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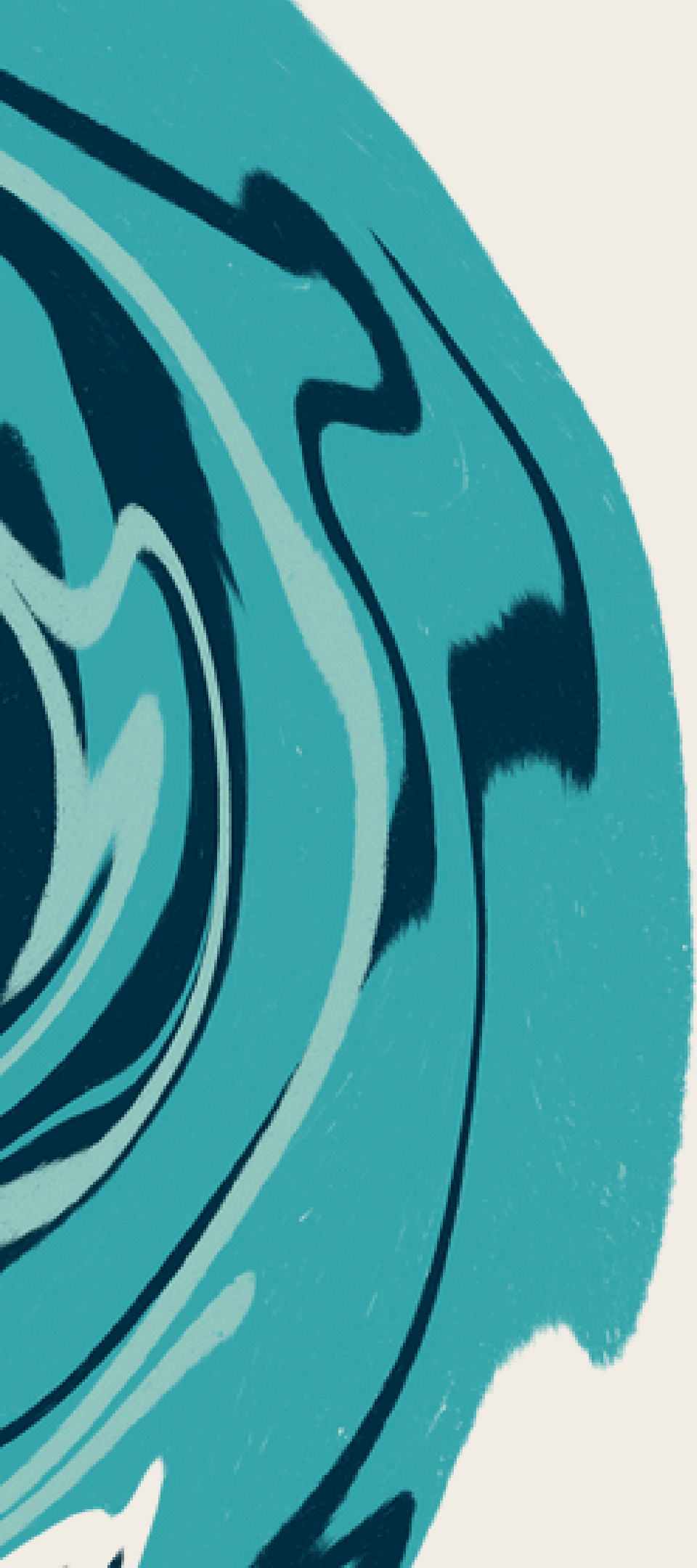


Funded by  
the European Union

# Let's get resilient training course

Slovenia, Sunny hills of Istria

2.6.2026 - 10.6.2026



**Let's get resilient** is an international training course designed for participants to explore sustainable ways of working with themselves and others through **mindfulness, beginner-friendly artistic practices and movement.**

In a world that constantly demands action, productivity and visibility - this training offers a calm and supportive space to slow down, reconnect and rediscover authenticity.



# Objectives of the training course

- To introduce embodied and mindfulness-based approaches as practical tools in youth work.
- To combine creative, reflective and body-based methods for deeper self-exploration and learning.
- To support participants in developing awareness of boundaries and authenticity.
- To strengthen resilience and promote sustainable ways of working with individuals and groups.
- To encourage more grounded, conscious and inclusive approaches to social engagement.

# Participants will:

- Explore mindfulness and embodied awareness through a combination of somatic practices, gentle movement and guided reflection.
- Develop a deeper understanding of their needs, boundaries and inner resources through a mix of creative expression (art, journaling) and structured self-reflection tools.
- Strengthen their capacity for presence, active listening.
- Explore connection and boundaries in relation to others, and reflect on their role within groups and communities.
- Gain practical, experience-based tools for supporting resilience, self-regulation and wellbeing.
- Learn how to create safer, calmer and more grounded spaces for young people using embodied and reflective approaches.



