

**CALL FOR PARTICIPANTS:
Erasmus+ Training Course “Surfing The Shame”**



Funded by
the European Union

20th - 27th February in Bologna, Italy

Registration form [HERE](#) - DEADLINE for applications: 26th January 2025

We're looking for **participants** for the training course called "**Surfing The Shame**" that will take place from the **20th to the 27th of February 2025** in the beautiful place called "Camere d'Aria" located in Bologna, Italy.

This training course, funded by **Erasmus+ training course**, is designed to develop **emotional competencies** among young people, using non-formal education methods such as **Nonviolent Communication**, **Theater of the Oppressed**, and the **Human Library**. Through these approaches, participants will learn how to navigate and respond to challenging emotions—like shame, guilt, and anger—in constructive ways.

WHERE

Bologna, Italy, at [Camere d'Aria](#) (Via Guelfa 40/4).

Camere d'Aria is a multifunctional space in which expressive forms, artistic practices and many ideas – sometimes intuitive, sometimes the result of rational reflection – pass through, defining its architecture. A fluid architecture, constantly in transformation through the energies of those who pass through the space and from which it is transformed in a mutable and rhizomatic exchange of influences.



Camere d'Aria supports and promotes participation and artistic expressiveness from below, avoiding unnecessary hierarchies and overly rigid organisational models. Within Camere d'Aria, identity boundaries fade, in many cases dissolving, to leave room for exchange, cross contamination and the free circulation of knowledge and practices that do not bear the seal



of private ownership.



WHEN

You need to **arrive** in Bologna on Thursday, **20th February, possibly before 18:00**. We will start at 18:00 on 20th February with welcoming and getting to know each other's activities. Dinner will be served.

The course will finish on Saturday, 26th February, in the late evening; therefore, **departures** are planned on the **morning of 27th February 2025** (breakfast is included). As further meetings are planned in the venue, it will not be possible to host participants after the departure day.

ABOUT THE PROJECT

A group of 15 young people from different European countries will follow a program combined by a mix of activities and methods. From Nonviolent communication, Theater of the Oppress, Emotional Intelligence, Human Library and other non-formal education activities.

We will create an **intentional and safe space** where we learn to **stay more comfortable in our emotions**. Between the triggers that activate emotions, like shame, rage, sense of guilt and the moment we react, there is a space. We will work to learn to stay comfortable in that space and learn to expand it, so when we react we have the energy and intention we would like to reach what we need. In this sense **SURFING THE SHAME using the energy and being on top of the wave of emotions and not under**



them. Be responsible for our own emotions, it's not to have them, but how to be ABLE to RESPOND to them. If the group will agree we will create a public action to share our experience and motivate other people to challenge themselves to positively act personally and socially.

Project's aim is to develop the emotional competences of young people. To achieve its general objective, the project has the following specific objectives:

- Learn how to use the Compass of Need.
- Learn how to stay connected to ourselves to be able to respond with positive energy and clear intention to our needs.
- To develop the skills of young participants within non-formal and informal education tools and NonViolent Communication
- To reach a target beyond the participants and partners through a public action/event like Theater Forum of Invisible Theater.
- Possible outcome publication of the project outcomes (videos, articles) through personal media platforms and public publication

The project has 3 main components:

BEFORE the Training

Attending one preparatory online meeting which will take place between 10th to 14th February.

DURING the Training

- Active participation to all the sessions
- Participating in community daily life (keeping clean the place, taking care of the space)
- Willing to challenge our own bias and behaviors
- Be flexible and open minded towards others and the space
- Contribute to the creation of public event
- Be proactive towards the agenda

AFTER the Training

- The participants will help and contribute to share the results of the project together with their sending organizations.
- Attend the follow-up workshop in which they will share what they have learned.



ABOUT US

Service Civil International is the oldest voluntary peace movement in the world, with over 100 years of experience. Its mission is to promote a culture of peace by organising international volunteering projects with local and global impact. SCI is present in 40 countries on 5 continents, and cooperates with partners in almost all countries of the world. Read more at <https://sci.ngo/>.

[SCI Italy](#), founded in 1948 and “revitalized” in the 1970s, is based in Rome and is supported by several local groups. During its existence it has sent and received thousands of volunteers, contributing to spreading international volunteering in Italy. SCI Italy sends around 400 Italian volunteers around the world every year. It organizes around 30 workcamps a year in Italy, which host more than 300 international volunteers, thus contributing to the development of social, environmental protection, and historical/cultural activities in Italy. SCI Italy has been an ESC (European Solidarity Corps) sending and hosting organization for several years and annually carries out various projects co-financed by the European institutions (European Union, Council of Europe).

PROFILE OF THE PARTICIPANTS

- Minimum 18 years old
- Has the interest, motivation, and willingness to follow the project from its beginning to its end
- Be able to communicate in English (the working language of the exchange)
- Having a positive and proactive attitude

- Be tolerant, and open minded (we are following vegetarian diet, and we will live in a basic accommodation in which we share rooms)
- Team player
- Willing to contribute to the community living
- To attend the whole course duration (there is no possibility to make exceptions).
- Being resident in one of the eligible countries: From EU programme countries and third countries associated with the Erasmus+ Program, Zone 1 (Albania, Bosnia and Herzegovina, Kosovo, Montenegro) and Zone 2 (Armenia, Azerbaijan, Belarus, Georgia, Moldova, Ukraine).

ECONOMIC CONDITIONS

Food and accommodation as well as all organizational costs (additional insurance, training materials, etc.), will be fully covered thanks to the co-financing by the European Union.

Sustainable food: The food we provide will be vegetarian with vegan options. This is not just a practical decision, but also an ideological one: SCI believes in the values of sustainability and climate justice – and if we want to contribute to a more peaceful planet, we need to give up on animal agriculture and its destructive effects on our planet.

Some of the partners may ask for a small sending fee to cover their placement costs. Please check with your organization.

Reimbursement of the travel tickets (including visa and visa-related costs) will be 100% up to the maximum amounts after the receipt of original documents. Maximum travel reimbursement will be according to the 2022/23 Erasmus+ rates (as the Surfing the Shame project has been co-financed through a grant which refers to those years).

Distance Not green travel (plane, ferry) Green travel (shared car, train, bus)

Distance	Not green travel (plane, ferry)	Green travel (shared car, train, bus)
10 – 99 km	23 euro	23 euro
100 – 499 km	180 euro	210 euro
500 – 1999 km	275 euro	320 euro
2000 – 2999 km	360 euro	410 euro

The distance band is calculated according to the distance between Bologna and your sending organization: check [here](#).

Even though this is not a “getting to know Bologna” project, **you may also stay in Bologna a few days (1 or 2, not more) before or after at your private expense**, as long as the travel cost is not higher than the cost which you would bear if coming only for course duration.



HOW TO APPLY

If you consider yourself a suitable candidate for the course, please fill in the [application form](#) by **26/01/2025**.

You will be notified of the selection results after the deadline. Be aware that you will need to be supported by an organization. For this reason, before submitting your application, please contact your sending organization.

All those accepted will receive a detailed “infosheet” (including how to get to the venue, how to book your travel, what to bring, more information about the agenda of the project and details about the preparatory tasks). Please **do not start booking tickets before receiving the official confirmation of approval by SCI Italy**.

If you have further questions regarding the project, you can write to us at nordsud@sci-italia.it.