

My Body, My Gender:

Building resilience & tolerance through art therapeutical interventions

Erasmus+ project - Training course

under accreditation nr. 2022-1-CZ01-KA150-YOU-000111402

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Co-funded by
the European Union

**Brno.
For you.**

Short intro●

This hands-on training program offers a unique space to reconnect with your body and reflect on your gender identity through the power of **art therapy**. Over eight days, you'll engage in creative interventions that help you explore personal experiences, build resilience, and foster deeper tolerance – both towards yourself and others.

What is Art Therapy?

Art therapy uses creative expression to access emotions, promote self-awareness, and support healing. It's not about artistic talent – it's about making meaning through making art.



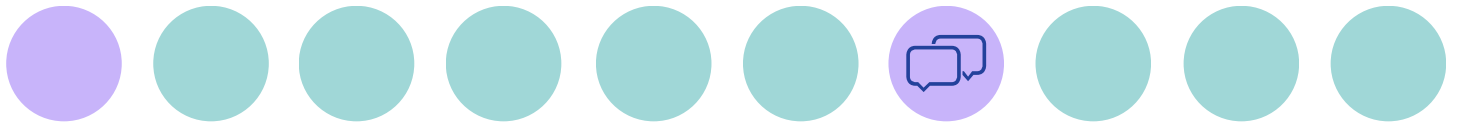
Main objectives

- Reflect on your personal experience of body and gender through creative practice.
- Build self-awareness, emotional resilience, and body positivity.
- Connect with others in supportive environment that foster tolerance and shared understanding.



**No art experience needed.
Just bring yourself.**





Target group.

Youth workers

- Age 18+
- Interested in the project topic
- Involved in youth work in participating organisation or organisations that regularly work with young people at local level
- Motivated to actively participate in sharing their experiences and good practices



We are able to involve up to 30 youth workers including participants with fewer opportunities and special needs. We are eager to seek for possibilities to lower the barriers to access.

Together, we will create a non-judgmental and open-minded space for learning.





Where? Moravec, Czechia



When? 12. – 19. July 2025

Travel costs

Travel expenses will be covered up to

- Between 10 and 99 Km - 28 € (green travel 56 €)
- Between 100 and 499 Km - 211 € (green travel 285 €)
- Between 500 and 1999 Km - 309 € (green travel 417 €)
- Between 2000 and 2999 Km - 395 € (green travel 535 €)

You can calculate your distance [here](#). Please **keep all of your originals of travel documents** so we can reimburse the travel expenses!

For participants from Czechia we be reimbursed only if using green travel.

The closest airports are Prague (PRG) and Vienna (VIE). **Meeting point will be Brno** (exact time to be specified).

We are here to help you to figure out how to get to the meeting point. We have to make sure that you find connections to be at there on time!

Accommodation

For the project, you will be accommodated in the guest house called Penzion u Výletů. The venue is situated in the village Moravec. Not all rooms have their own bathroom. Czech the accommodation [website](#).



Practicalities.

Never leave for a project without...



- **ID or Passport** – Make sure it's valid for the entire duration of your trip.



- **Original Tickets or Boarding Passes** – Keep the physical copies and, for extra security, take a picture or scan each one and store them electronically.



- **Important Contact Details** – Save the phone number of your sending organization's coordinator and the host organization's coordinator.



- **European health card - obligatory for EU citizens!**
- **Travel insurance** – you never know what might happen on the way...

Could be useful...

- **Towel & Slippers** – Often forgotten and usually not provided at the accommodation.
- **Warm Clothes** – Even during summer the evenings can get chilly, so it's always good to be prepared (and check the wether forecast in advance).
- **Typically drinks and snacks** from your country for the intercultural evening.
- **Emergency Cash** – Carry some cash money in case of unexpected expenses (in Czechia we use CZK)

Formalities

- Part of the Erasmus+ project is reporting and promotion of the program and for that we will need your consent to the storage of your personal data and taking of photos and video recordings which will be used for promotional purposes only. The documents to sign will be sent to you after acceptance.

Schedule*

This is an **educational project**, which means that although we will have fun, connect, and enjoy created safe and welcoming space, our focus is on learning new competencies for personal and professional development.

1

Saturday: Arrival day

- Arrival
- General information
- First session

2

Sunday: Team building

- Welcome session
- Get to know each other, team building
- What is art therapy / Land art/ Community art?
- Youthpass intro

3

Monday: Body

- Exploring boundaries
- Land art: body maps

4

Tuesday: Gender

- Gender experience
- Me time

5

Wednesday: Wall of experience

- Community art project

6

Thursday: Field trip Brno

- Community art exhibition: Wall of experience
- City space exploration
- Time off in Brno

7

Friday: Evaluation

- Closing circle
- Youth pass evaluation
- Closing ceremony

8

Saturday: Journey home

- Goodbye session
- Departure

*activities and schedule may vary based on the logistics needs and group dynamics



Application process.

1 Submit your application

Deadline 31.05.2025

- Fill out the application form [here](#).

Get approved by hosting organization 2

- Brno for you will contact you via email about the results of your application

3 Arrange your travel tickets

- **Do NOT buy any tickets before they are officially approved by Brno for you. After purchasing, keep all the original documents.**

Our organization.

- Brno for you is a non-governmental organization which was founded in 2014 and is aimed at **providing the youth with international opportunities**, which unite them and therefore promote European values.
- Since 2023, **we have been accredited** by the Czech National Agency to implement Erasmus+ mobility projects for youth and mobilities for youth workers based on our and Erasmus+ quality standards.



Achievements under our coordination 2014-2024

33

implemented
projects for youth
and youth workers

288

youth workers
participated on our
projects

797

young people
experienced non-
formal education
with us

64%

of our participants
come from difficult
backgrounds

7

of our projects are
marked as examples of
good practices by the
national agency

Contact us!



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