

September 8-14, 2025
Czech Republic

Who Am I?: genesis

Inspired by Nature

International training course on personal development and
well-being



About the project

Infopack: g

7 days immersed in nature, sleeping under the open sky, carrying only what you need for life in your backpack. Through deeper contact with the outer landscape, we will explore our inner landscapes, uncover our unique gifts, and recognize ourselves as part of the wider fabric of interconnectedness — with the Earth, with others, and with life itself.

"Who or what am I?" This will be the question we ponder while walking through nature, meditating, or visiting a Zen center.

"Who can I be for you?" We will be asking during our shared journey with others.

"How can I help?" This question will guide us in our search for new visions and directions.

Objectives

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Courage, resilience,
simplicity

The power of community

Cultivating an inner
compass for one's
own path

Living in harmony with
the environment and
nature

Journeying as a path
to oneself, to the
world, and to others

Mindfulness and
interconnectedness

Word From Trainers

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As local and international educators we often take care of others. We support, we care, we provide. This training is an invitation to dedicate time for OURSELVES. Let's stop for a bit in this fast world, be present, spend time in beautiful nature and through this become a more aware and mindful educator.

- Aneta

Nature has an incredible power to restore and inspire us. Surrounded by its beauty, we can reconnect with ourselves, find clarity, and cultivate inner peace. The natural world teaches us patience, resilience, and balance—qualities essential not only for our personal well-being but also for our role as educators.

- Šimon



- : Motivated and Active Individuals.**
- : Youth Workers and Educators: Teachers, NFE educators, librarians and others active in formal or non-formal education.**
- : Young People interested in Self-Development.**

Those who

- : are interested in outdoor activities, nature, and adventure.**
- : are open-minded, adaptable, and willing to embrace challenges.**
- : can handle sleeping outdoors and basic living conditions.**
- : are not afraid to step out of their comfort zone.**



Participant profile



Don't worry about the basics! For the selected participants we've got you covered with program, accommodation, transportation, and meals thanks to the Erasmus+ program. Travel costs will be reimbursed for the most affordable and direct way to get to the project. Check out the travel budget chart for specific amounts.

JUST ONE THING TO KEEP IN MIND: MAKE SURE YOU HAVE TRAVEL HEALTH INSURANCE.

Keep all your receipts, invoices and travel documents so we can reimburse you.

Travel information

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Distance	Travel budget	Green travel
10 - 99 km	28 €	28 €
100 - 499 km	180 €	255 €
500 - 1999 km	280 €	390 €
2000 - 2999 km	365 €	505 €
3000 - 3999 km	550 €	755 €
4000 - 7999 km	1150 €	1160 €
8000 km and more	1705 €	1705 €

[Check your distance on this website.](#)

Start: your city

End: Moravská Třebová

You can take 2 extra days before or after the project.

Want to travel green and save some money?

The Erasmus+ program offers **Green Travel Support** for those who use eco-friendly transportation like:

- : carpooling,
- : buses,
- : or trains.

If you take these **sustainable** options for at least half of your trip, you'll have up to 4 extra travel days and a **Green travel budget**, please see the green travel budget.



Green Travel

This project offers a unique experience of sleeping under the stars! You will be staying outside during the project, relying on nature's beauty as our roof. There will not be a stable location with beds or bathrooms. Instead, we will journey together daily, finding suitable spots to set up our sleeping bags under the open sky.

Accommodation

If you are not comfortable with extended outdoor living and sleeping under the open sky, this project may not be the right fit for you. It's essential to embrace the spirit of exploration and resilience to fully enjoy and benefit from this unique experience.

Financial Contribution

Financial contribution of selected participants is minimum **50 EUR**. It will be paid on the project in cash (EUR/CZK).



Practicalities

- **Daily Hiking:** We will walk approximately 15 km every day, so be prepared for physical activity.
- **Sleeping Outdoors:** Most nights, we will sleep under the open sky in sleeping bags.
- **No Stable Accommodation:** We will not have permanent facilities like beds or bathrooms.
- **Carrying Supplies:** Each participant will carry their own food and belongings in their backpack throughout the project.
- **Zen Centre Stay:** For one night, we will stay at a Zen Centre where we can wash, rest and meditate.





Weather & What to bring

In early September, the weather is generally mild and pleasant. During the day, you can expect warm temperatures, often ranging between 20–25°C, but evenings can get cooler, dropping to around 10–15°C or lower. Rain is also possible, so be prepared for changing conditions.

