

CALL FOR PARTICIPANTS:

Training course: SURFING THE SHAME 2



[Registration form](#)

DEADLINE for applications: 21th of September 2026

We're looking for **15 participants** for the training course **SURFING THE SHAME 2**, which will take place from **28 October to 4 November 2026** at the beautiful **Città dell'Utopia**, in **Rome, Italy**.

The project is funded by the **Erasmus+ Programme of the European Union**, with the support of the **Agenzia Nazionale per i Giovani**.

Context

This training course, funded by Erasmus+, is designed to develop emotional competencies among young people, using Nonviolent Communication, Invisible Theater, and Yoga through non-formal education.

Through these approaches, participants will learn how to navigate and respond to challenging emotions—such as shame, guilt, and anger—in conscious ways. They will also learn to create an empathic connection with themselves, with others, and with the world that surrounds us.

We will use Invisible Theater to activate others to find the courage to become actors of change in society.



Surfing the Shame 1st edition in Bologna, February 2025

About the project

A group of 15 young people from different European countries will follow a program combining a mix of activities and methods. These include Nonviolent Communication, Invisible Theater, Pranayama and meditation, Emotional Intelligence and other non-formal education activities.

Any practice is useless if it's not a door to work on ourselves. A window into our soul.

We will create an intentional and safe space where we learn to stay more comfortable with our emotions. Between the triggers that activate emotions, like shame, rage, and a 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, clear motivation, and intention to reach what we need.

In this sense, SURFING THE SHAME is using the energy and being on top of the wave of emotions and not under them. Being responsible for our own emotions is not about not having them, but about being able to respond to them.

Starting from ourselves and what we will practice in the training, we will use Invisible Theater to create an action to motivate other people to challenge themselves and act personally and socially.

Main objectives

The project's aim is to develop the emotional competencies of young people. To achieve this general objective, the project has the following specific objectives:

- To develop greater awareness of our emotions and emotional responses.
- To learn how to navigate and respond consciously to challenging emotions such as shame, guilt, and anger.
- To develop an empathic connection with ourselves, with others, and with the world that surrounds us.
- To learn to create and expand the space between an emotional trigger and our reaction.
- To explore how to take responsibility for our emotions and respond to them consciously.
- To use Invisible Theater to motivate others to challenge themselves and become actors of change in society.



Project activities

Participants will explore various aspects of the project through interactive workshops and hands-on activities. Key activities include:

- Learning how to use the Compass of Need.
- Learning how to stay connected to ourselves in order to be able to respond to our needs with positive energy and clear intention.



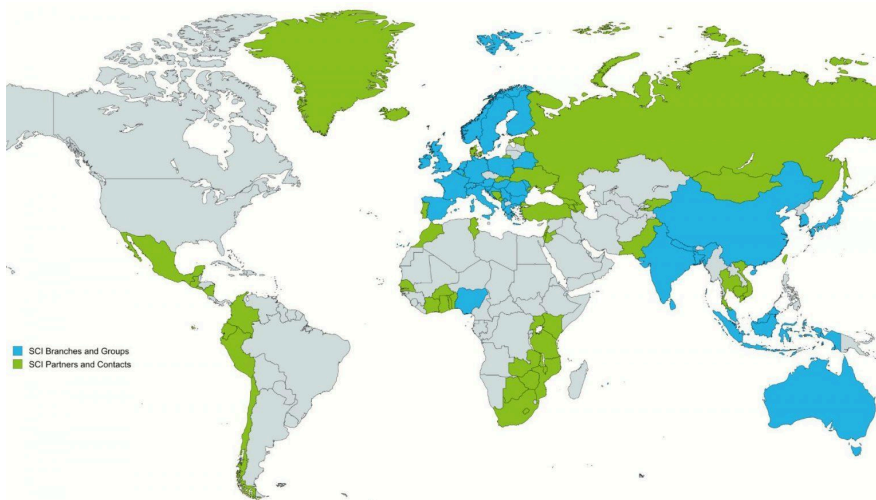
- Developing the skills of young participants through non-formal and informal education tools, such as Nonviolent Communication, Yoga, and Invisible Theater.
- Reaching a target beyond the participants and partners through a public Invisible Theater action.
- Possible publication of project outcomes, such as videos and articles, through personal media platforms and public publications.

