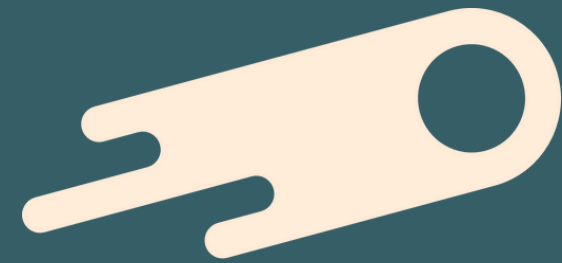


Training Course



The Art of Development

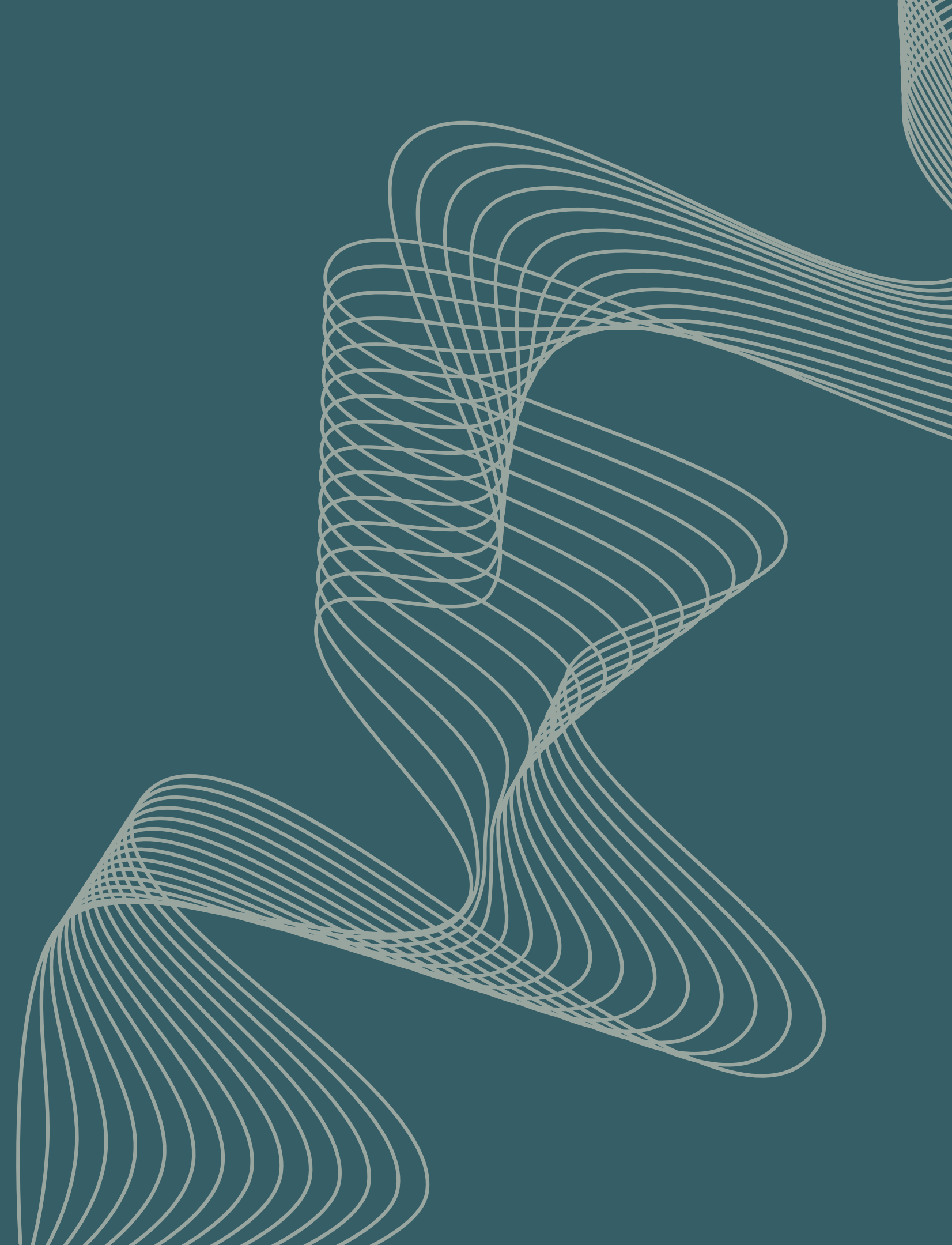
TRAKAI, LITHUANIA

02. 02 - 11.02 2026

INFOPACK



Co-funded by
the European Union



Dates and venue

Arrival day
02.02 2026

Departure day
11.02 2023

Venue is located in Trakų rajonas
Markutiškių kelias 28 Trakų rajonas,
Markutiškių kaimas, 21103, Lithuania

