

INFOPACK

## Think Holistacally



Erasmus+ Mobility of Youth workers

Organized/hosted by Ananda Marga Denmark

November 21<sup>th</sup> to December 04<sup>th</sup>, 2022

### **Information Pack:**

1. General information
2. Topic
3. Accommodation
4. Travel Information
5. What to bring
6. Small task to do home
7. Role of the Youth Leader
8. Confirmation



## 1. General information

### 1.1. Timeline

Arrival date: November 21th

Departure date: December 4th

Please respect these dates of arrival and departure. If you need to come earlier or leave later, please send us an email to [depasquale.giancarlo@gmail.com](mailto:depasquale.giancarlo@gmail.com).

It is mandatory to attend the event from the first day to the last one.

### 1.2. Venue

Ananda Gaorii is an Ashram, eco-farm and learning center for sustainability. The Ashram is located one hour away from Copenhagen and is surrounded by 13 hectares farmed as organic for the last 20 years. Most of the property consists of grasslands. A part of that, there is a vegetable garden, a fruit orchard, an herbal garden and six beehives.

For more information, look at:

<http://www.anandagaorii.dk/>

<https://www.instagram.com/anandagaorii/>

<https://www.facebook.com/AnandaGaorii>

### 1.3. Contact details

Giancarlo's cell phone: +39 3467068197

## 2. Topic

During this project participants will get more knowledge about holism and alternative way of living life without really having a drastic shift. Indeed, starting from the current social and cultural paradigm, they will point out its fallacies and learn about other possible ones. Moreover, they will be guided throughout the project to get more in touch with themselves through some meditation techniques, practice of daily yoga and mindfulness exercises while experiencing the community life of Ananda Gaorii. This mix will very likely have a strong impact on who will be able to take part to this project and cause a positive shift in their life.

## 3. Accommodation

“Think Holistically” will take place in Ananda Gaorii facilities. During our stay we will be sleeping in common bedrooms. It is necessary that you bring sheets and sleeping bag.

The facilities provide us with a kitchen to cook our daily meals, which are vegan and mostly organic. If you have any allergies or intolerances, please inform us about it on time, so we can plan ahead.

Given that this is an Ashram, we do not allow smoking or drinking alcohol on the project site. It is our home and sacred space and we like to be respected.

There is internet access at the site. However, we expect you to connect with the locals and nature.



#### 4. Travel Information

Our farm is located 90 km west from Copenhagen, in Zealand.

Closed airport: Copenhagen

Closed train station: Vig st.

Travel durations:

Copenhagen airport – Holbæk - Vig = 2 hours approx.

Take a train from Copenhagen central station to Holbæk st.

From Holbæk st. you can take a local bus (560) to the closest stop on the road (Sneglerupvej stop). Our address is Holbækvej 56, 4560 Vig. From the bus stop, you walk down the road until you find our sign and walk the dirty path until the end. This is a maximum 10 minutes walk.

Alternatively, we can arrange a pick up by car from Vig train station. However, you will have to write/call when you catch the local train from Holbæk st to Giancarlo. There is a 30-40 minutes ride from Holbæk to Vig.

Travel expenses: The EU programme covers the travelling expenses of the participants. Keep all the receipts, take a picture and we will give further instructions during your stay in Ananda Gaorii. The programme does not cover food expenses nor taxi during the travelling days.

REMEMBER!! It is mandatory to get a negative quick COVID test to enter in Ananda Gaorii. COVID tests are for free in Denmark. You can get one once you land in the airport. The programme can cover the expenses of a quick test if you need to take one in order to fly to Denmark.



## 5. What to bring

- Notebook and pen
- Own stationary
- Towel for shower
- Toiletries: please bring eco-friendly, 100% biodegradable and not tested on animal soaps and shampoos.
- Camera (one per national group)
- Laptop (one per national group)
- Any other material that would help you through the activities.
- Good shoes for forest walk
- Rain jacket
- Warm clothes

- Indoor shoes

**Note:** Even though the weather will be quite cold and rainy, we'll spend the majority of time inside the facilities of the ashram that are warmed up, therefore, keep it in mind when preparing your luggage.

## 6. Small task to do home

Every national team will have to prepare a survey (you have total freedom on how to prepare it) to at least 30 local peers in order to get information about sensitivity of young people about current social problems and concrete actions taken at singular level to overcome them. It can be used as Google Forms for gathering data and PowerPoint to present this data or any other tool you like (you have total freedom on how to present the results). The work will be shared with everyone in the group during the project. Be creative!! Let's have fun!!



## 7. Role of the Youth Leader

There will be a Youth Leader for every national team. He needs to be a youth worker or have experiences in other projects and know how they work. Indeed, he will help to organize some activities before the project starts together with the other youth leaders as well as the facilitator.

## 8. Confirmation

The non-profit organization “Ananda Marga” is the organizer of this Erasmus+ Mobility. The EU covers food & lodging, travel costs, and teaching fees.

The Ashram staff, the facilitator Giancarlo and volunteers are looking forward to receiving you in November!

