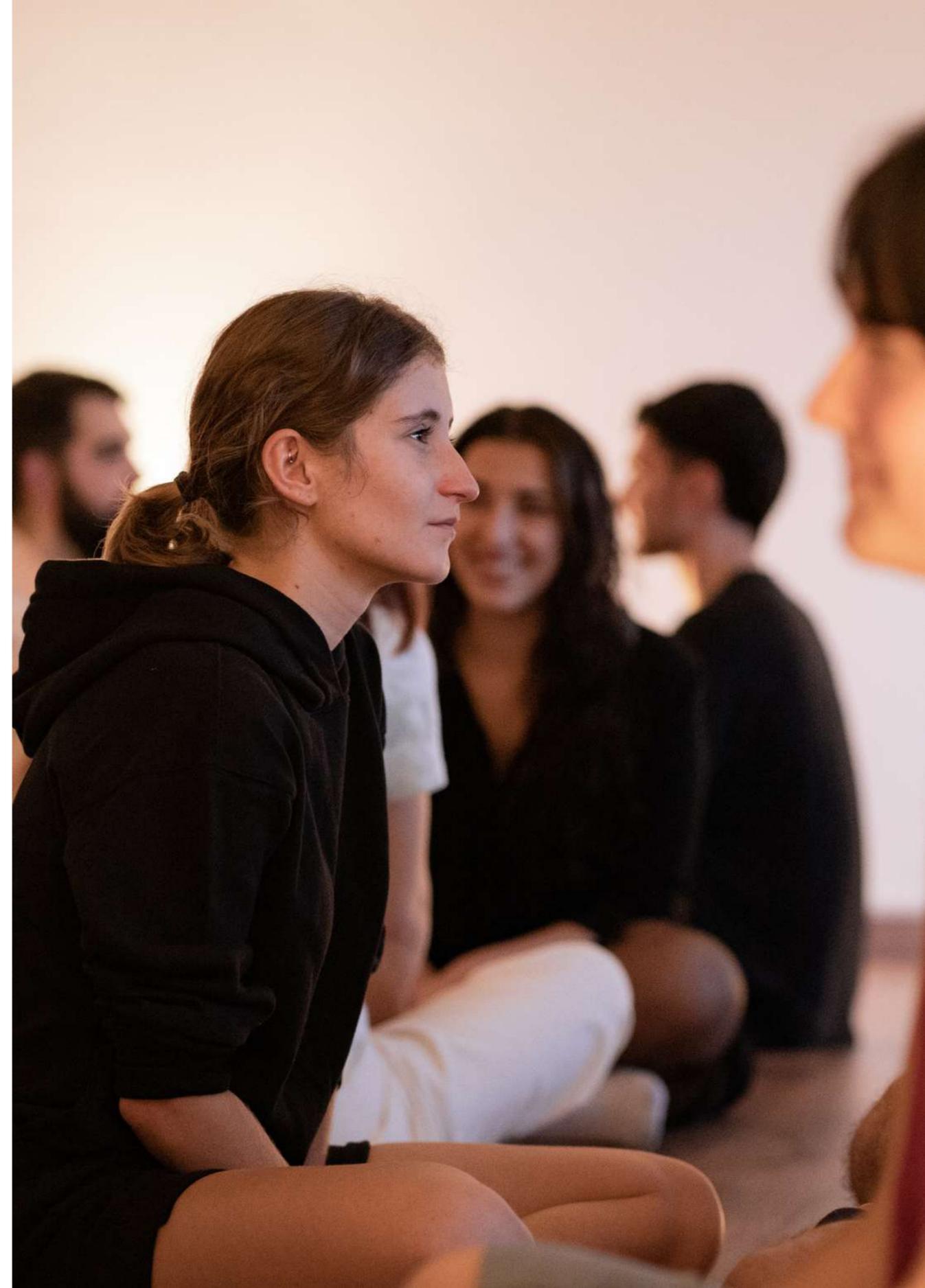


# ABOUT THE PROJECT

‘Care for change’ is a five-day training course for youth workers that will focus on the development of **emotional intelligence** and **conflict management skills** on three levels: **interpersonal, intrapersonal, and systemic.**

We will use **non-violent communication, embodiment** and **theater tools**, with the goal of finding new strategies to approach conflicts, reduce polarization and create more empathy in ourselves and our communities.

All of it while enjoying the beautiful Spanish countryside and sharing experience with 20 participants from 7 different countries.



# WHAT WILL YOU LEARN?

Participants will have the chance to explore key socio-emotional competences such as...

- **Self-awareness:** We will gain awareness of our personal history, values and beliefs, and how these influence our worldview.
- **Emotional management:** We will learn to welcome, understand and regulate our emotions in a healthy way.
- **Empathy:** We will practice our ability to understand and empathize with the emotions and needs of others, even those with worldviews different from our own.
- **Communication and mediation skills:** We will train our ability to communicate assertively and listen empathetically.



