

**Krisztina Zsiday - Galgóczy**

**Personal data:**

Date of birth:  
31. March 1976.

Nationality:  
Hungarian



**Summary of qualifications**

**2008-2017**

Centre of Integrated Expression and Dance Therapy, Integrated expression and dance therapies

- Integrated expression and dance group leader

**2009-2010**

Council of Europe, European Commission & European Youth Forum, TALE: Trainers for Active Learning

- Competently design, implement and evaluate quality European training activities
- Quality and sustainability of the youth trainings
- Innovative concepts and practices

**13 – 20. November 2008, Olde Vechte**

Synergy training: Training for Trainers

- Personal competences and creative tools of the non formal education

**2002 (3 months)      Oslo University**

Postgraduate media course

- Media and democracy

**1995 - 2000      Szeged University**

Master degree, expert of communication

- Electronic media
- Public relations

**1995 and 1996      Centre of Independent Journalism**

- Exploring facts in journalism
- Internet and journalism

**1998 - 2000**

**Eötvös Lóránd University**

- Scandinavian studies
- Norwegian language

**1990 – 1994  
Training School**

**ELTE Radnóti Miklós Secondary**

**Relevant professional  
experience**

**2012 - Full time freelance educator (trainer,  
advisor, expert, facilitator, mentor, artist)**

- Communication: corporate and interpersonal
- Media: social-, audio-visual, visual, online media
- Youth work: volunteering, learning activities, mentoring
- Creativity: expression, dance and movement, art
- Personal development: coaching, training, workshop, advisory
- Expression and art development
- Advisory and project management
- Expression therapy

**2008 - Hungarian National Agency**

- Senior member of the national pool of the trainers
- Expert & assessor of the Youth in Action programme: Youth exchanges, EVS projects and trainings (1.1, 2, 3.1, 3.3)

**2008 - 2012 Egyesek Youth Association**

- Trainer and coach
- Project manager on inclusion of disadvantaged groups

**2004 - 2008 PLANET Foundation**

- PR and communication expert
- Trainer
- Head coordinator of international youth project (EVS, youth exchanges, contact making seminars, workshops)
- Developing countries and youth work project manager
- NGO management advisor

**2004 - 2008 Hamu és Gyémánt (magazine)**

- free lance journalist

**2003 Volunteer, New Zealand**

- International Environmental projects

**1997 – 2009 Journalist & editor at several media**

- Radio reporter (Kossuth, Petofi, Bridge, Calypso)
- TV editor (MTV 1, Navigator)
- Journalist (PR Herald, Hamu és Gyémánt, Decanter, Taxi)

**2002 - 2003 Hungarian Television: MTV**

- Editor, reporter of a popular scientific magazine: Navigátor

**2001 - 2002 Hungarian Scholarship Board**

- PR manager
- Education referent

**2000 - 2001 Fotexnet Ltd.**

- Internet store manager

- Editor (films)

**2000- 2002**                      **PR Herald**

- Journalist

**1999-2000**                      **Petofi Radio (Ennyi, Bon Bon)**

**1997-1999**                      **Calypso Radio**

- Reporter
- Radio commentaries

**1999**                                      **Budapest Bank Human Resources Department**

- Public relations trainee

**1997**                                      **Radio Bridge**

- Reporter

**Long term European projects**

**The artist within – Applied eMOTION, project manager and educational expert**

2014 – 2016, Italy, Germany, Bulgaria, Poland, Hungary  
<http://www.theartistwithin.eu>

Dance and art expression in formal and non-formal education for developing entrepreneur skills of vulnerable groups– best practice sharing between sectors and methods

- Erasmus plus programme KA2
- Cross sectorial cooperation (university teachers, researchers, social workers, local government, therapy school, youth workers)
- Curriculum development, integration of art methodologies
- Trainings, focus groups, research, pilot projects, international conference, publications, new ways of dealing with vulnerable groups locally and internationally
- Resolving and preventing burn-out

**Video Volunteers, project manager and media educator**

2010 – 2012, Slovakia, Spain, Italy, Greece, Hungary  
[www.videovolunteers.eu](http://www.videovolunteers.eu), <https://vimeo.com/album/4210668/>,  
<https://vimeo.com/channels/videovols>

- Social participation with media
- Integration of disadvantaged groups
- Trainings, exchanges, focus groups, international conference, publications, social activism locally and internationally

**Birth of Image, project manager and media educator**

2009 – 2011, Netherlands, Lithuania, Italy, Greece, Hungary  
[www.birthofimage.com](http://www.birthofimage.com)

Social participation with media

- Non formal media literacy education
- Integration of disadvantaged groups

- Trainings, exchanges, workshops, online competition, publications

**Conferences,  
seminars, symposia  
or similar events**

CONNECT conference - Common Senses

25-30.11.2015, The Netherlands

- Facilitating sharing best practices and debates on movement and art methodologies
- Giving input and motivational speech on creativity, innovation

