

Game of wellness - practical tools and skills for sustainable youth work

Erasmus+ training course



Infopack with practical information

22.-29. July 2017

Slunakov (www.slunakov.cz/en) near Olomouc, Czech Republic

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Summary

Game of wellness is a training course which aims to introduce and explore concept of “wellness” as a state of complete physical, mental, social and spiritual well-being and introduce practical and fun tools and strategies of promoting holistic health and personal development in young people and youth workers.

We will focus both on the personal and professional development, how the concept of wellness can empower both the youth workers and the young people they are working with. We wish to support our participants to find ways to healthier, joyful and sustainable lifestyle and approach to work.

Trainer team

Carmine Rodi Falanga, Italy: trainers.salto-youth.net/CarmineRodi/

Bara Rodi (Bláhová), Czech Republic: <http://trainers.salto-youth.net/BaraRodi/>

Jana Stará, Czech Republic: cz.linkedin.com/in/janastara

Working Methods

The activities will be based on non-formal and experiential learning methodologies, all centered on different aspects of health in the context of youth work. For broadening the understanding of health beyond the physical dimension, **we will use the concept of wellness that is described as a holistic model of health that addresses all 4 dimensions of health as defined by World Health Organisation (physical, mental, social, spiritual well-being).**

HOW WILL WE WORK?

Variety of non-formal education methods, the program will be co-created by the team and the participants.

The programme will include time slots for workshops that will be facilitated by participants (meaning: possibly YOU!), to be offered to the rest of the group, in a structure of parallel sessions.

You will have a chance to offer a good practice, an innovative methodology or activity connected with the topics of the course.

One of the trainers (Jana) is a certified wellness coach and there is also a medical doctor (Bára) in our team, so we will use their expertise and experiences when promoting wellness and health as metaphors and tools for personal, organisational and societal development. Carmine completes the team with his expertise in non-formal education, gamification of education, storytelling and having fun ☺

Training objectives:

- to support the professional development of those who work in education, training and youth with a view to innovating and improving the quality of teaching, training and youth work across Europe with the introduction of the concepts connected to “wellbeing, fun and sustainability” and its different dimensions, and concrete suggestions and activities to reach it;
- to raise participants’ awareness and understanding of other cultures and countries, offering them the opportunity to build networks of international contacts, to actively participate in society and develop a sense of European citizenship and identity,
- to increase the capacities, attractiveness and international dimension of organizations active in the education, training and youth fields so that they are able to offer activities and programmes that better respond to the needs of individuals;
- to reinforce synergies and transitions between formal, non-formal education, employment and entrepreneurship.

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FB event <https://www.facebook.com/events/1955751724657024/>

When and where? Venue and dates

Dates of the training course: 22-29 July 2019

- 22nd July - arrival day, program starts at 17.00.

For us it is very important to start the program with the full group. We also put the start of the program on Saturday, so some of you with more complicated travel can start your journey already Friday afternoon after your work. Please arrive on time! :)

- 23 - 28: training program (6 full days)

- 29th July - departure day



The training course will take place in the Czech Republic, close to the city of Olomouc, in a **beautiful ecological scouts and environment education centre Slunakov** (www.slunakov.cz/en).

About the accommodation

The accommodation will be in shared rooms – of different size – there are some double or triple rooms and few dormitory-type rooms. Most of the rooms have shower and toilette; dormitory-type rooms have shared showers and toilettes. Towels will be provided. There is wi-fi Internet in the center, but since we are in the countryside, we cannot ensure it will be working 100% all the time, so please don't plan any important things through email for that week. Since the venue is in country side it is best if you bring all the things you might need with you. We will offer possibility of shopping through our support stuff.

HOW TO GET THERE?

When booking your travel, try to choose the most **environmentally friendly** form of transport e.g. bus or train. Try to avoid short haul (< 600 km) flights, and if you must fly, choose airlines with higher occupancy rates and more efficient aircraft.

Participants can travel by train or bus either directly to Olomouc, and or travel/fly to Prague, Vienna or Bratislava - which have all excellent connections to Olomouc. The venue is easily reached by public transport from Olomouc (approx. 30min from Olomouc city center).

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As it takes approximately 2,5 hours to get to the venue from Prague train station + another approx. 45 min for the trip airport - train station. From Vienna it is approximately
We would like to kindly ask you to arrange your arrival in the early afternoon - the program starts at 17. If you cannot take a morning flight, we suggest arriving a day earlier and spending a night in Prague. We can recommend you some cheap and nice hostels to spend the night in Prague the day before the training course. (extra night is not covered from the project).

