

BASIC SYNERGY TRAINING

EMBRACING

TRUST

ADAMOV, CZECH REPUBLIC

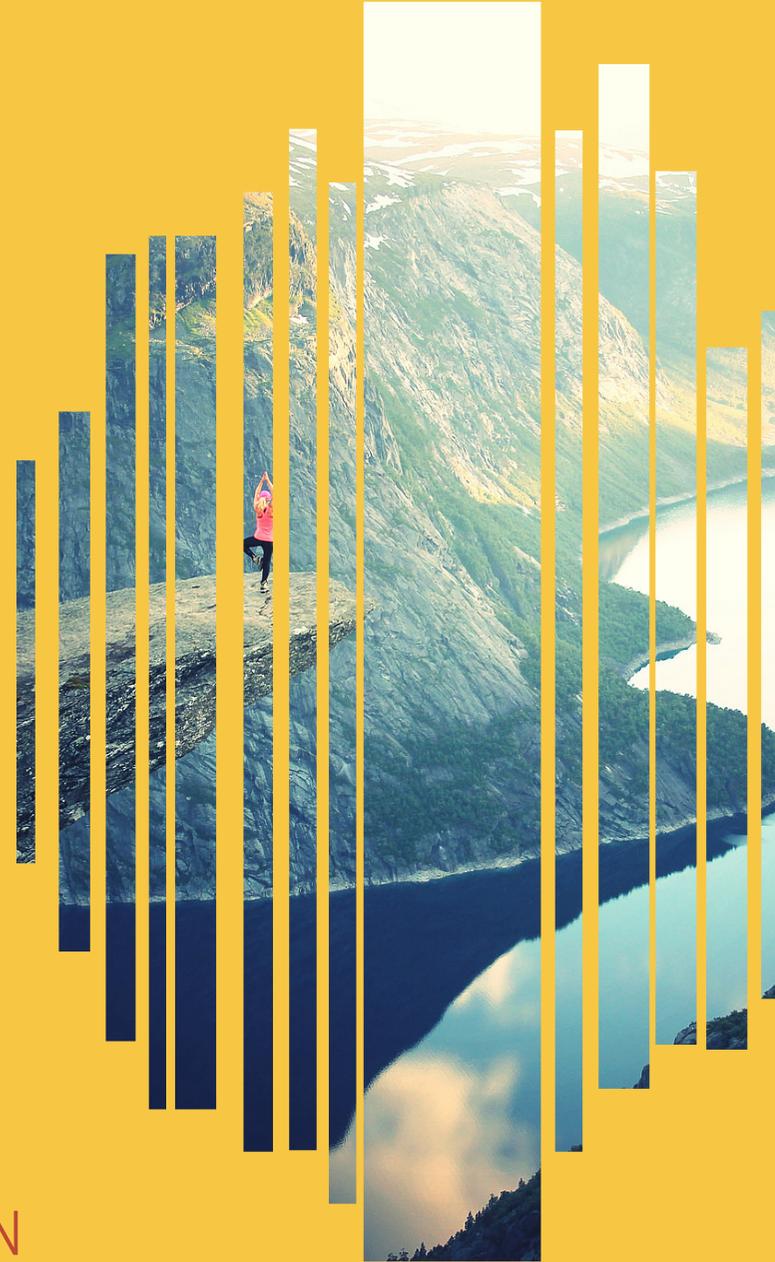
17 - 28 MARCH 2018



# IDEA BEHIND

“Embracing Trust” is a 10-day **training course** focused on fostering **mutual trust** through **intercultural personal connection**, empowered **communication** and uncovering one’s **potential**, which is taking place in Adamov, Czech Republic between the dates 17-28.03.2018.

COME TO TO CREATE CONNECTION  
THROUGH TRUST AND PRACTICE  
REFLECTION, EVALUATION AND SELF-MOTIVATION.



