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CAMBIO<sub>e.V.</sub>

**Erasmus+ Training Courses series**

# “TransFORMATION for a better future”

**1**

**TransFORMATIVE education for social justice:**  
from the 17th to the 23rd of July in **Austria**



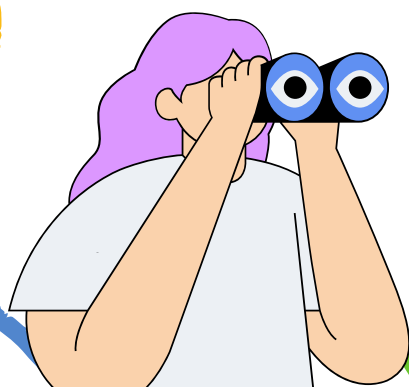
**2**

**TransFORMATIVE education for ecological  
sustainability:** from the 31st of July to the 6th of  
August in **Slovenia**



**3**

**TransFORMATIVE education for ethical  
nutrition:** from the 26th of August to the 1st of  
September in **Italy**





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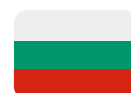


Are you active in the field of **education**?

Are you concerned about **global issues**?

Are you willing to **exchange ideas and experiences** with **like-minded people** from **other European countries**?

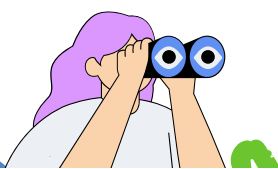
Are you **resident** in one of these **countries**?



● ● ● Then you are welcome to embark in this  
**transformative learning experience** with us!

During the training courses we will explore the concept of **GLOBAL CITIZENSHIP EDUCATION** (GCED) in the context of **social justice, ecological sustainability and ethical nutrition** and gain knowledge of existing solutions to overcome obstacles and **prompt a better future for everybody worldwide.**

We will also realize a **graphic recorded video on GCED**, its importance and its application to different topics, that you could use to spread awareness with your peers and target group.

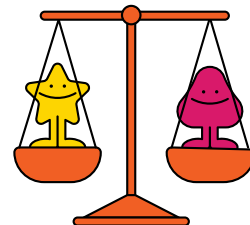




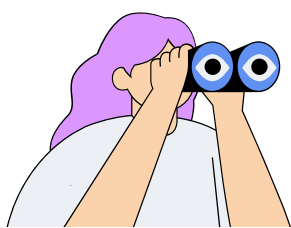
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# TransFORMATIVE education for **social justice**

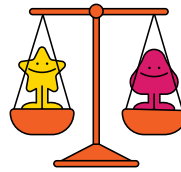


- **DATE:** 17th to the 23rd of July
- **LOCATION:** Tauchen, Mönichkirchen, Austria
- **AGE OF PARTICIPANTS:** 18+
- **TRAVEL:** All refunded if **green travel** solution like train or bus (possibility of two-day travel for those coming from a faraway place)
- **NUMBER OF PARTICIPANTS:** 24 in total, resident in Germany, Italy, Slovenia, Austria, Czech Republic and Bulgaria
- **LANGUAGE:** English
- **FEE:** Between 1 – 100€ (**Solidarity Principle** –you can choose how much according to your situation)
- **REGISTRATION:** Until **24th of April 2023**





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## • LOGISTICS:

**-Accommodation:** The training course will be held in the Blue Whale Education Center in the village of Tauchen, in the rural area of the so called "Wechselnd" surrounded by green hills and forests. The Center started in early 2022 as a project of the association Generation Europa with the idea of creating a place that could become a home for all who want to learn and open their eyes on the world. Participants will have to share rooms in small groups. The activities will take place mostly in a well equipped seminar room or, if the weather allows, outside.

