

About TC - Soulful Movement: Emotional Landscapes

Exploring Inner Emotional Landscapes is a training course focused on empowering youth to prioritize mental health and develop healthy coping mechanisms, fostering resilience and preventing escalation of challenges. The main aim is to provide participants with embodiment, dance and movement therapy practices. These will improve your own and your student's way of understanding, processing, and communicating emotions. The course is practice-based with a mindful and holistic approach.

Practical information

Board, lodging, visa costs, local transports, all materials and the content of the activities are fully covered. Participants will be in charge of arranging their own insurance for their travel and stay in Greece. Travel costs to and from the venue are covered according to the Erasmus+ lump sums, based on the travel distance per participant.

100 - 499 km: 180 EUR per participant
500 - 1999 km: 275 EUR per participant
2000 - 2999 km: 360 EUR per participant

No participation fee for ELIX.

Participants can arrive or depart 2 days before or later, meaning 03 November - 12 November or 05 November - 14 November.

The project is funded under the Erasmus+ Programme.

How to apply?

Dear youth workers, teachers, trainers, educators, facilitators, administrators of education programmes, we are looking for participants (aged 18 +) who are passionate about personal development and have experience in the educational field.

Please read the infopack available on our website.

We expect your CV and cover letter to: planjovent@ayto-murcia.es

Don't buy tickets before we confirm your participation!