Call-out for participation in the training
Sustaining our Struggles: Understanding Stress & Trauma, Building Personal and Collective Resilience for Migrant Solidarity and Anti-racism Activists 2016

Who we are and what we do?
We are a self-organized collective of radical sustainable activism facilitators, activists, trauma supporters and people involved in the No Borders movement from Slovenia, Poland, Germany, Scotland and Romania who want to support groups and individuals that do migrant solidarity and anti-racism work. Following the tour that our group did in February 2016 in Slovenia, Croatia and Serbia, we plan to organise a week long training on Sustainable Activism during which participants will be able to reflect more deeply on their own sustainability, as well as the sustainability of the groups and movements they are part of.

What will the training be about?
We aim to increase the effectiveness and resilience of migrant solidarity and anti-racism action groups, supporting them to embed sustainable practices at a personal and collective level. In this training we will explore burnout, stress and trauma and share tools and strategies for preventing and addressing these issues. We would like to open space for discovering ways to deal with emotions, fear or repression, stay involved long term in our struggles, while taking care of each other and growing together into healthy resilient groups. We will also consider the importance of connecting to our bodies and nature around us through different body and mindfulness practices. Another aim of the training is to learn how we can bring this knowledge and practices back to our groups and continue the work on these topics.

The training is designed using participatory methods, giving everyone the opportunity to bring in their own contribution and learn from each other's experiences. The sessions will include individual and collective work as well as different methods for relaxing and becoming more aware of our body and emotions. We would like to give enough time for participants to take some rest, reflect on themselves, get to know each other better, connect and have a lot of fun.

Who is the training for?
The training is open to activists active in the Balkans that are doing migrant solidarity and anti-racism work and would like to find ways to become more resilient in their struggle.

Date and place of the training:
1.07.2016 - Arrival Day
2-6.07.2016 - Training
7.07.2016 - Departure Day
The training will take place on an old farm, 90 km from Ljubljana (east Slovenia).

Language
The training will be held in international accessible English, but we don't want the language to be a barrier for participating. If needed, we will provide simultaneous translation.

Costs
We are currently applying for funding so that all the costs (including transport, accommodation and food) will be covered for the participants. We don't know yet if we will get the funds needed, so we may need to ask for some donations.
How to apply?
Please answer the questions below and send us an email at sustainable-activism@riseup.net by the end of April. We will use these answers to select participants if more people apply for the training than we have space for. We will also use your answers to make sure that the training is relevant for people participating. Your answers are confidential and will only be shared with the trainers and the file will be destroyed after use.

If you would like to attend, but you think it will be difficult to make the time to do it, please contact us so we can find a solution together. We could facilitate a system of solidarity from activists that could take on some of your roles and tasks during the time of the training so that you will be able to participate. This is an experiment and we can't make any firm promises, but if you would need this to participate please contact us and we can explore it further.

Name or Nickname:

Where are you active at the moment? Is this also where you live and where you consider yourself to be from? (We want to make sure that the training is accessible to people from different places so information you can give us here will help us to make sure we give people from many different places the opportunity to join the training).

Please tell us a bit about your migrant solidarity or anti-racist activism. Are you involved in certain collectives? What are some of the key challenges for you?

What interests you about this training? Why do you want to participate?

What do you hope to get out of the training?

What, for you, are the most important things or topics for us to cover?

Do you have any concerns about the training?

Do you have any ideas about where and how you want to share your learning after this training?

Do you have any access needs? Do you need anything to help you to participate in this training? This could anything from needing a wheelchair accessible training venue to needing regular breaks to help you to concentrate.

Do you have any dietary requirements or allergies? Food will be vegan but please tell us about any additional needs.

Are you able to attend for the whole training (arrival 1/7/16, depart 7/7/16)?

Is there anything else you would like to tell us?

The training will be facilitated in English. Would you need translation? If yes, what language?