



BOOSTING LIFE AND EMPLOYMENT SATISFACTION

The Netherlands

17th - 26th of July, 2023



Erasmus+

**This project is funded by
the Erasmus+ programme**

Our Goal for the project

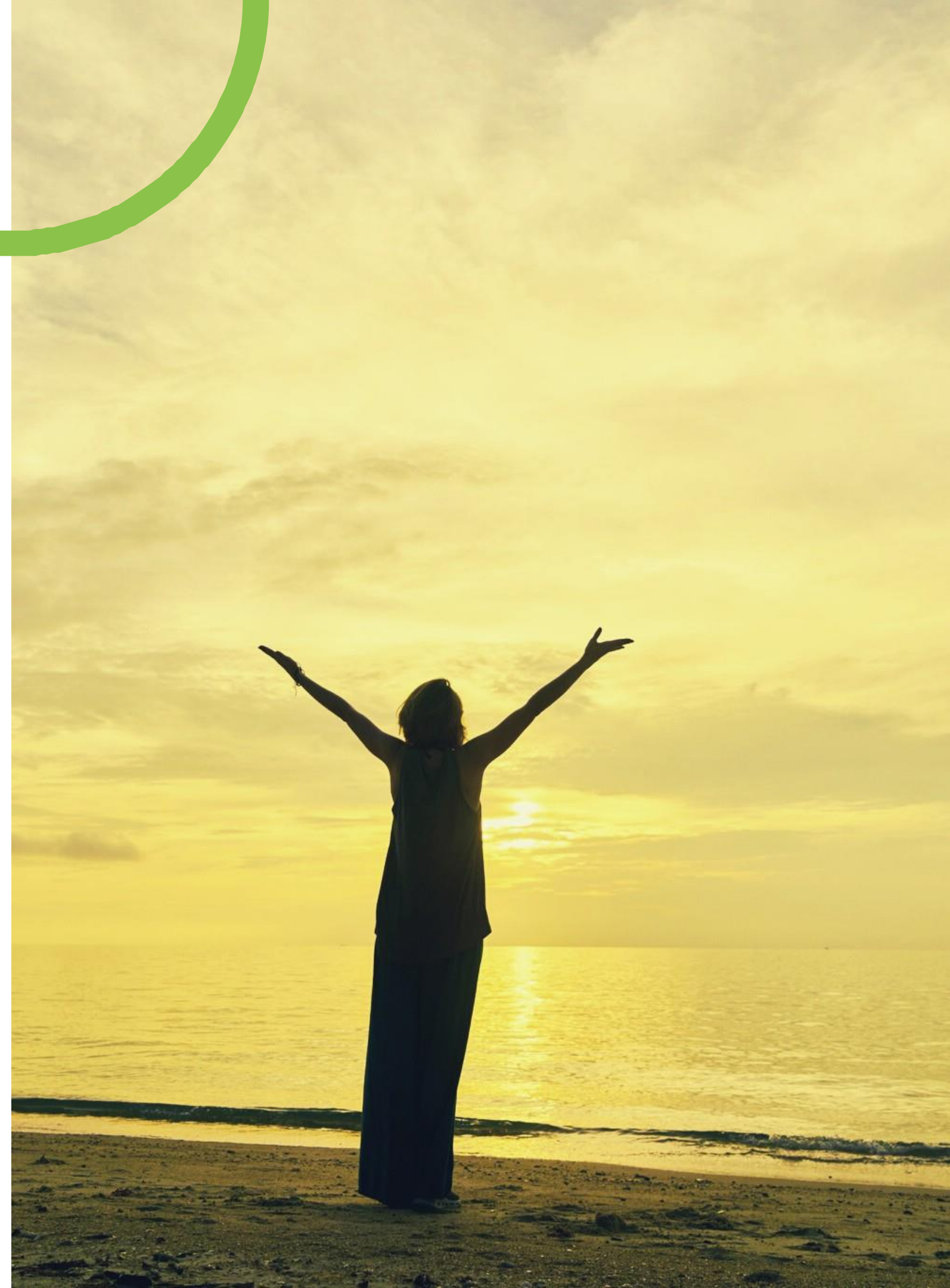
Youth workers are capable of improving the employment opportunities and life satisfaction of immigrant youth, through delivering their own experiential learning sessions, and acting as multipliers in their communities within the project duration of 9 months.