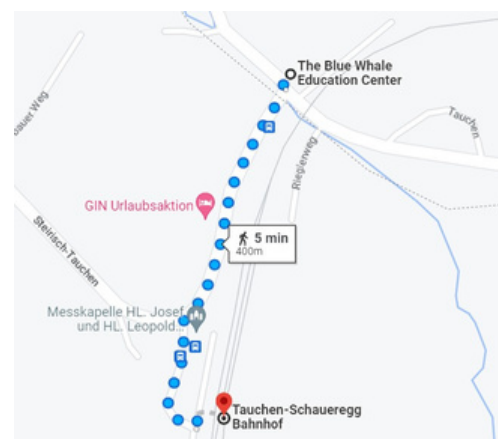
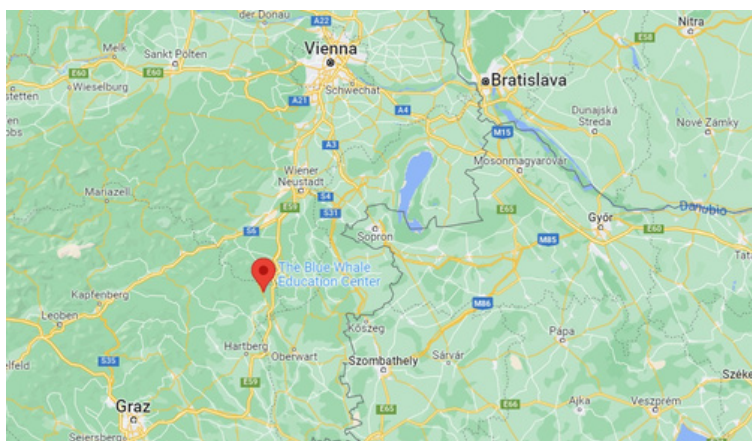


For more pictures and info check out here: <https://bwec.at/>

**N.B:** The cost of accommodation is covered by the Erasmus+ program.

**-How to reach:** Participants can reach Vienna or Graz Hauptbahnhof and then take a train to the city of Wiener Neustadt. From there catch a train to Fehring or Hartberg and get off at the station of **Tauchen-Schaueregg**. From there you can reach the house with a 5 min walk.

**Address:** Tauchen 125, 7421 Mönichkirchen.





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**-Meals:** The Blue Whale education Center's staff will prepare delicious meals for us. To ensure the sustainability of our project and promote more conscious dietary choices, the food consumed will be **vegan**, organic, seasonal and local. Please let us know, if you have any special dietary requirements (allergies/intolerances), it will be our priority to always provide safe options for you.

**N.B:** The cost of the meals is covered by the Erasmus+ program.

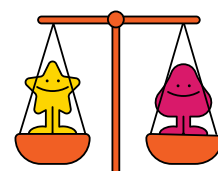
### **-What to bring:**

- Comfortable clothes, hiking shoes/sneakers, house shoes
- a waterproof jacket
- flippers and swimsuit (yes, there is a swimming pool!)
- towel and personal hygienic items
- Water bottle, sun protection
- A traditional food/Snack of your country/region for the intercultural night + if you like, a song or some other cultural thing we could listen to or look at.

### **• TOPICS:**

During the course, we are going to exchange our perspectives and ideas about Global Citizenship Education methodologies and develop workshops on themes such as:

- the relationship between growth and happiness;
- the question of the organization, the distribution and the value of work;
- the issue of the distribution of wealth and social injustice behind our lifestyle;
- the importance of human rights and their advocacy to create inclusive societies that leave no one behind.





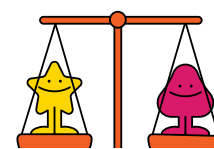
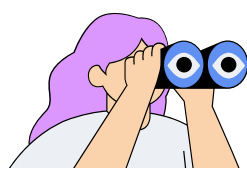


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## • PROGRAM TIMETABLE:

Arrival Day	
Evening	Welcome Dinner - introduction to the accomodation
Day 1	
Morning	Get to know each other, Ice-breaking and names learning activities Program description and introduction to the topics
Afternoon	Short excursion into surrounding nature
Evening	Welcome evening with games
Day 2	
Morning	Interactive Introduction about the concept of Global Citizenship Education. Workshop "Measuring the World"
Afternoon	Group work preparing a method for the other participants Workshop on the idea of Prosperity and Good life. Reflection groups
Evening	Intercultural evening
Day 3	
Morning	Workshop on Human Rights Workshop on stereotypes and prejudices
Afternoon	Workshop on inequalities and poverty Workshop on social justice Reflection groups
Evening	Informal socializing
Day 4	
Morning	Workshop on Equality and happiness Workshop on the actors of change
Afternoon	Collective reflection round about the methods implemented Planning of the graphic recording video Reflection groups
Evening	Exchange Night ( open discussion on how to transform learning spaces to be a safe, inclusive, and respectful environment)
Day 5	
Morning	Realization of the graphics Registration of the video on GCED
Afternoon	Feedback and evaluation of the experience Youth Pass certification
Evening	Goodbye evening
Departure day	
Morning	Breakfast and departure

