

# CONNATURE

April 4th to April 17th,  
2024

Vig, Denmark



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



**ANANDA GAORII**  
Ashram, farm & learning center



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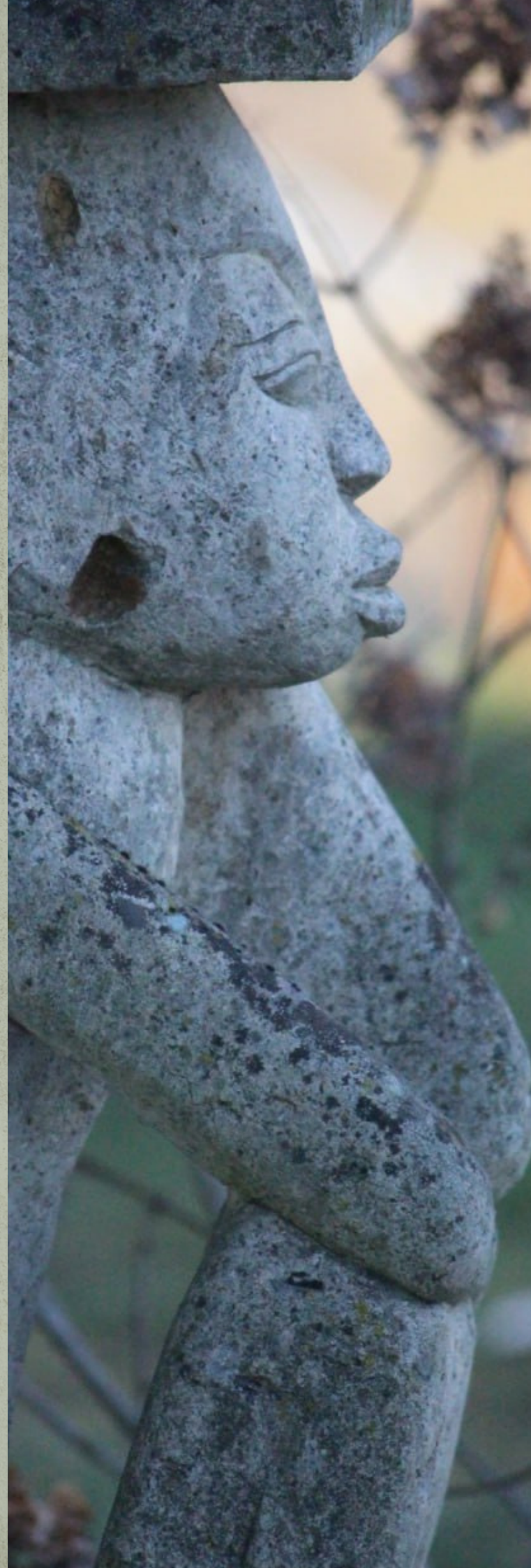
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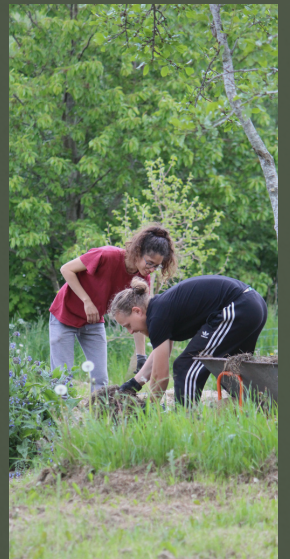
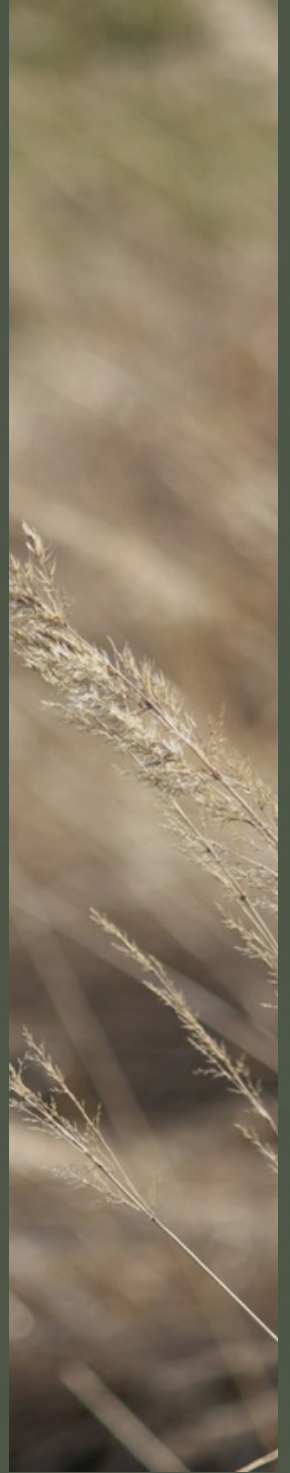


