



## **Essence Plus - 15 years of experiences**

Training courses in Galyatető, Hungary

Zoom Out 21.-29. 08. 2022. (including travel days)

Zoom in 03.2023. - exact date later  
(can be applied separately)

**Hello Everyone, welcome to Essence plus, the training of trainers (TOT) course of Academy of Experience!**

The aim of the project is to share in fact the essence of our (now) 16 years experience in outdoor and experiential education, working with underprivileged young people, exchanging experiences and learning from each other with our partners. We share the best of our experience in a multi-month learning process and support its adaptation within the participating countries. You can be a part of the most adventurous week of the summer. Interested? Apply!

This document is designed to answer all the practical and logistical questions related to the training content, travel, and preparation of the project. In case of further questions, you can reach up to me, Móni the project manager of **ESSENCE PLUS**

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## About the training course:

Essence Plus is a **7 days long** training of trainers course

(+2 traveling days), based on innovative methodological

combinations. The primary method is **experiential pedagogy**, which we combine with tools such as **education related methods** and techniques, **solution-focused** and **trauma-conscious approach**.

Combining these methodologies can give the opportunity to accomplish the followings:

- professional accompaniment of individuals and groups

based on connection while maintaining competence boundaries, in a focused but sensitive way

- to support and involve disadvantaged young people

- to create innovative adaptations and develop local youth work through a combination of safer, more

inclusive approaches to youth work that is accessible

to more disadvantaged young people

- to involve target groups from different backgrounds

and to work together in an integrated group

- to strengthen responsibility

In addition to emerging methodologies, the process will be framed by the ETS Youth Worker Competency Model.

We will use this framework to support the self-reflection, learning and development of the participating youth workers.



**TC has two parts - it is recommended to take part in both, but you can also apply just for the one more interesting for you.**



### **I.Training: Zoom Out**

Seven-day training in Hungary on 21-29. August, 2022.  
Including traveling days.

During this TOT the 25 participants will learn and experience the tools of experiential pedagogy and experiential learning through increasingly complex experiential pedagogy tasks. During the learning process, the focus is constantly on the reflection and competence development embedded in the ETS framework. The training program includes an expedition, outdoor SOLO experience and at the end of the training we provide a strong personal experience of courage, of overcoming fear, to experience boundaries.

### **Timeline Zoom out**

Day 1. Team building, introduction, personal goal setting

Day 2. Theoretical background via experiential education

Day 3-4. Expedition to the forest end to the self - personal development process

Day 5. Reflexion and sharing

Day 6. High rope

Day 7. Closing of Essence+ Zoom out



## II. Training Zoom In

Seven-day training in Hungary in March 2023 -  
exact date will come later



In our second training, based on connecting and reconnecting. We provide space for crisis intervention, a trauma-aware and solution-oriented approach. We believe that these methods will help connect and reconnect with young people who have become even more marginalized and inaccessible in a pandemic situation. We embedded a 1-day program day for young people from a Children's Home in this training. At the end of the training, participants can now encounter a high rope element that is a challenge, with participants securing and helping each other.

### Blended learning

There is a special preparation phase for the participants that is complemented by a blended learning program element, which is an integral part of the whole process. Three times 1,5 hours preparatory webinar where trainers can meet participants to get a more complete picture of the training topics. Here, it will not only be possible to learn more about the ETS framework, but also to explore the needs and expectations of the participants and to fit those needs to the training themathics. The online sessions will continue between the two trainings and after them, so the participants can keep interacting with each other and help each other in their professional path.





## Participant profile

We are looking for youth/social workers, youth leaders, trainers and educators, who are interested of the topic and who:

- are actively working in the youth work field, deal with disadvantaged young people
- are aged 21-48 and speak English with a sufficient confidence
- are eager to transfer gained knowledge to the youth in their organizations and countries
- committed to working during the whole project
- are ready to support dissemination of the results of the training course and interested in providing short testimonials on their impression about the project
- openness to new approaches, methods for learning
- has existing professional experience - and intends to share it in the learning process
- come from a disadvantaged background

## How to apply?

- Apply to your organization and/or
- Fill out the application form
- The participation fee is 60 EUR for program countries 30 EUR for partner countries
- In justified cases, the participation fee is waived in part or in full - you as a participants have to ask it
- For the participants coming from a disadvantaged background we provide mentoring

### WHEN?

21-29 August\*, 2022

\*including travel days

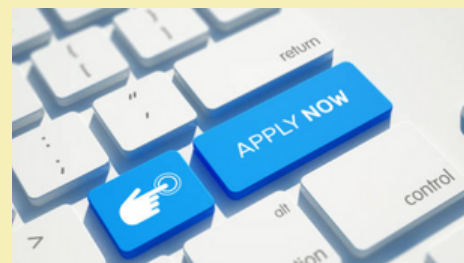
### WHERE?

Fogadó a táncoló kecskékhez, Galyatető  
Mátra

### Where can I sign up?

<https://forms.gle/r5VLeT5H7pVS47RZA>

You can sign up until 30.06.2022 the latest





## **Travel information and Booking the tickets**

The most convenient way to get to the project venue is to fly to Budapest airport.

