

Are you a youth worker
searching for your future way?

Come to find it in

HORIZON

Training course for youth workers

May 27 – June 7 2020

Adršpach, Czech Republic



WHY 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 skills, values, and vision. 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.

DURING HORIZON, YOU WILL HAVE AN OPPORTUNITY TO:

(re)find and (re)name your professional vision and values

set up next steps for professional and personal journey

develop competence to work with values as youth workers

WHAT WILL YOU EXPERIENCE?

- Connection with the place and group through stories, walks, and value-based methods
- Reflection of your professional career, your personal and professional values
- Focus on your body through everyday Yoga sessions, focusing and mindfulness techniques, walking in nature
- Strengthening the skills necessary for pilgrimage
- Five days of pilgrimage in beautiful landscape of Adršpach region
- Five days and nights of sleeping, eating, and living outside in nature
- Creation of your own Ikigai through nonverbal techniques, creative workshops, individual and group reflections
- (Re)forming and (re)discovering your professional (and personal) vision through Ikigai
- Planning of the first future steps and making public commitment
- Support for your steps after the training course (coaching groups, buddies)
- Meta-reflection of the training course goals, approach, and methods, and their use within the participants' youth work reality

FOR WHOM?

We are
looking for

24

youth
workers
who:

- Want to inspire and get inspired by other youth workers
- Are motivated to reflect on, and share their own vision, personal and professional values
- 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:

Croatia	Cyprus	Czech Republic
Hungary	Latvia	Slovakia
Spain		
- Are older than 18 years
- Speak fluent English
minimum B2
- Work with youth regularly
- Want to develop their competence in working with identity and value topics with youth

APPROACH, METHODS, TOOLS

NON-FORMAL EDUCATION, EXPERIENTIAL AND OUTDOOR LEARNING

Our professional experience and methods we use are based in two areas:

1. Non-formal education approach, principles, and methods as they are understood and recognized within the frame of Erasmus + Youth program. We apply the tools created within the European Training Strategy platform, such as competence models for trainers and youth workers.
2. The Czech experiential and outdoor education school, developed particularly by Prázdninová škola Lipnice - Outward Bound Czech Republic. We believe that by learning through personal experience and stepping out of our comfort zone we learn faster. We believe nature (wilderness) together with our personal and group dynamics offer enough incentives for learning. We put stress on facilitated reflections and sharing, peer learning, personal feedback and learning from mistakes and successes. We raise the attractiveness of the activities by using the potential and the atmosphere of nature around, and by setting the scenes into such places. The training course dramaturgy is created by thin red lines going through the whole project.

HOLISTIC BODY-MIND APPROACH

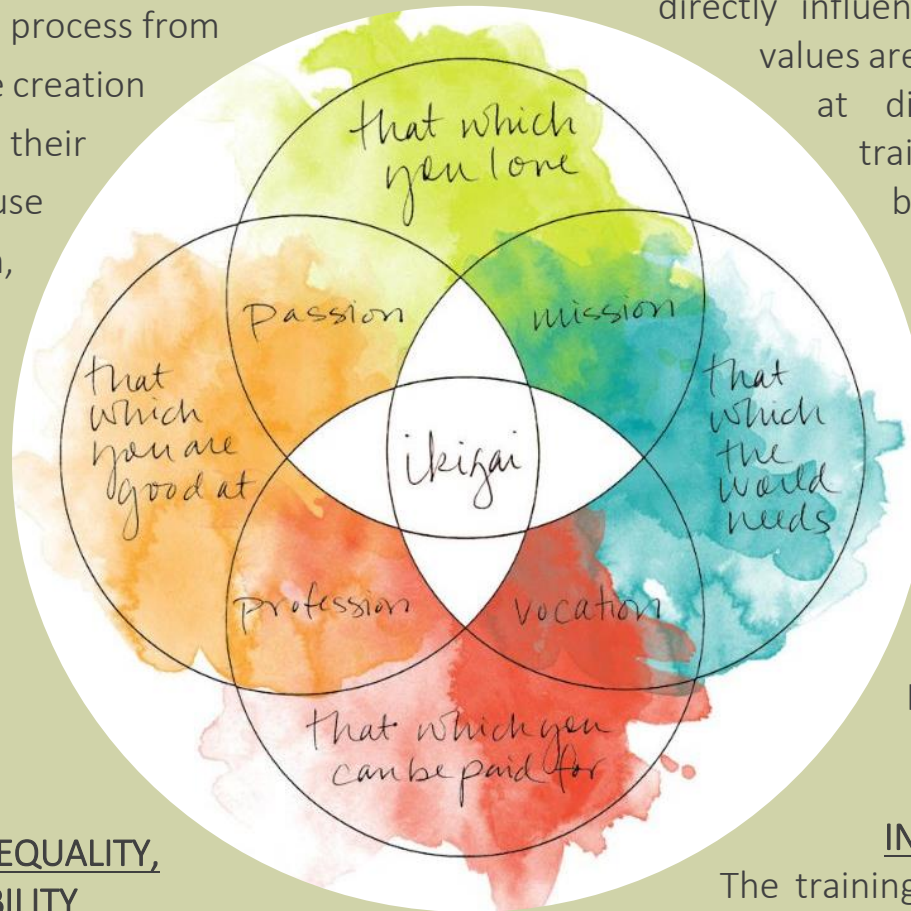
We believe that working on core parts of our personal and professional identity like vision and values require different level of awareness and reflection that holistic approach offers. By getting in closer contact with our bodies, the core parts of our personalities become more accessible. That is why we start every day with yoga sessions, offer mindfulness and focusing techniques while working on our Ikigai, and dedicate half of the program to walks in nature.

