

# SELF EFFECTIVENESS INTENSIVE

Bispingen, Germany: 16–23 August 2026

FILL THE [FORM](#) TO REGISTER  
DEADLINE: 01.06.2026 - 1st of June



# Welcome note



Dear Participant,

Welcome to SEI — Self-Effectiveness Intensive — an 8-day Erasmus+ training course bringing together 23 youth workers from 7 European countries to explore embodied resilience, authentic communication, and personal effectiveness — tools you can bring back to the young people you serve.

Designed for youth workers, peer educators, and active volunteers, the training will strengthen your inner capacity to cope with stress, deepen your self-awareness, and expand your professional toolbox for complex challenges like burnout, conflict, and emotional overload. By the end, you will have a concrete Personal Action Plan and a co-created Toolkit to use immediately back home.

We look forward to meeting you in Bisingen!

The SEI Team

# When, where and how to get there



## DATES

**Arrival day:** Sunday, 16 August 2026 (14:00–18:00)

**Programme starts:** 8:00 on 17 August

**Programme ends:** Saturday, 22 August at 22:00

**Departure day:** Sunday, 23 August 2026

## VENUE

Calumed e.V. – Refugium

Zentrum für seelische Gesundheit

Steinbecker Straße 51, 29646 Bispingen, Germany

[WWW.CALUMED.DE](http://www.calumed.de)

The Calumed Refugium is a 3.6-hectare nature retreat with forest, gardens, ponds and several indoor and outdoor learning spaces, plus an on-site kitchen providing fresh, seasonal meals.



# How to get to the training venue

You can fly either to **Hanover** or **Hamburg** airports, choosing the most affordable and timing reasonable option. From there you travel by train, then by local bus to Bispingen.

## Route via Hanover

- Take the S-Bahn (S5) from Hannover Flughafen to Hannover Hbf (about 20 minutes).
- From Hannover Hbf (Hanover Main Station) take a train to Soltau (Han).
- From Soltau (Han) take the local bus (e.g. line 150) to Bispingen.

## Route via Hamburg

- Take the S-Bahn (S1) from Hamburg Airport to Hamburg Hbf (about 25 minutes).
- From Hamburg Hbf (Hamburg Main Station) take a train to Soltau (Han).
- From Soltau take a local bus (e.g. line 150 or 156) to Bispingen.

## Train tickets from [Deutsche Bahn \(DB\)](#)

- Buy your ticket before boarding the train (red DB ticket machines at the station or [Deutsche Bahn website/app](#)).
- Please buy your train tickets at least **2 weeks before** departure, because prices can increase significantly closer to the travel date.
- Make sure you plan enough time for changes between trains/buses so you can reach Bispingen comfortably on the arrival day.

## Local buses (Soltau → Bispingen):

Usually you buy a single ticket from the bus driver (have cash, small notes/coins) -> **Save the checks**

## Pickup from Soltau/Bispingen

Depending on participants' arrival times, a group pickup from Soltau or Bispingen may be organised. Details will be confirmed shortly before the start of the project.



# Costs & travel reimbursement

There is no participation fee. You may need some personal money for optional activities or expenses before/after the course.

## WHAT IS COVERED

- Accommodation with all bedding provided. You will sleep in large shared tepee tents on a campsite. Each tent will host 3 participants, with camping mats, summer sleeping bags and pillows provided for everyone.
- All meals from lunch on 16 August through lunch on 23 August (breakfast, lunch, dinner, snacks; dietary needs can be accommodated)
- All training activities, materials and guest sessions
- Basic insurance according to Erasmus+ requirements (your European Health Insurance Card is enough)

## ERASMUS+ DISTANCE BAND LIMIT FOR YOUR COUNTRY:

- Poland — 309 EUR
- Estonia — 309 EUR
- Latvia — 309 EUR
- Spain — 580 EUR
- Romania — 309 EUR
- Bulgaria — 309 EUR
- Germany — GT Only, 5 people + 2 trainers — 285 EUR

Please keep all original travel documents: tickets, boarding passes and proof of payment. They are required for reimbursement.

# Venue

The Calumed Refugium is a 3.6-hectare nature retreat with forest, gardens and ponds.

On-site facilities include hot showers and shared bathrooms (wheelchair accessible). Indoors, there is a cosy common room where participants can relax, connected to a larger space used for group activities and sessions — as well as a sauna and several outdoor areas for both structured activities and free time.

All meals are freshly prepared on-site by the venue kitchen throughout the training.



