

... CALL FOR PARTICIPANTS ...

COACHING: LEVEL ONE

an international training course for youth workers on group coaching, with a focus on unemployed youth and NEET

Kysak, Slovakia • September 16th – 25th of 2019 • ERASMUS+ KA1

The Slovak Civil Society Organisation "EduEra" is happy to invite you to apply for participation in our upcoming international training course "COACHING: LEVEL ONE".

"Coaching: Level One" foresees the creation of the professional figure of a "coach" for youth work, and to be applied to local and international youth work across Europe and beyond, by establishing a training course which is followed by online coaching and home assignments.

The training course is implemented in partnership with the Estonian Company "Res Cogita" which will provide a Level One Coaching Certification for those who complete the home assignments of 80 hours of coaching upon returning to home.

The training course is targeted at teachers, therapists, psychologists, youth workers, youth leaders, community leaders and job office employees, and will take place from September 16th to 25th of 2019 in Kysak in eastern Slovakia. Funding is provided by the Slovak National Agency for ERASMUS+: Youth in Action, Key Action 1, Mobility of Youth Workers.

Please read carefully all indications given in this call, especially the eligible countries, conditions of participation and the requested profile of participants. If you feel you would like to join us submit your application at:

● <https://forms.gle/Et6b9SQNW8Zzxsns7> ●

The deadline for receiving your applications is July 15th.

Please note that in each eligible country, we have an official partner organization who will be informed about your applications and who also have a say in the selection process of participants (see list below). You will be informed about the selection results on July 16th.

● PROFILE OF PARTICIPANTS

We are targeting teachers, therapists, psychologists, youth workers, youth leaders, community leaders and job office employees, the main criteria being that the participant be actively involved in value-based youth work in an educational role.

Participants must be aged 18+ and be residents in the country of the nominating partner organisation. Participants should be fluent in english, and be willing and committed to work hard (about 9 hours per day at least). Participants should furthermore commit to carry out agreed preparatory tasks and be willing to follow-up on the training course via active youth work, ideally in co-operation with their sending/partner organisation.

● ELIGIBLE COUNTRIES AND PLACES

These are the international partners of the training course, and the amount of places for participants available:

PARTNER ORGANIZATION	COUNTRY	PLACES
Sdrujenie "Nadejda-CRD"	Bulgaria	3
Vice Cersa CZ	Czech republic	3
Praxis	Greece	3
Én Kint Egyesület a Békéért és Fejlődésért	Hungary	3
Nous	Italy	3
Donum Animus	Latvia	3
Active Youth	Malta	3
Fundacja MODE - Move and Develop Foundation	Poland	3
Adamastor – Associação Cultural	Portugal	3
EduEra	Slovakia	3

● AIM AND PROGRAMME ELEMENTS

The training course foresees up to 8 days of work, whereas the first half of the training focuses on the personal development of participants and development of constructive attitudes and self-confidence to engage in coaching practices. The second half of the training is focused on providing practical coaching tools and dedicated space and time for practicing.

The methodology to be applied for this training course is a mixture of different existing methods and approaches used worldwide in coaching practices, namely:

- Neurolinguistic Programming and Gestalt Psychology
- Eco-psychology, the impact of nature and natural habitats on the human psyche
- International Coaching Federation approaches and practices
- Social Anthropology – namely focusing on Rites of Passage and Rituals
- Storytelling practices

The training also foresees the extensive use of **outdoor spaces, outdoor activities**, and coaching demo-sessions.

“Coaching: Level One” sees a path that starts from exploring coaching from the perspective of selfcoaching and self-awareness, to coaching others and empower towards self-awareness and goal achievement. Participants will experience through experiential learning, non-formal education and value-based learning a journey across psychology, philosophy, pedagogy and social anthropology.

They are going to gain tools, self-awareness, attitudes and competences that will later benefit the target groups of their youth NGOs back home, when being walked through their action plans supported by their peers and the training team.

● IMPACT, DISSEMINATION & FOLLOW UP

The participants and the partner organisations are expected to ...

- disseminate and promote the project and its outcomes,
- transfer the competences developed at this training course to further youth workers and educators, and
- ensure the wider impact of this project by implementing concrete follow-up activities and providing opportunities with and for young people in their regions and countries.

● THE VENUE

In Slovakia there are still unknown and undiscovered places that are exceptional for their beautiful nature, rich cultural heritage, and kind and hospitable people. Kysak and its surroundings is one such place. We will be accommodated in a resort in Kysak, which lies between two big regional cities, Kosice which is 20 km away, and Prešov which is about 20 km away. Kysak is a village and railway hub in Košice-okolie District in the Košice Region of eastern Slovakia.