Apply Here:
<https://forms.gle/fLbpvCrMuFBAY8vbA>



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What is the training about?

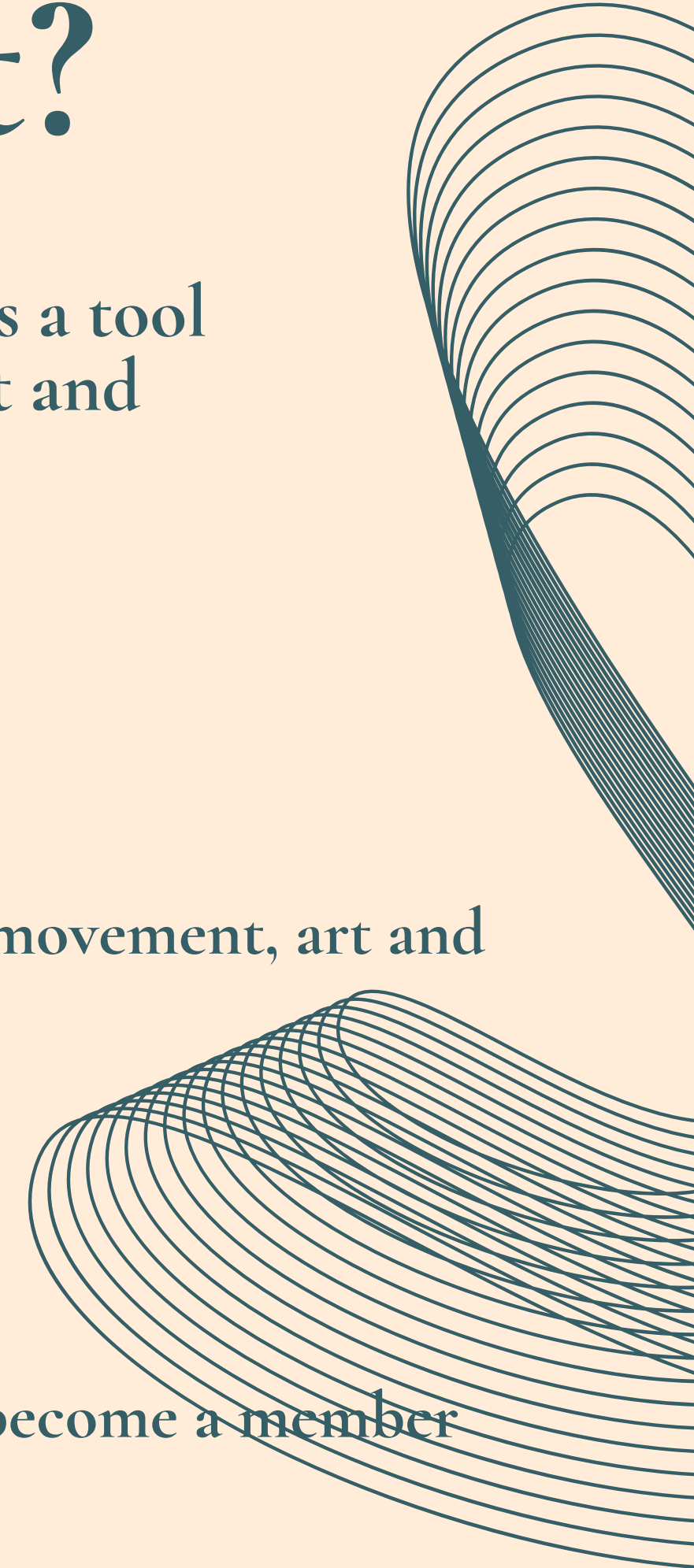
Improve the quality of how youth educators work - using Embodiment as a tool for personal development and using the benefits of coaching to reflect and implement it in youth work.