01

When the youth workers have achieved the objectives of this project they are better capable of understanding themselves in order to balance everything what they need with what they want to do within employment and their life.

02

When they have a better understanding of themselves and how to deal with pressures in their lives, they are more capable of delivering important employment & life skills to the immigrant youth they are working with, contributing to satisfied employment and well-being.



What will we learn?

- 1. Learning and dealing with personal external and internal pressures as part of understanding inner self;**
- 2. Building self-confidence (emotionally and socially) through activities that are out of the comfort zone;**
- 3. Matching self development with love; identifying the steps to social entrepreneurship (balance Have to do's with Love to do's in life);**
- 4. Entrepreneurial skills and characteristics that are necessary to create a change in behavior;**
- 5. Participants get a chance to create and deliver their own sessions;**
- 6. Improve level of business English and learn other values, beliefs and cultural habits**



Schedule of the TC

17th of July: arrival

18th-25th of July: training
(incl. visiting the famous
Nijmegen International
walking event)

26th of July: departure



Profile of the participants



Age:
18+



Motivated



English:
B2 level



Youth
workers



Working with
immigrant youth

Accommodation

We will be staying in a cozy guest house in a rural area. Contact with the nature and quietness of the surroundings will make it easy to bond together as a group. This sort of a stay is also great for some high-quality self-reflection. We have the opportunity to rest from the city noises and to focus on ourselves.

We will be staying in the main house of the venue, also some of us in little wooden cottages, a mobile home and a couple of us can even sleep in such a huge tent

Check out more about the venue [here](#) and [here](#)



Travel

The nearest airport is in Eindhoven. Amsterdam and Dusseldorf airports are also possible. Plan your trip to Westerbeek by public transport (train and bus) and we will pick you up from there by car!

If you find a great deal to Dusseldorf Weeze airport please request to us first before booking as there is no public transport.

Travel allowance

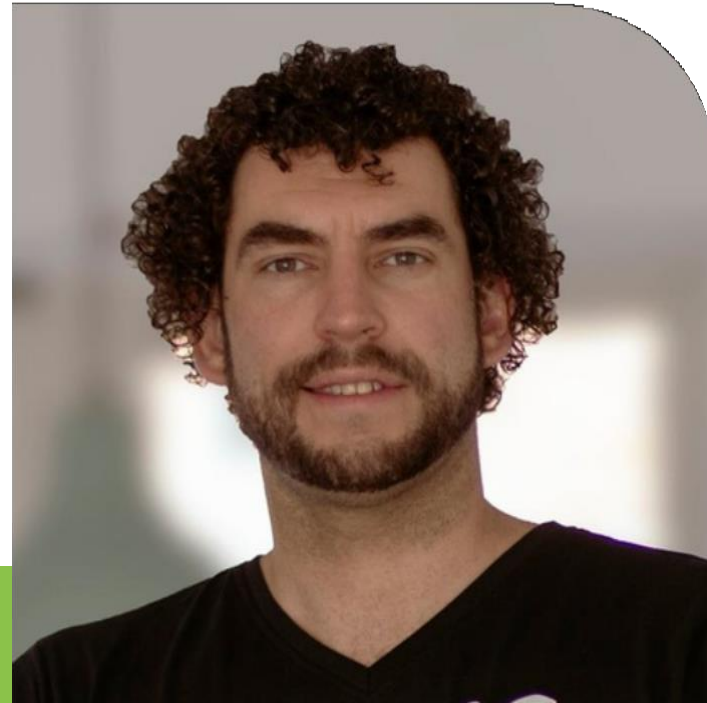
Slovakia, Finland, Greece, Hungary, Portugal, The Republic of North Macedonia, Romania, Spain, Lithuania, Estonia 275€

Turkey 360€

Please find a travel plan which fits into the limits of the allowance as we do not have the opportunity to reimburse the part that exceeds the allowance. Alternatively, you are welcome to cover the exceeding part with your own finances.



