

Are you a youth worker
searching for your future way?

Come to find it

ON THE HORIZON

Training course for youth workers

May 25 – June 3 2018

Czech Republic



WHY ON THE HORIZON?

From time to time we need the moments to take a break, look around and reflect on the direction we are heading to. We ask ourselves existential questions like: Is this really MY way? Does it make any sense what I do? Am I doing something which I like, helps the world and makes use of my best abilities?

We prepared this training course based on our long-term experience in training youth workers. We see that there are always some difficult moments for youth workers, when their motivation decreases. It happens while they feel burned out, while they're questioning their abilities and skills. At that time, they don't know what the right way should be. We believe that this period is very natural, and one way of getting over it is to break, ask and search.

ON THE HORIZON, YOU WILL HAVE AN OPPORTUNITY TO:

reflect on your thoughts, your previous experience and your strengths

(re)find and (re)name your potential

set out on the following life journey with renewed energy and actual vision

WHAT WILL YOU EXPERIENCE?

- Focus on your personal and professional identity and values through experiential activities, non-verbal techniques and reflections
- Focus on your body by everyday yoga sessions, body techniques, walking in nature
- Develop skills necessary for a pilgrimage
- Walk as a pilgrim in beautiful Czech landscape and sleep outside 3-4 nights
Partly you will be walking alone and one night you might try sleeping on your own outside in nature
- Reflect on your past, present and future and share your experience around bonfire
- Map your vision using the concept of Ikigai (see more below)
- Give and get personal feedback
- Plan your future steps and make your commitment
- Get support for your first steps after the training course (coaching groups, buddies)

FOR WHOM?

We are
looking for

24

youth
workers

who:

- Want to inspire and get inspired by other youth workers
- Are willing to work on self-development and reflect on learning process
- Are living through important part of their professional life:
Standing at the beginning of their careers and hesitating how to start their activities

OR

already having their experience but hesitating where to move further

- Come from or live in following countries:

Austria	Croatia	Cyprus
Czech Republic	Hungary	Italy
Slovakia	Spain	Turkey

- Are older than 18 years
- Speak fluent English
minimum B2
- Work with youth regularly

APPROACH AND METHODS

IKIGAI CONCEPT

At the training course we will implement Ikigai - the Japanese concept you see at the picture.

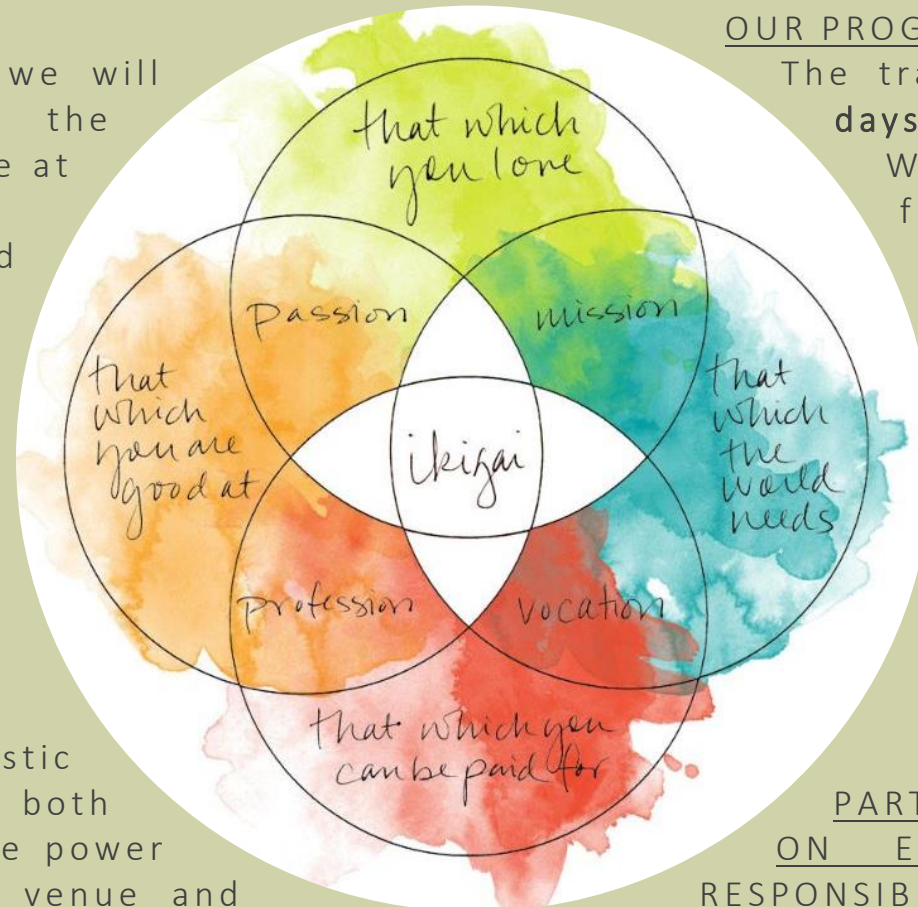
If you are interested, find more about ikigai [at following BBC web site](#)

