

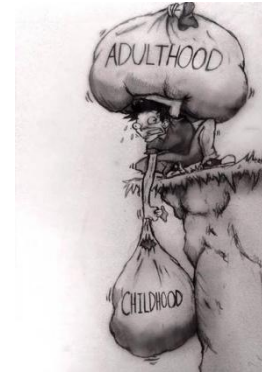


# Erasmus+

## **IN BETWEEN - Supporting youngsters in transition.**

**dates:** 17th - 23th May (including arrival and departure)

**venue-place country:** Reichenau an der Rax (1 hour from Vienna, Austria), Seminarhotel Flackl [www.flackl.at](http://www.flackl.at)



### **AIM:**

#### **Support youth workers in accompanying young people to become adults**

What does it mean to be adult? What does childhood mean?

How does the journey from childhood to adulthood work?

#### Background:

The transition process from childhood to adulthood is a very intense, energetic and powerful phase, with a lot of potential and impact for the young people themselves, their surrounding and the whole of society.

Nevertheless very often - there is a lack of helpful accompanying and support for the youngsters within their families and society. In many cases, this is a result of overload and a lack of mutual understanding.

As youth workers we face different challenges like: being a role model, building trust and relationship with the young people, working on limits, understanding what's going on... It also can be challenging to keep the appropriate attitude and values and find concrete tools and activities that can support the process.

The **training course** is for youth workers, social workers and others who are working with young people in transition from childhood to adult and who are asking themselves how to support young people in a more holistic way. The aim of the course is to support their accompaniment of young people who are in this transition process.

We would like to specifically concentrate on the topics which are often not a part of usual educational curriculum for youth workers or other professionals working with teenagers. These topics are often connected with spirituality, values and attitudes and ways of approaching them, both in individual and group work.



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We would like to work with the four dimensions in this way:

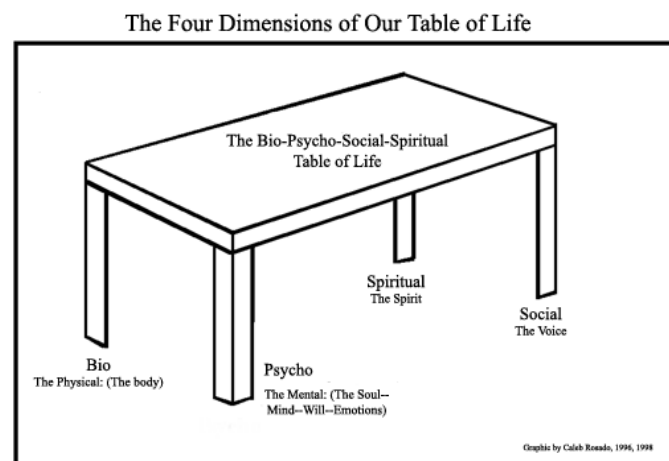
bio - The biological dimension refers to the role of biological systems—be they within our bodies (e.g. genetic predispositions), or outside (e.g. airborne pathogens that impact our functioning), upon our health and well-being.

psycho - The psychological dimension refers to the role of thoughts, emotion, and behavior on individual, group, or community functioning.

social - The social dimension refers to how individuals relate to various groups and institutions in society—and how groups and institutions relate to individuals, or classes of individuals

spiritual - The spiritual dimension refers to the role of religious or spiritual belief on well-being.

Source: <http://routledgesw.com/riverton/assess/biopsychosocial#tabs-1>



Source: <http://www.integralworld.net/rosado.html>

### **Approach - Methodology:**

We would like to use different types of activities to bring a combination of experience, reflection and finding possible solutions for one's own practice. Those activities will include:

- Outdoor activities,
- time for personal discovering,
- experiential learning,
- sharing experiences and good practices,
- group discussions,
- personal experience with a rite of passage/ ritual from aboriginal cultures,
- peer learning,

**Who we are:**

**Árpád Bárnai:** started to learn about working with youth as an educator in a foster home using various tools of non-formal education (experiential learning, outdoor education, theater and drama, sport, volunteering). Continues learning about creating a supportive learning environment as a coach, facilitator, trainer. Especially interested in supporting disadvantaged youth in taking the first steps in their adult life. Enjoys playing, movement, dancing, meditation and being nature.

**Johanna Etz:** Graduated in History, Outdoor Education Facilitator, worked many years as a youth worker, currently facilitator and trainer in projects with experiential learning for teenagers and adults, developing outdoor learning programs. Loves moving, nature and being with people - especially the combination of the three of them.

**Monika Novosadova:** Graduated in social work and social policy. Works as a freelance trainer and coach, Recently mostly works for the Czech and Slovak national agencies of the Erasmus + Youth Programme. Works on issues of quality of youth work, non-formal education and project management. Studies dance and movement therapy and enjoys dance, meditation and being in nature.

**Álvaro Díaz Cuevas:** Graduated in Social Work. Master Degree in "Project cycle development in international cooperation projects". Facilitator and trainer in different projects inside the Youth in Action and Erasmus + programmes. Enjoys to create shared learning spaces.