EURODESK National meeting, facilitator

Organiser: Hungarian Youth NA

10-12.11.2013, Budapest, Hungary

- Needs of the Network
- Erasmus + and developing the national work plan

Youth Exchange2013: Across Generations: Youth & Open Society  
by OSF, expert

03.05 – 05.05.2013, Budapest, Hungary

- Coaching with video
- Inclusion of youth through media

What role can youth work play in tackling racial discrimination?  
PBA for ethnic and mainstream organisations, head trainer

10-14.12.2012, Stockholm, Sweden

Organiser: Swedish NA and the Finnish, German NAs

- Partnership building, networking
- Project development on racism

Kút: The community way of learning, sequence of workshops,  
trainer

05.08 – 06.12.2012, Budapest, Hungary, organised by Tempus  
Public Foundation (NA)

- Community learning and networking
- Project development for communities
- Contact building among local politicians, stakeholders, root organisations, Universities, youth groups and other communities

ReActor conference and workshops on media in youth work with  
disadvantaged groups, head trainer

19-25.05.2012, Budapest, Hungary

- Networking on media, human rights, disadvantaged groups
- Sharing practices on media and inclusion

Study Session for multipliers, youth workers and NGOs working  
with disadvantaged and unorganised youth, head trainer

05-12.06.2011, Budapest EYCB, Hungary

- Involvement of disadvantaged youth through media
- Drafting manifesto and recommendation on media

EU Youth Conference – Structured Dialogue, facilitator

02-04.03.2011, Budapest, Hungary

- European structures and dialogue
- Combating discrimination sub topic facilitator

## **Media, communication**

Promote yourself II., Long-term training on visibility, dissemination and exploitation of results (DEOR) within Erasmus+: Youth in Action projects, expert

05-09.09.2016. Vilnius, Lithuania, organised by the Slovenian, Croatian, Hungarian and Lithuanian NAs and SALTO South East Europe Resource Centre

- Inputs on strategic communication planning and tools
- Individual coaching during the course
- Overview of the program, providing content

Communication Matters II., expert

28.02.-06.03.2016. Malta, Maltese and Hungarian NAs

- Inputs on communication and tools
- Individual coaching during the course
- Overview of the program, providing content

Promote yourself I. Long-term training on visibility, dissemination and exploitation of results (DEOR) within Erasmus+: Youth in Action projects, expert

9 – 11.12.2015, Ljubljana, Slovenia, organised by the Slovenian, Croatian, Hungarian and Lithuanian NAs and SALTO South East Europe Resource Centre

- Inputs on strategic communication planning and DEOR
- Individual coaching during and after the course

Overview of the program, providing content

Tedd láthatóvá DEOR workshop, trainer

17.03.2015, Budapest, Hungarian NA

- DEOR in E+: needs and strategies
- Tools and practices

Video workshop and advisory for employees: Visual communication and corporate PR, head trainer

Tempus Public Foundation

05. –06, 20.06. 2014, Budapest, Hungary

- Video productions
- Corporate communication development

Communication Matters, social media expert and trainer

05-11.05.2014, Budapest, Hungary, organised by the Hungarian

Youth NA and the Croatian, Danish, German NAs

- Erasmus + and dissemination
- Online and social media

Series of workshops for employees at the Tempus Public Foundation (NA): Visual communication and corporate PR, head trainer

05. –11.2013, Budapest, Hungary

- Introduction into visual communication
- Corporate communication development

Youth Exchange2013: Across Generations: Youth & Open Society by OSF, expert

03.05 – 05.05.2013, Budapest, Hungary

- Coaching with video
- Media and online projects for youth

ALTERNATIVE research project, advisor and trainer

Organiser: European Forum for Restorative Justice and Foresee  
04-12.2012. Budapest and Leuven

- Participatory video approach in complex European research on mediation processes with vulnerable groups
- Roma and non-roma mediation in Hungary

Kút: The community way of learning, sequence of workshops, trainer

05.08 – 06.12.2012, Budapest, Hungary

- Community e-learning and networking
- Media and online project development for communities

Fireworks media training for disadvantaged youth, head trainer

29.06-09.07.2011, Hollókő, Hungary

- Social participation with media
- Media competence and skill development

Video Volunteers training for trainers, head trainer

06-14.05.2011, Prespes, Greece

- Video as a tool for involvement of youth with less opportunities
- Media competence and skill development

Limelight for the Invisibles, head trainer

20-27.03.2011., Poggio Mirteto, Italy

- Human rights and media
- Social participation

RE:Media Social participation and media training, trainer

13-22.09.2010, Hollókő&Budapest, Hungary

- Raising social participation of urban and socially deprived youth

## **Movement and creativity trainings**

- Videomaking and flash mob as ways of participation

### CORE Media and personal development Training, trainer

13-24.05.2010, Halkidiki, Greece

- Personal development of disabled and socially deprived youth
- Visual expression of personal messages for the society

### Capturing Reality, head trainer

14-21.03.2010, Thessaloniki, Greece

- Media literacy
- Involvement of youth with fewer opportunities

### The Artist Within – Implementation of Creative training methods for helping professions, education advisor and head trainer

02-10.04.2016. , Łódź, Poland, organiser Społeczna Akademia Nauk.