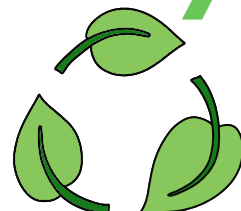




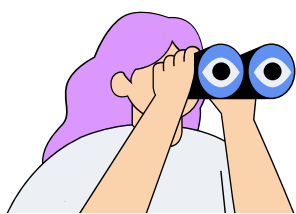
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# TransFORMATIVE education for ecological sustainability

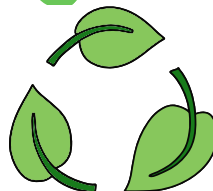


- **DATE:** 31st of July to 6th of August
- **LOCATION:** Metta Farm, Frankolovo, Slovenia
- **AGE OF PARTICIPANTS:** 18+
- **TRAVEL:** All refunded, by **green travel** solution like train or bus (possibility of two-day travel for those coming from a faraway place)
- **NUMBER OF PARTICIPANTS:** 24 in total, resident in Germany, Italy, Slovenia, Austria, Czech Republic and Bulgaria
- **LANGUAGE:** English
- **FEE:** Between 1 – 100€ (**Solidarity Principle** –you can choose how much according to your situation)
- **REGISTRATION:** Until **30th of April 2023**





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## • LOGISTICS:

**-Accommodation:** The venue place is Metta, an organic farm in a small village named Frankovolo in the east of Slovenia. Participants will sleep in a renewed barn and will share rooms. Most of the activities will be held outdoors, otherwise in a shared covered area, where the workshop can take place in case of rain. The accommodation is in a village so there can be no loud all-night parties. Please note that the place has a no alcohol (and no drug) policy.

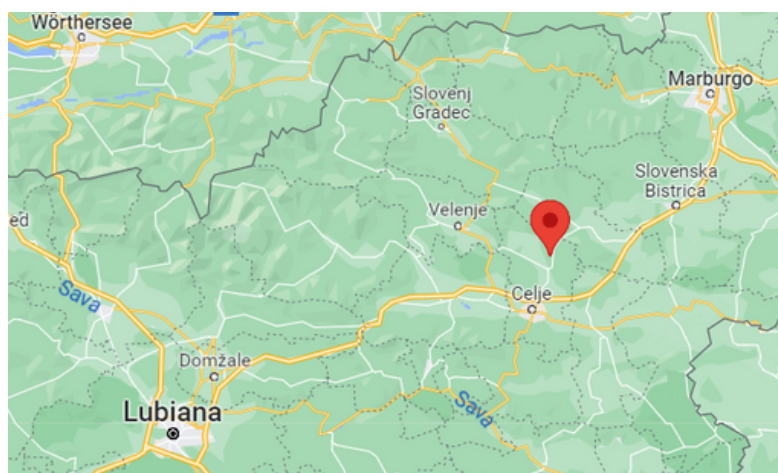


For more pictures and more info check out here:

<https://drustvometta.wixsite.com/metta/najem-prostora>

**N.B:** The cost of accommodation is covered by the Erasmus+ program

**-How to reach:** Participants can reach Ljubljana or Maribor and then take a train to the city of Celje. From there, a car transport will be organised to reach the farm.







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–**Meals:** Metta's staff will spoil us with delicious food, but also the participants will take turns taking part in cooking activities, supported by the staff. The food consumed will be **vegan**, organic, seasonal and most of it arrives on the table straight from the home garden. Please let us know, if you have any special dietary requirements (allergies/intolerances), it will be our priority to always provide safe options for you.

**N.B:** The cost of the meals is covered by the Erasmus+ program.

### –**What to bring:**

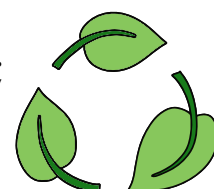
- Comfortable clothes and sneakers
- a waterproof jacket
- house shoes
- towel and personal hygienic items
- water bottle, sun protection, a hat or similar and sunglasses
- a traditional food of your country/region for the intercultural night+ if you like, a song or some other cultural thing we could listen to or look at.

### • **TOPICS:**

The methods addressed will relate to the ecological dimension of GCED, questioning the extent to which economic growth and sustainability are compatible and how to lighten our ecological footprint and re-establish a harmonious cohabitation with the surrounding environment.

The topics addressed will be:

- the preservation of biodiversity;
- the excessive exploitation of natural resources;
- waste management and the relation with consumerism;
- strategies and paths to sustainability.



