



Choose to be Happy

skill development for the longevity of youth work

Training Course

22-31. October 2022, Hungary



ORIGO
WORKSHOP

2022-1-HU01-KA153-YOU-000067174

Choose to be Happy is funded
by the Erasmus + program
of the European Union.



Erasmus+

Welcome

. Dear Participants,

We are happy to invite you to the Choose to be HAPPY Training Course supported by the Erasmus+ Programme of the EU!

We are Geri, Mafalda, Afonso and Zsuzska - from Origo Workshop -, and responsible for hosting you around and deliver the program for you.

1 Dates and Application

Arrival day - 21/10/2022

Program days - 22-31/10/2022

Departure day - 01/11/2022

Application deadline: 23/09/2022- confirmation of selection is ongoing, latest until 24/09/2022

Participation fee: 50,00 €

The participation fee can be paid during the registration on the arrival day.

Let us share some useful information:

- 1.Dates and Application
- 2.Background
- 3.Participants profile
- 4.Preparation
- 5.Program
- 6.Accommodation and venue
- 7.COVID-19 guidelines and information
- 8.Reimbursement of travel tickets for participants & travel budget
- 9.Contacts
- 10.Methods

the Application Form

<https://forms.gle/9ZuTYdpGctdaFyGQA>





2 Background

With Choose to be Happy! we wish to address youth workers with risk of burnout, and job quitting and develop resilience/well-being skills. We wish to ensure strengthening and empowerment of youth workers and provide effective learning and training methods for the sustainability of their profession.

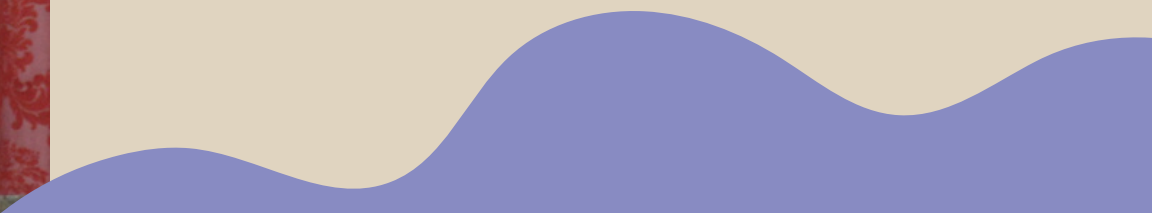
Choose to be Happy! contributes:

- to improve the quality of your youth work and life
- to increase the level of your resilience/well being
- to draft a sustainable career path as a youth worker

Choose to be Happy! is based on innovative methodological combinations.

The primary method is experiential learning: embodied learning, storytelling and theatre improvisation, which we combine in order to reach a positive mental health and resilience approach.

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

- professional accompaniment of you and your groups based on connection while maintaining competence boundaries, in a focused but sensitive way
 - to support you if you have early symptoms of burnout
 - to support the longevity and satisfactory of your youth work career
 - to create innovative adaptations and develop your local youth work through a combination of safer, more inclusive approaches that is accessible to handle mild mental health issues in your environment
- 



The training has 3 parts which guides you through inner and outer landscapes connected to your well being and professional aims.

In the first part with the support of Geri Kiss we practice and discover theater improvisation and the power of mistakes defined as learning.

In the second part with the facilitation of Mafalda Morganti we learn the power of stories and its transformative narrations to our lives.

In the third part with the guidance of Afonso Bertolo we embody our learnings and integrate and express our outcomes on a deeper level.

3 Participants profile

We are looking for youth workers, trainers & young social workers, who are interested in the topic and who:

- “preferably” having early symptoms of burnout, exhaustion, mental health-related issues due to covid pandemic & due to exhaustive youth work - frontal, local youth work with disadvantaged youngsters;
- youth workers who do local/ international youth work but are not affected by exhaustion or mild symptoms of burnout;
- we welcome youth workers/trainers on maternity leave;
- also, we target youth workers who lost their jobs due to the pandemic situation.

4 Preparation

What to bring with you?