# Accommodation

The Refugium covers more than 3 hectares of land in the heart of the forest — a calm, restorative setting that becomes your home for the full duration of SEI you will be sleeping in large teepees (25m<sup>2</sup> floor area, 3m height), each hosting 3 participants, with a mat, sleeping bag and pillow provided — no extra bedding needed.

Together, the teepees form a small village that naturally supports community living and intercultural exchange. Electronics can be charged indoors. Make sure to bring anything extra you might personally need for a comfortable stay.

**FILL THE [FORM](#) TO REGISTER**  
**DEADLINE: 01.06.2026 - 1st of June**



# What to bring

## DOCUMENTS

- Valid ID or passport
- European Health Insurance Card (EHIC), if applicable

## CLOTHING & GEAR

- Comfortable, stretchy clothing suitable for movement sessions and bodywork
- Layers for varying weather (around 15–25°C in August)
- Rain jacket and a warm layer for evenings
- Swimming suit (for the outdoor lake visit)
- Sun protection: hat, sunscreen, sunglasses
- Insect repellent
- Small backpack for the Hamburg day trip and daily activities
- Reusable water bottle

## PERSONAL ITEMS

- Towel and personal toiletries
- Flashlight or headlamp (for evenings and tent area)
- Journal or notebook
- Any personal medication (for the full stay, plus a little extra)
- Optional: a small musical instrument, a favourite board game, or a camera if you like.)

## FOR THE INTERCULTURAL EVENING

- Something from your country or culture to share: food, drinks, music, crafts or a simple game

**Remember:** The training will take place on a camping site, and you will be sleeping in shared tents in a natural environment, make sure to bring any extra things you might need.

# Programme overview

SEI — Self-Effectiveness Intensive is a 6-day (6 full programme days (8 days including travel) experiential training grounded in the Self-Effectiveness-Training (SET) methodology, developed and refined by Dieter Jarzombek (Calumed e.V.) over the past 30 years. The training takes youth workers on a structured inner journey: from self-awareness and embodied resilience, through communication and group dynamics, to real-world application and professional transfer.

You will not just learn about tools for youth work — you will experience them with your body, your emotions, and your peers. Every method you practice here is one you can bring back and use with the young people you work with

## DAILY RHYTHM

**Morning:** grounding meditation or movement, then breakfast

**Late morning:** learning block (input, experiential practice, peer exchange)

**Midday:** lunch

**Afternoon:** workshops, exercises, outdoor activities, and reflection

**Evening:** dinner, followed by a Sharing Circle, cultural activity or free social time

**Night:** rest and recharge for the next day



# Programme Highlights

**Body–Mind Centering and Morning Meditations** — daily grounding practice to build presence and stress-resilience

**"Find Someone You Want to Know Better"** Interviews — structured peer dialogue to develop non-judgmental listening

**Perception Exercises:** "I perceive... / I suspect that..." — training the difference between observation and interpretation

**4-Sides Communication Model** (Schulz von Thun) — understanding the four levels of every message, through role play and live dialogue analysis

**The 7-38-55 Rule and Non-Verbal Communication** — bodywork and group exercises on tone, gesture, and congruence

**World Café on Intercultural Communication** — exploring cultural bridges, trapdoors, and treasures in youth work

**Hamburg Personal Effectiveness Challenge** — a full day in Hamburg where mixed-country groups apply their learning in real, unfamiliar urban situations

**Integration and Co-Created Toolkit** — collaborative documentation of methods, reflections, and a personal action plan to take home





## LEAD FACILITATORS

**Katrin Schenk** — State-certified sports teacher, business health coach, and movement therapist. Works in Child and Adolescent Psychiatry in Lüneburg. 20+ years of experience in group facilitation, including 13 years on the SEI/SET team. Specialist in embodied resilience, non and verbal communication and methods of stressreduction.

**Timo Matthias** — Entrepreneur, coach, and Erasmus+ facilitator. BA in International Management (Cambridge), Master's in Business (Berlin). Over a decade of experience mentoring multicultural teams across Europe. Specialist in stress resilience, sustainable performance, and applied communication.

**Tina Pfaar** — owner of her yoga studio near Kassel. For many years, she has guided people towards inner balance and personal development with Yin & Yang yoga, mantras, and mindful bodywork.

**Rinalds Ūdris** — Youth Worker Liaison & Follow-Up Facilitator. Youth worker and Erasmus+ project manager with experience across 15+ mobility projects. Responsible for coordination, inclusive group dynamics, Youthpass reflection, and the post-training follow-up process.

**Dieter Jarzombek** — Senior Supervisor. Founder of the Refugium and the SET. He is ethical guide. Ensures psychological supervision and safeguards the programme's ethical integrity throughout.

