


Introducing Bibliotherapy in youth work

TRAINING COURSE IN LITOMYSL, CZ REPUBLIC,
2-13 APRIL 2023

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Introducing Bibliotherapy in youth work is a 9 day training course which aims to provide bibliotherapy and storytelling skills to youth workers working with young people at risk of social exclusion.

During the training course we will learn how literature of all kinds, from poetry, book passages, quotations, songs, segments of movies, speeches, videos, can help an individual find their own voice and articulate personal experiences.

The main goal of the training course is to explore the therapeutic potentials of Bibliotherapy, discovering how literature and storytelling can help navigate better the challenges in our lives.

BIBLIOTHERAPY

journaling,
writing, reading,
debating

What it's all about?

read alone,
read in a group

discuss the
power of
literature of
different kinds
-

use your own
experiences as a
material for
exploring different
creative exercises

create a
Bookguiding
Repository with
texts and different
materials

participants

Who can apply?

Youthworkers, Educators, NGO volunteers and others working with youngsters at risk of social exclusion

Participants profile

- willingness to commit to the preparation and follow up of the course, as well as fully be present all days in the course
- motivated to explore principles of non-formal education, shared leadership and experiential learning
- curious and open to learning about book and story-based methodologies in therapeutic and/or youth work
- interested in embodied as well as digital storytelling
- willingness to get immersed into self-reflective processes but also work in a group
- sufficient English language skills

how to apply

Eligible countries and travel allowance limits:

- up to €180 for participants from Czech Republic, Slovakia
- up to €275 for participants from Croatia, Cyprus, Greece, Germany, Hungary, Italy, Lithuania, Malta, Spain, Serbia, Romania
- up to €360 for participants from Armenia

Apply here:

<https://forms.gle/4oU9DQZvFZenqRH8A>

Who is delivering the project?

Karolina Ufa is youth worker and non-formal educational promoter implementing and coordinating a number of local and international workshops addressed to young people with fewer opportunities and fellow youth workers since 2015. Currently she is working as a trainer with teenagers on topic of intercultural dialogue with usage of biblioguiding techniques. She graduated Literature and Mental Health course organized by University of Warwick where she discovered how poems, plays and novels can help understand and cope with deep emotional strain.

Marija Biljan has a background in cultural anthropology and loves collecting stories of people and places, exploring concepts of identity in space. Her main tool is writing. In her project City as a person, Marija combines art and anthropology, illustration and storytelling. She has also been conducting workshops where maps and mapping are used as a tool to awake senses and as media to transfer participants' perceptions of life, routine, routes and all other experiences in physical places.

This training course is organized by Konstent z.s. organisation (CZ), in cooperation with Saplinq o.z (SK).

Questions?

Contact us:
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