- Integrating creative methods along needs
- Preventing and releasing burn out with art methodologies
- Developing new curriculum, supervisions

### DETECT Training Course - Common Senses, head trainer

18-25.06.2015, Countryside of Hungary, organised by VertLife Group

- Training of trainers
- Movement and art in youth work
- Facilitating vulnerable groups, topics

### Its never too late! Reviving the hidden Artist Within – Applied eMotion, trainer

28.02. – 08.02.2015, Cserkeszolo, Hungary, organised by Integrated Expression and Movement Therapy Association

- Self-expression and Self-awareness
- Authentic movement and expression methodology
- Renewing of helping professionals

### The art of teaching, co-facilitator

31.03-06.04.2014, Alberobello, Italy

- Creative resources for vocational education
- Professional assessment and development of pedagogues through art

### Body Response, head trainer

19.02-02.03.2014, Ommen, The Netherlands, organised by VertLife

- Inclusion and conflict resolution via creativity
- Expression and communication of complex issues

### Parent Play!, therapists' assistant

30.06–07.07.2013, Hollóko, Hungary, organised by MMTE

- Self development as a parent
- Non-verbal communication and personal resources as an adult



It's never too late! Reviving the hidden Artist within, therapists' assistant

11–15.06.2012, Máriahalom, Hungary, organised by Integrated Expression and Movement Therapy Association

- Self-expression and Self-awareness
- Freedom and trust
- Improvisation

Friends of Gravity, assistant trainer

12-21.04.2012, Hollóko, Hungary

- Communication and cooperation through dance
- Creativity

Wonderous Stories: from Xenophobia to Amazement, trainer

11-25.02.2012, Ommen, The Netherlands

- Dance and performance
- Xenophobia through art

Creative movement therapies, assistant

20-24.04.2011, Budapest, University of ELTE Psychology Faculty

- Integrated Expression and Dance Therapy
- Sensory Integrated Therapy

Body Response, head trainer

15-17.01.2011, Thessaloniki, Greece

- Self expression
- Body work

Body Response: Integrated Expression Training

22-24 & 29-31.01.2010, Thessaloniki, Greece

- Expression without judgment
- Improvising through body awareness

Creative movement therapies, assistant

28-30.10.2008, Budapest, University of ELTE Psychology Faculty

- Integrated Expression and Dance Therapy
- Sensory Integrated Therapy

**EVS, volunteering**

EVS On arrival training (2 times)

19-23.09.2016, 28.11-02.12.2016, Budapest, Hungary

- Learning to learn
- Roles and responsibilities

EVS mentor training – next step (2 times)

13-14.09.2016, 26-27.10.2016, Göd, Hungary

- Conflict management, resolution
- Reflecting on learning path

EVS mentor training – first step (3 times)

08-09.05.2016, 19-20.06.2016, 23-24.10.2016, Budapest, Hungary

- The role of the mentor
- Basic tools for mentoring

EVS trainings development

Improving the quality of trainings, on behalf of the Hungarian NA, through 2016.

- Developing training modules and approaches
- Evaluation and revamping programs

EVS research, researcher

Spring 2015 – summer, 2016, in cooperation with the Hungarian, Polish, Lithuanian NA

- Local impact of the EVS projects
- EVS programs in Hungary

EVS mid-term training, trainer

10-13.11.2015, Budapest

- Conflict resolution and intercultural learning
- Recognising learning and Youthpass

EVS mid-term training, trainer

16-19.06.2014, Budapest

- Overview of EVS project using Youthpass
- Conflict resolution and intercultural learning

Local volunteering, training series for teenagers, trainer

14.09.2013- 21.01.2014, Gödöllő, Hungary

- Volunteering and active social participation
- Need based project development
- Inclusion

EVS for sending organisations training, trainer

27-29.05.2013, Balatonföldvár

- Overview of EVS project
- Project management

EVS mid-term training, trainer

4-7.03.2013, Balatonföldvár

- Overview of EVS project
- Conflict resolution

EVS mid-term training, trainer

04 – 07.02.2013. Hungary

- Intercultural learning
- Conflict resolution

**Youth work, project management trainings**

EVS pre-departure trainings, head trainer

10 times, 2007 -

- EVS rights and responsibilities
- Active participation in changing environment

EVS evaluation training, head trainer

3 times, 2007 -

- Personal development and results
- Challenges of reintegration

EVS mentor workshops

20 times 2006 -

- Mentoring foreign EVS volunteers
- Intercultural competence building
- Running European youth projects

