

# Youth Catalyst 2.0

Training for trainers

29th Oct - 7th Nov 2021

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 2.0



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 taken 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. 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 together with others in the group.





# 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, receiving and using feedback,
- the trainer roles, competences and styles, including clarifying your own trainer style, values and strengths and 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 and debriefings of activities
- flexibility and ability to react on the spot, in front of the group,
- understanding of self-reflection tools and ability to use them to serve own learning,
- creating a support network to apply what you learn in the training
- co-creating a Trainer toolbox with other participants which will become an open source material of tools usable in non-formal education





# References from participants of Youth Catalyst

The training is a second edition of a training that happened in March 2019. This is what the participants said about it:

*“My most important expectation was to get more knowledge about workshops and get some inspiration. The reality exceeded expectations 100 times - I got some tips and tricks and I could share some as well.”*

*“What I value the most in the past few months is the growth of my listening skills. I am actively listening to people and try to focus on their problems. I do not interrupt them or comment instantly. I am also adjusting the activities and practices to my audience which I barely did before - I sometimes assumed that anything works for anyone, and now I really think before the activities.”*

*“I have a better understanding about non-formal education, learning styles, body language, how to cope with "difficult" people...:) I understood that I am also difficult person, so I will treat such participants with more love and patience :)”*

# 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 non-formal learning session in their local context + sharing outcomes of it, within two months after the training.



## Evaluation and closing:



Online evaluation of impact of the training, 2 - 3 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.



# The training is for you if:

- you are active in a youth organisation - i.e. as a youth worker, trainer, facilitator, volunteer, educator,...meaning you have previous basic experience in working with groups and with young people
- you need tools in the framework of NFE and EL to prepare and deliver your own activities
- you are committed to apply what you will have learnt after the training in your location/team/organization/young people you work with 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 the whole training programme



- you are officially a resident of the Czech Republic, Slovakia, Italy, Greece, Bulgaria, Poland, Romania, Croatia, Hungary, Spain 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 and co-founder of Brno Connected. She has more than 12 years experience with non-formal education and experiential learning, both on local and international level. She has been active as a trainer in the Erasmus+ field for 6 years, she is part of the Czech National Agency Pool of Trainers and she cooperates with different organisations, designing learning programmes to their needs. She offers team supervisions and facilitates team evaluation meetings to support NGOs in their growth and work satisfaction. In the international projects, she focuses on topics such as communication, leadership, creativity and proactivity, project design or youth empowerment.

[LinkedIn profile](#)



## **Ivan Kobelev (RU)**

Ivan is a facilitator, trainer and consultant. He is originally based in ESN as a trainer for their advanced trainers. Over the last 10 years he has been facilitating around Europe and Asia: holding youth forums or teachers training, conferences for project managers and courses for entrepreneurs, meetings for global institutions such as UN, or local activists, and workshops for parents. Most often, he has been training topics of group development, conflict transformation, self-awareness, facilitation. Recently, he has been also working in prevention of gender based violence among young people, and together with business owners on cultivating their workplaces, making them safe from sexual harassment.

[LinkedIn profile](#)

# Timeframe

## ARRIVAL:

Friday 29th October, 5 - 7 pm

## DEPARTURE:

Sunday 7th November, 8 - 11 am

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

Given the current situation with COVID-19, we will ask you to find as direct connections as possible, avoiding staying in cities such as Prague before the training course. You are allowed to depart max 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. We will be the only group there.

The accommodation is simple and cosy, you will be sharing rooms in smaller groups of people (4 - 6 ppl); each room has two floors, meaning 2 - 3 people in one floor. There is a shower and a toilet in each of the rooms.

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.

As the econcentre has a specific natural cleaning system, you will be asked to use biodegradable cosmetics (we will provide soaps, shower gels and shampoos in each of the rooms).

There is wifi available.

We will have meals 3 times a day prepared by Vegangelic 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 have a clear head for learning.



# 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.

(This contribution serves to cover part of the total costs of the programme. If you really 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	Arca del Blues	progetti.arcadelblues@gmail.com	275 €
Greece	Youthtopia	youthtopia.eu@gmail.com	275 €
Romania	Synergy Romania	asociatiasynergy@gmail.com	275 €
Slovakia	ADEL	info@adelslovakia.org	180 €
Bulgaria	YOUTHHub	office@youthub.bg	275 €
Poland	Proactive Association	proaktywne@gmail.com	180 €
Spain	AJ Intercambia	info@intercambia.org	275 €
Lithuania	NGO Inceptus	inceptusngo@gmail.com	275 €
Hungary	21 Nap	21days.ngo@gmail.com	180 €
Croatia	Udruga Amazonas	iva@amazonas.hr	180 €

There are 2 - 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.



# Application and selection of participants

If you want to participate, fill in the online application form. There is no application deadline, we are assessing applications continuously (therefore we recommend to not hesitate with applying). **We will assess your application and inform you within a week from your application whether you are selected as a participant.** We ask you to fill in the application only if you are fully committed and available to participate in the programme.

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.

Make sure you get familiar with our [COVID-19\\_policy](#) before you apply.



[CLICK HERE  
TO APPLY](#)





# 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 the 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.





# 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/>