How to prepare for the weather:

- : Warm sleeping bag suitable for cooler nights.
- : Waterproof gear (jacket, pants, and cover for your backpack).
- : Layers for varying temperatures.

Being prepared for different weather conditions will ensure you're comfortable throughout the experience!

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Detailed check list will be sent to the selected participants

- : Warm sleeping bag (for cool nights).
- : Sleeping mat.
- : Waterproof jacket and pants.
- : Comfortable hiking shoes.
- : Warm layers (sweater, thermal underwear).
- : Backpack (to carry belongings).
- : Water bottle (at least 1.5 liters).
- : Flashlight or headlamp with extra batteries.
- : Boarding pass and tickets.

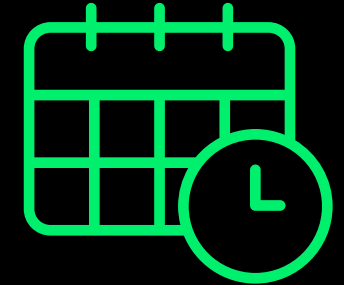
Application

In order to apply, we ask you to send us a 2 min video where you will answer 2 questions and fill in an online form.

- 1 What do you do in order to discover who you are?
- 2 What do you learn from nature?

Make sure to keep your video NO longer than 2 minutes!

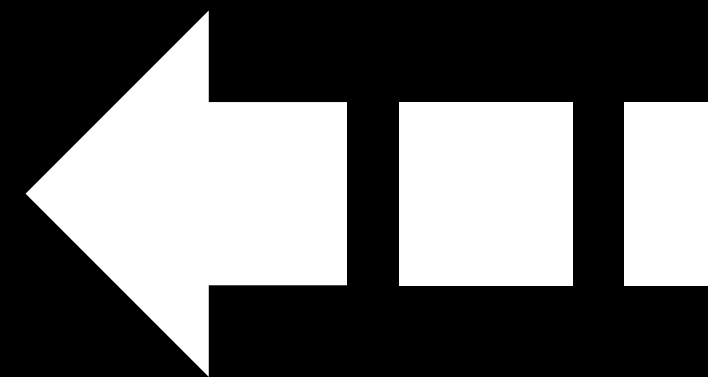
DEADLINES:



For filling the application form: **30.4.2025**

For purchasing tickets: **15.5.2025**

Apply.
HERE



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Genesis is a Czech non-governmental organization with a long tradition and simple philosophy.

Genesis provides individual and group trainings. At Genesis, we support all efforts to learn because the more we experience, the better off we all become.

Our goal is to help individuals and companies to receive training that is not only great but also socially responsible. We believe that innovation in education helps employees, employers, and society as a whole to sustainably grow and develop.

TO KNOW IS TO GROW.



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www.ngogenesis.com

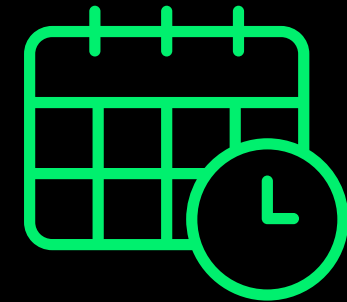
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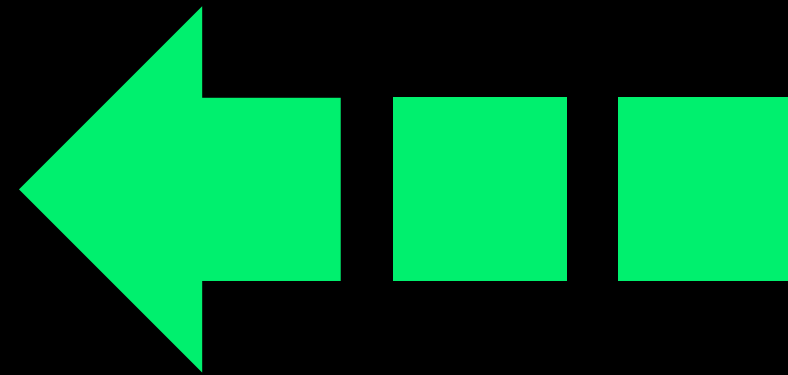
International Training Course

September 8 - 14, 2025 in the Czech Republic

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Contact: g



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