

## **LIGHTHOUSE**

### **Perspectives for sustainability in youth and social work**

#### Lighthouse is about:

- Exploring possibilities of decreasing the costs instead of searching for more money
- Learning about communities, using local resources and lightweight lifestyles.
- Experiencing approaches to work and life that make it efficient, sustainable and joyful.
- and more...

#### Activity organised by

Czech NA

#### Summary

We exist in an ever changing world with many of us involved in the social field and working with young people and communities finding ourselves over estimating our capacity. Dealing with diminishing resources, time and often receiving little financial reward or recognition can result in the potential growth in frustration, lack of satisfaction and eventually burn out.

Lighthouse is a training course for youth workers, social and community workers and international youth work trainers. This training programme aims to introduce and explore alternative strategies and opportunities for personally and professionally living with limited resources that can be sustainable for ourselves and our work.

The training will focus on the personal and professional, the inner and the outer and look to explore sustainable strategies and opportunities for spending less (in terms of time and financial) and becoming an example for healthier and environmentally friendly lifestyle and approach to work.

#### Activity date

10th (arrival) – 16th June (departure) 2013, Skalka u Doks, Czech Republic

#### Target group

Youth workers, social workers, community workers and international youth work trainers from programme countries, able to communicate effectively in English, willingness to contribute and fully participate in the training programme, having clearly expressed needs and desire for personal and professional development in the area of sustainability.

#### For participants from

Programme countries (with the potential to extend the offer subject to level of interest)

#### Group size

22

### Venue place, venue country

Skalka 22, Skalka, Czech Republic

### Programme Details

#### Aim:

- To explore, share and experience alternative approaches to life and work and identifying how these can be applied to present personal and youth work realities to aid sustainability and efficiency.

#### Objectives:

- To explore different aspects, possibilities and challenges of sustainable living in a youth workers daily reality.
- To share good practices and develop new ideas for sustainable youth, community and social work.
- To experience community life, close to the nature and realise its potential for sustainability, self-development, learning and training.
- To reflect and explore how to apply changes both personally and in work.

#### Methodology:

The training will apply experiential non-formal learning methods, predominantly delivered as a group experience with time space and for personal reflection.

### About Skalka 22

Skalka 22 is a community led sustainable and alternative centre with a focus on personal development. The centre and the community around it look to utilise the opportunities for people 'to live and be well' and this philosophy is evident throughout the venues services and provision.

Accommodation will be offered in a range of communally shared bedrooms and facilities with the possibility that some participants having to bring their sleeping bags and share a larger space that is usually used for meditation and group work.

The venue provides healthy and fulfilling vegetarian cuisine. All specific dietary requirements will be catered for.

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