



# 3D: DISCOVER, DARE AND DIVE IN!

- training course -

29.5. - 9.6.2017

ADAMOV, CZECH REPUBLIC



Erasmus+

# INVITATION

We invite you on a journey where you will **DISCOVER** how you and others learn and grow, **DARE** to take a next step in your life and **DIVE IN** your personal growth. Come and join us in creating new dimensions of learning, education and development for yourself and for others.

*Education is the most powerful weapon  
that you can use to change the world.  
(Nelson Mandela)*



# ABOUT THE TRAINING

„**3D: Discover, Dare and Dive In**“ is a 10-day training that will take place in the Czech Republic, in the ecocentre Svycarna close to Adamov, from 29th May till 9th June 2017. It aims to bring together youth workers, volunteers, teachers, trainers, social workers and everybody interested in formal and non-formal education and learning, who want to share their practices and learn new tools and methods that are usable in their everyday personal and professional life. We will be looking for synergies and interconnections between formal and non-formal education and explore how to implement non-formal education methods into the formal environment.

The main topic of the training is **education** and **learning**. We will explore how we learn and how we **support** others in learning, how we **motivate** ourselves and others, how we make education playful and **fun** experience and how to be creative in learning. Through experiential activities we will see how to take responsibility for our own learning, how to discover and develop **potential** of every individual and how to go for our maximum in life.

It is an **intense personal development** project during which you can expect 10 full days of personal development activities, outdoor physical activities, creative workshops, discussions, reflections and much more. The whole programme is very experiential and based on “learning by doing” approach.

# THE TRAINING IS FOR YOU IF:

- you are older than 18 years
- you are a registered inhabitant of the Czech Republic, Bulgaria, Romania, Lithuania, Greece or Croatia
- you are involved or interested in the field education (as a professional or volunteer, social worker, youthworker, teacher, trainer,..)
- you want to improve your personal and professional competences, refresh your approaches and exchange practices
- you are willing to live, learn, play, inquire, reflect, experiment and explore in a multicultural group
- you are physically and mentally ready to take on 10-14 hours per day of programme
- you are able to work in English
- you are highly motivated and willing to actively participate during the whole training





# YOU WILL HAVE AN OPPORTUNITY TO IMPROVE YOUR:

- creativity and proactivity
  - learning and personal development skills
  - communication skills
  - leadership skills
  - cooperation skills
  - planning and organisation skills
  - flexibility
  - ability to identify and use your own potential
- ...and much more!

# TRAINING METHODS

## EXPERIENTIAL LEARNING

Our training method is based on learning by doing, highly experiential, based on active physical participation. We invite you to point out where you find yourself at the moment in their learning process, what you want to learn and how you want to develop yourself. We create the playground, it is up to you what you take out of it.

## SIMULATED SITUATIONS

You will be faced with solving problem and teamwork activities in various contexts. To succeed you will need to expand your limits, to go beyond what you have done so far. It is about playing and gaming, reflecting and learning out of it.

## WORKSHOPS

You will have space to bring your own input and create learning environment for others, combining formal and non-formal learning.



# TRAINING METHODS



## OUTDOOR

Some of the days, you will work in different environment. Outdoor activities provide opportunities for going out of your comfort zone. By this you will become more aware of how different situations and environment effect you and how change of environment gives you a new perspective.

## PEER EDUCATION

You will have the opportunity to learn from each other, being from different backgrounds and having different experiences, you deal with same questions in different ways, which will enrich everyone's perspectives and help creating new friendships and cooperations.

## COACHING AND OPEN SHARING

We will create space and let you develop your ideas, share them and encourage others to express themselves and openly discuss about them.

# OUR APPROACH

The programme is using the methodology of “Basic Synergy Training”, the first step in the Synergy Trainings (a method shared in the International Synergy Group). The approach used in this project is based on empowerment, meaning we will create a safe environment for learning for you. We find it important not just for young people, but for everyone to become active learners through their whole lives. With our approach we would like to support the development of your skills and attitudes.

The learning process is designed as a whole and this requires full-time participation.

Arriving late, leaving early and missing workshops is not allowed.

We planned the follow up of the training in such a way that it will give you the opportunity to become actively involved in improving your environment, whilst putting in practice what you´ve discovered in the training.



