

Do you believe that change is possible?

Do you want to contribute to creating a world that stands on cooperation and inclusion?

Do you have the courage to stand up for your ideas?

**DO YOU WANT TO BE YOUR
OWN HERO?**



BE YOUR OWN HERO

is a training course on the topic of personal courage. Courage to make things happen, courage to support others in reaching their dreams.

We are inviting you to join us in case you want to explore yourself, your communication patterns, your habits in working with people, your creativity and proactivity. It is for those who dare to dream big, want to develop their skills and are looking for new tools and methods.

We want to gather 30 youth workers, volunteers, trainers, leaders...simply all of those who need the courage to stand up and be “heroes” in their organisations, communities, groups.

We are offering an intense personal development project in which you can expect full days of personal development activities, outdoor physical activities, communication activities, creative workshops, discussions, reflections and much more.

The aim is to provide the participants with tools and methods that will support them in making impact in their local environment, in getting new perspectives for their work, as well as feedback on what they are doing.

The whole programme is very experiential and based on “learning by doing” approach.

THE TRAINING IS FOR YOU IF YOU ARE:

- over 18 yrs old
- a registered inhabitant of Italy, the Czech Republic, Hungary, Bulgaria, Greece, Croatia, Lithuania or Romania
- a youth worker (young activist, peer educator, volunteer, mentor, coach, trainer..), NGO staff (NGO manager or colleague, leader, office staff...) or representative of formal education (teacher, assistant at school, ..)
- willing to live, learn, play, inquire, reflect, experiment and explore in a multicultural group
- physically and mentally ready to take on 10-14 hours per day of programme
- able to work in English
- highly motivated and willing to actively participate during the whole project



TRAINING BACKGROUND

The basic theory is that being humans we all live in our world of interpretation, in our reality, as we see it. This reality, or 'comfort zone' most of the time supports us and keeps us safe, but many times it is a limitation to look further and open new opportunities. In this training you will have the chance to have a look at your reality, automatic patterns and behaviors you have, and, in case you decide to, to change some of those.

By participating in the process you have the chance to improve life skills, such as:

- 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!

This is how you can become your own hero, take a lead upon your life
and create more successes!

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, what you need is your full commitment, your full participation and openness.

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



PROGRAMME

DAY 1

Getting to know each other, training intro, self-discovery

DAY 2 - 3

Roles and patterns, communication and cooperation, trust

Day 4

Feedback, creativity

DAY 5

Workshops, learning in practice

DAY 6 - 7

Outdoor experience

DAY 8

Evaluation, closing

The programme overview is preliminary and might change.

THE 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.



Katka is a youthworker, trainer, facilitator, coach and co-founder of an NGO Brno Connected (CZ). She has more than 10 years experience with non-formal education and experiential learning, both on local and international level, currently focusing on implementing personal development and coaching into non-formal education. She has delivered 8 Erasmus+ projects and participated in many more as a team member. She is passionate about people and about supporting them in daring to show who they are and creating a life they want to have, through having healthy relationships to themselves and to others.



Anna is a trainer, designer, entrepreneur, leading her social enterprise ReCreativity (HU) in the past 5 years. She is using mainly the method of creative recycling and experiential learning in different fields: in social entrepreneurship, personal development, communication, sustainability education, coaching and mentoring. Over the past 8 years she has gained practical experience in working with groups and design personal development training programs for young people who want to create a long-term impact on their lives. She is a master NLP practitioner, trained in coaching, constellations and communication.

TRAINING TIMEFRAME

An hourglass is positioned in the center of the slide, resting on a sandy beach. The background shows gentle waves of the ocean under a clear sky. The entire scene is overlaid with a semi-transparent teal color.

ARRIVAL: Friday 30th November, 5 - 7 pm

DEPARTURE: Sunday 9th December, 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 called Casa La Lodola (<http://www.casalalodola.it/>). It is located close to Bologna, in a hilly part of Italy.

It is in a remote area in the mountains which provides peace and perfect conditions for calming one's mind, concentrating and creating connections with others. You will be sharing rooms with others, there are two big rooms for around 10 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. The meals will be vegetarian and prepared in a way that keeps you energized and supports your learning. We have a no alcohol policy with intention to allow space for connection with yourself and with the ones around you.



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.

Conditions of reimbursement

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 whole training. The reimbursement is done approx. 2-3 months after the project, once you send us the originals of the tickets.



PARTNER ORGANISATIONS

| Country | Organisation | E-mail | Max. travel costs reimbursed |
|------------------|---------------------|--------------------------------|------------------------------|
| Italy | YOUth Connect | youthconnectEU@gmail.com | 20 € |
| Czechia | Brno Connected | brnoconnected@gmail.com | 275 € |
| Greece | Solidarity Mission | training@solidaritymission.org | 275 € |
| Romania | Asociatia Synergy | contact@synergyforyou.ro | 275 € |
| Hungary | ReCreativity | anna.sipos1@gmail.com | 275 € |
| Bulgaria | Smokinya Foundation | info@smokinya.com | 275 € |
| Croatia | SYNCRO | synergy@synergy-croatia.com | 180 € |
| Lithuania | Synergy LT | aringa@synergylt.lt | 275 € |

APPLICATION - SELECTION - CONFIRMATION

To apply, fill in the online application form,
latest by Friday 28th September 2018.



**CLICK
HERE TO
APPLY**

The participants will be selected by sending organisations, in cooperation with YOUTHCONNECT. 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.

ABOUT YOUTH CONNECT

YOUth Connect is an Italian non-profit organisation promoting self-empowerment and personal development of young people at local, national and international level.

Our main goal is to support and inspire young people to trust themselves and act consciously, feeling part of a group through workshops, seminars, youth exchanges, training courses and networking.

With methods such as non-formal education, lifelong learning and international cooperation, YOUth Connect aims to inspire change making, active citizenship, professional development and personal awareness.



CONTACT

YOUth Connect

<https://youthconnecteu.wordpress.com/>

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