Training is for you, if you want to...

- Experience self-development through Embodiment;
 - Learn how to use coaching methods for the reflection;
 - Develop professional skills as a youth worker and increase your efficiency using movement, art and theatre.
-

The results of the project are:

1. Follow up activities planned and implemented by participants.
2. A Lifelong Community: Upon completing the training, you will automatically become a member of the international "Art of Development" closed online space.



PROGRAMME

Time/ Dates	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
	2 Feb	3 Feb	4 Feb	5 Feb	6 Feb	7 Feb	8 Feb	9 Feb	10 Feb	11 Feb	
9:00 -10:00	Arrival: pick up time TBC	Breakfast									
10:00 - 11:00		Let's meet each other	Preparation time for participants of the day - how I am ready to go?			Study visit and exploration of the local youth work and culture	Preparing the workshop with local youngsters	Finalizing workshop with local youngsters	Embodied scaling	Departure: departure time TBC	
11:00 - 11:30			Break I						Break		
11:30- 13:00			Troublesome emotions: coaching perspective	Coaching: competences in youth work	Coaching for self- development: who am I?				Coaching time: how to keep on going with what we started		
13:00 - 15:00		Lunch			Lunch						
15:00 - 16:30		This training is all about ...	Emotions and Movement	Embodiment and communication	Limelight		Preparing the workshop with local youngsters	Open workshop with local youngsters	Closing		
16:30 - 17:00		Break II			Break II						
17:00 - 18:30		Columbian hypnosis	River of flow, meditation and art	Body flow workshop	5 Rhythms		Finalizing and presenting the workshop plans with local youngsters				
18:30-19:00		Reflection: what has happened?									
19:00 - 20:00		Dinner									
20:00 - 21:00	Welcome	Self-organise d evening by participants	Self-organised evening by participants	Self-organised evening by participants	Self-organised evening by participants	Self-organised evening by participants	Self-organised evening by participants	Self-organised evening by participants	Special Dinner		

*there might be small changes in the timing and sessions. You will be informed about any changes during the training.



Who can participate?

The "Art of Development" project welcomes individuals who meet the following criteria:

- Age: All participants must be 18 years of age or older.
- Professional Background: We are looking for individuals who are actively involved in the youth sector. This includes, but isn't limited to: Youth workers, Youth educators, Youth Leaders working with young people, Trainers and coaches in related fields
- Thematic Interest: strong interest in learning and applying Embodiment techniques, coaching methodologies and personal development approaches.
- Geographic Eligibility: You must be a citizen or resident of one of the project's partner countries, which include: EU Member States and Third countries associated to the Programme (e.g., countries participating fully in Erasmus+). Third countries not associated to the Programme from: Region 1: Western Balkans and Region 2: Neighbourhood East

!!!! If you want to take part and you are not from partner countries, you still have a chance to come by self-funding your trip and the learning experience! Please read further !!!!!

Financial costs

Training Course "Art of Development" is co-funded by European Union programme Erasmus+.

Expenses of the accommodation, food and working materials will be funded 100% by the Erasmus+ programme funds for selected participants.

After you are selected, we will ask you to arrange your trip.