PILGRIMAGE

According to many authors throughout history (e.g. Exupéry, Thoreau, Junger, Jirásek), pilgrimage brings spiritual (not necessarily religious) aspect into walking, which is for humans the oldest and very natural way of moving. Various studies from seventies proved that if we walk for a longer period of time, the rhythm of our cognition and our body gets synchronized. Together with the tiredness we experience, focusing on the process, and the spiritual dimension of pilgrimage, the borders between us and the outer world become more fragile and allow us to experience mysterious encounters. That is why and how we incorporate the concept of pilgrimage into the training course.

IKIGAI CONCEPT

The Japanese concept of Ikigai will create so-called thin red line going through the whole training course. We will guide participants through the whole process from the concept introduction to the creation and naming/getting closer to their own Ikigai. To reach it we will use various body-mind approach, nonverbal and creative techniques, individual and group reflections. If you are interested, find more about ikigai [at following BBC web site](#)



AUTHENTICITY, PARTNERSHIP, EQUALITY, MUTUAL RESPONSIBILITY

Those are the principles that lead us when creating the program, offering the activities, working with the group dynamics, communicating with the participants. We also believe that respecting and living those principles helps to create safe environment with learning potential when focusing on such personal issues as vision and values.

VALUE-BASED APPROACH

We believe our values lead us when (re)discovering and (re)shaping our personal and professional vision, and directly influence our youth work. That's why values are present and consciously reflected at different levels throughout the training course. We share the values behind our approach, choice of the training course methods and activities, the place and area we discover as pilgrims. By sharing and reflecting the values we strengthen the connection within the group, with the training course topic and objectives, with the centre and the area the training course takes place, and its inhabitants.

INTENSIVE PROGRAM

The training course will take **10 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. We do not rush; we only support intensive learning experience. That is why our training course is not suitable for those who plan to focus on other things besides the training course approach.

ABOUT ORGANIZERS

The training course is organized by the 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 and food are fully covered. Travel expenses are covered up to the limit set by the distance calculator.

Croatia:	275€
Cyprus:	360€
Czech Republic:	180€
Hungary:	180€
Latvia:	275€
Slovakia:	180€
Spain:	275€

Please, consider environmental friendly means of transport (trains, buses). For searching the public transport in the Czech Republic the website www.idos.cz

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 and we discuss 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 will cook primarily vegetarian meals, and are able to cover various kinds of diets (e.g. vegan, gluten or lactose free). We will use as much organic and local food supplies as possible.

SELECTION PROCEDURE

The main selection criterion is the match of participant's motivation with training course goals, while considering the group diversity concerning participants' experience, and gender balance. When choosing the participants we respect the agreements with NA and our partners.

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, 100% of the participation fee will be reimbursed
- 6 - 3 weeks before the arrival day, we reimburse 30% of the participation fee
- less than 3 weeks before the arrival day, we won't reimburse the participation fee for cancelation

WHAT TO DO NOW

APPLY HERE

**We receive the
applications till
9th February 2020**

In case of any questions,
do not hesitate contacting
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