



# BALANCE

YOUTH EXCHANGE

**13/05 – 23/05/2024 (INCLUDING TRAVEL DAYS)**  
**STATEK HABŘÍ, MORAVECKÉ PAVLOVICE, CZECH**  
**REPUBLIC**



# ARE YOU FALLING? YOUR BODY WILL CATCH YOU.

Do you sometimes feel like living means walking on a tightrope, juggling all these things – work, studies, friendships, relationships, money, family, free time, dogs and cats – and every minute feels like you are about to fall?

Come to nurture your art of balance and find a way to be present with your body and senses enough to notice the life around you. Dance, feel the sun on your skin, and pause.

Join Balance and you will:

- learn how to find a sustainable balance through embodied movement, bodywork, and connection with nature.
- improve your mental and physical health
- cultivate a healthy relationship with your body
- boost your digital and problem-solving skills by helping with improving a digital well-being tool

# MAIN INFO

## BACKGROUND

In a brain-oriented culture, where thinking is highly valued over feeling, our attention is mainly on our thoughts. Less attention is often paid to the physical aspect of the body and even less to emotions, and spirituality. This creates an imbalance in our lives, leading to stress, and unhappiness, and can eventually cause mental and physical health problems.

## DURING BALANCE, WE WILL:

- provide an experience of how bodywork and movement can support our well-being
- help you to identify specific strategies how to maintain your life balance and well-being
- support you in making an individual plan for how to follow the strategies that you have identified
- test and improve a digital tool for maintaining a sustainable balance in life

## MOTIVATION

This youth exchange is for young people who want to find a greater sense of balance in their lives through embodied movement, body work and connecting with nature.



# PARTICIPANT'S PROFILE

- young people between 18 and 30 years old
- group leaders older than 18
- participants committed to taking part in the programme, including creating follow-up activities for their communities back home residents of Czech Republic, Ukraine, Lithuania, and Poland dedicated to spend 9 days in different body-movement & mindfulness activities
- ready to eat 9 days only vegan/vegetarian food
- dedicated to live in a sustainable eco-friendly community for 9 days and respect the commonly agreed rules
- youth committed to learn how to communicate and respect each other's boundaries and sensitivities and generally be gentle and considerate





# WHAT

## is expected from participants

- You will take a full part in the whole programme
- You will fill all the evaluation forms after the project
- You will take part in testing a further developing of digital tool supporting individual well-being: <https://bit.ly/HOPEtool>
- You will be using above mentioned tool for at least 1 month and fill the evaluation form afterwards
- You will get at least 2 people who will be using the above mentioned tool for at least 1 week



# MAIN PRINCIPLES

We will meet in a space where we can reconnect with our bodies through movement, nature connection, and stillness (of both body and mind). There will be an invitation to be present for our lives, to be with the body, to listen to it and learn from it. Bringing our attention to the body without judgement. All of this guiding us deeper into finding a sense of balance in our lives.

Movement. Embodied movement and bodywork will help us to develop a deeper relationship with the body. Through movement (dance) improvisation, embodied movement, and authentic movement, we will tune into the movement of the body itself – getting to the source and poetry of the movement. Meeting our skin, our tissues, and our bones, listening deeply to what moves us in life.

# MAIN PRINCIPLES

Nature. Feeling the movement of the grass, hearing the sound of the clouds passing through the sky, and our hearts beating a little bit slower amidst that. Nature has an incredible power to draw our attention to what is happening in the moment, and to take us deeper into ourselves, helping us to understand what is happening in our lives. She can gently heal and inspire. We will learn how to be with nature, how to move with her, and how to pay attention to her, perhaps a little more.

Stillness. When something becomes quiet, a doorway to small sounds opens, and with it a chance to listen to something which is deep and beautiful – inside us, ready to be heard, but usually drowned out by other sounds. We will learn how to quiet our minds and bodies through mindfulness, nature work, and simply appreciating not doing.