Activity Dates

- Online meeting organized on **21st of October 2026**
- In-person Training Course in **Rome: 28th of October to 4th of November 2026**

About the coordination Organization

[Servizio Civile Internazionale](#) (SCI Italia) is the Italian branch of [Service Civil International](#) network, an international volunteer movement active for over 100 years, present in 92 countries and with more than 130 partner organisations.



SCI promotes volunteer activities and projects on themes including peace, disarmament, human rights, sustainable lifestyles, social inclusion, and active citizenship. Its commitment is based on concrete action to address inequalities, injustice, and human rights violations.

SCI Italia was founded in 1948. It coordinates international volunteering activities and collaborates with local groups to promote a culture of peace and solidarity. SCI Italia also organises volunteer projects and local initiatives, as well as training courses and youth exchanges through the Erasmus+ programme, offering young people opportunities to explore global issues and develop new skills.



SCI Italia is based in Rome and is supported by regional and local groups of activists, which contribute to training activities and the promotion of volunteering in different parts of Italy.

Requirements

- No age limit applies;
- Participants must live in an **Erasmus+ Partner Country** (EU countries and third countries associated to the Programme, like North Macedonia, Iceland, Norway, Serbia, Liechtenstein and Türkiye)

The ideal participant

- Motivated and committed to following the project from start to finish.
- Interested in *shame*, *Nonviolent Communication*, and *Invisible Theater*.
- Able to communicate in English, the working language of the training.
- Positive, proactive, and open-minded.
- Respectful of diverse lifestyles and comfortable with shared accommodation, with the ability to adapt to a non-traditional living environment that is neither a hotel nor a hostel, but a community-based associative project.
- A strong team player, willing to contribute to community living.

Venue

The training course **SURFING THE SHAME 2** will take place at **Casale Garibaldi**, which hosts SCI Italia's local project **La Città dell'Utopia**. The venue has all the basic facilities, including shared bedrooms, toilets, bathrooms, a kitchen, and Wi-Fi.

Address: Via Valeriano 3F, close to Metro B stop Basilica S. Paolo.



Economic conditions

This project is funded by Erasmus+, which covers the following essential costs:

- Accommodation
- Food
- Travel costs (up to the maximum amount per country/distance band)

Travel reimbursement

Travel costs, including visa and visa-related expenses, will be reimbursed at 100% up to the applicable maximum amount, upon submission of the original tickets and receipts. The reimbursement follows Erasmus+ distance bands:

Distance	Not green travel (plane, ferry)	Green travel (train, bus)
10 – 99 km	28 euro	56 euro
100 – 499 km	211 euro	285 euro
500 – 1999 km	309 euro	417 euro
2000 – 2999 km	395 euro	535 euro

The distance band is determined according to the distance between Rome, the venue of the activity, and the departure city. For further details, check [the Erasmus + distance calculator](#).

Kindly note that the calculation is based on the specific cities of departure and arrival, not on the countries. We strongly recommend verifying the applicable distance band **before purchasing your tickets**, as reimbursement will be made according to these criteria.

Important: The arrival day is **28th of October 2026** and the departure day is **4th of November 2026**. Participants are expected to attend all activities from the arrival to the departure day. Any different travel arrangements must be requested in advance at progetti@sci-italia.it and must be approved.

How to apply

If you are interested in participating in this training course, please fill out **the [registration form](#)** by **21st of September 2026**. For any questions or doubts, you can write to **Matteo: ltv@sci-italia.it**