From Budapest, Stadion autóbusz- állomás (Hungária krt. 48-52) take the bus to Galyatető Kodály Zoltán sétány (due to Gyöngyös city) We can help to reach the accomodation.

Bring ( or change at the airport) some Hungarian Forint, you may need it to buy the bus tickets.

Due to Covid-19, the tickets should have flexibility for rescheduling the flights or refund. Another possible option is that your insurance could cover the cost.

We would like to remind you that it is crucial to know what criteria you have to fulfill when you leave your country & enter Hungary, as well as when you travel from Hungary back to your country. In order to make it as easy as possible check out this website: [reopen.europa.eu](https://reopen.europa.eu).

You are allowed to spend additional days in Hungary outside of the indicated period of the training course, in this case, it is the participant's responsibility to cover the additional costs (accommodation, food, etc). But in the best case, this can make it more flexible for you to find suitably priced travel tickets.

Please be aware that you are in charge of arranging your own insurance (health, accident, liability, possibly luggage) for the whole duration of the activity. Insurance is a mandatory requirement of participation.

In addition, it is advisable to get the European Health Card, that is given free of charge in all European countries (read more from [https://en.wikipedia.org/wiki/European\\_Health\\_Insurance\\_Card](https://en.wikipedia.org/wiki/European_Health_Insurance_Card)).

## **Board and lodging**

The Training Course starts on Sunday 21st August (arrival day) with a dinner and ends on the morning of Monday 29th (departure day) with breakfast. Full participation in the Training Course for its full duration is mandatory.

We will stay and work in Fogadó a táncoló kecskéhez Panzió (<http://www.tancolo-kecskek.hu/>).

Rooms are “youth centre standard”, equipped with bed-linen, you will be accommodated mainly 2-4 persons each.

Please prepare to have your personal towels and hygiene products and possible special medical and other important items with you you, since in Galyatető there are no shops or other services - a trip to a store can be arranged but not likely on the first day.

## **About the surroundings**

Galyatető is a nationally famous high-altitude resort in the Mátra, the 3rd highest mountain peak in Hungary, on the southern side of the 964-meter-high Galya-tető (Galya-roof).

The weather is usually much cooler than we would expect.





**Requirements for reimbursement**

- 1. Your travel ticket follows the instructions mentioned in this info pack and attachments.
  - 2. Second class tickets (taxi fares are not reimbursed)
  - 3. Arrival at the venue should be not later than the 21st of August.
  - 4. Departure from the venue should not be earlier than the 29th of August.
  - 5. Bring the original documentation for all travel made to the project venue (e.g. boarding passes, bus/train tickets, invoice etc.).
  - 6. Fill and sign the reimbursement form.
  - 7. Where applicable, bring or send by post all the originals of their travel documentation.
- Additionally, the reimbursement will be performed only if the following conditions are met:
- You have submitted the individual participant report as requested by the European Commission; and sign the participants list.
  - You send proof of dissemination activities.

Country	Number of participants	Travel reimbursement according distance band
Armania	2	360€/person (2000-2999km)
Bulgaria	2	275€/person Green travel 320€/person (500- 1999km)
Croatia	2	180€/person Green travel 210€/person (100-499km)
Hungary	4	180€/person Green travel 210€/person (100-499km)
Lithuania	2	275€/person (500- 1999km)
Romania	2	180€/person Green travel 210€/person (100-499km)
Spain	2	360€/person (2000-2999km)
Sweden	2	275€/person (500- 1999km)
Turkey	2	275€/person (500- 1999km)
Ukraine	4	275€/person (500- 1999km)





## What to pack?

This is an indicative list of essential equipment that you will need during the training course

1. hiking boots
2. sport shoes
3. small backpack for day-hikes
4. minimum of 1 liter water bottle (or PET bottle)
5. cap, sunglasses & sun screen
6. scarf or buff (the last one is recommended)
7. raincoat / waterproof jacket
8. clothing according to the weather
  - a) warm layers
  - b) wind catcher
9. toiletry, slippers, towels for shower
10. pajamas
11. headlamp or torch
12. personal mug
13. personal medication (example: for allergies)

Élményakadémia can provide outdoor equipment like:  
backpack, sleeping bag,  
camping mattress.

Please do NOT bring items that are highly valuable or irreplaceable. It is best to bring only necessary and easily replaceable possessions. Please do not bring alcohol or illegal drugs of any kind. Please do not use sensitive electronic devices during the program.



## Introduction of partner organisations



ASOCIATIA SOCIETATEA PENTRU TINERET OUTWARD BOUND ROMANIA (Romania)



YOUTH CLUB FOR INTERCULTURAL DIALOGUE DEMOCRACY AND PEACE NGO (Armania)



ASOCIACIJA "AKTYVUS JAUNIMAS" (LITHUANIA)



CENTER FOR EUROINITIATIVES (Ukraine)



INTERNATIONAL YOUTH COMMITTEE (Bulgaria)



NORDIC EUROPEAN MOBILITY (Sweden)



INNOVATIVE GREEN STEPS ASSOCIATION (TURKEY)



ASOCIACION BUILDING BRIDGES (Spain)



CIVIC ORGANIZATION DEVELOPMENT CENTER PANGEYA ULTIMA (Ukraine)



PLATYPUS (CROATIA)