

# Youth Catalyst

Training for trainers

**15. - 24.3.2019**

Ecocentre Loutí  
Czech Republic





# *How do I catalyze change in young people?*



Learn how to design and deliver quality non-formal education and experiential learning programmes.

Find your trainer style, your values and strengths as a trainer.

Get practice in a safe learning environment.

Become more confident and flexible when working with groups.

# Youth Catalyst



is an 8-day training for trainers, designed for those who want to become trainers or facilitators in the field of non-formal education (NFE) and experiential learning (EL) and they have already took the first steps and need support in order to move further.

The main question is how to create a learning environment where young people from diverse groups feel welcome, included and safe to grow. So the training will look into, first, how to design quality tailor-made content, second, how to facilitate it in a meaningful way.

Because we believe in learning by doing, the training will be very practice oriented, applying the new tools, receiving feedback, reflecting and re-applying it again, all in a safe environment to experiment and grow. It will address holistic learning, that is learning by mind, body and heart. You can expect a very dynamic and colorful learning experience.



# We will focus on:



- better understanding of learning processes in non-formal education
- ability to create safe and inclusive learning environment
- understanding of group dynamics and ability to build a group
- ability to work in a team, giving and receiving feedback
- the trainer roles, competences, ethics and styles, including clarifying your own trainer style, values and strengths, becoming more confident when working with groups
- ability to design learning programmes based on the basic non-formal education tools such as Kolb cycle or NAOMIE, and tailored to the needs of the different groups
- understanding and ability to facilitate reflections, debriefings and hold group processes
- flexibility and ability to react on the spot, in front of the group
- understanding of self-reflection tools and ability to use it to serve own learning
- outlining an own development plan and learning activities implementation plan
- co-creating a Trainer toolbox with other participants, that will become an open source material of tools usable in non-formal education

# Project phases

## Preparation:

Selection of participants, connecting with your national team, learning goals, planning within national groups. Preparation online task.

## Activity:

8 days of training in the Czech Republic.



## Implementation and follow up:



Each participant implements their learning on the local level - delivering a learning session in their local context + sharing outcomes of it, within a month after the training.



## Evaluation and closing:



Online evaluation of impact of the training, 2 months after the training.



If you decide to apply for this training, bear in mind that you are committing yourself to all four phases of this project.



# Preliminary training programme:

ARRIVAL DAY: Welcome, registration, practical intro

DAY 1: Opening, building the group, setting intentions

DAY 2: Inclusive education and learning process design  
(NAOMIE, Kolb cycle)

DAY 3: Facilitating group processes, debriefing,  
preparation of practice sessions

DAY 4: Practice sessions + feedback

DAY 5: Open space, self-reflection, team development

DAY 6: Preparation of school workshops

DAY 7: Delivering school workshops, debriefing and  
learning outcomes

DAY 8: Producing the trainer toolbox, development  
plan, follow up planning, closing

**Note:** this is a basic overview of the training plan. It might change and be adapted to the needs of the training group.



# The training is for you if:

- you are active in an organisation - i.e. you work as a youth worker, trainer, facilitator, volunteer, educator,...meaning you have previous basic experience in working with groups
- you need tools in the framework of NFE and EL to prepare and deliver your own activities
- you are committed to apply what you learn after the training in your city, team, organization, friends, in the next few months
- you are motivated to move your work to a new level, practice and receive feedback
- you are a constant learner and want to learn more about yourself
- you are willing to actively participate during an intensive 10 - 12 hours daily programme



- you are officially a resident of the Czech Republic, Italy, Greece, Bulgaria, Croatia, Romania, Hungary, Portugal and Lithuania
- you are 18+ years old
- you are able to work in English

**PRIORITY IS GIVEN TO PARTICIPANTS WHO ARE FACING CONDITIONS THAT MAKE THEIR PARTICIPATION IN COMMERCIAL TRAININGS DIFFICULT OR NON-AFFORDABLE (I.E. UNEMPLOYED, MINORITIES, FROM ISOLATED AREAS,..)**

# Team:



## **Katka Martínková (CZ)**

Katka is a youth worker, trainer, facilitator, coach and co-founder of Brno Connected. 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 9 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.



