

Moving Mountains

a training course on self-empowerment



"In the presence of eternity, the mountains are as transient as the clouds"-Robert Green Ingersoll

How can we face personal and collective challenges that seem overwhelming? How can we transform our oil-addicted consumer-society into a non-exploitative, truly satisfactory human existence? What are my gifts for the creation of vibrant and collaborative neighbourhoods and communities? Let's ask the mountains.

The course takes place where the city of Innsbruck and the forest meet, in a house surrounded by a blossoming community garden. We will learn about different forms of communication and explore topics including Permaculture and Deep Ecology. We will shift perspectives, expanding our sense of self to include other people and non-human-beings. Together, we'll write the first chapter of a story that is both empowering and satisfying at once. Within that story, it will be possible for us to move mountains.

***Call for Partners**

Title: **Moving Mountains**

Event type: **International training course**

Location and dates: **Innsbruck, Tyrol, Austria.**
July 23rd-August 3rd, 2014

Organiser: **Imago (Austria)**

Target group: **min.18 years, max. 20 participants**

to move mountains
www.oxforddictionaries.com

1. achieve spectacular and apparently impossible results
2. make every possible effort

*Main Elements of the Course

- * Dealing with the environmental and social challenges we currently face
- * Finding ways of getting active and learning to create something in our surroundings
- * Exploring sustainable and fulfilling ways of living, like the gift economy
- * Looking at different situations and cultures and exchanging ideas and building relationships



*Approach

- * Learning-by-doing
- * Practice-orientated
- * Highly participative
- * Many outside lessons
- * Learning on different levels: Body (senses, practical work), Mind (concepts & theories), Spirit (meditation, music, ...).
- * Teamwork and individual reflection
- * Implementation in home organisations/communities.

*Activities

- * Mountain trip: Deep ecology, nature pedagogy, land art,...
- * Permaculture, Intercultural Gardening
- * Non-violent communication (The Way of Council)
- * Creativity sessions: painting, improvisation theatre...
- * Evening activities: bonfire, making music, singing,...



*Profile of Participants

- * Actively involved in your organisation
- * Able to attend the full duration of the training course
- * Can comfortably communicate in English
- * In a position to follow-up on the outcome of this training course in your own organisation

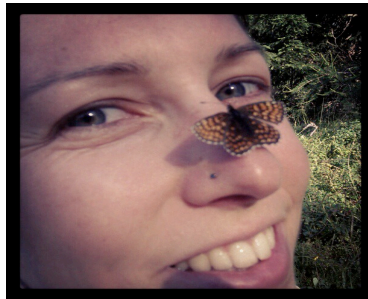
*Accommodation

- * You will live communally in a simple house, usually used as a shelter for Roma people and pilgrims
- * The house is surrounded by forest and a beautiful garden
- * Sleeping in bunk beds, sharing a bathroom, cooking and cleaning together, we aim to create a sense of community between participants
- * Two nights close to a simple mountain hut

*The Team



Olga Wieser, Austria



Miriam Hammer, Austria



Daniel Baumgartner, Italy

Almost all costs will be subsidised, you just have to pay 30% of the transportation costs and the €50 course fee. If you are interested in taking part, please fill out the attached form and send it to us verein.imago@hotmail.com before **September 20th, 2013!**