Facilitators



Roel van Hout
main organizer,
facilitator

Roel is an entrepreneur, who loves to travel and work with people from around the world.

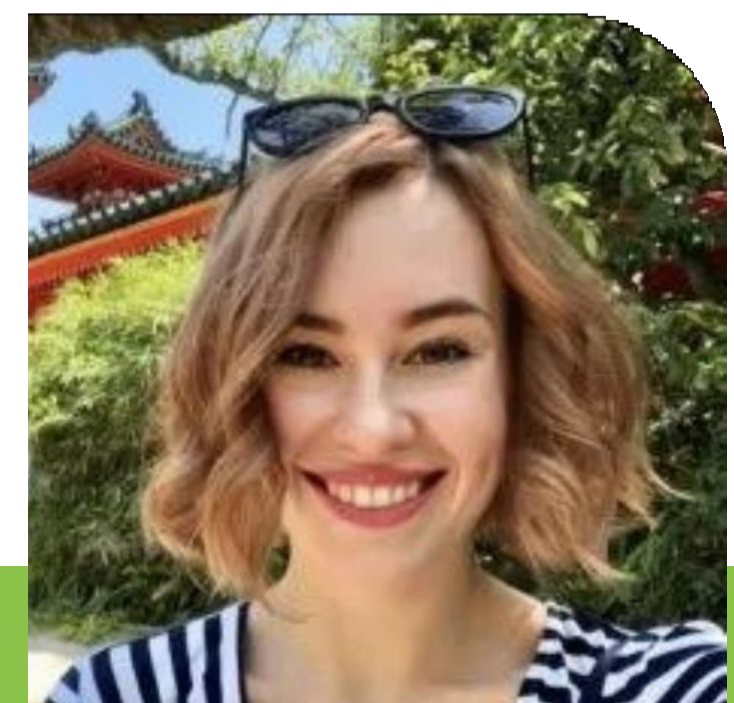
His focus has been on disadvantaged communities in Africa, but he also takes on challenges closer to his home in the Netherlands.

He lives for guiding people out of their comfort zone into finding and following their dreams. Join the experience!



Maria Kasepalu
facilitator

Maria has let her curious spirit take her on different roads, including law studies and involvement in politics, but the one of personal development is her favorite. She is passionate about social and emotional intelligence and making shifts in group dynamics. She is a certified facilitator and currently is mostly active in the sphere of school education.



Ola Jarosz
facilitator

Ola is a psychologist, certified coach, trainer and business consultant. She supports people through life and professional changes, focusing on strengths, passions and solutions. She works with both adults and youth, and currently is involved in projects around mental-health technology, especially in the area of preventing professional burnout.

Apply here

Submit your application [here](#) by 19th of May 2023 the latest!

Please do not buy any tickets before we have confirmed your participation!



Participation fee

The participation fee for the training is 65€ per participant.

Travel (within the limits of the travel allowance: 275/360eur), the training programme, accommodation and meals are covered by the Erasmus+ programme.

Partner organizations

The Netherlands The Dreams in Africa Foundation

Estonia MTÜ Metamorfoos

Slovakia Otvorená Hra o. z.

Romania ASOCIATIA CENTRUL PENTRU STRATEGII DE DEZVOLTARE A TINERETULUI

Portugal Municipality of Fundão

The Republic of North Macedonia ASSOCIATION OF CITIZENS CEFE MACEDONIA SKOPJE

Lithuania Asociacija "Aktyvus jaunimas"

Greece INSTITOYTO KOINONIKIS KAINOTOMIAS KAI SYNOXIS

Cyprus CSI CENTER FOR SOCIAL INNOVATION LTD

Finland Association for Cultural Relations ry

Spain DREAMS OF TOMORROW

Hungary Tudatos Tervezésért

Turkey Aktif Genclik ve Spor Kulubu Dernegi