

THE ART OF FEELING

RootMap for WellBeing

22 PARTICIPANTS

Youth workers, youth leaders, educators, beginners facilitators... From 9 European organisations coming from Belgium, Bulgaria, Lithuania, Finland, Portugal, Romania, Turkey, Slovenia & Spain

WHERE?

In Elda, Alicante

In a calming place near the nature and enough close to the town and 45 minutes from the beach.

WHAT?

A **TRAINING COURSE** to discover lights and shadows inside you, empower your hidden resources of self-awareness, resilience, motivation, stress management and social and emotional skills.

Co-funded by the European Union

INFORMATION ABOUT THE TRANSPORTATION, VENUE AND OTHER LOGISTICS

9th

Dates and place

The training course will be held between the 9th and 16th December. Being the 9th Arrival day and 16th the departure.
You should be in Alicante on December 9thth before 19:00 and the departure is planned on 16th December after 10pm. (remember this when looking for flights)

Please plan your travel accordingly, we'll be hosted in the Finca "Los Rosales" a venue commonly used for weddings and nice events.
You can come using Alicante or Valencia airport. Madrid is 4 hours away and Barcelona is around 9 hours away.

PASSPORT

Option 1: Coming through Alicante

We recommend you use ***www.skyscanner.net*** or ***www.momondo.com*** to find the most convenient flights to and from Alicante.

Alicante's airport (ALC) has cheap connections to London(you need passport), Belgium, Milan and Cluj-Napoca (Romania) using Ryanair, Easyjet and Wizzair. So if you are struggling to fit your travel plans within your budget, try looking for flight to/from this places, then onto Alicante.

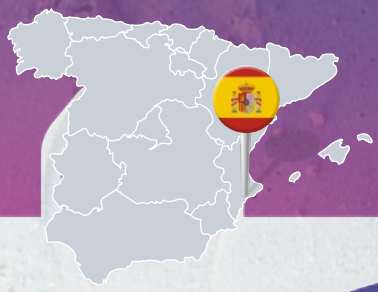
We will organise 2 journeys on minibus from Alicante beach station (plaza del mar) based on your arrival times (please fill the online form for this, once you have your flight tickets ***https://forms.gle/FhUWVE8PfF1htdfU8***)

Option 2: Coming through Valencia

If you arrive to Valencia airport then you can take a bus from ALSA bus station. It takes 2 hours and it costs 30€ Euros 1 way.



WELCOME TO SPAIN!



Option 1: ALICANTE to the meeting point.

You can get public bus C6 from Alicante Airport on the **Upper floor** of the airport exit at the very right corner. The bus costs **3.85€** and it has free wifi on board. Please be aware you can only purchase tickets on the bus itself and **in cash or card!**. So please make sure you have a little Euros in your pocket when you arrive to Spain or your debit card activated.

The C6 departs from Alicante Airport almost every 20 minutes from 5:40am to midnight. Here

			8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00
	6:10	7:10	8:20	9:20	10:20	11:20	12:20	13:20	14:20	15:20	16:20	17:20	18:20	19:20	20:20	21:20	22:30	
5:40	6:40	7:40	8:40	9:40	10:40	11:40	12:40	13:40	14:40	15:40	16:40	17:40	18:40	19:40	20:40	21:40		

Take the C6 bus to **Puerta del Mar** (it should be stop number 12 and It's the last one) which takes about 30 minutes to reach from the Airport. Look out for the beach.

Part 2: The "Promesas" Minibus

In Puerta del mar you'll see several bus stops. Wait for us there.We will organise 2 trips from this point to our final destination and It will take around 45 minutes.





This is what you should see from the bus stop and where you can wait for us. (You will see a big Spanish flag.) You can relax a while on the beach there if you arrive before.

Health & insurance



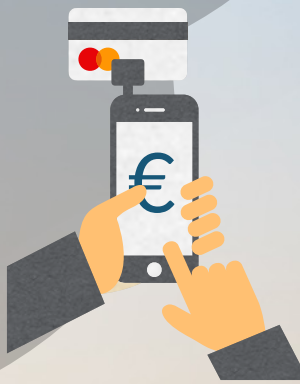
Erasmus+ guidelines establishes is mandatory for every participant to have health insurance for your travel to Spain, as we cannot cover it from the project budget along with the European Health Card.

Financial conditions

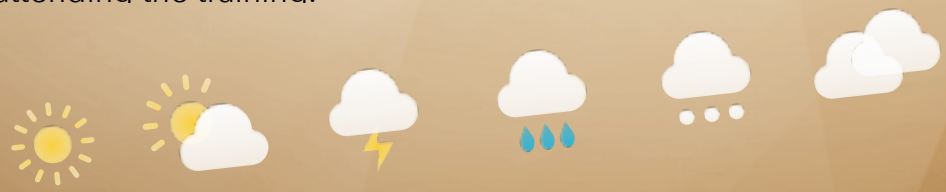
This training course is co-financed by the Erasmus+ programme, meaning the costs related to travel, food and accommodation will be fully covered by the hosting organisation.