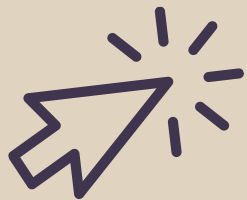
1. For the training activities we recommend you to bring the followings:

- Clothes and comfortable sport shoes for movement work outdoors and being comfortable and suitable for the weather.
- Notebook if you need
- Indoor slippers (the rooms and some other spaces we will use are no shoe environments)
- Warm clothing: jacket, long sleeves, hat for the autumn weather in Hungary
- Waterproof clothing for autumn showers
- Small item of beauty- to be placed on a centerpiece, that has meaning for you.

2. For the trip itself, remember to bring/check:

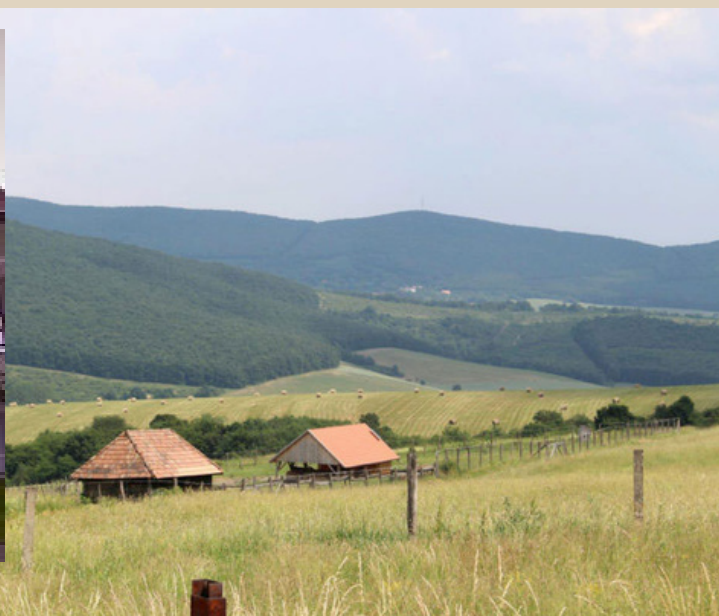
- Your valid (during the whole event days) ID or Passport
- EU COVID certification if needed
- Your boarding pass (please check if you should do your check-in online) printed (as we will ask you for it for the project account procedures)
- Luggage size - please check the correct measures that you are allowed to bring.
- The European Health Card (ask for it in your health system) for any case. Please check if this card is valid until the end of the event!
- HUF money! At Liszt Ferenc Airport it is possible to change (expensive), but we advise you to change some money in your country or in Hungary on the way to the venue.

5 Program



Click [HERE](#) for the daily program draft.





6 Accommodation & venue

Kreatív Tér is a Youth Centre in Hollókő, <https://kreativter.hu/en/> - which with all its capacity is suitable for all groups with different learning needs. The income from the activities is used for the maintenance of the house and as a financial support to realize their programs and work with the local youth, to create jobs and to develop the local community. The maintenance of the house is mostly done by volunteers, it is invested more than 1000 volunteer hours per year to keep the existing conditions. On the first floor there are 9 rooms with separate showers and toilets, suitable for all the participants.

You will be placed in a room with other participants - single and double rooms are not available - 3-4 people rooms will be designed. If you want to come as a couple please note that we cannot ensure you a private double room.

We are happy to cook healthy, rich and diverse food for you! Our professional chefs will cook traditional and international food. Meals are provided three times a day.

If you plan to arrive earlier or stay longer, remember to book your own accommodation!

7 COVID-19 guidelines & information

Before your travel, please check the general rules of border crossing of Hungary at <https://www.police.hu/en/content/for-the-attention-of-travelers>

In accordance with this, it is possible to enter the territory of Hungary by public road, railway, water, and air traffic – regardless of citizenship and protection against the coronavirus –, but other general conditions of entry (e.g. a valid travel document) must be provided.

We will follow the actual regulations and inform you in case of any changes before your travel and we strongly recommend informing yourself carefully about the latest developments and regulations in Hungary.

Please note, that if you are not vaccinated, costs of potential quarantine or medical attendance are to be covered by you. So please take extra attention that your travel insurance covering these risks!

OTHER PRACTICALITIES:

- Please make sure that you have valid health and travel insurance!
- And once again, please remember to keep all your tickets, boarding cards, and invoices – as we'll need them for reimbursement and project documentation!

8

Reimbursement of travel tickets for participants/ travel budget

Travel costs will be reimbursed up to 100% if you manage your travel within the allocated budget (see below) and upon the presentation of the tickets, invoices, and proofs of payment.

