



United for Innovation
and Quality in Education



Nederlands
Jeugd
instituut



'Youth in Action' Programme

Call for participants:

“UNIQUE R.I.D.E.”

- unique space for further personal and professional development of trainers working in the youth field

11-18 July 2011,

Conferentiecentrum Hoorneboeg, the Netherlands

Deadline for applications: 15th May 2011

Organisers: UNIQUE, European network of training, consulting and research organisations (www.unique-network.org) and Nederlands Jeugdinstituut, the Dutch National Agency for “Youth in Action” programme (www.youthinaction.nl).

Questions for potential participants:

- ☞ *Are you a trainer actively working in the youth field at national or European level?*
- ☞ *Do you feel the need for further personal and professional development?*
- ☞ *Have you been facing challenging situations in your training practice that you would have liked to understand better through sharing with colleagues?*
- ☞ *Did you feel moments of losing motivation and sense of purpose of what you are doing?*
- ☞ *Have you been often overstressed and burning out in your work, losing the sense of balance in your life?*
- ☞ *Have you been wondering how to effectively deal with emotions in a training situation?*
- ☞ *Would you like to reflect on your current training practice, reconnect to your passion and redefine professional vision?*

If you have answered positively to most of the questions above, you might consider UNIQUE R.I.D.E. as an exciting opportunity for your personal and professional development!



Why UNIQUE R.I.D.E.?

*The training is an exciting,
but stressful job, where
trainers, themselves, are
the main tools, who need
proper maintenance, too...*

...therefore, it is no surprise that there is a natural need to have a break, reflect about your practices, get feedback from your colleagues, exchange good practices, develop new competences and reflect about the future directions/professional development objectives. These needs were clearly expressed in several meetings within the

trainers community (e.g. Future Forum in Italy, 2006; Seminar on To/FT methodologies “Forming or Performing” in Germany, 2008).

Abilities like dealing with conflict situations, self-management in training, understanding one’s own and participant’s emotions, handling short-term and long-term stress, increased level of self-awareness and acquiring healthy work-life balance are not only personal objectives, but also essential professional competencies.

*“Unique R.I.D.E.” deals
with essential competencies
to secure quality of the
learning process and well-
being for all in a training
situation.*

UNIQUE R.I.D.E. so far?

“The event which speaks for itself!”



The first UNIQUE R.I.D.E. (Reflection - Innovation - Development - Empowerment) was organized in Lithuania in August 2009, hosted by Association of Youth Non-formal Education in cooperation and with great hosting support of Lithuanian National Agency.

The second edition of the RIDE took place in Grundlsee, central Austria in June 2010 realized in cooperation with Interkulturelles Zentrum,

Austrian National Agency for Youth in Action programme.

For more information about previous UNIQUE R.I.D.E. events, you may wish to read the **reports** downloadable from:

http://www.unique-network.org/images/download/DOCUMENTS/report_unique%20ride_2010.pdf

What participants of UNIQUE R.I.D.E. events in 2009 and 2010 said about it?

☞ *"You should attend the R.I.D.E.: If you would like to meet yourself... If you have some dilemmas as a trainer... If you would like to discover something new... If you have lost your motivation as a trainer... If you need to share..."*

☞ *"You should attend UNIQUE R.I.D.E. if you want to find your essentials as a trainer. The R.I.D.E is a deep journey to self-assessment and self-development. It is full of inspiration for body, brain and soul and after "riding" you will be clear on your training values and goals."*



☞ *"It's good opportunity to share your issues, to find soul mates, to recognize yourself and your pathway..."*

☞ *"It is a powerful and shaking ride to a new balance."*

☞ *"It's really useful if you feel lost in the training field and if you need moment for yourself to clarify your key values and vision. The course helps you to look inside and find your strengths and potentials."*

☞ *"As trainers we always use ourselves as a tool to facilitate development of our participants. The R.I.D.E is a needed break to work on your own personal development for a change."*

☞ *"It is a rare gift that allows you to focus on yourself, your masks and multiple roles and to embrace them and learn how to appreciate them all."*

☞ *"It is a great opportunity to look at you from aside and understand the value of yourself and start caring about yourself"*

☞ *"The UNIQUE R.I.D.E is as refreshing as a shower after a full night of love making. Your body is clean and your soul has been renewed!"*

☞ *"This training was like 6² hands massage of my mind, body and soul!"*

Target group for UNIQUE R.I.D.E.