The maximum reimbursement per participant for travelling from each country is as follows:

Country / Organisation	Distance Band (km)	Travel Grant (€/ person)
Spain – Promesas	0–9 km	0
Belgium – Brussels Nexo	500–1999 km	**309 €**
Bulgaria – Foundation ECE	2000–2999 km	**395 €**
Lithuania – Inovatyvi Karta	2000–2999 km	**395 €**
Finland – YAD ry	3000–3999 km	**580 €**
Portugal – 30POR1LINHA	500–1999 km	**309 €**
Romania – ASK Yourself	2000–2999 km	**395 €**
Türkiye – BEKAM	2000–2999 km	**395 €**
Slovenia – ODTIZ	500–1999 km	**309 €**



If the travel costs will exceed the amounts specified above, you will have to pay the difference, so you should look for the cheapest ways of transportation. Reimbursement will be done by bank transfer after your arrival home and after you send us by post all the original travel documents and the proof of their purchase (tickets, boarding passes, invoices, receipts, bank statement etc.). So please keep **ALL the travel documents**. Also, reimbursement of transport will be done **only** to participants who **fully attend** the training course activities and after filling the Mobility Tool Participant's Report that you will receive after attending the training.



Weather conditions

The month of December in Alicante can be very fluctuant **between 8 and 31°C** over the course of the month.

We suggest you to bring confortable clothes to be in a relaxed way but warm enough if needed.

The Art of Feeling is a week-long experiential training course designed for youth workers and educators who want to explore the emotional dimension of learning and human connection. Through creative, reflective, and nature-based activities, participants will embark on a journey from *self-awareness to empathy*, strengthening both intrapersonal and interpersonal competences.

In today's fast-paced and hyper-connected world, we often forget one of our most essential human needs: to feel, to connect, and to understand ourselves and others. This training invites participants to slow down, breathe, and rediscover emotional literacy as a foundation for wellbeing, healthy communication, and authentic relationships.

Throughout the week, the group will engage in dynamic sessions such as **"The Amazing Island"**, **"My body Flows"**, **"Mirror Exercise"**, and **"The Compassionate Mind"**, combining movement, storytelling, non-violent communication, creative expression, and mindful reflection.

Main objectives:

- To identify and recognise emotions in oneself and others.
- To strengthen self-esteem and self-identity as a basis for personal balance.
- To communicate and express emotions assertively.
- To develop empathy and emotional regulation in social interactions.
- To use emotional awareness as a tool for conflict transformation and wellbeing.

TimeTable Training The Art of Feeling

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Until 9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 - 9:30		Team Creation	Collaborative Teams	Collaborative Teams	Collaborative Teams	Collaborative Teams	Collaborative Teams	
9:30 - 11:00		Introducing "US"	Amazing Island	SALIDA Choose a tree Trust the group	Mirror Exercise	Group Sharing	Elementos naturales y narraciones	
11:00 - 11:30		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
11:30 -13:30		Team Building & Agreements / teams division	Amazing Island	Group care activity	Listening Backs	Group Sharing	My body flows	
13.30 - 15.30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:30 - 17:00		Talent or Handicap	What are emotions / 4 brains / Emotions in Court	**Mission Z**	Listening	Group Sharing	Follow up / Erasmus+ Session	
17:00 - 17.30	Arrivals	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Departures
17:30 - 19:30		Facilitator & Wheel of Health, Our BIO report	Run Run + Compassionate Mind	**Mission Z**	The Chair	Popular John Doe	Evaluation & Feedback	
19:30 - 20:00		Reflection Time	Reflection Time	Reflection Time	Reflection Time	Reflection Time	Reflection Time	
20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Night	""IN SUIT" Welcome Activities	G.C. / Guess my passion	THE SUIT THAT FITS WELL	Free night	Free night	Free night	Cenas /Mug	

THE PROGRAMME

The Team of Facilitators

Alicia Gobernado



Ali is a youth worker, **waldorf teacher** and trainer with extensive experience in emotional education and inclusion. She is actively involved in coordinating and delivering educational activities in secondary schools in Alicante, with a focus on social-emotional learning, resilience, and bullying prevention. Alicia also contributes to the development and testing of innovative educational materials and methodologies within Promesas' projects.

Javi Quilez



Javi from Asociación Promesas is a non-formal educator, **EcoTrainer** and Waldorf pedagogy teacher. He has been involved in NFE as a volunteer since 2002 when he joined the **scouts** again as an educator. He has been involved in planning teams for international educational events for more than 60.000 people such as Jamboree 2007 UK, RoverWay Italy, and was in charge of the adaptation of Youth in Action for the European Scout Region from 2006-2011 in Spain. He enjoys been involved in many projects helping NGO's to create their own image and making videos for them. He has co-created the educational boardgame "Gira2" and co created"Mission Z", Real iDeal and Amazing Island and many other educationalgames.

Meals

Food is the energy of our bodies and it affects our state of mind too, therefore we want to take it as part of the experience.
We will have Breakfast, Lunch and Dinner there so please let us know if you have any special requirement.

We will also have 2 coffee breaks during the day (coffee, tea, biscuits, fruit…)



Accomodation

We'll be sharing bedrooms among 2-3 people, gender based.
It will be a very familiar house, not fancy at all but we'll be on our own, very calm and with intimacy.

Bed linen and towels will be given by the accommodation.
You can take a look at the accommodation here:
https://fincajardinlosrosales.com/





Please join the Whatsapp group which will be our channel of communication.

Here you can also meet other participants:
https://chat.whatsapp.com/GKt6NQnlMIKCRdkyB2rN21

Join us for a journey where
emotions become our teachers,
and connection becomes our art.



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Organised by:

ASOCIACIÓN PROMESAS
Promotora de metodologías educativas para una sociedad alternativa y sostenible.

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