# PROGRAMME STRUCTURE



## DAY 1 - 4

Self-discovery, roles and patterns, communication and cooperation, trust



## DAY 5- 6

Workshops, learning and education in practice



## DAY 7 - 9

Outdoor experience



## DAY 10

Evaluation, closing

# THE TEAM

The trainers of the programme are Marija Wazi and Katka Martinkova, who will be supported by a small international team that is experienced in the methodology of the training.



Marija is an experienced social worker, youthworker and trainer. She has delivered 16 international trainings and youth exchanges as a main trainer and assisted on many more as a team member. She is specialized in the field of personal development and soft skills, communication, coaching and creative writing, her focus are young people with fewer opportunities.



Katka is a youthworker, trainer and project coordinator. She is passionate about supporting others to discover and develop their potential, went through numerous trainings and courses as a team member and is now delivering personal development, communication and entrepreneurship programmes as a trainer and facilitator.

# ABOUT BRNO CONNECTED

Brno Connected is a non-governmental organisation (NGO) active in the field of non-formal education, personal development and volunteering, both on the local and international level.

We believe in unique potential of every individual and we aim to support young-spirited people in discovering and fulfilling their personal goals and dreams.

We focus mainly on local and international projects, programmes and workshops. We both create and deliver them or we cooperate with foreign organisations as project partners.

At the same time, we are engaged in promotion and support of volunteering.

We are part of International Synergy Group, an informal network of organisations all around Europe, with whom we share a common vision: to create a world that works for everyone.

# TRAINING TIMEFRAME



**ARRIVAL**

Monday 29th May, 2 - 6 pm

**DEPARTURE**

Tuesday 9th June, 8 - 11 am

We expect you to participate in the whole programme.  
(It means coming later or leaving earlier is not allowed)



# VENUE

During the training you will live together with other participants in a group accommodation at the ecocentre Svycarna (<http://svycarna.eu/>) that is situated 3km from the town of Adamov. The area is called Moravian Karst, which is one of the most important karst area of Central Europe. In the area there are more than 1100 caverns and gorges, some of them accessible to public.

It is in a remote area in a beautiful nature which provides peace and perfect conditions for calming one's mind, concentrating and creating connections with others.

You will be sharing rooms in smaller groups of people; there are shared showers and toilets.

The accommodation is very simple; you will be taking part in light housework such as daily cleaning, dish washing, etc. There is wireless wifi available.

We will have meals 3 times a day prepared by the kitchen staff; smaller coffee breaks will be available during the day.

# COST AND FEES

The training is funded through Erasmus+ programme, thus accommodation, food, materials, the programme and the travel costs up to the maximum allowed amount are fully covered.

Participation fee is 50€ per person and you pay it upon arrival.

<b>COUNTRY</b>	<b>NO. OF PARTICIPANTS</b>	<b>MAXIMUM AMOUNT OF TRAVEL COSTS REIMBURSED</b>
Czech Rep.	4	20€
Croatia	3	180€
Bulgaria	4	275€
Romania	4	275€
Lithuania	3	275€
Greece	4	275€



# REIMBURSEMENT INFO

According to the rules of the Erasmus+ programme you can get your travel costs reimbursed up to amount stated in the table above, depending on the place you are travelling from and its distance. If your travel costs are lower or same as this amount, you get reimbursement of 100% of your real travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. That's why we recommend to book your ticket as soon as you receive the confirmation letter, since they are often much cheaper when bought in advance.

To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes and invoices (originals). **ONLY** if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel costs!

We will only reimburse your travel cost if you participate in the training.

The reimbursement is done after the project, once you send us the originals of the tickets

# APPLICATION - SELECTION - CONFIRMATION

To apply, fill in the **online application form**, latest by the 31th March 2017.

The participants will be selected by sending organisations, in cooperation with Brno Connected. Selection is done based on the profile and motivation of applicants.

If you are accepted for the project you will receive a "Confirmation letter" with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.

## PARTNER ORGANISATIONS

Czech Rep.	Brno Connected	brnoconnected@gmail.com
Croatia	Smokinya Foundation	info@smokinya.com
Bulgaria	SYNCRO	synergy@synergy-croatia.com
Romania	Synergy Romania	contact@synergyforyou.ro
Lithuania	Synergy Lithuania	aringa@synergylt.lt
Greece	Synergy Flow	info.synergyflow@gmail.com



# CONTACT

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This project is funded by the Erasmus+  
programme of the European Union.