# SUMMARY

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. There will be 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 on this project and cause a positive shift in your life.





# ARRIVAL AND DEPARTURE DATES

**Arrival:** 04 April 2024 in Vig

**Departure:** 17 April 2024 from Vig

Note:

- Erasmus + requires participants to arrive before the activity starts and leave after the activity ends. NO LATE ARRIVALS OR EARLY DEPARTURES. If you have any travel concerns/questions, always discuss with organizers.
- Bear in mind that according to the guidelines of Erasmus+ program the travel back must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement. Always get the approval from organizers for your flight before purchasing it.
- Early arrivals or late departures are at the responsibility of the participants to pay for stay. If you arrive early or leave later than the dates above you have to cover your own accommodation or food.

# PARTICIPANTS PROFILE

- Young people citizens of Denmark, Poland, Greece, Portugal, Spain and Italy
- Age limit: 18 - 25 yo
- Gender balance: Equal number of male and female participants will be invited.
- Priority given to participants with fewer opportunities.
- Be committed to attend the full duration of the course and implement follow up and dissemination activities after the project.
- Preferable: ability and willingness to contribute to lead a session or facilitate a group activity

Registration of participants is final only upon purchase of flight tickets.





# ACCOMMODATION & FOOD

•The project will be implemented in the framework of the Erasmus + Programme. Accommodation and food will be covered 100% by the organizer.

•Participants will stay in Ananda Gaorii (Holbækvej 56, 4560 Vig) which is a registered organic farm with 13 hectares located in the countryside of Denmark. The natural area around is characterized by a mix of coastal landscapes, forests, wetlands, and agricultural fields.

•You will have the opportunity to see and experience how this project is implementing sustainable and regenerative practices.

You will also have the opportunity to learn yoga and meditation.

- Participants will share rooms. 8-10 person
- Participants will be provided with three vegetarian meals per day & a coffee break.

•There is internet access at the site. However, we expect you to connect with the locals and nature.

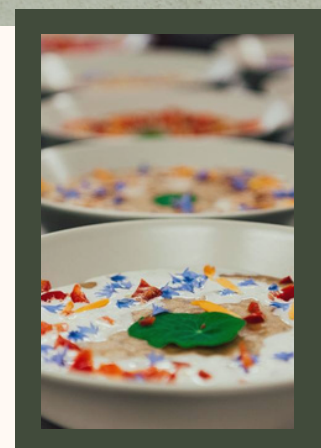
•**Important notice on food:** We will provide you with vegetarian healthy meals and snacks.

Most of the veggies are from Ananda Gaorii organic garden. Inside the project, we promote a sattvic diet\*, and you will have an opportunity to experience it. If you have any allergies or intolerances, please inform us about it on time, so we can plan ahead.

\***IMPORTANT: All our meals are vegetarian (no meat, fish, eggs, mushroom, onion/garlic), please read this and agree before coming to Ananda Gaorii.**

•**Important information:** Given that this is an Ashram, we **do not allow** smoking or drinking alcohol on the project site. It is our home and sacred space and we like to be respected.

