



'Youth in Action' Programme



Actor in the Shadow

Learning space for personal development and sustainability in youth work

(24th July - 31st July 2011, Nové Hrady, Czech Republic)

A training course for youth workers and volunteers who struggle with decreasing motivation, lack of positive energy and sense of meaning in their work. A training course for those who would like to experience and learn about tools and approaches for dealing with these obstacles, and that are useful for personal development so as to keep their work sustainable and meaningful.



*„Why stop now, just when we've really started to hate it“
~ Marvin the Paranoid Android, Hitchhiker's guide to the galaxy*

The idea

for this training course came into being through the observation, that often when youth workers feel stuck in their professional environment, they tend to blame the working environment and/or outer conditions for their problems. “Ordinary” conditions for youth work – such as lack of resources like time and money – often put youth workers in a state of constant stress and can contribute to burn-out in their work.

In the field of non-formal education methods are often less important than the people and the personalities that run them. The person and the personality of the youth worker is often the main “tool” for his work. By giving youth workers the opportunity to discover, explore and develop their personalities, we want to contribute to the quality of the activities within the EU Youth in Action programme.

The aim of this training course

is to provide a space for youth workers, youth leaders and multipliers to reflect and work on their personal development and thus become more aware of themselves and others. Furthermore the aim is to learn various methods of reflection and peer counseling in order to deal more effectively with the every day reality of youth work.



Our methodological approach

is to *inspire* learning by inviting participants to step out of their *comfort zone* through '*challenge by choice*' and giving them a *guided space* to share and explore the experiences. The aim is to empower youth workers to deal with dilemmatic situations in their everyday reality, and therefore the focus is on teaching and training the participants in how to use *intervision* as a method of peer counselling on one hand and various approaches to analyse difficult situations on the other.

The programme is based on experiential learning, outdoor education, nature-based methods, creative techniques, group work and individual/group reflection.

Examples of methods that will be explored:

Theme Centered Interaction (by Ruth Cohn)

Solution Focused Approach

Case Clarification method (by Christof Thomann)

Experiential Outdoor Learning

Threshold practice

Core qualities (by David Ofman)

Coping with stress – strategies

Team of trainers:

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