# THE METHODOLOGY

## An experiential learning approach

Socio-emotional skills are most effectively learned through practice and experiences.

Therefore, we will use an **experiential methodology** that utilizes **play, embodiment, applied theater** and **artistic expression** to generate memorable learning experiences.

Through these activities, we will explore useful tools and frameworks, that are inspired in systemic psychology, nonviolent communication, emotion-focused therapy and mindfulness.

Each session will be focused on a specific skill, and **participants will have the chance to become aware of their own patterns, and practice new approaches.**





## WHO ARE WE LOOKING FOR?

We would love to hear from you if...

- You're over 20 years old and reside in Spain, Bulgaria, Portugal, Romania, North Macedonia, Italy, and Greece.
- You are an educator, youth worker, volunteer, facilitator, group leader, therapist, etc.
- You're interested in developing your emotional intelligence and conflict transformation skills, and help young people doing the same;
- You're committed to taking part in the whole program and the follow-up;
- You are able to freely communicate in English.

Priority will be given to participants with fewer opportunities, who are facing conditions that make their participation in learning opportunities difficult or not affordable.

# PRACTICAL INFORMATION

## Financial & travel arrangements

This program is co-funded by Erasmus+ Programme. **Erasmus+ will cover all costs regarding accommodation, food and training materials.**

Participants need to arrange their own insurance for their travel/stay in Spain. Having European Health Insurance Card is mandatory for this program.

**Travel costs** of the participants from hometown to Madrid and back **will be reimbursed** after the training course **up to the following limits:**

- Spain: 23€
- Portugal: 180€
- Italy: 275€
- Bulgaria, Greece, Romania, North Macedonia: 360€.

There's a participation fee of €30 per participant. We want this training to be accessible for everyone, so if you are not able to afford it, please let us know.



# THE VENUE

## Ashram San Martín de Valdeiglesias

The project will be held in “Ashram San Martín de Valdeiglesias”, located in the beautiful spanish countryside. It’s a retreat center, close to the mountains and only one hour away by car from Madrid.

Participants will be allocated in rooms of 4, with a private bathrooms and showers. The venue has also a spacious training room and a garden, which we will be using for the sessions.

The restaurant of the hotel will provide healthy vegetarian/vegan meals for breakfast, lunch and dinner. And tea and snacks will be provided for coffee breaks.

**Important:** This retreat center has an alcohol, drug and meat/fish free policy. Also, smoking is only allowed in a designated area.



# PROJECT TIMELINE

The project will have the following phases (keep in mind that if you are selected you will be committing to all phases):



\*As part of the project, participants will organize a **dissemination activity back home** (workshop, event, program, etc.) in order to apply what they learned in the training and create impact in their local community.

# THE TEAM

## Meet the facilitators



### Paula Valero

Paula is an educator specialized in emotional education and theater. She graduated in Education Sciences and has postgraduate degrees in emotional education & wellbeing and in conflict transformation & group facilitation. She has worked as a trainer in various contexts (non-formal education, schools, hospitals, human resources, etc.). She is also a theatrical creator, passionate about using theater as a tool for learning and collective reflection.



### Celia Pérez-Olleros

Celia has +5 years of experience as a student and facilitator of somatic techniques and contact improvisation. She is trained in "Integrative Body Process" by In-Corpore school and has participated in dance and embodiment trainings in Spain and Brazil. Additionally, she has received training in Non-violent Communication and restorative justice practices with Dominic Barter. She is also an industrial engineer with great experience in the design and execution of International Cooperation for Development projects.



## **THE HOSTING ORGANIZATION**

### **About “La Savia”**

This training is hosted by La Savia, a non-profit based in Madrid. La Savia was founded by a team of educators specialized in emotional education and arts, with the goal of offering affordable and practical emotional intelligence education for all.

We create spaces for people of all ages to learn how to deal with difficult emotions, manage conflicts, build supportive relationships and communities, and take care of their emotional well-being. By doing this, our aim is to prevent mental health issues and increase individual and social well-being.

We do this by creating experiential learning workshops and training courses on a local and international level.

# THE PARTNERS

## The sending organizations for each country

- **Spain:** La Savia - lasaviaescuela@gmail.com
- **Bulgaria:** Zarika Association - contact@zarika.org
- **North Macedonia:** Edu Art - ngo.eduart@gmail.com
- **Romania:** ATIC -atic.romania@gmail.com
- **Greece:** Solidarity Mission - enri@solidaritymission.org
- **Portugal:** Embaixada da Juventude - hello@embaixadajuventude.com
- **Italy:** Europamente - europamente.ets@gmail.com

# APPLY HERE!

For any questions reach out to [lasaviaescuela@gmail.com](mailto:lasaviaescuela@gmail.com)



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