

Ideas and Actions for New Europe



Co-funded by the
Erasmus+ Programme
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30 August - 8 September



ASHA CENTRE
INSPIRATION • CONNECTION • PURPOSE

Call for Adventure

Would you like to embark on a **journey** that will fuel your imagination and drive **positive change** in the world? ASHA Centre is inviting you to a residential Erasmus+ course "**Ideas and Actions for a New Europe**", a transformative initiative that invites you to reimagine the future of Europe, a Europe where innovative ideas flourish, where diversity is celebrated, and where actions speak louder than words.

Join us on this adventure nestled in the picturesque ASHA centre in the United Kingdom, in early **September** and shape the change you wish to see in the world.

This residential training course will support you in developing your **personal and professional competencies**, invest in your passions and interests and support your development as an **inspiring leader** of your communities.





About the project

What might a **"New Europe" actually entail?** Where can we find **innovative ideas and initiatives** that have the potential to effectively tackle the pressing challenges faced by countries and communities in Europe?

This project aims to **empower a new generation** of youth workers and young individuals by equipping them with the necessary ideas and skills to foster active citizenship and build a sense of **intercultural unity**. At the Asha Centre, we want to empower you to **co-create** the **change** you want to see with likeminded individuals, all of whom have a passion for social change.

We aspire to engage young people in an innovative exploration of their own **identity**, with the ultimate objective of empowering them to become influential drivers of **international integration**. You will possess the capability to coordinate and implement impactful **community-building initiatives**, thereby contributing to the creation of a stronger, inclusive and more cohesive Europe.

Aims and Objectives



- To explore **best practices** and progressive **initiatives** in politics, community building, social activism and organising societies.
- To support participants to develop a **holistic** sense of greater **self-empowerment** and a deepened commitment to active citizenship and **leadership** when driving positive change in their communities.
- To counter **polarisation** by gaining tools to help young people analyse situations from different points of view, build **empathy**, and see value in **diversity** through an **inclusive** approach.

'**Ideas and Actions for New Europe**' is an immersive and **collaborative research forum** where young individuals and youth workers can **join forces, collaborate** and develop **innovative ideas, tools, and techniques** aimed at shaping a stronger Europe.

What can you expect?

Throughout this project you will engage in **creative workshops** and **dynamic discussions** centred around **compassion, connection and communication**. Participants will transcend cultural boundaries, igniting their creativity and passion, as they collectively envision and breathe life into plans and projects that hold the potential to shape the future of Europe.

We will delve into pivotal themes such as **sustainable development, social inclusion, community building, cultural exchange**, and **active citizenship**. Within the program, we will create an environment that encourages you to question conventional wisdom, dismantle barriers, and actively contribute to the emergence of a new Europe.

You shall be inspired, motivated, and equipped with the tools to transform your ideas into impactful actions and become an influential agent of social change with lasting impact within your local communities and beyond.



"We expect it to be an uplifting experience, from which participants will return to their home countries, inspired and energised for the work of European community-building."

Who are we looking for?



We are looking for youth workers, community leaders, change-makers, and educators working with young people in youth groups, organisations, and initiatives that are actively involved in social or systemic change, and bring transformation into society. **This course we strongly encourage applications from facilitators who wish to co-create this training course and share their knowledge and skills with other community leaders.**

Participants who are willing to embark on a journey of professional, personal and interpersonal work, who are keen to dive into work with their hands, heart and mind.

We invite a diverse range of languages, cultures, nationalities, and perspectives.



We welcome all ethnic origins, races, nationalities, accents, cultural identities, sincere spiritual practices, religious affiliations, gender identities, sexualities, and life experiences.

Practical info



Training includes work inside our studio, the surrounding gardens, and the forest.

The training days will run from **9:30 am until 7 pm** each day, (with some evening sessions), with two tea breaks, a lunch break and a rest period.

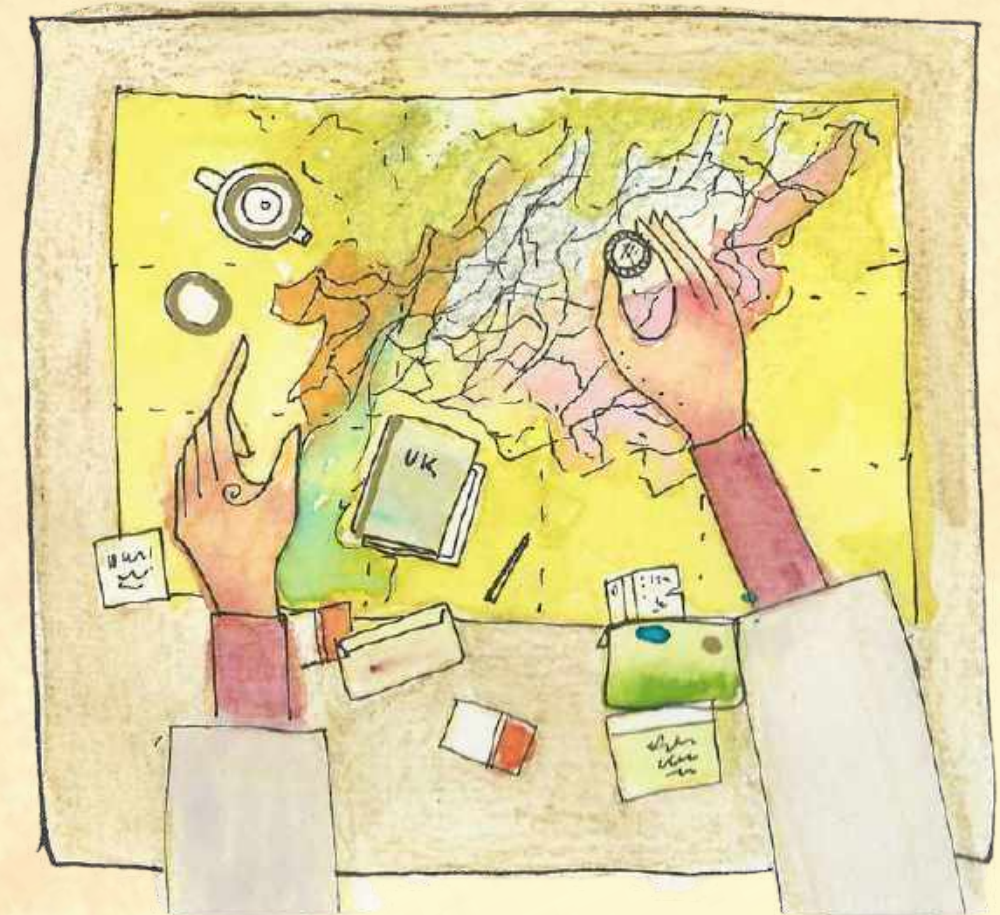
Each day offers reflection time, including a discussion on working methodology and curated space for silent study.