# LEARNING OPPORTUNITY

You will get space to explore your **communication patterns**, develop your **creativity and proactivity**, create **authentic relations** with others and with yourself and discover your potential. It will also be about **self-expression and cooperation** with others, regardless of their cultural or social background. The whole programme is very experiential and based on “learning by doing” approach.

countries

8

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

participants

32

people working with youth

training

10

days of intense personal  
development, outdoor  
physical activities, creative  
workshops, discussions, reflections and much more

# THE TRAINING IS FOR YOU IF...

- You are 18+ years old
- You are a registered inhabitant of the **Czech Republic, Bulgaria, Greece, Hungary, Romania, Croatia, Spain and Italy**
- You are a volunteer, youth worker (young activist, peer educator, mentor, coach, trainer..), NGO staff (NGO manager or colleague, leader, office staff.) or representative of formal education
- You **want to improve** your personal and professional competences and work on your communication skills
- 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 project



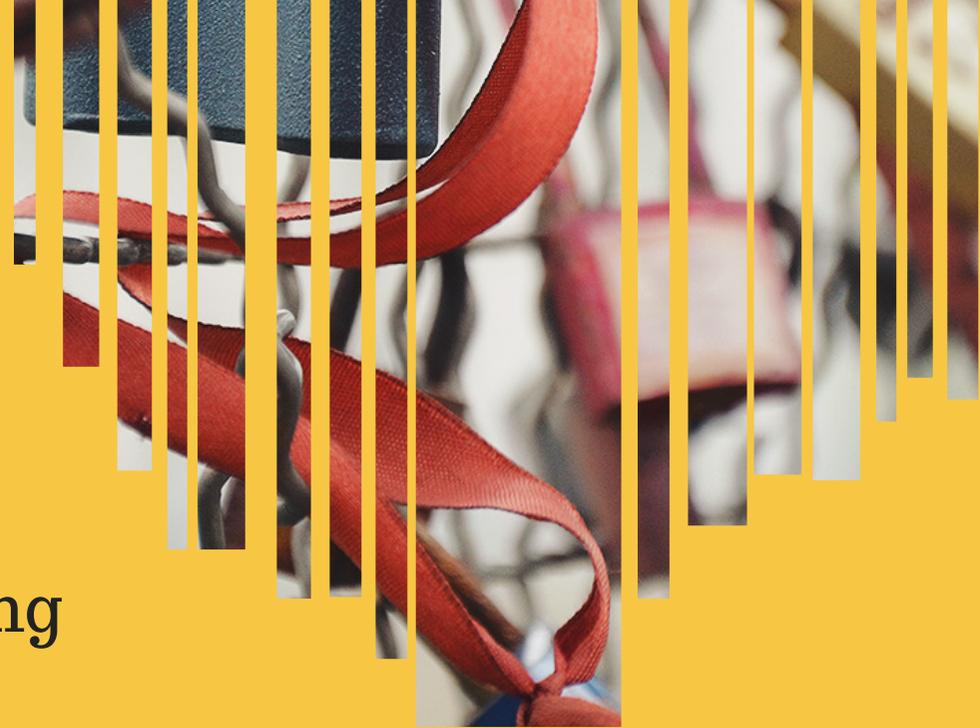


# TRAINING METHODS

- experiential learning
- simulated situations
- coaching and open sharing
- outdoor activities
- peer education

## 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**.



# PROGRAMME

DAY 1-4 ○ self-discovery, roles and patterns, communication and cooperation, trust

DAY 5-6 ○ workshops, learning in practice

DAY 7-9 ○ outdoor experience

DAY 10 ○ evaluation, closing



# TEAM

The trainers of the programme are **Anna Sipos (HU)** and **Katka Martinkova (CZ)**, who will be supported by a small international team that is experienced in the methodology of the training



Anna is a trainer with more than 5 years of experience. She is using mainly the method of creative recycling and experimental learning in different fields: in social entrepreneurship, personal development, communication, sustainability education, coaching and mentoring. She is co-founder of ReCreativity Social Enterprise.



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. She is co-founder of Brno Connected.

# TRAINING TIMEFRAME

ARRIVAL Saturday 17th March, 2 - 7 pm

DEPARTURE Wednesday 28th March, till 10 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.

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. Main meals will be vegetarian.



# COSTS 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.  
(If you can't afford to pay the fee, contact us and we will discuss individual agreements)

## TRAVEL COSTS

Czech Republic	180 EUR
Bulgaria	275 EUR
Greece	275 EUR
Hungary	180 EUR
Romania	275 EUR
Croatia	275 EUR
Spain	275 EUR
Italy	275 EUR

# 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 **30th January**.

APPLY  
HERE

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.

Czech Republic

Bulgaria

Greece

Hungary

Romania

Croatia

Spain

Italy

Brno Connected

Smokinya Foundation

Synergy Flow

ReCreativity

Synergy Romania

SYNCRO

WeGo

Vagamondo

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# 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.**



# CONTACT

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