

Vitalitetsfonden (Avnø Oasis ecovillage)



PARTNER INFORMATION for Erasmus+

Participating organisation	
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Type and sector of activity	
Type of organisation	Foundation
Main sector of activity	Providing learning activities, such as summer universities, language courses
Background and experience	
Please briefly present your organisation/the group	Vitalitetsfonden foundation was established in 2020 at Avnø (Vordingborg municipality) - a rural seaside area in Denmark. The purpose of Vitalitetsfonden is to work for the common good (non-profit) by promoting a sustainable, fair, and vital world in relation to physical and mental health, nature, economy, and culture on a personal, organisational and societal level. As part of this, the purpose of the foundation is to acquire, renovate, adapt, furnish, and operate real estate, which is made available for establishing co-housing communities, operation of "højskole" (non-formal learning centers), and other forms of education to support the above-mentioned purposes. Vitalitetsfonden is supporting the emerging ecovillage Avnø Oasis, which is developing 3 elements: Avnø Højskole (non-formal learning center), a co-housing community, and regenerative entrepreneurship. All activities in Avnø Oasis are run through Vitalitetsfonden at the moment. More information can be found at avno.org Their vision A world with optimal living conditions for ourselves, all beings, and future generations. Their mission Co-creating a sustainable approach to all areas of life through their community, adult education center, and green businesses • <i>Green transition:</i> Awareness of our dependence on Nature ≈ Becoming an integral part of the local area and the Nature we live in ≈ Protection of nature's limited resources.

	• <i>Health transition</i>: Living & eating in a way, where real needs are met ≈ increasing strength & vitality ≈ Stronger immune system & reducing lifestyle diseases. • <i>Social transition</i>: Creating and participating in meaningful and sustainable relationships and communities ≈ A sense of belonging & sustainable leadership. • <i>Personal transition</i>: Ability to listen to yourself and others & make coherent choices. Being inside-driven & making deliberate choices ≈ shifting from the drama triangle to empowerment dynamics. • <i>Cultural transition</i>: Valuing every being & experience as part of a greater whole ≈ awareness that neither material goods, money, or power have much value when facing death. • <i>Financial transition</i>: Acknowledging & applying all kinds of capital ≈ green livelihood & regenerative enterprises. Their aim To be a living example of a regenerative lifestyle and an Oasis for people, who want to heal themselves, live more sustainably, and contribute to a thriving world. Their guiding principle We compassionately connect to ourselves, each other & the environment and contribute towards a thriving planet. Their target group Youth and adults who want to make positive changes in their own lives and contribute to establishing a world with optimal living conditions for ourselves, all beings, and future generations.
What are the activities and experience of the organisation in youth work? Please provide information on your organisation's / group's regular youth work activities.	The main activities of Avnø Oasis in regards to youth are: • living together as an intentional community and utilizing best practices: sociocratic governance, compassionate communication (NVC), permaculture design, macrobiotic cooking, AIMA tools for personal development etc. They are usually a community of 15-20 people living and volunteering closely together. Their community is very diverse: many nationalities, different ages, genders, and backgrounds. • organizing courses and events through Avnø Højskole (non-formal learning center). The focus of these activities is on sustainability, physical and mental well-being, community building, permaculture design, and green entrepreneurship. This also includes Erasmus+ projects. • hosting volunteers and ESC volunteers. On average, 200-300 young people from all around the world come to Avnø Oasis every year for different periods of time as volunteers, students, Erasmus+ participants, co-livers, and guests. While in their community, they are treated equally to adults and gently supported in their physical, mental, emotional, and spiritual development. They offer young individuals empowering opportunities to participate in community decision-making, to take responsible roles (such as coordination of projects and even working teams), to share their thoughts and challenges openly, to work side-by-side with more experienced or to mentor less experienced community members, and also to start their own mini-projects, aligned with the needs of Avnø Oasis, and to gain relevant for the present and the future knowledge and skills in a non-formal way. Inclusion is important for them, therefore they have several approaches that ensure the accessibility of their courses for individuals with fewer opportunities: their long-term volunteers get free or discounted access, their potential students can apply for a discounted price, and they are open and considerate to special requests.
What are the skills and	Kristiane Ravn Frost: Director. Teacher. Organising & teaching courses and events in food and sustainable lifestyle since 1982. Created the Aima tools for self-reflection and transforming beliefs and habits that no longer serve in a