Our courses tend to involve a certain amount of **interpersonal work, outdoor activity, and physical contact**. If this might raise any challenges for you, please let us know in the application form, so that we can discuss how to best support you.

During this course, we will implement a diverse range of activities, including creative study, conversation and discussion, games and exercises, group trips, personal reflection and spoken presentation, lectures and workshops with experts.

Partner Organisations

- MTÜ VitaTiim - **Estonia**
- VulcanicaMente - **Italy**
- European Mobility Center - **Poland**
- Centar za razvoj lokalnih zajednica KRUG - **Serbia**
- MLADIINFO SLOVENSKO - **Slovakia**
- EXCMO. AYUNTAMIENTO DE PURCHENA - **Spain**
- CET PLATFORMA SKOPJE - **The Republic of North Macedonia**
- The ASHA Foundation - **UK**



Training venue



The training will take place in the beautiful **ASHA Centre in the Forest of Dean**. The ASHA Centre, with its serene surroundings and welcoming atmosphere, serves as the perfect backdrop for this transformative journey. Nestled in the heart of the UK countryside, the centre offers a tranquil environment where ideas can flourish, friendships can form, and personal growth can take root.

- Rooms are dormitory in style (3-6 people), furnished to a high standard
- ASHA offers mostly vegetarian home-cooked meals
- You will be welcomed into the **working community** at ASHA, sharing meals and given opportunities to integrate and interact with staff and volunteers
- It is also possible to **volunteer in our gardens** during breaks



More about ASHA Centre

The ASHA Centre is an educational center and international youth organization based in Gloucestershire, England. It provides a space for young people from diverse backgrounds to come together, learn, and engage in activities that promote personal development, intercultural understanding, and social change. The ASHA Centre's philosophy is based on the three pillars of "Hands, Head, and Heart," which represent different aspects of their approach to education and personal growth:

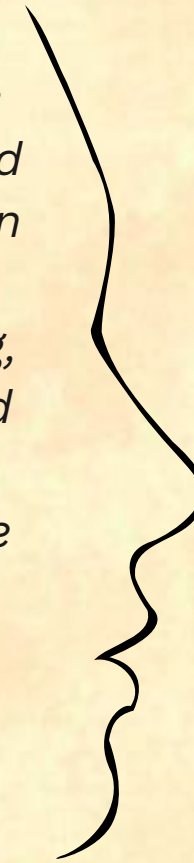
Hands

This pillar emphasizes experiential learning and the importance of practical skills. It encourages young people to engage in hands-on activities, such as sustainable farming, arts and crafts, outdoor pursuits, and community projects. Through these experiences, participants develop practical skills, gain a deeper understanding of the environment, and learn about sustainable living.



Head

The "Head" pillar represents the intellectual and knowledge-based aspect of education. It focuses on providing young people with opportunities for critical thinking, learning about global issues, and developing a broader perspective. Participants engage in discussions, workshops, and seminars that address topics such as social justice, human rights, conflict resolution, and environmental sustainability.



Heart

The "Heart" pillar emphasizes personal development, emotional intelligence, and cultivating empathy and compassion. It encourages young people to explore their own values, beliefs, and emotions. Through activities such as mindfulness exercises, storytelling, reflection, and creative expression, participants develop self-awareness, build resilience, and develop a sense of empathy towards others.



By combining these three pillars, the ASHA Centre aims to foster a holistic approach to education and personal growth, empowering young people to become active global citizens who are socially conscious, environmentally aware, and equipped with practical skills for positive change.

Travel and Reimbursements

Travel days:

Arrival day

30th of August

Departure day

8th of September



The ASHA Centre reimburses 80% of your travel costs up to the following amounts based on your country distance band.

We believe that a modest contribution from participants to the overall costs of a project helps to create a sense of investment and ownership.

Country	Amount per participant (return trip)
UK	20 EUR
Poland Slovakia Spain	275 EUR
Estonia Italy Serbia The Republic of North Macedonia	360 EUR

How to apply?

If it feels like you **would like to answer this call** for adventure and **apply** for this course - please click [here](#) and complete this application form by the **8th of July 2023**.

The ASHA Centre or our partner organisations will be in touch with you shortly after the application deadline in case you are selected.

In case of any questions, you can send an e-mail to **erasmus@ashacentre.org**

We **look forward** to receiving your application and hope **to welcome you at ASHA** soon.



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