

Story farm

TRAINING COURSE

VIG | DENMARK

06-18 OCTOBER 2024



ANANDA GAORII
Ashram, farm & learning center



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



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Summary

Countries: Denmark, Slovenia, Lithuania, Spain and Italy

Location: Vig, Denmark

Dates: 06 – 18 October 2024

Hosting organization: Ananda Marga Danmark

At the Story Farm, participants are encouraged to adventure towards their own Story. A guided story adventure to understanding their own worth and the tremendous value of their core message. The programme provides the tools and knowledge to authentically tell that Story, create an emotive connection with their audience and to grow personally and professionally with Storytelling.





The aims of the project are to :

- 1.** Fill the Participants personal and professional toolbox with Storytelling, Social Media and Content Creation skills beneficial for engaging, inspiring and empowering the youths they are working with;
- 2.** Inspire Empowerment and personal growth with a Personal Hero's Journey which will enable youth workers to understand more about themselves and their profession as a leader and role Model, to facilitate understanding, communication and active participation in their target groups and surrounding communities;
- 3.** Support youth workers to become more self-confident, imaginative, and nourish self esteem through creative exploration and self expression, thus strengthen their ability to communicate and interact with others especially young people;
- 4.** Reveal to youth workers the main challenges that youngsters face and especially the ones stemming from the digital world, using storytelling to fully impersonate and empathise with them to become more effective in their youth work.
- 5.** Use storytelling techniques to promote cultural changes through creation of campaigns on sensitive and environmental topics that can sensitise younger generations.
- 6.** The goal is to help partner organizations to Define their purpose and effectively convey it to their staff, the youth they serve, their supporters, and partner organizations.

Our trainers



Daniela Kohler

Role: Social Impact Storyteller, Filmmaker, Mentor

Experience: With 15 years in filmmaking and story branding, Daniela integrates purpose into corporate ecosystems. Creator of the Story Farm method, she facilitates workshops on storytelling, inner voice activation, and Ikigai sessions, and offers one-on-one consultations. Her film "Paddle to Purpose" (DOC 2019) documents her journey to discovering her true purpose, which she will discuss during the program.



Giancarlo

Role: Permaculture Expert, Youth Worker, Yoga Practitioner

Experience: Giancarlo combines permaculture expertise with mindfulness and yoga practices. He has organized multiple youth exchanges, addressing the needs of young people. He will lead morning yoga sessions and share his entrepreneurial journey to inspire participants.



Dada Krsnasevananda

Role: Meditation Facilitator, Program Coordinator

Experience: A yoga monk with forty years of experience, Dada coordinates programs for Ananda Marga Danmark. He will lead optional meditation sessions and present on the community's history, values, and activities, offering insights into spirituality and social responsibility.

These experts bring diverse skills and perspectives to enhance the Erasmus+ training course.

Arrival and Departure dates



Arrival: 06 October 2024 in Vig

Departure: 18 October 2024 from Vig

Note:

1. Erasmus + requires participants to arrive before the activity starts and leave after the activity ends. NO LATE ARRIVALS OR EARLY DEPARTURES. If you have any travel concerns/questions, always discuss with organizers.
2. Bear in mind that according to the guidelines of Erasmus+ program the travel back must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement. Always get the approval from organizers for your flight before purchasing it.
3. Early arrivals or late departures are at the responsibility of the participants to pay for stay. If you arrive early or leave later than the dates above you have to cover your own accommodation or food.



Participants profile

32 Participants

- Youth Workers residents of Denmark, Slovenia, Lithuania, Spain and Italy (6 participants per country 1 of each with fewer opportunities)
- Age limit: 25 – 50 years old
- 2 trainers will be involved
- Gender balance: Equal number of male and female participants will be invited.



- Youth workers, teachers and members of civil society actively involved at a local or international level in activities involving environmental regenerative habits and lifestyle, permaculture, social, cultural and ecological integrated and holistic practices, social inclusion, intercultural education, and youth participation.
- Interest and awareness in at least one topic between the following: environmental issues, literature, art and self-expression, sustainability practices, regenerative lifestyles, and social inclusion
- Priority given to participants with fewer opportunities (unemployed youth or subjects involved in socially, geographically, and economically disadvantaged working areas, or communities..
- Be committed to attend the full duration of the course and implement follow up and dissemination activities after the project.
- Sufficient level of English to participate in the training.

Venue

Ananda Gaorii is an Ashram, Farm and Learning Center. We aim to be a hub for learning and change integrating spirituality, sustainability, self-reliance, holistic health, community living and social justice for the benefit of our residents, guests and the world at large.

Ananda Gaorii is a registered organic farm with 13 hectares located in the countryside of Denmark. The natural area around is characterized by a mix of coastal landscapes, forests, wetlands, and agricultural fields.

You will have the opportunity to see and experience how this project is implementing sustainable and regenerative practices.
You will also have the opportunity to learn yoga and meditation.

Visit **anandagaorii.dk** to get to know more about Ananda Gaorii.



Accommodation

- The project will be implemented in the framework of the Erasmus + Programme. Accommodation and food will be covered 100% by the organizer.
- During your stay you will be sleeping in the shared dormitories (separated by gender). 8-10 person
- **Important:** Given that this is an Ashram, we **do not allow** smoking or drinking alcohol on the project site. It is our home and sacred space and we like to be respected.
- There is internet access at the site. However, we expect you to connect with the locals and nature.