Please keep in mind that only direct travel costs between your "home location" and the venue of the event can be reimbursed (private traveling cannot be financed by the fund).

You are entitled to the reimbursement of your travel costs if you present the tickets themselves and related invoices to the name of your sending organization.

The allocated travel budget and the details of the sending organizations are as follows:

Country	Nr. of pax	Travel budget/person	Sending organization
Hungary	2	20 EUR	Origó Műhely Nonprofit Kft.
Germany	2	320 EUR	Via KreAktion gemeinnützige UG
Latvia	2	275 EUR	EXPRESS YOURSELF
Portugal	2	360 EUR	Associação Inspirar o Futuro
Austria	2	210 EUR	MOVE to Be You
Greece	2	320 EUR	UNITED SOCIETIES OF BALKANS
Turkey	2	275 EUR	Hasat
Georgia	2	360 EUR	RICDOG
Lithuania	2	275 EUR	Unique Projects
Spain	2	360 EUR	AYUNTAMIENTO DE MARACENA
Croatia	2	210 EUR	AYES
Czech Rep.	2	210 EUR	VICE VERSA CZ ZS

Green travel means car sharing (but at least more people traveling by the same car), bus, train.

If you are planning green travel, please let us know!

Please be aware if you do not have the receipt AND the tickets, boarding passes we CAN NOT reimburse your expenses!

Travel cost reimbursement will be done via bank transfer to your sending organization after having received all your travel documents.





9

In case of questions,
please feel free to
contact us...

We are:



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Kiss Gergő (Hungary)

<https://www.salto-youth.net/tools/toy/gergely-kiss.4017/>

Applied theater improvisation - The word "improvisation" has Latin origins and literally means "unforeseen" or "on the spur of the moment". In improvisational theater everything is built spontaneously on the stage. The method prepares and trains people to step into the unknown with confidence as no one really knows what comes next in an improvised play or exercise. Improvisers are getting prepared for embracing the unexpected without planning or controlling the future; this resonates with the practice of resilience. Dealing with uncertainty with openness and curiosity, a quick adaptation to new life situations with a positive attitude and meaningfully connecting with others have never been more relevant than nowadays. These are also essential life skills for young people and youth workers in the post-COVID-19 world. The method was introduced at the 10th Tool Fair in Budapest in December 2015.

Mafalda Morganti (Italy)

<https://www.salto-youth.net/tools/toy/mafalda-morganti.2923/>

The main aspect is that we will be working with Story intended as Form and a variety of Formats. We will therefore explore fairy tales, oral traditions, cinema, comics - from the point of view of understanding their structures, and then to experience them to feel the effect on our bodies and perceptions.

Each element will be introduced and directly experienced by the group.

Probably the emotional peak will be represented by the transformative storytelling, in which participants will be invited to let their own personal stories emerge from the experience, and later make meaning (building and owning one's own narrative) and give space for transformation. It is a very powerful resilience tool which supports youth workers to build up a healthy path.

Story creation, sharing and mirroring will be some other key aspects of the modules. We will use activities drawing inspiration from The Way of Council, Vision Quest, the Hero's Journey.

Afonso Bertolo (Portugal)

<https://www.salto-youth.net/tools/toy/afonso-brtolo.4229/>

<Experiential learning>

Upon receiving the necessary input participants will go through exercises and assignments (individually, in pairs, in small and big groups), so that they assimilate this new input through practice. In order to empower this learning, coaching will be used by the trainers to support the reflection of the participants, on how they can implement conclusions and solutions from the activities into their lives.

<Body awareness methods>

Body Work is an expression that has gained a life of its own. Body Work is a methodology which aims at increasing the awareness we have of our own bodies: how we move, what is the impact it creates on myself and others, how to explore new possibilities of movement and connection at a non-verbal level. It is Body Awareness and Reconnection, whose ultimate goal for him is that people fully enjoy being in their bodies thus being well. Upon that everything else can happen but it creates a great resilience base.

The aim is to create a context where people can reconnect with their own bodies firstly and from there explore whatever is there, whatever is new, whatever they want.

It is done by creating a storyline upon which he selects exercises that are fitting. The storyline and the exercises are a metaphor to be grasped by the participants.