## **Ivan Kobelev (CZ/RU)**

Ivan is a freelance facilitator, trainer and mentor for beginning trainers. Over the last 8 years he has been delivering trainings and forums around Europe and Asia, empowering young people, activists, peace educators, adults, teachers, from more than 40 organizations. Most often he trains group learning design and facilitation, conflict transformation, teamwork, personal development and leadership. He believes in profound and holistic learning, embracing mind, body and heart, and that everything is possible with just enough imagination and creativity.

# Timeframe:

## ARRIVAL:

Friday 15th March, 5 - 7 pm

## DEPARTURE:

Sunday 24th March, 8 - 11 am

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

You are allowed to arrive or depart max. 2 days before or 2 days after the mobility. In case you decide to use that extra time, keep in mind that it will not be supported with food or accommodation. Should your stay be longer than 2 days, we will not reimburse part of your travel costs.



# Venue:

During the programme you will live together with other participants in a group accommodation at the **ecocentre Loutí** (<http://www.ekocentrumlouti.cz/>) that is situated 50 km from Prague. It is in a remote area in nature, chosen with intention to create a calm space for the group to focus on learning.

As it is an ecocentre, we want to bring **sustainability** into our minds when being there - you will be taking part in light housework such as daily cleaning, dish washing, etc. These tasks are part of a learning process in a group environment. Also you will have a chance to learn more about the ecocentre itself and its story and functioning. As the ecocentre has a specific natural cleaning system, you will be asked to use biodegradable cosmetics (no worries though, we will provide soaps, shower gels and shampoos to make it simple for you)

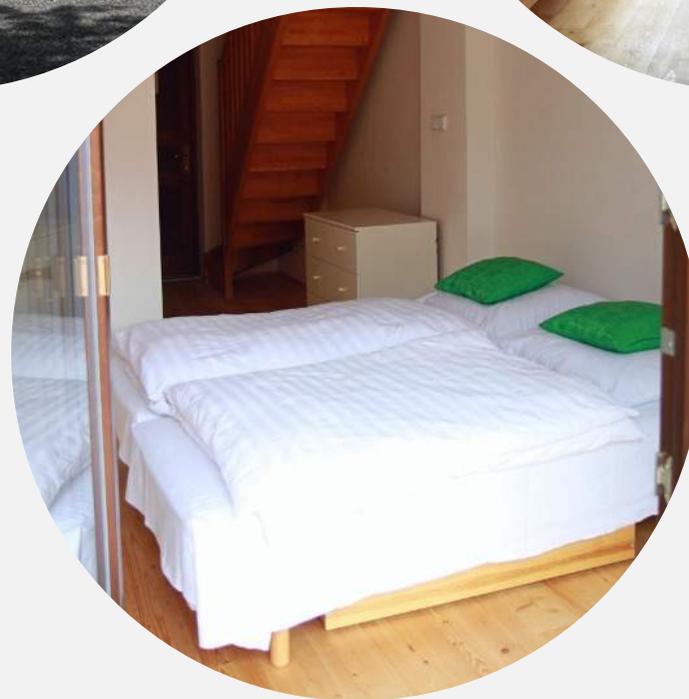
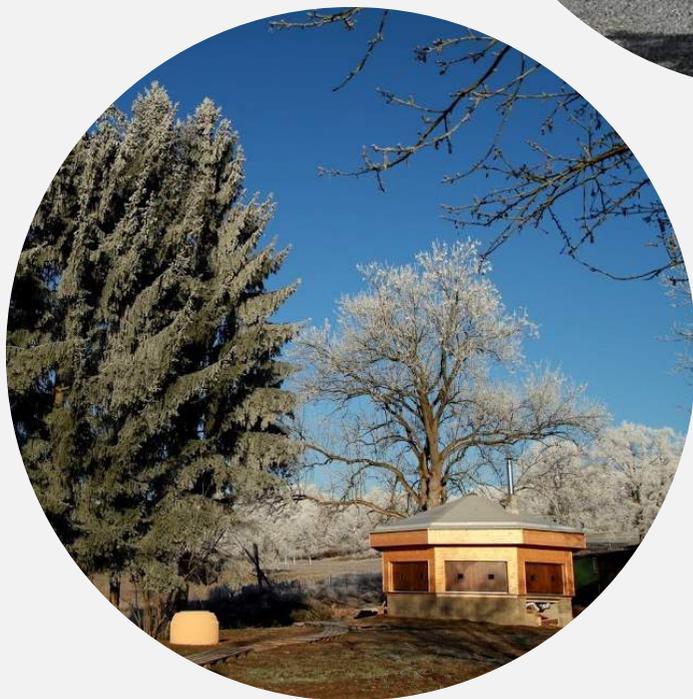
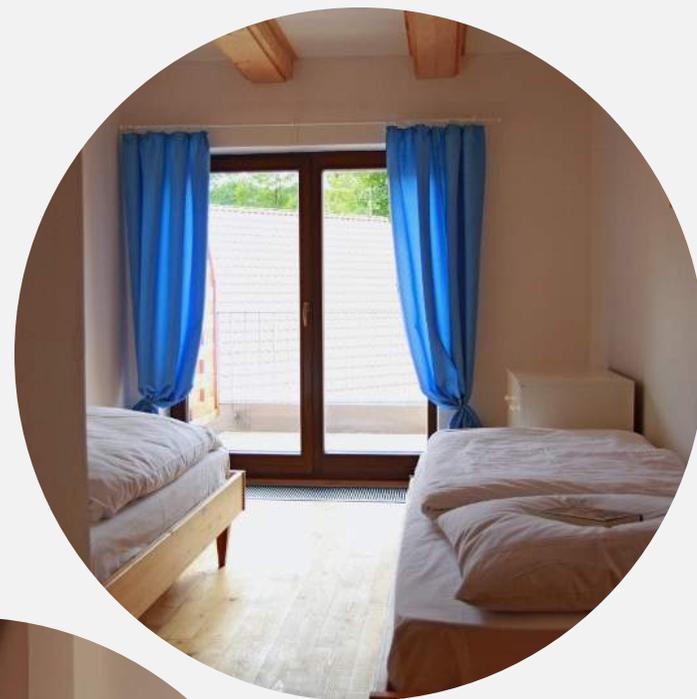
You will be sharing rooms in smaller groups of people (4-6); there is a shower and a toilet in each of the rooms. The accommodation is simple and cosy. There is wifi available.

