

Connature

Youth Exchange funded by



*Organized and hosted by Ananda Marga
Denmark*

April 4th to April 17th, 2024
Vig, Denmark



Ready to redescover yourself and your
relationship with nature?



Timeline:

Arrival date: April 4th

Departure date: April 17th

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.

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

Venue

Ananda Gaorii is an Ashram, eco-farm and learning center for sustainable living and based on principles of permaculture. 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>





Topic

During this project participants will get more knowledge about sustainable and alternative living, holism. You will be guided throughout the project to get more in touch with yourself through deep connection to the abundant nature surrounding the venue and some meditation techniques. Indeed will be offered daily yoga practices 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 your life.



Co-funded by the
Erasmus+ Programme
of the European Union



1. Accommodation and General Rules

“Connature” will take place in the Ashram and learning centre Ananda Gaorii. During your stay you will be sleeping in common bedrooms split into man and female.

The facilities provide us with a kitchen to cook our daily meals, which are vegan and mostly organic. Given that this is an Ashram, it is not allowed smoking or drinking alcohol on the project site. This will help also to create and preserve an atmosphere of celebration that keeps respect of health. It is our home and sacred space and we like to be respected. There is internet access at the site.





WHO CAN APPLY?

Youth between 18 - 25 years old from Denmark, Greece, Portugal, Spain, Italy, Poland

Travel Grant

The program is fully funded by Erasmus+ and the travel costs will be reimbursed up to:

275€ for Spain, Italy,

320€ for Poland

360€ for Greece, Portugal

MORE INFO AND CONTACT

Giancarlo: giancarlo.depasquale@outlook.it