- ✧ Trainers co-operating with and/or working for Youth in Action National Agencies
- ✧ Freelance trainers working in the youth field at national *and* European level
- ✧ Actively working as trainers at least two years
- ✧ Able to communicate in English
- ✧ Able to participate in the full duration of the course
- ✧ Motivated for further personal and professional development
- ✧ At least 18 years old
- ✧ Supported by National Agency or willing to self-finance the participation

Key benefits for trainers-participants:

- ✧ Increased level of self-awareness and enhanced emotional competence
- ✧ Trying new techniques and approaches transferable to their own trainings
- ✧ Increased understanding of challenging situations in training
- ✧ Gained useful insights and tools from psychology and psychotherapy
- ✧ Increased ability to handle stress in training and life in general
- ✧ Meaningful discussions about “burning issues” and training-related dilemmas
- ✧ Clarity on reasons and desired directions in further professional development
- ✧ Set personal and professional development plan
- ✧ Regained passion and motivation for work

The methodology and approach of UNIQUE R.I.D.E.

- ✧ Combination of outdoor and indoor educational methods
- ✧ Involves professional coaching and inter-vision possibilities
- ✧ Brings together insights from psychology and psychotherapy and experiences from training
- ✧ The programme is run in a carefully planned stress-free timeframe
- ✧ Includes optional well-being space to share effective strategies and practices in dealing with stress
- ✧ The R.I.D.E. is held in a “well-being venue”, which support reflection and provides possibilities for relaxation, sport and enjoyment



The UNIQUE R.I.D.E. topics:

- ☞ Personal and professional development
- ☞ Training-related dilemmas and challenging situations
- ☞ Understanding emotions in training
- ☞ Emotional intelligence in training
- ☞ Stress management and burn-out prevention
- ☞ Well-being in training and achieving the work-life balance
- ☞ Understanding own core qualities as a trainer
- ☞ Rediscovering passion and motivation for work
- ☞ Innovative approaches in youth training field
- ☞ Discussion on relevant “burning issues” set by the participants

The team of UNIQUE R.I.D.E. trainers brings extensive experience and unique combination of expertise in youth work, professional training, non-formal education, experiential learning, supervision, psychotherapy and coaching. The team members are:

- ☞ Žilvinas Gailius
- ☞ Darko Markovic
- ☞ Hazel Low
- ☞ Laimonas Ragauskas

Practicalities and financial conditions for participation:

The UNIQUE R.I.D.E. includes the programme of **6 full working days** plus arrival and departure days and it will be held in a beautiful venue called **Conferentiecentrum Hoorneboeg**. For more info: <http://www.hoorneboeg.nl/>

The **participation fee** for the course is **120 EUR** and should be paid cash at the beginning of the training. Training and accommodation costs will be covered by the Dutch National agency. **Travel costs** could be covered by your National Agency for Youth in Action programme, in case they will support your participation. Please contact your National Agency to check. For a limited number of participants from South East Europe and Eastern Europe and Caucasus regions the travel costs (and visa costs i.a.) can be covered by the Dutch National Agency . In case your National Agency will not be able to support your participation, you will have to cover the travelcosts yourself. For contact details of your National Agency see: http://ec.europa.eu/youth/youth/doc152_en.htm

How to apply?

- Contact your YiA National Agency for a possibility to cover your travel costs
- Apply on-line: <http://www.salto-youth.net/tools/training/find-a-training/2081.html>
- Deadline for application is **15th MAY 2011.**