

# DREAM IT, DO IT

## PERSONAL DEVELOPMENT TRAINING



Gopegi, Vitoria-Gasteiz, Spain



23-28 June 2017

**"All our dreams can come true,  
if we have the courage to  
pursue them."**

WALT DISNEY



# DREAM IT, DO IT



4 days Personal Development Training focused on accountability and self-empowerment for 17 people from 8 different countries:

Spain, Romania, Croatia, Bulgaria, Lithuania, Czech Republic, Italy and Greece

in Gopegi, Vitoria-Gasteiz, Spain.  
Between 23rd-28th of June 2017

# What?



#1

**Dream it, Do it** is a Personal development training focused on self-empowerment and accountability as the ways to create fulfilment in our lives.

Our goal is to support the people who work with people in order to have different alternatives and tools to empower themselves and at the same time to support the youngsters in their communities to make the best of their skills, talents and hobbies and to seize the reality as a place full of possibilities and alternatives while enjoying their lives.

We do this project in order to create an inspiring space for people who work with people from different European countries. We offer a place where the participants will exchange experiences and create accountability to empower the youngsters from their communities to achieve their goal, both professionally and personally.

There will be 17 youth workers, residents of Spain, Romania, Croatia, Bulgaria, Lithuania, Czech Republic, Italy and Greece

The youth workers should be;

- Able to work in simple English.
- Highly motivated and willing to actively participate during the whole training.

# For Whom?



#2

# Practicals

## Arrival

The arrival day is the 23rd of June (before 18.00)

## Programme days

24th till 27th of June  
Expect 4 dynamic, full working days between 9-14 hours including breaks

## Departure

The departure day is the 28th of June (after 9:00)

# Day 1

**Connection;**  
how I connect with myself  
and with others.  
how I deliver my message  
to this word

# Day 2

**Respons-ability;**  
a "before-the-fact"  
mindset of personal  
ownership and  
commitment to a result.

# Day 3

**Self-empowerment;**  
taking the actions (and the  
risks) that you need in  
order to ensure that you  
achieve the desired results

# Day 4

**Personal accountability;**  
Being accountable for your  
results requires an "after-  
the-fact" mindset of being  
willing to answer the  
results of your choices,  
behaviours and actions

# Our Approaches

This is a personal development training and we are going to use the method learning by involvement. Throughout the 4 days of the training we are going to use amongst others:



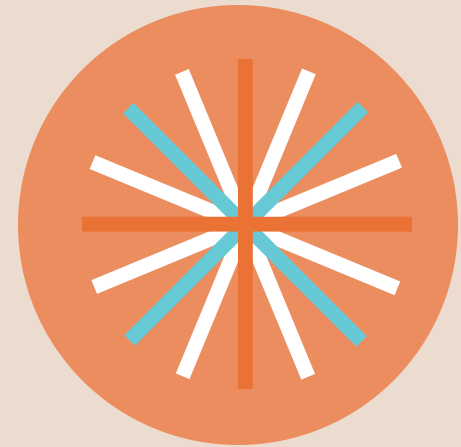
## **Connectivities**

Experiential learning  
assignments &  
challenges



## **Nature & Outdoor**

Usage of the  
environment as tool  
for learning



## **Embodied Coaching**

brings the body forward  
as an advocate in  
creating a place for  
growth



# Costs

- Accommodation & meals are covered 100%
- Travel Reimbursement 100% according to your country (see below)
- Participants' contribution 50€

The training is financially supported by the Erasmus+ programme.

We expect that you fully participate in it. We will not be able to reimburse you if you arrive later or leave earlier.

If you wish to arrive earlier or leave later, you should arrange your own stay in Spain by extending the travel days up to 2 days in total. Your stay during the days not included in the program of training will not be covered by organisers.

## Travel Reimbursement per country

Spain - 180€

Italy & Croatia - 275€

Lithuania, Bulgaria, & Czech Rep. - 360€

Romania & Greece - 530€

# Where?

The training will take place in Quopiki rural house. <http://www.quopiki.org/>

Hosting and catering will be provided within this accommodation.

About the house: there is a wireless internet connection in the house that you can use.

There are 7 sleeping rooms that can be occupied by 2 to 3 people with showers and toilets. There are a Cosy area and a Kitchen available.

Quopiki is a group accommodation, which means we take care of the house by ourselves (including some of the practical aspects and light household duties). The house will be our home for the entire training.



# Who we are?



**Infinity - Synergy Spain** is an informal group of young people founded in January 2016 in Vitoria-Gasteiz, Spain. The idea for this informal group was born from our experiences with the Synergy network, which offers to young people a new perspective supporting them to create the lives they want to live.

Our mission comes from the decision to support the self-development and empowerment of young people, with the vision of creating a world that works for everyone out of love, care and cooperation.

# Trainers team

This training is supported by an experienced team of trainers and members of infinity - Synergy Spain team.



Itsaso Zaldibar

is the founder of Infinity - Synergy Spain. She is delivering workshops on embodied coaching in the UVA & University of Groningen Netherlands and she delivered trainings in 6 countries



Panagiotis Mamouzakis

comes from Greece and he has 14 years experience as a trainer in the non-formal education context. He uses a big spectrum of approaches to deliver personal development, coaching, train the trainer & media trainings around the world.



Jordan Herreros

is currently focused on creating and delivering non-formal education programmes in international contexts on the topics of communication, facilitation skills, media, body movement and experiential learning.



# How to apply?



If you think that this is your training, just proceed on hitting the button below and fill the form.

[APPLY HERE](#)

for questions mail us here:  
[infinityelkartea@gmail.com](mailto:infinityelkartea@gmail.com)



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# Partners

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- Spain - Infinity-Synergy Spain - [infinityelkartea@gmail.com](mailto:infinityelkartea@gmail.com)
- Greece - Synergy Flow - [info.synergyflow@gmail.com](mailto:info.synergyflow@gmail.com)
- Italy - Vagamondo - [infoyouthprojects@gmail.com](mailto:infoyouthprojects@gmail.com)
- Czech Rep. - Brno Connected - [brnoconnected@gmail.com](mailto:brnoconnected@gmail.com)
- Bulgaria - Synergy Bulgaria - [info@synergybulgaria.com](mailto:info@synergybulgaria.com)
- Lithuania - Synergy LT - [aringa@synergylt.lt](mailto:aringa@synergylt.lt)
- Romania - Synergy Romania - [contact@synergyforyou.ro](mailto:contact@synergyforyou.ro)
- Croatia - Synergy Croatia - [synergy@synergy-croatia.com](mailto:synergy@synergy-croatia.com)

see you soon in

THE BASQUE COUNTRY