# Outcomes

In training course, participants will work in small groups to **design and facilitate their own workshops** based on the key themes of the project.

These workshops will integrate embodied and mindfulness-based approaches, together with creative and reflective methods, and focus on topics such as boundaries, authenticity, resilience and inclusive youth work.

Participants will not only develop their ideas, but also test them in practice by delivering sessions to the group and receiving feedback. Through this process, they will gain hands-on experience in creating and facilitating meaningful, embodied learning activities that can be applied in their future work.



# Facilitators

Klara  
Pavlič



I am a queer person who stumbled into youth work by a chance – and found my joy. Ten years ago, I started volunteering at the Youth Centre of Dravinja Valley and the local student club, where I discovered the power of non-formal education and community.

Exploring myself has been a big part of life. I am drawn towards the inner landscape of my psyche and to listen to my body sensations. I strive to listen to my authentic voice. I wish for us to create a safe environment where different people can come out and explore themselves.

My favourite animal is the Blue whale and I love sauna. I enjoy kayaking. I am interested in neurodiversity.



# Facilitators



Urška  
Pavlovič

I am an artist, youth worker and trainer in non-formal education. I work with various organizations in the youth sector, facilitating workshops and implementing international projects within Erasmus+ and the European Solidarity Corps, and I am a member of the trainer pool of MOVIT, the Slovenian National Agency.

My approach combines creativity, playfulness, experiential learning, and humour to create engaging and supportive learning environments for young people. My strengths include creative thinking, digital youth work, visual communication, project management, and group facilitation.

My guiding motto in youth work is: “Be the person you needed when you were younger.”

# Special guest

## Sanja Zalar Gostimirovič

I am a somatically oriented psychosocial counsellor whose work supports nervous system regulation, resilience and embodied presence through process-based and experiential work with the body, perception and relational dynamics

Grounded in a biopsychosocial perspective and trauma-informed practice, I work with individuals and groups within a non-clinical framework that integrates somatic awareness, boundaries, relational process, and embodied movement.



# Location and accommodation



**Sunny Hills of Istria** is located in the peaceful countryside of Slovene Istria, close to the Slovenian coast.

It is based in a **renovated 200-year-old traditional Istrian house**, offering a simple and comfortable stay surrounded by nature.

**All food will be vegetarian.**





# Ecological impact of Sunny hill

- Water consumption is only 20–25% of the national average (approx. 30–35 L per person/day)
- 80% of water comes from rainwater, collected from rooftops and stored in reservoirs
- **Wastewater from kitchens and bathrooms** is naturally treated through reed-bed systems and reused for irrigation
- **Only eco-friendly products are used for cleaning, laundry, and personal hygiene**
- **Composting toilets (yes – even the toilets are eco :P). No flushing – minimal water use - use of ash to cover the waste.**
- **Waste is composted and later used as fertilizer**
- **Urine is reused as a natural fertilizer in the garden**
- Heating is provided by a high-efficiency wood gasification boiler (90%+ efficiency, low emissions)
- Additional heating via solar collectors and simple summer systems (e.g. sun-heated water pipes)
- **Buildings are renovated using natural materials** (wood, clay, lime, natural paints) and **traditional techniques**



# composting toilets



# Target group

Training course is inviting youth workers, activists, volunteers that ...

have a migrant or have refugee background

are neurodivergent individuals

are part of LGBTQ+

are open-minded

respect differences

have a diverse background

are interested in personal growth

are interested in psychology

value slow living

have different life experiences

are interested in mental health and wellbeing

are willing to step out of their comfort zone

are interested in somatics

are curious learners

are willing to step out of their comfort zone

are interested in self-development

enjoy simple, nature-based environments

# We especially welcome participants facing different types of barriers, including:

## **Social barriers:**

e.g. people experiencing social marginalisation, coming from challenging family situations (single parents, caregivers), or those with a background of social exclusion.

## **Health-related obstacles:**

e.g. people living with chronic illness, burnout, anxiety or other mental health challenges that can affect their participation in daily life or mobility activities.

## **Economic barriers:**

e.g. participants with low income, unstable financial situations, unemployment, or those who cannot afford to participate in international activities without support.

## **Educational barriers:**

e.g. early school leavers, NEETs (not in education, employment or training), or individuals who struggled in formal education settings

## **Cultural differences:**

e.g. participants with migrant or refugee backgrounds, people from minority communities, or individuals facing language barriers or difficulties adapting to new cultural environments.