Before purchasing any tickets you **MUST** get approval by e-mail:
info@innovativegeneration.eu

Travel expenses are compensated according to the Erasmus plus guidelines

According to the distance to the project venue

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

A collage of travel-related items: a laptop, a map, a camera, a passport, and a hand pointing at the map.

REIMBURSEMENT OF THE TRAVEL COSTS

If you travel by plane:

- BOARDING PASS is a must
- Confirmation of the bought tickets - usually received by email
- A copy of the bank payment/receipt if you paid by cash

If you travel by bus or train:

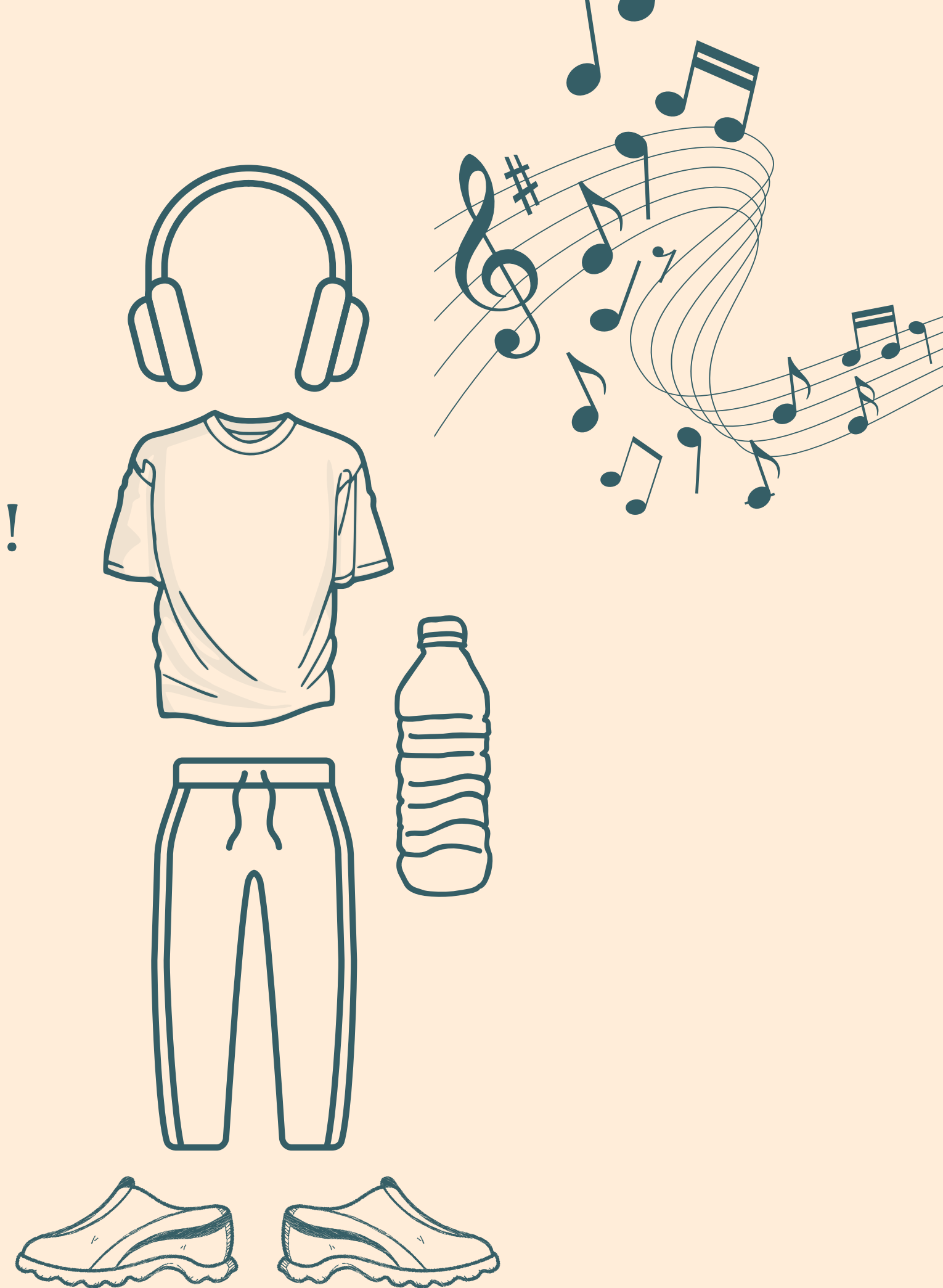
- Ticket
- Confirmation of the bought tickets (sometimes you might receive only a ticket without a confirmation)
- A copy of the bank payment/receipt if you paid by cash

