

# COMMUNITAS

Cultivating Community  
through Challenging Times



## Info Pack

Training Course: 23-30 October, 2025  
Copenhagen, Denmark

Training of Trainers: mid-April 2026  
Thessaloniki, Greece



Co-funded by  
the European Union

**MELJEM**  
EDUCATION

# ABOUT

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The Communitas project equips youth workers with tools to strengthen and sustain communities, especially in times of difficulty and division. The project focuses on self-awareness and group dynamics, empowering youth workers to navigate tensions constructively. By recognizing our own reactions to conflict and uncertainty, we develop the capacity to foster inclusive, resilient communities that embrace challenges as opportunities for growth.

## **Our objectives are as follows:**

- \* Equip youth workers with reflective tools – Provide youth workers with training and resources to develop self-awareness, recognizing our own responses to tension and transforming these into constructive contributions to our communities.
- \* Foster personal responsibility in community dynamics – Enable youth workers to identify our role in group processes, take responsibility for unconscious biases and engage in interactions that strengthen trust.
- \* Build a network of engaged and resilient youth workers – Establish a strong, supportive network of youth workers who actively foster community resilience, by embodying self-awareness, open dialogue, and inclusive leadership.
- \* Promote sustainable community-building practices – Encourage a long-term approach to strengthening communities by focusing on individual and group transformation, equipping youth workers with tools to navigate social tensions with empathy and responsibility.



# Methodology

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We use a mix of experiential learning methods that are drawn from the 'here and now' of the group dynamic.

We primarily use the Adam Institute's Betzavta method for transforming conflicts into dilemmas, combining it with other approaches including democracy pedagogy, restorative circles, nondual therapy and embodied awareness.

Our approach combines a reflection on our different bodies – the mental, emotional, physical and spiritual bodies – in order to reflect on and become the change we wish to see in the world.





# Timeline

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The training is a 3-part training, divided as follows:

**Part 1: Training**

23-30 October, 2025 in Copenhagen.

**Part 2: Training of Trainers**

Mid-April 2026 (dates TBA) in Thessaloniki.

**Part 3: Local Initiatives**

Implementing one local activity (2-3 hr workshop) in each country.

## Max reimbursement per country (to Copenhagen)

Greece	€395
Spain	€395
Romania	€309
Germany	€211

## Costs

The training includes flights (see max reimbursement), accommodation (2 per room) in central Copenhagen and meals.

To keep the training accessible, we ask for a participation fee of €50–100, depending on individual circumstances. You choose the amount that feels fair for you.

October 23<sup>rd</sup> is the arrival day and the 30<sup>th</sup> is the departure day. You may come before and leave after, but the accommodation is only covered for those 7 nights, and the meals are covered for the 6 days of the training.

# Who can apply?

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Residents of Denmark, Germany, Spain, Romania and Greece are invited to apply. We prefer candidates who can commit to all three parts.

This project is for 18+ years old youth workers, youth leaders, trainers, facilitators, non-formal educators, people who wish to work as facilitators.

You do not need to have facilitation experience but the ambition to potentially become a facilitator. We especially encourage those who wish to strengthen their facilitation skills and methodological knowledge.

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# Trainer

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**Tali Padan** has a PhD ([EBD](#)) from Copenhagen Business School in the area of Management Learning and a Master's degree in Intercultural Conflict Management. She has worked as a group facilitator for over ten years, working with a variety of groups, from NGOs to schools and universities to working teams in corporations. Her current focus is on how groups can use and reflect on their working dynamics by lingering in moments of dissonance, tension and uncertainty in order to grow together. She previously worked in the area of Holocaust Education in the UK and Netherlands, and in her current home in Denmark, she is the Director of Mellem Education and delivers trainings across Europe and the US in the fields of intercultural communication, conflict management and democracy education. She is certified in [Betzavta](#), restorative circles and non-dual therapy. She also founded Salaam Shalom in Denmark, an initiative to bridge Jewish-Muslim as well as Middle Eastern communities. She is originally from Israel, grew up in the US and has lived in Copenhagen for the past decade.

# Host organization

Born in Copenhagen in 2012, **Mellem Education** is an organization dedicated to learning through groups, using democracy education as a tool for peacebuilding and societal transformation. At the heart of Mellem's approach is the belief that true teamwork involves moments of tension, dissonance, and uncertainty—natural outcomes of diverse perspectives coming together. Rather than avoiding these moments, Mellem Education sees them as opportunities for individual and collective growth. Through skilled facilitation, participants learn to navigate group dynamics, transforming dissonance into meaningful reflection, deeper connection, and mutual understanding.

Mellem Education provides educational experiences in the form of trainings and workshops that challenge individuals to examine their role in group decision-making. Whether in trainings for youth workers or professional development workshops in workplaces, the goal remains the same: to foster awareness of each person's equal right to freedom and responsibility in shaping inclusive and democratic spaces. By engaging in this process, individuals not only strengthen their ability to work together but also contribute to a society rooted in dialogue, equity, and peace – building change from the ground up.

# MELLEM EDUCATION





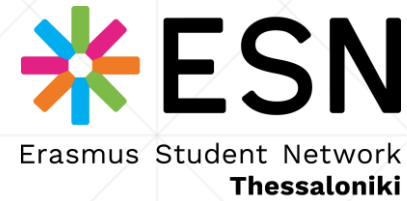
# Partners



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[Apply here!](#) Deadline to apply: 15 September, 2025

Hope to see you in Copenhagen in October!

For questions, email [tali@mellemeducation.org](mailto:tali@mellemeducation.org)