experience of key staff/persons involved in this application?	fast-changing world. Creator of the Holistic Health Education in Avnø Højskole. Volunteer mentor (including ESC volunteers). Experience with supporting adults on the edge of society due to drug or mental health issues. Coordinator of their Economy and Admin group. Olha Simon: Course Coordinator. Communication & Promotion Coordinator - she manages a team, responsible for the visibility and public relationships of Avno Oasis. She has experience from several ecovillage communities, ecovillage-related courses and events, and more than 20 Erasmus+ projects that she collaborated on. The last two years she has been the coordinator of Avnø Højskole. Olha is the current coordinator of Vitalitetsfondens Erasmus+ programs. Lasse Kofod: IT - manager. Administrator of their website and server. Coordinator of the technical circle (including the maintenance of the buildings). Helena Marchenko: Permaculture designer. Coordinator of their 12-week Green Skills course. Coordinator of the garden circle.
Provide further information specifically on the activities and youth work done by your organisation - (what are the target groups? Which methods are used? etc..)	Avnø Oasis Ecovillage and Højskole, run through Vitalitetsfonden, are committed to fostering sustainable living and community development. They offer a diverse array of youth activities and opportunities for engagement such as volunteering, short and long courses on community building, holistic health, personal development, permaculture, sustainable living, sociocracy etc. The organisation provides a supportive environment for personal growth and learning both for our students who come from all over the world and for our young volunteers from across Europe, including those participating in the European Solidarity Corps (ESC). Target Groups: - Young Volunteers: The organisation welcomes individuals, who are passionate about sustainability, community building, health and personal development. - ESC Participants: The organisation actively engages with volunteers enrolled in the European Solidarity Corps, providing them with meaningful experiences and opportunities for skill development. - Individuals Interested in Sustainable Design: Our 12 week programs <i>Community Education & Growing Green Skills</i> attracts individuals seeking to deepen their understanding of sustainable design principles, including ecovillage design education and permaculture design education. - Those Interested in Holistic Health and Well-being: The organisation offers courses from 1-12 weeks and activities focused on holistic health, personal development, and well-being, catering to individuals interested in leading & promoting balanced and fulfilling lives. - Advocates of Sociocracy: The organisation provides resources and training in sociocracy, appealing to individuals interested in participatory decision-making and collaborative governance models. Methods Used: - Volunteer Engagement: Vitalitetsfonden hosts between 10 and 20 young volunteers annually, fostering a sense of community and providing opportunities for hands-on participation in ecovillage activities. - Educational Courses: Throughout the year, the organisation offers 1-12 week courses on various topics related to sustainability, community living, health and personal growth. These courses include ecovillage design education, permaculture design education, holistic health education, personal development, and sociocracy. - Flexible Learning Opportunities: Volunteers are encouraged to take part in shorter courses during their free time, allowing them to tailor their learning experiences to their interests and schedules. - Experiential Learning: The organisation emphasises experiential learning approaches, providing volunteers & course participants with opportunities to apply theoretical knowledge in practical contexts within the ecovillage. - Mentorship and Support: The organisation offers a supportive environment for volunteers, providing mentorship, guidance, and

	resources to facilitate their personal and professional development during their time at the ecovillage. Overall, the organisation's youth activities and programs aim to empower young individuals to become active agents of change in their communities, equipping them with the skills, knowledge, and support needed to create a more sustainable and harmonious world.
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