We will have meals 3 times a day prepared by our cooks; smaller coffee breaks will be available during the day. The meals will be **vegetarian**.

We have a **no alcohol and no drugs policy** during the programme and we highly recommend to not use them at all during the whole training, with intention to allow space for connection with yourself and with the ones around you.



# Venue:



# Costs and fees:

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

Participants' contribution is 50 € per person and you pay it upon arrival.

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

# 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 below, 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!

The reimbursement is done usually approx. 2-3 months after the project, once you send us the originals of the tickets and took part in all the phases of the project. We will only reimburse your travel costs if you participate in the training, its follow up and evaluation after the project included.

# Partner organisations:

COUNTRY	ORGANIZATION	E-MAIL	MAX. AMOUNT REIMBURSED
Czech Rep.	Brno Connected	brnoconnected@gmail.com	180 €
Italy	YOUth Connect	youthconnectEU@gmail.com	275 €
Greece	Solidarity Mission	training@solidaritymission.org	275 €
Romania	Asociatia Synergy	synergy_romania@yahoo.com	275 €
Portugal	Academia Cidada	info@academiacidada.org	360 €
Bulgaria	Smokinya Foundation	info@smokinya.com	275 €
Croatia	SYNCRO	synergy@synergy-croatia.com	180 €
Hungary	Sabai Training	info@sabaitraining.com	180 €
Lithuania	Synergy Lithuania	aringa.balkaite@gmail.com	275 €



# APPLICATION - SELECTION - CONFIRMATION



**To apply, fill in the online application form,  
the latest by the 24th January.**

There is 3 places per country. To participate you don't need to be an active member of specifically those organisations, however they are the ones that are making the selection, they have the right to give priority to their members and you will be communicating with them on a national level.

The participants will be selected by sending organisations, in cooperation with Brno connected. Keep in mind that sending organisations might have their local conditions for your participation.

Selection is done based on the profile and motivation of applicants. We recommend you fill in the application form carefully.

