

The Art of Facilitating

Training course

Adamov, Czech Republic

21st - 29th May 2019 (including travel days)

“Learning is the process whereby knowledge is created through the transformation of experience”

- Kolb



This training course is co-funded by the Erasmus+ Program. If you would like to find out more about the program, please visit <http://ec.europa.eu/programmes/erasmusplus>

ABOUT THE PROJECT

The aim of “The Art of Facilitating” is to develop youth workers and educators’ Experiential Learning facilitation in order to create and facilitate meaningful learning experiences for others using Experiential Learning as a tool.

We take Experiential Learning (EL) as an active learning process in which participants learn through experiencing non-formal education methods and reflecting upon their experience, extracting their own learning outcomes and finding out how to apply them in the future.

In this training course you will acquire the skills to design and facilitate Experiential Learning workshops by creating innovative EL sessions and testing them on spot, getting feedback to support you in their future applicability.

THIS TRAINING COURSE IS FOR YOU IF:

- you are actively involved in education and/or youth work
- you want to be able to design, facilitate and debrief Experiential Learning workshops
- you are interested in renovating your facilitation tools and creating new resources
- you are an official resident of Czech Republic, Estonia, Hungary, Slovakia, Spain, France, Romania or Bulgaria more than 18 years old
- you are able to work in English
- you are highly motivated to participate actively during the whole training course

TESTIMONIALS

The training course is the 4th edition of a successful series of facilitation trainings called Facility to Facilitate. Many elements of the program will be very similar. From previous experiences, participants stated:

“We learned how to empower other people by empowering ourselves. We learned how to foster collaboration by collaborating. We learned how to facilitate by facilitating. It was a transforming experience where we learned by doing, playing and feeling. That’s why what we learned on the program we will never forget.” Spanish team

“I started to work on my communication skills, discovering the different communications styles, learning about body language expression practices, challenging myself with the art of improvisation and, last but not least, feeling more confident speaking in front of a large audience.” Fabio Catania, Italy

“Based on the theory of Kolb where effective learning is seen when a person progresses through a cycle of four stages: of having a concrete experience, followed by observation of and reflection on that experience, which leads to the formation of abstract concepts (analysis) and generalizations (conclusions) which are then used to test hypothesis in future situations, resulting in new experiences.” Emese, Hungary

“I have tried on my skin that our body is one of the most powerful tools we have to reach someone’s heart and unlock it. I have learnt there is nothing bad feeling vulnerable, if you have the right people standing by your side. I have been inspired to believe I can allow myself not to be perfect, because we can always learn from our flaws. I have learnt I don’t have to bury my emotions and neither let them submerge me, but that I can try to transform them into greater strengths instead” - Mila, Italy

“We learned the importance of facilitation on creating a safe space in order to nurture group trust and closeness. We all felt very close, and we could open ourselves to others more in one week than with other people that you know for years.” - Spanish team

WHAT WILL YOU GET OUT OF THIS TRAINING?

In “The Art of Facilitating” you will have the chance to:

- Get familiar with the ETS Competence Model for Trainers and Facilitators developed by SALTO T&C RC
- Set your own learning objectives for the training and direct your learning towards it
- Experience embodied openness and vulnerability when standing in front of a group
- Identify and practice how to make your presentations more engaging and creative
- Distinguish between facts and assumptions in your communication
- Learn how to give and receive factual feedback
- Experience Game-Based Learning as an Experiential Learning tool
- Identify the elements of a game and learn how to gamify your workshops
- Connect with yourself and connect with others through your body in movement
- Experience Embodied-Learning as an Experiential Learning tool
- Pay attention to details in order to create a powerful learning context
- Get familiar with Kolb’s Experiential Learning cycle and its four main phases: experience, reflection, conceptualization and applicability
- Design and facilitate your own Experiential Learning workshop
- Experience Challenge-Based learning as an Experiential Learning tool
- Get familiar with the concept of Debriefing and learn how to debrief Experiential Learning
- Identify your own principles to facilitate Experiential Learning
- Plan how to create your own Experiential Learning workshops and projects after the training

TRAINERS/FACILITATORS



Bob

Bob creates experiential contexts in which meaningful learnings can germinate. He has experience in facilitating projects focused on re-connecting with Nature, Contact Improvisation applied in youth work and gamification as an educational tool, among others.

SALTO trainer profile: <http://trainers.salto-youth.net/BobSonet/>

Jordan

Jordan is a learning facilitator a space holder with experience in designing and facilitating experiential learning programmes for youth and youth workers in Spain, Estonia, Hungary, Czech Republic, Romania, The Netherlands, United Kingdom, Greece and Liechtenstein. Among his experiential learning methods, he uses challenge-based learning and game-based learning, and he is currently focused in body expression and movement practices as powerful tools to create a safe space for people to connect with themselves and to connect with others through their bodies.

SALTO Profile: <http://trainers.salto-youth.net/JordanHerrerros/>



PROGRAM AND METHODS

We have an intense program, and our focus is on the quality of the learning experience, with sessions from 10:00 until 20:00 (breaks included). We also have optional evening sessions -from 21:30 to 23:00- hosted by participants in our "Hosting Space".

We believe in the power of details in order to create a powerful learning context, therefore we put our attention in elements such as timing, room setting, music, graphics and wording.