# Your participation & follow-up



## BEFORE THE TRAINING

- Attend pre-departure online meetings (dates will be announced)
- Book your travel after receiving approval — aim to book early for better prices and green travel options
- Prepare a real-life case or challenge from your youth work to bring into the training (will be shared in the pre-departure meeting)
- Prepare something to share for the intercultural evening

## DURING THE TRAINING

- Take part actively and respectfully in all sessions
- Follow house rules and safety guidance from the team
- Help with small group tasks (energizers, reflection circles, cultural evening, daily clean-up)
- Engage honestly with the learning process — the more you put in, the more you take home

## AFTER THE TRAINING

During the final day, you will co-create a Personal Action Plan and contribute to a collective Toolkit that captures methods, adaptations, and reflections. Within 8 weeks of returning home, you will:

- Organise and deliver one low-threshold dissemination activity — for example a mini-workshop with peers, a reflection circle, a coaching conversation, or a short post about what you learned
- Document it with at least one photo and a brief reflection
- Share your progress in the **8-week online follow-up session** with the whole group
- Keep your Action Plan and Toolkit entries updated in the shared workspace

Four weeks after the training, you will receive a postcard — the one you wrote to yourself during SEI — mailed back to you as a personal reminder of your own words and commitments.

**⚠ Travel reimbursement is processed after you complete your follow-up action and share the short report.**

# House rules & community agreements

## PRACTICAL RULES

**The Refugium** is a mental health and wellbeing centre where people come to heal and recover. Please honour this space by respecting the following rules throughout your stay.

- **Phones:** phone-free space on location; use only during free time outside the programme area to stay present with nature
- **Alcohol & drugs:** please abstain throughout the programme; do not let it interfere with your participation or others' safety
- **Smoking:** only at the designated smoker's house (ashtrays available); strictly forbidden in the forest (fire hazard, illegal in Germany), tents, and indoors
- **Shared spaces:** keep tents and common areas tidy; respect the private space of inhabitants living on site
- **Outdoor activities:** follow facilitator guidance at all times
- **Indoors:** remove shoes before entering rooms; no drinks inside; keep spaces tidy

## SAFE LEARNING SPACE

Together we create a space where:

- Everyone is treated with respect and listened to
- What is shared in the group stays in the group (confidentiality)
- Diversity of background and worldview is welcomed
- You can step back from an activity if something feels too much, and this is respected

In serious cases where safety or respect is repeatedly violated, a participant may be asked to leave the training, and costs may not be reimbursed.

# Contacts



## PLEASE FIRST CONTACT YOUR SENDING ORGANISATION FOR PRACTICAL QUESTIONS

**Latvia** — Youth Empowerment — [info@youthempowerment.lv](mailto:info@youthempowerment.lv)

**Estonia** — Partner Up Estonia — [info@partnerupestonia.org](mailto:info@partnerupestonia.org)

**Spain** — Parachitaway — [parchitaway@gmail.com](mailto:parchitaway@gmail.com)

**Bulgaria** — Association FOR YOU — [e.raynova@foryoubg.org](mailto:e.raynova@foryoubg.org)

**Romania** — Asociația Oportunități de Viitor —

[david.filipescu@oportune.ro](mailto:david.filipescu@oportune.ro)

**Poland** — Fundacja Leonarda — [fundacja@vinci.fm](mailto:fundacja@vinci.fm)

**Germany** — Calumed e.V. — [office@calumed.de](mailto:office@calumed.de)

**Project coordination** — Rinalds Ūdris —

[rinalds.udris@calumed.de](mailto:rinalds.udris@calumed.de)

## DURING THE TRAINING

On-site facilitators:

**Katrin Schenk** and **Timo Matthias** — contact details shared in pre-departure communication.

Project coordination: **Rinalds Ūdris**  
[rinalds.udris@calumed.de](mailto:rinalds.udris@calumed.de)

## Office contact

Andreas – Office Administrator, Calumed e.V.  
[office@calumed.de](mailto:office@calumed.de) | +49 (0)5194 399 592

There's a reason the project is called **SEI** In German, sei means simply: **be**.

Be present. Be honest. Be effective. Be Authentic, **Be yourself!**

Eight days in Bispingen to figure out what that actually looks like for you.

FILL THE [FORM](#) TO REGISTER  
DEADLINE: 01.06.2026 - 1st of June

SEE OUR PREVIOUS PROJECT [HERE](#) OR  
WATCH [VIDEO](#)



**Co-funded by  
the European Union**