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 Brno Connected



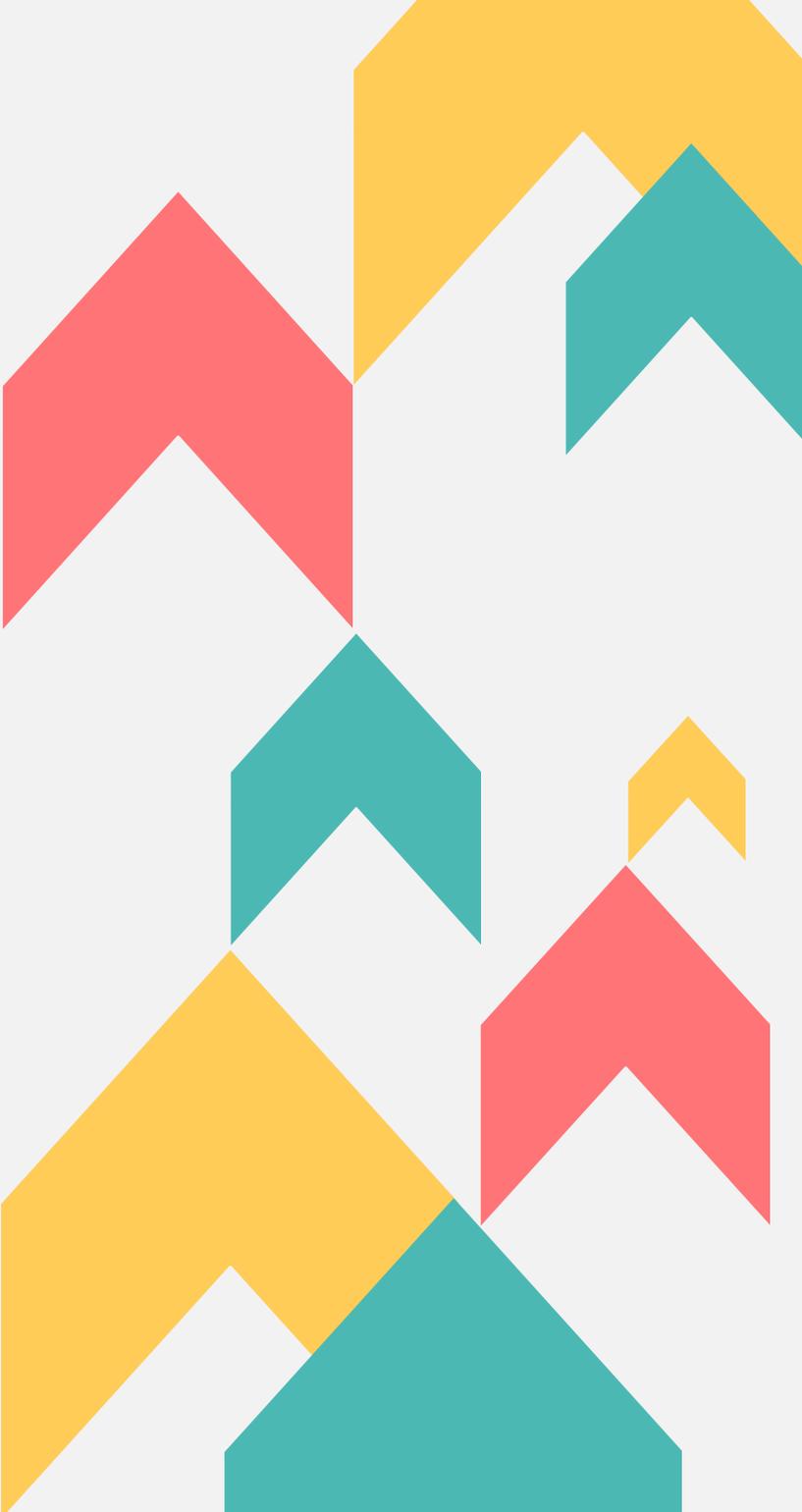
Brno Connected is a non-governmental organisation (NGO) active in the field of non-formal education, personal development and volunteering, both on the local and international level.

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

Brno Connected, z.s.  
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If you would like to find out more about the program, please visit  
<http://ec.europa.eu/programmes/erasmusplus/>