# PROGRAM FLOW

**DAY 1** arrivals, settling in

**BREATHING:**  
connecting with the  
body through breath  
and weight of the  
body

**DAY 2**

**FEELING:** working  
with emotions  
through bodywork  
and movement

**DAY 4**

**INTUITING:**  
connecting to  
intuition, identifying  
individual strategies  
to maintain balance

**DAY 6**

**BUILDING:**  
designing the  
online tool together

**DAY 8**

**DEPARTING:**  
departure until 10:00

**DAY 10**

**DAY 1**

**GROUNDING:**  
getting to know  
each other, starting  
to move, connecting  
with the ground

**DAY 3**

**PLAYING:** connecting  
with different layers of  
the body, exploring  
imagination through  
movement

**DAY 5**

**RECOLLECTING:**  
building on the  
learnings from  
previous days

**DAY 7**

**CONNECTING:**  
approaching the  
spiritual aspect of  
the body,  
formulating specific  
strategies to  
maintain balance

**DAY 9**

**CLOSING:**  
takeaways from YE,  
farewelling



# SCHEDULE:

	0. Arrival	1. Grounding	2. Breathing	3. Playing	4. Feeling	5. Recolecting	6. Intuiting	7. Connecting	8. Building	9. Closing	Departure
AM		Context GROUNDING into the body 4 bodies	Forest mind	SKIN, CONNECTIVE TISSUE, BONES	DEEP LISTENING (training body awareness, based on the work of P. Oliveros)	experiencing FORMS of the body experiencing SPACE and OTHER BODIES	AUTHENTIC MOVEMENT	DEEP ECOLOGY METTA (loving kindness)	DISSEMINATION prep	PRACTICALITIES DISSEMINATION dosing	Departure
PM	Arrival to venue	exploring BALANCE setting the FRAMEWORK	from BREATH to movement WEIGHT of the body Reflection groups	EMOTIONS GRATITUDE practice Daily yoga Reflection group	accessing and releasing EMOTIONS through the movement GRATITUDE practice Daily yoga Reflection groups	WALK Meditation Daily yoga Reflection groups	Identifying ones STRATEGIES Daily yoga Reflection groups	RECOLECTION (individual planning of implementing the strategies identified) Daily yoga Reflection groups	DISSEMINATION prep Daily yoga Reflection groups	Movement session - social aspect of the dance Farewell/closing activities	





# RULES

**Program is fully vegetarian**

**Program is without alcohol**

**you will be helping with cooking (and learning on plant-based cooking  
in the process, under the guidance of our vegan-chief)**



# BEFORE/AFTER YE

In this project, we aim to guide you to find a way how to sustain a balance in your life. This inspires us to create a project, where we want to build a community and communicate even before the project. This might be challenging, as the group formation is dynamic, but our idea is the following:

**Before the Youth Exchange, we would like to meet you in 1-2 online meetings (approximately a month and a week before the YE) where we will set out the framework for learning – you will have the opportunity to observe the patterns in your daily lives that bring you out of balance. Further, we will introduce the digital tool supporting individual well-being <https://bit.ly/HOPEtool>, which will be later improved by the whole group during the Balance project. We will encourage you to test it even before the YE, so we will be better prepared for designing the improvements. Lastly, we will start building our small Balance on-line community on Facebook.**