The center provides all the meals and can cater for participants with diverse dietary needs. Since the venue is in a nature-protected area 4km from the nearest village, bring all the things you might need with you.

When to arrive?

Please arrive until 17.00 on Saturday 22nd July (we will start with getting to know each other before dinner). The program will start at 17.00 (5pm) sharp, so we rely on you being on time and ready ☺
There is no program planned for **departure day – Saturday 29th July**, so you can leave the venue in the morning as early as you want. Please bear in mind it takes few hours from the venue to Vienna/Bratislava/Prague, so try not to book flights leaving very early.

IMPORTANT:

If you want to come to Czech Republic earlier/stay longer, you can come **only 2 days before** the training course starts. If you want leave later, acceptable are **only 2 days after** the course finishes.
We are really sorry for that, but it is one of the financial rules of the grant we have received, and there is nothing we can do about it ☹

Topics of the course

- Health and wellness** – Participants will be more informed and health conscious, they will know what health/wellness is and will respect the interconnections and importance of different areas of humans and their lives in specific cultural, societal and spiritual contexts. They will be able to apply this framework on their work, programming, everyday life as well as overall strategy in their home organisations.
- Self-care** – Participants will be better aware of their own health, knowing their strengths, needs and opportunities for growth, and will be able to effectively combine them with the needs of others, in their work and life. They will be able to take care of themselves in order to serve better to others.
- Educational activities design/gamification of health** – Participants will be ready and motivated to implement new activities and make their work more effective in empowering their target groups to be happier and healthier, using methods and approaches introduced on the training course. During the TC they will have several opportunities to organise a block of program and the actual learning will be captured in the personal project that will follow the holistic methodology presented in the TC.
- Group** – Participants will gain a personal experience with experiential group work and its impact on ones' wellbeing. By the end of the course they will be able to facilitate a supportive and safe environment that enhances personal and professional learning and growing in a group or community.

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What to bring with you?

We expect that participants share their knowledge and their own expertise and actively contribute in the programme, exchange experiences, build together experiences and share feelings and opinions. Important part of the programme is the connection with nature and **experiencing outdoors**. There will be outdoors part for which you need comfortable sports gear – **hiking shoes, waterproof jacket and a torch light or a headtorch**. Also bring your swim suit.

These are type of things **you definitely DON'T need**:



The weather will be most probably quite warm. The average daily temperatures for July in Czech Republic range from 20 to 25 C. Some of our programme will be hold outdoor, for these activities take some sneakers and sport clothing. Clothing can (AND will) get dirty :-). For indoor programme, take some comfortable clothes and also indoor shoes or slippers.

List of things to bring with you:

- Backpack (might be much more comfortable than a suitcase!)
- Hiking boots and good socks
- **Indoor shoes/slippers**
- Warm sweater and pants
- Waterproof jacket or good outdoors winter jacket
- Writing things: diary, paper, pencil, pens
- If necessary: personal medication
- Swim suit! ;)
- Some **CZECH MONEY** (crowns) as we don't have EUROS
- Insurance card and identity card
- Any resource about projects or your organization that you want to share with the group
- Electrical sockets are Central European (same as Germany, Austria etc.) so please bring your own adaptors if you need
- Optional: games, toys, music, musical instruments
- **A book that really inspires you**

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Special Needs

In case you have some diet requirements/ food allergies/ medical conditions that could influence your participation etc., please let us know soon, so that we can arrange accordingly and be ready to support you.

Costs:

The training course has been funded through Erasmus+ Youth in Action programme. For more information, have a look here: http://ec.europa.eu/programmes/erasmus-plus/index_en.htm

Accommodation and meals during the training course will be provided.

The travel costs of the participants will be refunded after the training course (after participants send all their travel documents etc.) to this maximum amounts:

- Bulgaria, Greece, Ireland, Italy, Romania, Spain, United Kingdom – 275 EUR
- Hungary, Poland, Slovenia – 180 EUR
- Czech Republic – 20 EUR

Participation fee: Money shouldn't be the only obstacle against your participation - therefore we suggest a sliding scale from **40 to 100€ for participation fee**. We want to give you the possibility to self-evaluate how much you can contribute financially, and how much you consider a fair fee for 7 days training programme.

The participation fee will be collected in cash during the training course. Please remember that there is no ATM at the venue, so prepare your money for the fee already before arrival to Slunakov.

In case you have some questions, you can also call a team member Bára Rodi at +420 777 619 737.

We look forward to seeing you!



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