

# *Expanding Routes Training Course*

CREATIVE TOOLS FOR  
COMMUNICATION AND CONNECTION

Ommen, the Netherlands  
10-19 March 2017

# Outcomes



These are the outcomes we want to offer you for implementing in your **working life**:

- Identifying which behaviours are supporting your performance and interactions
- Communicating with more **clarity, accuracy and persuasiveness**
- **Expanding your capacity for creating connection (rapport) with others**
- Becoming **more conscious** of your movements on a daily basis
- Use your words and body language to **increase self-confidence**
- Rediscover the **joy of play, spontaneity and creativity**
- Gathering tools for **managing emotional states** through movement and body posture

# *Introducing the Routes*



**Expanding Routes is an 8 days training course aiming to improve the performance and communication of those who work with young people.**

We will do so by focusing on 4 key aspects:

- **Communication (non-verbal, vocal and verbal)**
- **Creating and establishing connection (rapport)**
- **Creativity**
- **Personal expression**

Through **Experiential Learning** we'll provide the learning ground with different inputs and activities and we will create the space for you to reflect upon how you function in your daily working life.

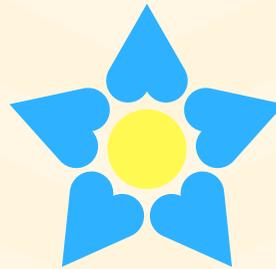
We believe that this method has the unique and powerful advantage of creating a personalized learning process and more effective and long-lasting results after the training course.

# *The program*



## Day 1-4

We will work with the topics of **connection, communication, creativity, planning**. Theoretical input together with **body movement, theater and meditations** will be the core of these days



## Day 5-6

**Tools and creativity in action:** 2 days of **outdoor training** when you will have the opportunity to **put everything you learned into action** in a new environment. You will spend these two days in small groups out in the Netherlands with **special assignments**.



## Day 7-8

Reflection and wrapping up, closing the training together.

# *About Expanding Routes Project*



<https://www.facebook.com/expandingroutes>

## **What happened so far?**

This training course (TC) is part of a **long-term project**, and it is part of its second phase. As a first step we had a **Study Visit in Israel** to the Neot Semadar kibbutz and the Hava ve Adam ecological educational farm. There we learned about their approach on mentoring and non-formal education through **volunteer work**. Some of the participants of the TC also attended the study visit, and they will bring a taste of what they learned.

## **What will happen after the TC?**

### **1) Follow-up Phase**

After the TC there will be a **4 months implementation phase** when you will be connected online, and will actively share experience with each other. The **trainers will be available online to support you** with getting out the maximum results from what you learned and understood during the training course and/or the study visit.

### **2) Closing Event**

To close the project there will be a **dissemination event in Hungary** where we will meet to share and spread what we learned and how we put it into action in our lives.

# *About the organizers*

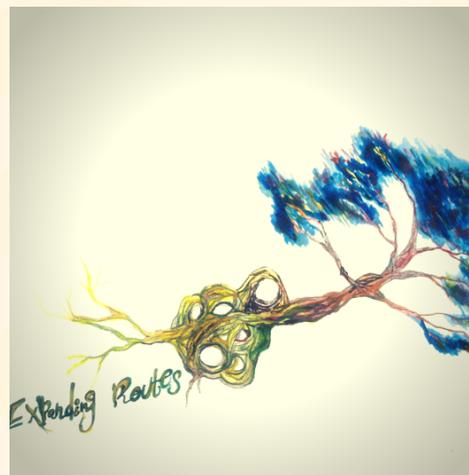


**Connecting Routes** is an informal group of young people from the Netherlands, Israel and Hungary.

We came together through our **passion for non-formal learning and constant development in youth work.**

We all have experience in **education, personal development, mentoring and coaching and in organizing international projects.**

We believe in **constant personal and professional growth and the power of learning** from and with each other in intercultural groups. This is what we represent in our project of Expanding Routes as well.



# *About the location*



**Olde Vechte Foundation** is a historical group accommodation in Ommen, the Netherlands.

It has a great infrastructure to host **international groups** and the staff to provide **professional logistical background** for all kinds of programs.

The Foundation also works with **personal development trainings** – many of us in Connecting Routes were trained and mentored in the organization.

More information about the accommodation: [www.oldevechte.nl](http://www.oldevechte.nl)



# *Trainers of the course*



**Eszter Korányi**

Eszter started to work in the field of non-formal education in 2004, and she is a personal development trainer since 2008.

Creative movement techniques and contemporary dance are her passion which she has been connecting with personal development.

In the field of non-formal education she has experience in mentoring volunteers and youth workers, project management, content development of training courses and educating children.



**Afonso Bértolo**

Afonso has a background in Clinical Psychology. Since 2009 he has been involved in community intervention and working with groups in several international contexts: Portugal, Hungary, Guinea-Bissau, Bulgaria, Croatia and the Netherlands.

His main areas of work are personal development and coaching with a strong focus on movement and body awareness; mentoring of young people with fewer opportunities; media as an educational tool; and project management in the youth field.

# *Participants profile*



We are looking for people who are **actively involved in youth work**.

More specifically, this is the criteria we are looking for:

- Youth workers, social workers, peer educators, group leaders, trainers, coaches.
- **Minimum of 1 year experience** in working with young people and/or groups
- Speaking English on a good level

There is a contribution fee of **60 Euros** to be paid on spot in cash.

# *Partner countries and contacts*



**Bulgaria: Smokinya - [info@smokinya.com](mailto:info@smokinya.com)**

**Estonia: EstYes - [estyes@estyes.ee](mailto:estyes@estyes.ee)**

**Croatia: Synergy Croatia - [antonio@synergy-croatia.com](mailto:antonio@synergy-croatia.com)**

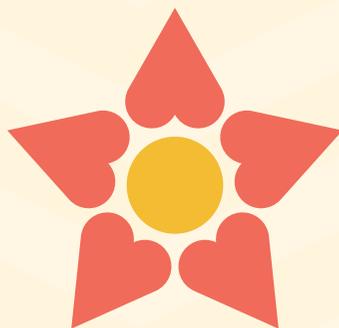
**Netherlands & Israel: Connecting Routes - [connecting.routes@gmail.com](mailto:connecting.routes@gmail.com)**

**Hungary: Egyesek - [anna.dupak@gmail.com](mailto:anna.dupak@gmail.com)**

**Greece: Synergy Flow - [info.synergyflow@gmail.com](mailto:info.synergyflow@gmail.com)**

There are limited places available for the program: **2-3 people per partner.**

Your travel cost from partner countries of the project to the Netherlands is reimbursed according to the regulations of Erasmus+ program.



If you wish to apply, fill in our application form **until 20th January**:

**<https://goo.gl/forms/CO3QheOyqVvIXieq1>**



We will select participants until the 2nd of February.

If you have any questions, feel free to contact us:

**[connecting.routes@gmail.com](mailto:connecting.routes@gmail.com)**

*We look forward to welcome you to expand our common routes.*