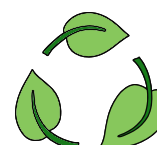


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## • PROGRAM TIMETABLE:

Arrival Day	
Evening	Welcome Dinner - introduction to the accomodation
Day 1	
Morning	Get to know each other, Ice-breaking and names learning activities Program description and introduction to the topics
Afternoon	Short excursion into surrounding nature
Evening	Welcome evening with games
Day 2	
Morning	Interactive Introduction about the concept of Global Citizenship Education. Workshop on the carbon footprint
Afternoon	Group work preparing a method for the other participants Workshop on the management of natural resources Reflection groups
Evening	Intercultural evening
Day 3	
Morning	Workshop on virtual water Workshop on pollinating insects and biodiversity
Afternoon	Workshop on the strategies twordas sustainability Workshop on "hand-print"-our power to shape a different future Reflection groups
Evening	Informal socializing
Day 4	
Morning	Workshop "Neutopia"-design a different living environment
Afternoon	Collective reflection round about the methods implemented Planning of the graphic recording video Reflection groups
Evening	Exchange Night ( open discussion on how make schools more sustainable, questioning where the resources used come from and where the wastes go)
Day 5	
Morning	Realization of the graphics Registration of the video on GCED and sustainability
Afternoon	Feedback and evaluation of the experience Youth Pass certification
Evening	Goodbye evening
Departure day	
Morning	Breakfast and departure





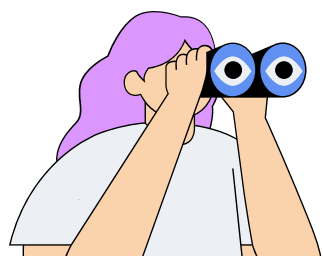
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# TransFORMATIVE education for ethical nutrition



- **DATE:** 26th of August to 1st of September 2023
- **LOCATION:** Località Solaiolo Alto, Ville di fiemme, Trento, Italy
- **NUMBER OF PARTICIPANTS:** 18 in total, resident in Germany, Italy, Slovenia, Austria, Czech Republic and Bulgaria
- **AGE OF PARTICIPANTS:** 18+
- **TRAVEL:** All refunded, by **green travel** solution like train or bus (possibility of two-day travel for those coming from a faraway places)
- **LANGUAGE:** English
- **FEE:** Between 1 – 100€ (**Solidarity Principle** –you can choose how much according to your situation)
- **REGISTRATION:** Until **18th of May 2023**





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## • LOGISTICS:

**-Accommodation:** The venue is a large mountain house, called "maso" in Trentino, in a small village named Solaiolo, surrounded by stretches of meadows and woods in the Italian Alps. Participants are expected to share rooms in small groups. When the weather is fine, activities will be held outdoors, otherwise in the attic.

**N.B:** The cost of accommodation is covered by the Erasmus+ program.



**-How to reach:** Participants can reach the Egna/Ora railway station taking a regional train from Verona or Bolzano, and from there take a bus to the San Lugano pass. From there, car transport will be organised to reach the house.







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**-Meals:** participants will take turns taking part in cooking activities, supported by CAMBIO staff. The food consumed will be **vegan**, organic, seasonal and local. Please let us know if you have any special dietary requirements such as allergies or intolerances it will be our priority to always provide safe options for you.

**N.B:** The cost of the meals is covered by the Erasmus+ program.

### **-What to bring:**

- Comfortable clothes and hiking shoes/sneakers
- a waterproof jacket
- house shoes
- towel and personal hygienic items
- bed linen/sleeping bag
- Water bottle, sun protection
- A traditional food of your country/region for the intercultural night.

### **• TOPICS:**

The training course gets to the bottom of the actual challenge of **providing us humans with sufficient, healthy, and sustainably produced food.**

It will deal with the topics of:

- food security and food sovereignty;
- globalization of food production chain vs. local markets and fair trade;
- advantages of a plant-based diet;
- food waste;
- the history of food, related to colonialism;
- critical consumption and the power of the buyers.



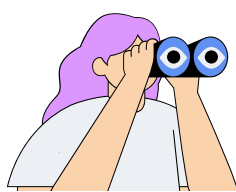


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## • PROGRAM TIMETABLE:

Arrival Day	
Evening	Welcome Dinner - introduction to the accomodation
Day 1	
Morning	Get to know each other, Ice-breaking and names learning activities Program description and introduction to the topics
Afternoon	Short excursion into surrounding nature
Evening	Welcome evening with games
Day 2	
Morning	Interactive Introduction about the concept of Global Citizenship Education. Workshop on economic growth and nutrition
Afternoon	Group work preparing a method for the other participants Workshop on the functioning and the problematic of the large-scale retail trade Reflection groups
Evening	Intercultural evening
Day 3	
Morning	Workshop on consumerism and advertisement Workshop on history of food and its connections with colonialism
Afternoon	Workshop on fair trade Workshop on food lost and waste Reflection groups
Evening	Informal socializing
Day 4	
Morning	Workshop "political pot soup"-preparing lunch and discussing about sustainable diet
Afternoon	Collective reflection round about the methods implemented Planning of the graphic recording video Reflection groups
Evening	Exchange Night ( open discussion on how to reform menus in school canteens in order to ensure healthy and ethically produced food to the students)
Day 5	
Morning	Realization of the graphics Registration of the video on GCED and ethical nutrition
Afternoon	Feedback and evaluation of the experience Youth Pass certification
Evening	Goodbye evening
Departure day	
Morning	Breakfast and departure





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## • **WORKING METHOD:**

The training courses will be as **participative** as possible, attendees will learn by doing most of the concepts and redirect the course of the training according to their interests and needs. Participants will be divided in **groups** and will have to choose one method among those presented by the moderator to lead for the other participants. In this way everybody will gain educational skills, **learning by doing** about non-formal pedagogical methods. As we don't want a stressful exchange, participants will have everyday **free time** for themselves. We will have a **coffe break** in the middle of the morning and afternoon sessions, a "siesta" time after lunch, and free evenings.

Every activity day before dinner there will be time dedicated to **reflection groups** to share thoughts and exchange opinions about the activities within a small group of other participants.

## • **SOLIDARY FEE:**

Participants are invited to contribute with a fee **from 1€ to 100€** each according to its possibilities to support the realization of the training course. You can donate to CAMBIO through this link (**after the selection process**): <https://cambio-aktionswerkstatt.de/>

Or via our bank details: CAMBIO eV

BANK: Banca Triodo

IBAN: DE45 5003 1000 1034 1900 00

BIC: TRODDEF1

## • **TRAVEL INSURANCE**

As a contribution to the realization of the project and to guarantee your own safety and protection, participants are required to get a travel insurance for themselves, including liability insurance and medical insurance (if you have the EU health card that is enough for the medical issues).



## • TRAVEL INFORMATION :

-We have decided to encourage every participants to choose a **more green and sustainable way of moving** because we believe that the transformation towards a better future starts from this small individual choices.

- If your journey is too long, you can split it in **two travel days**, and we will give you back the money of the hostel room (**no more than 35€**)

-**The travel costs are covered by the Erasmus+ grant** and they depend on the distance in a straight line from the city where your sending organisation is based to the venue place. **Please, try to choose the cheaper option**, here you can see the maximum reimbursement we can give you for the round trip:

	Maximum refund		
	AUSTRIA	SLOVENIA	ITALY
From Austria	150 €	150 €	100 €
From Italy	200 €	200 €	40 €
From Germany	200 €	150 €	270 €
From Bulgaria	300 €	300 €	300 €
From Czech	150 €	150 €	200 €
From Slovenia	150 €	30 €	170 €

-CAMBIO staff will refund you the travel costs **AFTER** the end of the training course. **Please, keep all the receipts!**

-Please make sure that the train/bus ticket from your city the venue place **semi-flexible** (you can cancel until the day before and have your money back) so that in case of illness or any other thing that can come up you can have the refund of it.

-**Before booking the ticket ask us for confirmation.** Please start your research as soon as possible so that the price of the ticket is lower.





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## • APPLICATION FORM AND CONTACTS:

Did we convince you?

Fill in the **form** that you find at this link to apply for one or more of our training courses:

<https://cambioev.aidaform.com/erasmus-transformation-for-a-better-future>

We will contact you soon to continue the selection process.

If you have **questions or doubts** write us an e-mail at:

[erasmusprojects@cambio-aktionswerkstatt.de](mailto:erasmusprojects@cambio-aktionswerkstatt.de)

## • ABOUT CAMBIO:

CAMBIO e.V. is a non-profit association based in **Dresden**. As CAMBIO e.V. we organize different activities in the areas of **ecological sustainability and social justice**. We support **Global Learning**, a holistic educational concept and pedagogical answer to the challenges we face due to the increasing globalization of all life processes. Our first focus is on **school workshops** and project days in and around Dresden. A second focus is on the **training and further education of multipliers** in the education and social work sectors. The central basis for all our projects are the "**Sustainable Development Goals**" (SDG). Our work is rounded off by our third focus: public education and events. For example the **Political Art Days** – a festival full of workshops, art and music – take place every autumn.





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VIBES**

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**NEFiks**  
[www.nefiks.si](http://www.nefiks.si)



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