

A CO-DESIGNED FESTIVAL IN EMOTIONAL AWARENESS AND AGILITY.

FROM EMOTIONS TO MEANING



WHY

EMOTIONS ARE MESSAGES

HOW WE UNDERSTAND AND HANDLE OUR EMOTIONS DETERMINE HOW WE INTERACT AND NAVIGATE THE WORLD THAT WE LIVE IN. TO INQUIRE, ACKNOWLEDGE AND FULLY ACCEPT OUR EMOTIONS, EVEN THE DIFFICULT ONES, ARE THE FIRST STEPS TO IDENTIFY OUR NEEDS AND MAKE DECISION THAT ARE ALIGN WITH OUR PERSONAL VALUES.

THIS IS AN INVITATION TO CO-CREATE A FESTIVAL, IN THE FRAME OF A YOUTH EXCHANGE, WITH DIFFERENT WORKSHOPS IN EMOTIONAL AWARENESS, EMOTIONAL LITERACY AND EMOTIONAL AGILITY (THE ABILITY TO ACCEPT AND ACCURATELY NAME OUR EMOTIONS). THIS YE FOCUS ON THE DEVELOPMENT OF EMOTIONAL COMPETENCES AS A FOUNDATION FOR RESILIENCE, SOCIAL SKILLS AND VALUE BASED DECISION-MAKING.

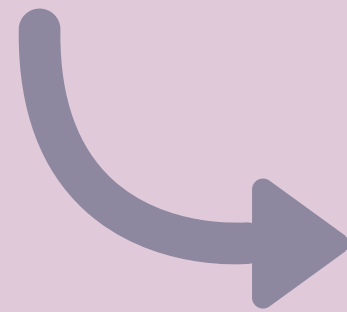


APV

ARRIVAL DAY: 4TH JUNE 2019

PROGRAM: 5TH-6TH JUNE 2019

2 PARTICIPANTS / ORGANIZATION

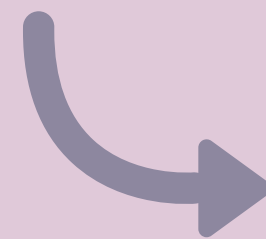


YOUTH EXCHANGE

SEPTEMBER 2019

9 DAYS

4 PARTICIPANTS / ORGANIZATION



FOLLOW-UP

OCTOBER 2019 – FEBRUARY 2020
IMPLEMENTATION OF FOLLOW UP ACTIVITIES
AND DISSEMINATION OF RESULTS

TIMELINE

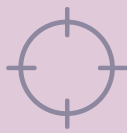
THIS YE WILL SUPPORT PARTICIPANTS TO:



RECOGNIZE WHICH EMOTIONS THEY ARE FEELING AT THE TIME AND WHY



REALIZE THE LINKS BETWEEN THEIR FEELINGS AND WHAT THEY THINK, DO
AND SAY



DEVELOP A GUIDING AWARENESS OF THEIR VALUES AND GOALS



BECOME MORE AWARE AND SENSITIVE TO EMOTIONAL CUES



EXPLORE AND EXPRESS PERSONAL EMOTIONS, INCLUDING UNFAMILIAR AND
UNCOMFORTABLE ONES



EXPAND THEIR EMOTIONAL VOCABULARY



IMPROVE THEIR COMMUNICATION BY NAMING EMOTIONS IN THE SITUATION
AND THEIR IMPACT

YOUTH EXCHANGE PARTICIPANTS

21-30 YEARS OLD

ADVANCED KNOWLEDGE OF ENGLISH

WILLING TO GET ACTIVELY INVOLVED IN FOLLOW UP
ACTIVITIES IN YOUR ORGANIZATION

YOUTH EXCHANGE GROUP LEADER

FITTING THE CRITERIA FOR THE YE

COMMITTED TO PARTICIPATE IN THE APV AND YOUTH
EXCHANGE THROUGH ALL THE PHASES (*PREPARATION, APV,
YOUTH EXCHANGE, FOLLOW UP ACTIVITIES*)

ENTHUSIASTIC, CREATIVE AND FLEXIBLE



ROLE

- TO SUPPORT, EMPOWER AND INSPIRE THEIR NATIONAL GROUP BY SETTING THE EXAMPLE OF FULLY AND ACTIVELY GET INVOLVED AND PARTICIPATE THROUGH ALL THE PHASES OF THE PROJECT (PRACTICAL PREPARATIONS, ONLINE MISSIONS, APV, YOUTH EXCHANGE, FOLLOW-UP ACTIVITIES)
- ARRIVE AT OLDE VECHTE FOR TEAM PREPARATION 2 DAYS BEFORE THE YOUTH EXCHANGE STARTS
- ORGANIZE AND DELIVER A WORKSHOP DURING THE APV AND YOUTH EXCHANGE ACCORDING TO THEIR INTERESTS AND SKILLS

THERE WILL BE A PARTICIPATION FEE OF 50€ FOR THE YOUTH EXCHANGE.*

*At the end of the Training Course and the Youth Exchange, participants will be reimbursed in cash with the full amount of money according to the distance calculator, independently from what they spent, so they can use the travel money to pay for the participation fee.

LETS CO-CREATE!

JOIN US BY FILLING IN THE QUESTIONNAIRE

PLEASE TAKE YOUR TIME AND CAREFULLY ANSWER
THE QUESTIONS BY MAKING THEM SPECIFIC FOR
THIS PROJECT. .

IF YOU HAVE ANY QUESTIONS FEEL FREE TO
CONTACT US AT

FROMEMOTIONSTOMEANING@GMAIL.COM

OLDE VECHTE IS A NON-PROFIT ORGANIZATION, BASED IN
OMMEN, THE NETHERLANDS. IT IS AN ORGANIZATION
WITH A 50-YEARS EXPERIENCE IN NON-FORMAL
EDUCATION, COACHING, SOCIAL AND CULTURAL WORK.
THROUGHOUT THE YEARS IT HAS DEVELOPED SPECIFIC
METHODOLOGIES THAT HAVE BEEN ADOPTED FOR
DIFFERENT PROJECTS. THE FOUNDATION IS OPEN TO
ANYONE WHO IS MOTIVATED TO IMPROVE THEIR
PERSONAL AND PROFESSIONAL SKILLS IN ORDER TO CREATE
A BETTER SOCIETY AND A HIGHER QUALITY OF LIFE.
STRIVING TO BRING A SPIRIT AND ENERGY TO EACH
INDIVIDUAL, THE TRAININGS, AND PROJECTS OF OLDE
VECHTE FOUNDATION TAKE LEARNING AS AN ORGANIC
PROCESS COMING FROM THE DIVERSITY OF TALENTS AND
MOTIVATIONS OF THE PEOPLE INVOLVED.

WHERE