Just 2.5 km behind the village of Kysak you can find our venue "Škola v Prírode Kysak (<http://svpkysak.sk/>), at the foot of the Slovak Rudohoria in the Humenec Nature Reserve in the Ružin Miniregión near the river Hornád. Participants should be prepared for rustic conditions and to share their room with several persons in 4 - bed rooms with private bathroom. Feel free to browse pictures of the venue here: <https://drive.google.com/drive/folders/1rq7NeWQA6SZfHrOI1-DwjjNfGWleP83w?usp=sharing>

● CONDITIONS OF PARTICIPATION

The training course will start with dinner at 18:00 of September 16th and end with breakfast on September 25th. Thanks to funding provided by the ERASMUS+ programme through the Slovak National Agency, during this period all costs for food, accommodation, local transport and course materials are covered.

You are free to arrive to Slovakia some days earlier or stay some days longer, as long as the total amount of your extra days outside of the programme activities is not more than three days. The costs of your potential stay in Slovakia outside of the period December 16th afternoon to September 25th in the morning have to be borne by yourself and are not covered by the organisers.

Following the rules of ERASMUS+, the costs of your international travel are covered up to the following total amounts (if you prove that your travel falls into the corresponding distance band). Costs exceeding the indicated amounts have to be borne by yourself. Here is an overview of travel grant per distance band:

https://ec.europa.eu/programmes/erasmus-plus/programme-guide/part-b/three-key-actions/key-action-1/mobility-project-for-young-people-and-youth-workers_en

And these are the travel grants approved by the Slovak National Agency based on the submitted funding application:

COUNTRY	MAXIMUM TRAVEL GRANT PER PERSON
Bulgaria	275
Czech republic	275
Greece	275
Hungary	180
Italy	275
Latvia	275
Malta	275
Poland	180
Portugal	360
Slovakia	20

Furthermore ...

- a participation fee of EUR 30 is to be paid in cash in Slovakia
- you are in charge of arranging your own insurance for your travel and stay in Slovakia
- full participation in the programme from afternoon of September 16th to morning of September 25th is mandatory to be eligible for the reimbursement of travel and subsistence costs, you cannot arrive later or leave earlier from/to Kysak
- the programme will be very intensive and there will hardly be any free time. Should you wish to do some tourism, relax, travel around etc, be advised that this is NOT part of the programme, and can only be done on your private costs if you arrive earlier or stay longer after the training course
- we also have some money available for visa costs if you need, please contact us beforehand if you need visa so we can work out how to best support you.

● TRAVEL ARRANGEMENTS

The best airport to fly to is Košice International Airport. Alternatively, you might also consider Bratislava or Budapest. In the very worst case you could also reach us via Vienna, but this would add considerable travel time and costs to reach the venue in Kysak.

Please bear in mind that you will also have some travel costs inside Slovakia to reach the venue, which are part of your travel budget. We will support you in arranging group and discount tickets. Do not arrange any travels before hearing the results of the application and selection process on July 16th! The selected participants will receive further information from us on how to arrange the travel to and within Slovakia.

● THE COORDINATING ORGANIZATION



Our aim is to educate and inform people about educational opportunities, build and develop their competencies and support their active participation and initiative through many various projects in Slovakia and abroad. Dedicated to youth, their problems, and needs from the very beginning, EduEra undertook numerous activities promoting and enhancing non-formal education. The main activity of EduEra is to find a common way for formal, non-formal education and business sector. Our activities are mainly focused on cross-sectoral collaboration between schools, municipalities, and NGOs. EduEra encourages the active participation of young people in the creation of new ideas and initiatives.

The non-governmental organization EduEra is registered by the Ministry of the Interior of the Slovak Republic as a citizen's association since 2017. This step is only a result of many years of work of individual members of this association with youth in Slovakia.

Our members come from different parts of Slovakia and focus on different areas where they see the potential and opportunity for young people. Our staff is constantly training and developing skills in order to be able to integrate always new tools within our educational and training programmes. Some of them have been teaching for years and graduated as a teacher, psychologist, therefore, they have the "formal" experience of dealing with youth and adults. We believe that the most important value of society is education.

In 2018 EduEra was awarded by Slovak National Agency as the best NGO in the field of non-formal education supported by EÚ, also our Erasmus+ KA1 training course "TRAINBOW" was selected as a good practice example of 2018 from Slovakia and the work of EduEra was presented in European parliament during the European Youth Week in Brussel.

● CONTACTS & TEAM

Petra Papiernikova (Slovakia) – coordinator
Lorenzo Nava (Italy) – senior trainer & author
MarCus Vrecer (Austria) – senior trainer
Vera Penz (Austria) – expert
Dorotta Turos (Hungary) – graphic harvester

We look forward to hearing from you! All the best from Slovakia! Contact us at:
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