Food

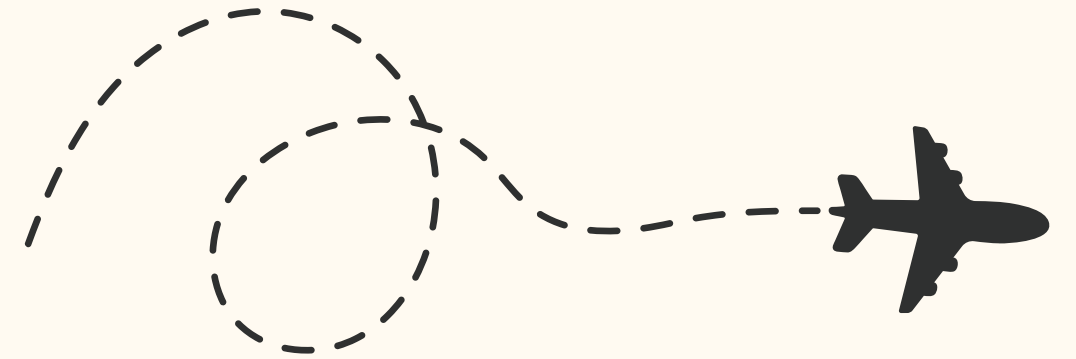


Important notice on food: We will provide you with three vegetarian healthy meals per day and snacks. Most of the veggies are from Ananda Gaorii organic garden. Inside the project, we promote a sattvic diet*, and you will have an opportunity to experience it. If you have any allergies or intolerances, please inform us about it on time, so we can plan ahead.

***IMPORTANT: All our meals are vegetarian (no meat, fish, eggs, mushroom, onion/garlic), please read this and agree before coming to Ananda Gaorii.**

Travel and reimbursement

Travel expenses will be covered 100% according to Erasmus + limits as follow:



Country	Calculated Start City	Maximum Reimbursement amount
Denmark	Frederiksberg C	23€
Slovenia	Trbovlje	275€
Lithuania	Varena	275€
Italy	Turin	275€
Spain	Terrassa	275€

Important! Denmark is not part of the Euro Zone and our currency is the Danish Krone (DKK). You can exchange money in exchange offices or banks. The official course is 1 EUR = 7.4515595 DKK

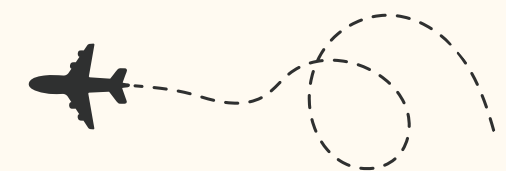


Travel and reimbursement



⚠ **Important! Please read carefully!** ⚠

- Maximum reimbursement amount is the maximum amount a participant can be reimbursed. Anything above this amount will have to be covered by the participant.
- Entry to Denmark DOES NOT require any PCR test. See <https://en.coronasmitte.dk/covidtravelrules>
- To be reimbursed: Participants must fill a reimbursement form and provide tickets, invoices, and boarding passes. We will send extra details later.
- Travel will be reimbursed via bank transfer within maximum 2 months after the project and after submission of all travel documentation including return boarding passes. 2 months is the limit. Practically though, if possible we plan to reimburse participants sooner than later.
- Bear in mind that according to the guidelines of Erasmus+ program the travel back must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement.
Always get the approval from organizers for your flight before purchasing it.
- Travel might not be reimbursed if participant arrives late (after the start of the activity) or leaves before the activity is over. In case of travel concerns, always discuss with organizers in advance.



Things to bring and do

Mandatory!

- Make sure you have an insurance (travel, health, accident, liability) – this costs cannot be reimbursed, it's fully on participants.
- Bed sheets (if possible), towel and toiletries (soap, toothpaste, etc... as natural as possible);
- Comfortable clothes as we will do some activities outside and invite you to sit or lay on the ground;
- Shorts and long trousers, a warm sweater or jacket, long and short-sleeved T-shirts, rain jacket, indoor shoes;
- Cap (hat), lip balm, sun lotion;
- Earplugs, just in case your best friend will be snoring nearby :)
- Swimsuit (just in case the weather is friendly :).
- Bring Healthy vegetarian food and drinks from your country/region for the intercultural evening (We kindly ask all participants to bring some national drinks, snacks and music from their home countries, as a contribution to the intercultural evening, please bring already prepared snacks/food).
- Medicine, if you have allergies/or you periodically need medicine, please bring what you may need!
- Within 30 days after the end of the course participants must implement a dissemination activity in their country and send to soraiabliss@gmail.com a small written report with pictures and explanation.

Recommended!

- Music, games, photo camera, cash.
- Laptop

How to Apply



ORGANISER:

The project in Denmark will be implemented by “Ananda Marga Danmark” NGO in cooperation with its partners and is responsible for organization, administration and logistics in Denmark.

CONTACT PERSON:



soraia bliss@gmail.com

A high-angle photograph of a diverse group of approximately 20 people standing in a circle on a grassy area. They are holding hands, suggesting a team-building exercise or a group hug. The people are dressed in casual outdoor attire, including jackets, scarves, and hats, indicating a cool environment. The background shows some trees and a path. Overlaid on the center of the image is the text 'Thank you' in a large, green, rounded font, with 'you' in a smaller, black, cursive font. Below this, a semi-transparent grey box contains the text 'We look forward to meeting you!' in a black, sans-serif font.

Thank you

We look forward to
meeting you!