OUR METHODS ARE BASED IN NON-FORMAL EDUCATION, EXPERIENTIAL AND OUTDOOR LEARNING

We will apply holistic approach working with both body and mind, using the power and atmosphere of the venue and landscape around.

We believe that by learning through personal experience and stepping out of your comfort zone you learn faster.

We put stress on sharing, peer learning, personal feedback and learning from mistakes and success.



OUR PROGRAM WILL BE INTENSIVE

The training course will take **8 days** (+ two travel days).

We start in the morning and finish in the evening, the program usually takes from 8 to 10 hours per day. Don't expect time for you to work or study during the breaks.

PARTNERSHIP APPROACH BASED ON EQUALITY AND MUTUAL RESPONSIBILITY

Your motivation is the key element for us. We adapt the program according to your needs, expectations, and the group dynamics

We expect responsible and proactive approach from your side. The more you invest, the more you harvest.

ABOUT ORGANIZERS

The training course is organized by an NGO Czekobanda (Czech Republic). The trainers work for Outward-Bound Czech Republic and the Czech National Agency of Erasmus+. More information about us and our previous projects are available at our website www.czekobanda.eu



PRACTICAL INFORMATION



COSTS

The training course is supported by the Erasmus+ programme. Accommodation, food and travel expenses are fully covered.

The participation fee €50 needs to be paid in 7 days after receiving the confirmation letter.

If you have difficulties with paying the participation fee, contact us about other possible options.

ACCOMODATION

The venue is Penzion Slunovrat in the beautiful landscape of Adršpach-Teplice Rocks in the North-East of Czech Republic. The venue has newly reconstructed rooms with comfort 2 to 4 beds bedrooms. Find more pictures [here](#)

FOOD

We will have two experienced cooks who are used to cook meat, vegetarian food, gluten free and other kind of diets. We will use as much organic and local food supplies as possible.

REGISTRATION - CONFIRMATION

If you wish to apply for this training, please fill in the application form at:

Please note that only the registration form that have been fully completed will be eligible for enrolment. Do not book your tickets before we confirm your participation.

CANCELATION FEE

If you cancel your participation more than 6 weeks before the arrival day, we will reimburse 100% of the participation fee.

If you cancel within 6 - 3 weeks before the 1st phase starts, we will reimburse 30% of the participation fee. If you cancel 3 weeks or less before the 1st phase starts, we won't reimburse the participation fee.

TRANSPORT

Depending on the distance of your travel, we have a budget for covering your costs.

Maximum travel expenses per participant:

Austria:	180€
Croatia:	180€
Cyprus:	360€
Czech Republic:	180€
Hungary:	180€
Italy:	275€
Slovakia:	180€
Spain:	275€
Turkey:	275€

Please, consider environmental friendly means of transport (trains, buses).

For searching the public transport in the Czech Republic the website www.idos.cz

WHAT TO DO NOW

APPLY HERE

We receive the applications till 28th
February

In case of any questions, do not hesitate
contacting Edita



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