What's important?

- We will prioritize green travel (if possible by land transportation)
- Time of the arrival - we will organize a group pick up from the city centre of Vilnius in the evening of 02.02. 2023 (Lithuanian time).
- Tickets bought without our approval might not be reimbursed.

What to bring

- A water bottle
- Slippers and/or shoes only for inside use!
- Comfortable Pants
- Comfortable Shirts
- Warm clothes for outside
- Headphones
- Your Favorite Song



How to arrive?

- You can fly to Vilnius or Kaunas (the largest cities in Lithuania).
- We encourage the greenest travel option possible. If feasible, please come by bus or train.
- A group pick-up from the Vilnius city centre will be organized on the evening of the arrival day (2 February). Exact time will be confirmed after tickets are purchased.
- Travel between the city and the project venue will be organised by the organisers. The costs for this trip will be covered from your travel budget.



We use www.momondo.com to find the most convenient travelling option!

Project venue

- Few kilometers from the city of Trakai
- 2-3 people per room (you will find towels, hairdryer, bathroom in each room)
- Working spaces
- Sauna
- 3 main meals and 2 coffee breaks a day (please inform us about any special needs regarding the food!)
- Keep in mind that there is no shop nearby



La Villa Royale

Meet the trainers



Raminta Rusovičiūtė
Trainer & Coach

AdvDipCoach/Cognitive Behavioral and Solution Focused Coach, Freelance Trainer and Learning facilitator, part of Trainers' pool in Lithuanian National Agency. CEO of NGO Innovative Generation.

Please find more in my LinkedIn profile:

<https://www.linkedin.com/in/raminta-rusoviciute/>



Gvantsa Mezvrishvili
Trainer

Personal development, emotional intelligence, embodiment and body movement trainer. 15 years of expertise in nonformal education, experiential learning and youth work. Founder and chairwomen of "Creative youth Platform".

Please find more information in LinkedIn profile:

<https://www.salto-youth.net/tools/toy/gvantsa-mezvrishvili.5835/>



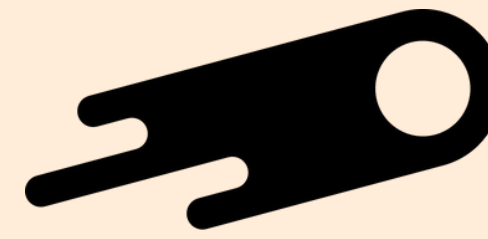
Vytautas Šliuburys
Trainer

Learning facilitator, physical activity specialist, and the director of NGO Miško istorijos (Forest Stories), where he designs and leads interactive hikes, workshops, and training programs that blend movement, storytelling, mythology, and outdoor education.

Please find more information in LinkedIn

profile: <https://www.linkedin.com/in/vytautas-sliuburys-490ba7288>





ORGANISERS



NGO "Innovative Generation"
Lithuania
info@innovativegeneration.eu



NGO "Creative Youth Platform"
Georgia
Info.cyp.org@gmail.com



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As participants will be selected by the open call each participant is responsible to provide information of their sending organizations



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Any doubts, please contact us by info@innovativegeneration.eu

Website: <https://innovativegeneration.eu/>

Facebook: <https://www.facebook.com/inovatyvikarta/>

Instagram: https://www.instagram.com/innovative_generation/

Apply Here!