This training course is based on non-formal education and experiential learning, being highly participatory and interactive.

In AoF you will be the creator of your own experience -the more you put into it, the more you will get out of it- guided by the facilitators and supported by the group. Your self-directed individual learning process will take place in a safe space and in a team-oriented and group-supported environment.

The flow of the program is inspired in the Kolb cycle of Experiential Learning: experience, reflection, conceptualization and applicability.

The Experiential Learning methods that we will use are along individual and group reflection and conceptualization processes are:

- Challenge-based learning: using challenges as learning opportunities
- Game-based learning: using games with a pedagogical purpose
- Body Expression and Movement: connecting with oneself and others in an embodied way

VENUE – ACCOMODATION - PRACTICALS

The training course is residential, therefore during the training you will live together with all the other participants in a group accommodation at the ecocentre Svycarna (<http://svycarna.eu/>) that is situated 3km from the town of Adamov. The area is called Moravian Karst, which is one of the most important karst area of Central Europe.

It is in a remote area in a beautiful nature which provides peace and perfect conditions for calming one's mind, concentrating and creating connections with others.

You will be sharing rooms in smaller groups of people (3-6); there are shared showers and toilets. The accommodation is very simple; you will be taking part in light housework such as daily cleaning, dish washing, etc. The house will be self-managed by the group. It is part of our educational approach, as it encourages community spirit, responsibility and sharing. The accommodation facility is not wheelchair accessible.

The food provided during the program will be a healthy, compassionate and environmentally conscious diet: a delicious plant-based diet (with dairy options). We will have meals 3 times a day prepared by our cooks; smaller coffee breaks will be available during the day.

Alcohol is not allowed in the venue, and in order to allow space for connection with yourself and with the ones around you and for meaningful learnings to happen, we encourage you not to consume alcohol at all during 7-days program.

HOW TO GET THERE

The nearest airports: Prague (CZE), Vienna (AUT), Brno (CZE)

From any of the airports you will be travelling to Brno – main train station and taking a train to Adamov (20 minutes ride). We´re going to welcome you there and provide the common transport to the venue.

FINANTIAL ARRANGMENTS

Participant's contribution is 50€ per person to be paid upon arrival.

(If you cannot afford to pay the contribution, contact us and we will discuss individual agreements.)

This training course is co-financed by the Erasmus+ programme. Accommodation, food, programme and travel costs up to the maximum amount are fully covered.

TRAVEL COSTS REIMBURSMENT CONDITIONS

We will be able to reimburse your travel costs fully if:

- you travel the most cost-efficient way (economy class, low-cost flights)
- you arrive to the Czech Republic 21st May 2019 and leave 29th May 2019
- you provide all the originals of travel documents (invoices, tickets, boarding passes)
- you complete and sign a Reimbursement form
- you spend less then the maximum rate of the Erasmus+ programme (see the chart below)
- you are a full-time training participant

The reimbursment process will be finished till the end of July 2019.

COUNTRY	ORGANISATION - PARTNER	PARTICIPANTS	CONTACT	MAX. REIMBURSMENT
Czech Republic	Hnutí Brontosaurus	3	hnuti@brontosaurus.cz	€ 20
Estonia	MTÜ Risti-Rästi	3	ristirasti.estonia@gmail.com	€ 275
Hungary	Pandora Association	3	pasztorkrisztina@gmail.com	€ 180
Slovakia	Strom života	3	info@stromzivota.sk	€ 180
Spain	WeGo	3	wegospain@gmail.com	€ 275
France	3PA	3	contact@3PA.info	€ 275
Bulgaria	Sdruzenie Aktivno Balgarsko Obshtestvo	3	absociety.info@gmail.com	€ 275
Romania	Asociatia Clubul pentru Protectia Naturii si Turism Brasov	3	cezar.crican@gmail.com	€ 275

Note: The maximum reimbursement may be different for Czech and Slovak participants according to the real travel distance (for more details please check https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en).

INSURANCE

The health and travel insurance will NOT be provided or reimbursed. However, it is a mandatory requirement for all participants to arrange own health/travel insurance. This should cover you for the full duration of your time in the Czech Republic. When you have arranged your insurance policy, please provide a confirmation before arrival by sending us a scanned copy at hnuti@brontosaurus.cz.

You can use the European Health Insurance Card (EHIC) which provides access to public hospital treatment. Having this card you are able to receive free medical emergency treatment. But please be aware, that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country. To learn more, please go to <https://ec.europa.eu/social/main.jsp?catId=559&langId=en>.

General travel insurance to cover the safety of your possessions, lost luggage, delays to flights, etc is NOT a mandatory requirement.

APPLICATION

Are you interested in participation?

[Fill in the form HERE](#) latest by 15 March 2019.

We ask you to fill in the application carefully and answer ALL the questions in it.

PROJECT TIMEFRAME

Applications deadline: 15 March 2019

Selection results: 22 March 2019

Confirmation by participants and booking of travel tickets: 30 March 2019

Arrival day: 21 May 2019

Departure day: 29 May 2019

Any questions related to this training course, aims and programme, venue and food, travelling, insurance etc. please send to Eva Pavelova (project coordinator) via email fundraiser@brontosaurus.cz.