

## WELLNESS & VISUAL EXPRESSION IN TENERIFE

### TRAINING COURSE

#### MAIN OBJECTIVES AND COURSE DESCRIPTION:

This 4-day course is designed for university lecturers and educational staff in Erasmus programs who are interested in wellness and visual expression. Through a combination of mindfulness practices and photography exercises, participants will explore personal growth and empowerment in a supportive and immersive environment.

Designed exclusively for university lecturers and educational staff engaged in Erasmus programs, this 4-day course in Tenerife is a **transformative journey**. Explore mindfulness practices and visual expression exercises to increase your well-being, resilience, and empowerment. Gain practical skills for academia while connecting with peers facing similar challenges. Discover the beauty of Tenerife through a local's perspective and take the first step towards personal and professional development.

#### Objectives:

- ✓ Empower educators to proactively manage stress, burnout, and work-life balance, equipping them with wellness strategies that can be integrated into their academic lives
- ✓ Cultivate the art of visual expression as a powerful tool for effective communication, self-expression, and addressing the unique challenges faced in academic settings
- ✓ Create a nurturing environment for participants to connect, share experiences, and collaboratively address common challenges encountered in their roles within the realm of Erasmus programs.

#### PROGRAMME:

##### **Day 1: Casa Fuerte Exploration and Workshop:**

Experience the captivating history and architectural beauty of Casa Fuerte in Tenerife, an historical building. Engage in a thought-provoking workshop that blends tradition and innovation, fostering personal growth and connection within the historic walls of Casa Fuerte.

##### **Day 2: Banana Awakenings:**

Immerse yourself in the tropical abundance of a Banana Plantation. Engage in empowerment techniques, mobile photography, and mindful practice amidst the banana groves. Connect with nature to inspire personal growth, creativity, and improve your well-being in a down-to-earth environment.

### **Day 3: Empowerment Journey at Caserio Los Partidos Lodge:**

Escape to Caserio Los Partidos Lodge (rural hotel) and embrace empowerment in a tranquil setting. Explore self-connection, meaningful relationships, and practice empowerment through immersive activities. This experience fosters personal growth, community bonds, and enrichment in a natural and authentic manner.

### **Day 4: El Medano Village Tour:**

Immerse yourself in the dynamic atmosphere of El Médano as we lead you through its inviting streets. Uncover the lesser-known treasures of this coastal village. Capture the true character of the village with mobile photography and participate in mindfulness exercises that foster a deeper connection with your surroundings.

### **MATERIALS NEEDED:**

- Camera or smartphone
- Notebook or journal

### **SPECIFICS:**

- ✓ This course includes **four days practical lessons and activities**, from 10am to 13.30pm, starting on Monday.
- ✓ Every single daily session will be held in a **different surrounding location**, which brings the added value of getting to know Tenerife and its wonderful landscapes and sceneries.
- ✓ This wellness course is **expertly facilitated by a seasoned coach** who brings extensive experience and expertise to guide participants on their transformative journey

A minimum of four participants required and maximum eight. Departing and meeting point South Tenerife Playa de Las Americas area.

### **COURSE FEE:**

**550€ + 7% tax (per person)**

The price includes:

Welcome info-pack, transport from the meeting point to activities, official and certified teacher, cultural activities, teaching material and certificates: Certificate of Attendance, Europass Certificate Supplement, Europass Mobility...

\*Transfer and accommodation NOT included.

### **TARGET GROUP:**

This training course is designed for any member of an educational organisation: trainers, school management, administration staff, school/university teachers, holistic therapies and wellness students, Erasmus+ Project Managers, International Offices staff, photography and nature lovers, etc.

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