E+ vitamin – Erasmus project management training, trainer

15-16.09.2015. Budapest, Organised by the Hungarian NA

- Planning and managing KA1 projects
- Planning and managing KA2 projects

Manushengi Krisi, trainer

06-11.07.2014, Budapest

- Human Rights training for roma and non-roma educators, social workers
- Conflict resolutions

Get Connected: Youth Workers on E-Participation Training Course, trainer

15-21.11.2013, Nicosia, Cyprus

- Online, social media tools in youth work
- Online and offline participation

SALTO Value the Difference – Mediation, trainer

11-17.10.2010, Pécs, Hungary

- Awareness of Cultural diversity in today's Europe
- Explore ways in which participants can generate a more tolerant society
- Inspiration for international youth projects through YiA programme and other resource possibilities

Projects Re-Developing Youth Work, trainer

02 -08.02.2010, Skopje, Macedonia FYROM

- Competence development of youth workers
- Elements of the quality youth work

Education of Youth Leaders – Implementation of qualitative youth project, trainer

10 -17.10.2009, Saltum, Denmark

- Quality youth exchanges
- International cooperation

Sound of gender, trainer

28. 06 – 12.07.2009, Ommen, The Netherlands

- Gender issues
- Youth leaders

Local youth inclusion&participation, head trainer

28 – 29. 05. 2009., Budapest

- Cooperation and local youth work
- Regional youth work and recommendations & legislations

Learning to participate, trainer supervisor

02 -13.05.2009, Hollóko, Hungary

- HR management at youth organisations
- Youth inclusion

Youth work, head trainer

19-21.04.and 14-15.05.2009, Budapest

- Youth policy in Europe and in Hungary
- Local and regional youth concept & action plans

Synergy training: Next Step Training: 'Beyond Boundaries', co-trainer

24.03.-01.04.2009, The Netherlands

- Personal development and learning by playing
- Enterprising youth

Non formal education in youth work, head trainer

05 – 08.03.2009, Hollókő, Hungary

- Introduction of non formal education
- Key competences

Global education for teachers and youth workers, head trainer

November and December in 2007, January and February in 2008, Budapest, Hungary

- International youth projects
- Global education
- Intercultural dialogue
- Methodology and tools

Intercontinental youth projects, advisor

November 2007. , Quito, Ecuador

- Personal consultation
- Mentoring
- Intercultural competence building

- Planning and running European youth projects

## Languages

- |                       |  |
|-----------------------|--|
| <b>2002</b>           | <b>TOEFL Computer-based Test</b>             |
| <b>1995</b>           | <b>English medium level state exam</b>       |
| <b>2000<br/>basic</b> | <b>Norwegian, Italian (A2), Russian (A1)</b> |

## Computer and other skills

- Adobe Premiere Pro, Photoshop and other editing software
- Movie/sound/web page editing programmes;
- Adobe Photoshop and other picture editing software
- Microsoft office
- Digital camera usage
- Driving licence, PADI Open Water Diver

## Reference persons:

- Peter Dral (Slovakia, Nadácia Milana Šimecka,) peto@nadaciams.sk, Tel: +421 904 806 642.

We ran several study sessions, conferences, workshops together and wrote professional publications on human rights and youth work based on experiences in Slovakia and Hungary.

- Clive Bonnici (Malta, Prism) bonnici007@gmail.com, Tel: +356 77375525

We worked together on the Get Connected training course as trainer colleagues.

- Edit Torzs (Belgium, European Forum for Restorative Justice) edit@euforumrj.org, Tel: + 32 488 69 04 79.

We closely cooperated on the ALTERNATIVE project concerning using video and media with sensitive topics and groups during mediation processes as part of a European research.

- Sofia Moudiou: (The Netherlands, VertLife Group), sofiamoudiou@yahoo.co.uk, Tel: +31 634793547

We ran several trainings, conferences, workshops together and created professional publications on youth work.

- Adel Csernovitz (Hungary, Tempus Public Foundations), adel.csernovitz@tpf.hu, (+36 1) 237 1300.

We worked together on several occasions facilitating the community learning of diverse interest groups, on the trainings for the employees at the NA.

- Sándor Gyula, project manager and education development and quality insurance, gyula.27@gmail.com, Tel: +36306403960

We worked together on the Video Volunteers project and other youth trainings.

- Hajdu Kis Dia, EVS, hajdu\_kis\_diana@yahoo.com , Tel: +36306859577

We worked together on volunteer and personal development trainings

as trainer colleagues.