# BEFORE/AFTER YE

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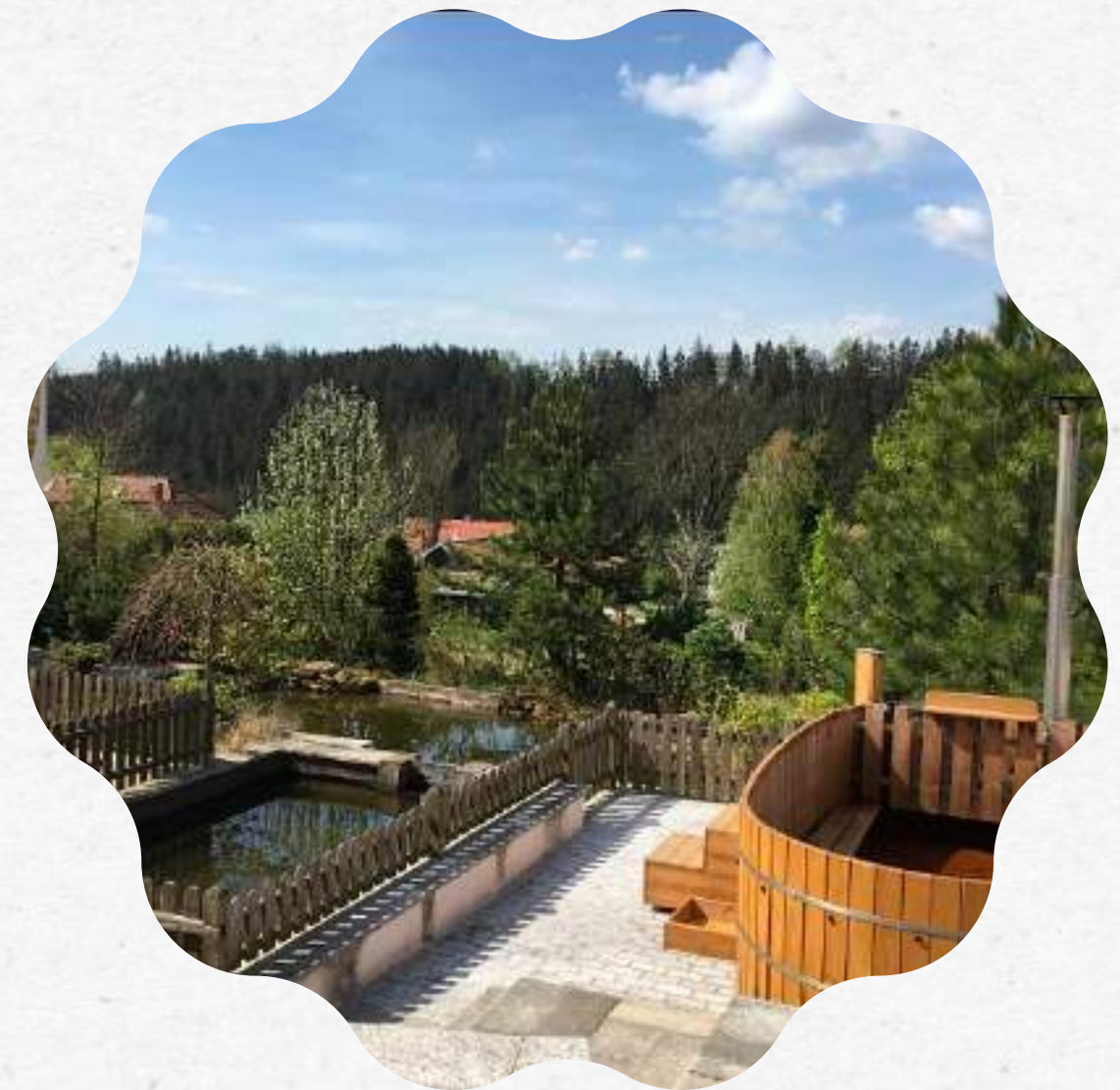
**After the Youth Exchange (as written in the Main info) you will be working on improving the HOPE tool – using it for 1 month, sharing it with at least 2 people, and filling in the evaluation form. Apart from this, we would like to maintain contact to support you in implementing the changes, that you will name during the project, into your life. This will happen through communication in a Facebook group, which will be created before the YE, and through online meetings that are planned to happen several months after the YE: Though this will be a voluntary part of the project, we would be happy if we could create this continuation together!**



# ACCOMMODATION

Accommodation – Statek Habří. The venue is a pension in the Vysočina region. Forest is nearby, there is a pool, stand-alone studio.

Rooms will be from 4 to 8 people. The rooms are equipped with bedsheets.





# TRAVEL REIMBURSEMENT

The project is co-financed by the Erasmus+ programme.

The costs of the programme, including meals, accommodation, and travel costs (according to the maximum amount of money allowed per country) will be covered by the Erasmus+ programme. Please contact your sending organisation to learn more about the financial details, and how to arrange the booking of your travel tickets.

Very important!

The travel expenses will be reimbursed on the basis of tickets, bookings and invoices, so remember to keep them all with you!





# PARTNERS



**INspire**

*Czech Republic*



**Forward for Future**

*Ukraine*



**TAVO Europa**

*Lithuania*



**StoPro**

*Poland*



# TRAVELING TO THE PROJECT BY OUR VAN

Perhaps you have more questions about the trip. Please read [the file](#) and feel free to contact us in case you need any clarifications. To the youth exchange participants will travel by organization's vehicle. The trip will begin on the 12/05/2024 from Lithuania. You are expected to arrive on the 13th of May (in the evening) at the venue. Trip back will be organized in the same way. We expect you to be in Lithuania by the 24th May in the second part of the day/night.

Participants will be driving the car all the way. You will need to pay for diesel and road taxes. However, these expenses will be covered once you return home and present all original invoices. Before the departure all participants will have an obligation to sign the rules of using our vehicle.

***Each invoice must have our organization's credentials:***

***Tavo Europa,***

***Mozuriskiu g. 17- 8, LT-06298 Vilnius;***

***Registration Code: 304638334***



## MORE PROJECTS

*Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>*

## THE LEARNING PASS 2024

*You are welcome to join our new educational programme for 2024! Dive into non-formal learning exploration for a 50 euro fee that will unlock your potential to join all training courses, learning teaching training activities in Lithuania and abroad until the end of the year! Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.*