## **Geographical barriers:**

e.g. people living in rural or remote areas, with limited access to public transport, infrastructure or opportunities for international engagement.

## **Disabilities:**

e.g. participants with physical impairments, sensory disabilities, or intellectual disabilities.

## **Barriers linked to discrimination:**

e.g. individuals facing discrimination based on gender, age, ethnicity, religion, sexual orientation (including LGBTQ+), disability, or intersecting identities.



# Participation in the training course is free of charge.

Partner organisations are **not allowed to charge participants** any participation or organisational fees.

All costs (accommodation, food and programme) are covered by the Erasmus+ programme, and travel costs will be reimbursed according to the Erasmus+ rules.

# Travel cost

Travel costs will be reimbursed according to the distance traveled, based on the Erasmus+ distance calculator:

<https://erasmus-plus.ec.europa.eu/sl/resources-and-tools/distance-calculator>

Please note that we kindly ask you to send us your travel plans and ticket details before purchasing them for our approval. Additionally, let us know if you are interested in using environmentally friendly travel options (Green Travel – bus, train)

TRAVEL DISTANCE	NON-GREEN TRAVEL	GREEN TRAVEL
10 - 99 km	28 EUR	56 EU
100 - 499 km	221 EUR	285 EUR
500 - 1999 km	309 EUR	417 EUR
2000 - 2999 km	395 EUR	535 EUR
3000 - 3999 km	580 EUR	785 EUR
4000 - 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR



# IMPORTANT INFO FOR PARTICIPANTS

## 1. APPLICATION FORM

<https://forms.gle/vFSvYnhGGdBFmZhG7>

After the selection process, all chosen participants will receive a Participant's Agreement, which they must:

- **Sign and return by 25th of May 2026 (digitally)**, and
- bring a printed and signed hard copy with them to the activity.

Only participants who complete both steps will be officially confirmed.

## 2. WHAT TO BRING - ESSENTIAL ITEMS

We want you to feel comfortable and ready!

- **indoor slippers** (for accommodation & workshops – required),
- **towel** – one small towel will be provided, but feel free to bring your own,
- **personal hygiene products**,
- **comfortable clothes** – for creative work, movement, possible outdoor filming,
- **weather-appropriate clothing** – summer can be hot, but evenings may be cool.
- **headphones** - for workshop
- **personal medication** – if you have any conditions, please ensure you have enough for the whole stay,
- **EU Health Insurance Card** (mandatory!) – or other valid health insurance,
- **ID or Passport** – valid for the duration of your stay,
- **reusable water bottle** – stay hydrated!
- **chargers, adapters, power banks** – Slovenia uses standard EU plugs (Type C & F),
- **notebook & pen** – for notes, ideas, feedback sessions,



### 3. LOGISTICS – WHAT YOU NEED TO KNOW

Do not buy your travel tickets until they are confirmed by our coordinator, Klara ([klara.pavlic@mcdd.si](mailto:klara.pavlic@mcdd.si)). This is mandatory.

- Send your **travel plan (screenshot, price, itinerary)** to Klara for approval.
- After your trip, **you must keep and send all tickets, invoices, boarding passes**. All the receipts must be forwarded. Without them we can't provide you reimbursement. Also please note, that for conversion reasons, it is important on which date you bought the tickets etc. It should be seen from your receipt (or e-mail confirmation or other proof of date). **Reimbursement is only possible with full documentation.**



Travel costs will be reimbursed in accordance with Erasmus+ rules and distance bands. We strongly encourage green travel (train, bus, etc.).

**The deadline for submitting all required documents is 30 days after the end of the project, which means by 10th of July, 2026.** By that date, participants must:

- **Complete the reimbursement form** – you will receive it during the project, and we will go through it together.
- Submit all necessary supporting documents:
  - **Invoices/receipts** (must include participant's name, travel dates, price)
  - **Tickets** (train, bus, plane, etc.)
  - **Boarding passes**
  - **Proofs of payment** (e.g., confirmation emails, bank statements)
- **Complete the online evaluation in the Erasmus+ Mobility Tool**, which will be sent to your email after the project ends.

Please note: **Without complete documentation, we will not be able to reimburse your costs.**



## 4. BEHAVIOUR & PARTICIPATION

This is an Erasmus+ learning experience. We expect every participant to:

- Be present and on time for every session.
- Participate actively and respectfully.
- Follow the Participant Agreement and rules of conduct.
- Be kind, open-minded and ready to collaborate!

### **REMEMBER**

- We are here to learn, co-create and inspire.
- Bring your creativity, open mind and energy.



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**We look forward to meeting you!**

For more info you can reach us at  
[klara.pavlic@mcdd.si](mailto:klara.pavlic@mcdd.si).