•**To bring:** Bed sheets, towel and toiletries (soap, toothpaste, etc...natural!!!); comfortable clothes as we will do some activities outside and invite you to sit or lay on the ground; shorts and long trousers, a warm sweater or jacket, long and short-sleeved T-shirts, rain jacket, indoor shoes; cap (hat), lip balm, sun lotion; Earplugs, just in case your best friend will be snoring nearby :) Swimsuit (just in case the weather is friendly :).



# TRAVEL AND REIMBURSEMENT

Country	Maximum Reimbursement amount
Denmark	23€
Spain, Italy	275€
Poland	320€
Greece, Portugal	360€

- Maximum reimbursement amount is the maximum amount a participant can be reimbursed. Anything above this amount will have to be covered by the participant.

- Entry to Denmark DOES NOT require any PCR test. See <https://en.coronasmitte.dk/covidtravelrules>

- To be reimbursed: Participants must fill a reimbursement form and provide tickets, invoices, and boarding passes. We will send extra details later.

- Travel will be reimbursed via bank transfer within **maximum 2 months** after the project and after submission of all travel documentation including return boarding passes. 2 months is the limit. Practically though, if possible we plan to reimburse participants sooner than later.

- Bear in mind that according to the guidelines of Erasmus+ program the travel back must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement. Always get the approval from organizers for your flight before purchasing it.

- Travel might not be reimbursed if participant arrives late (after the start of the activity) or leaves before the activity is over. In case of travel concerns, always discuss with organizers in advance.



# HOW TO GET TO ANANDA GAORII

1

From Copenhagen Airport, take the train towards Copenhagen Central Station (Københavns Hovedbanegård). The train station is located within the airport complex, and there are clear signs directing you to the platforms.

2

At Copenhagen Central Station, transfer to another train bound for Holbæk Station. The trains to Holbæk usually depart from platforms 7-10, but it's always best to check the departure boards or ask station staff for the exact platform.

3

Once you arrive at Holbæk Station, exit the train and head to the nearby Holbæk Bus Terminal (Holbæk Busterminal). It is within walking distance from the train station.

4

From the Holbæk Bus Terminal, take bus number 560 towards Nykøbing Sjælland. This bus will pass through Vig, where your destination is located. Make sure to confirm with the bus driver that the bus stops at Holbækvej in Vig, near your destination at Holbækvej 56.

You can use this application (DOT Billetter) to buy your tickets once you arrive to Denmark:





# THINGS TO BRING AND DO

## **Mandatory!**

- Health Insurance including COVID coverage recommended.

- Make sure you have an insurance (travel, health, accident, liability), to inform you this costs cannot be reimbursed, it's fully on participants.

- Make sure your health insurance covers cost in case you get sick with COVID. Should you get sick while in Denmark or not able to return to your home country you need to cover your own costs related to treatment, quarantine or further stay if any.

- Bring Healty vegetarian food and drinks from your country/region for the intercultural evening (We kindly ask all participants to bring some national drinks, snacks and music from their home countries, as a contribution to the intercultural evening, please bring already prepared snacks/food).

- Your Country Flag

- Medicine, if you have allergies/or you periodically need medicine, please bring what you may need!

## **Recommended!**

- Music, photo camera, cash.

- Joy & Motivation;

- Games and group activities, stories.

- Laptop

# ORGANISER:



The project in Denmark will be implemented by “Ananda Marga Danmark” NGO in cooperation with its partners and is responsible for organization, administration and logistics in Denmark.

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## HOW TO APPLY

CONTACT PERSON:



[giancarlo.depasquale@outlook.it](mailto:giancarlo.depasquale@outlook.it)

TO APPLY:

Please fill in the application form

[CLICK HERE](#)



THANK YOU VERY MUCH

We look forward to meeting you!