



TRAINING RETREAT

for real ladies

Sigulda, Latvia 9-15 MARCH 2024

- WOMEN EMPOWERMENT
- GENDER LEADERSHIP
- NEUROGRAPHICA

INFOPACK



Organized By
MIROMIDA – LATVIA
INTER ART – BULGARIA



Aim of the project

The main idea of the project is to reach out to women from underdeveloped and remote areas in Bulgaria and Latvia and motivate and empower them to come out of own comfort zone, overcome fears and lack of self-confidence and finally to create social initiatives for inclusion, support and civic participation in their local communities.

As the final result, we expect that all the participants will think of various social initiatives and develop their creative thinking and some of them will actually form their own organizations, do start ups, write a project or establish a community support group.

This will be a training course based on neurographica method in combination with non-formal learning methods for community leaders in combination with a study visit.

During this activity the participants in the TC will organise online or offline workshops in their communities using the designed training materials and the new gained knowledge and skills. The experts from both organisations will guide them through the process and will support them with individual coaching and mentor sessions, activity room costs, technical support (zoom, creation of a facebook event etc.). Each organiser will decide the form and the duration of the workshop depending on the region, the type of the community and their needs. If needed our experts can participate physically in offline workshops and support the facilitator



Our Trainers

Gergana Deenichina



Founder of Inter Art Foundation, with more than 25 years experience as trainer in the nonformal adult education sector. Life&Business Coach, Trainer in Emotional Intelligence, NeuroGraphica Instructor and Aesthetic Coach.

Kristina Castronovo

Founder and board member of Miromida, youth worker and project manager with 15 years experience from Latvia, Sweden and Italy, non-formal education trainer of Latvian NA trainers' pool, Neurographica Instructor and Aesthetic Coach.



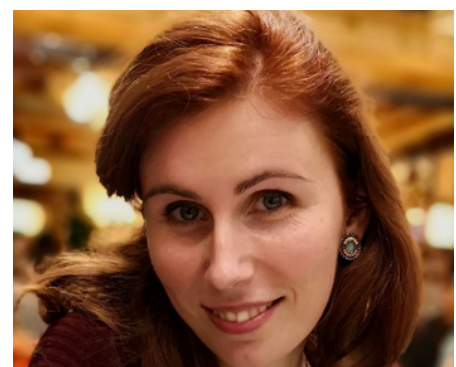
Ralitsa Popova

Chair of the Knowledge Association, she has been working in the non-profit sector since 2002 and is an experienced trainer in non-formal education. Her passion is working with young people, children and disadvantaged groups.



Ludmila Sokolova

Professional educator and youth worker with more than 10 years of experience in creating and leading teaching and leisure programs in Latvia, Norway and Georgia, mostly for international educational institutions, fairy-tale therapy practitioner, movement and somatics enthusiast.



Dates and Venue

Arrival
Date

9.03.2024

16:00

Departure
Date

15.03.2024

12:00

Venue

Hotel Sigulda

Pils iela 1, Sigulda, Latvia

<https://hotelsigulda.lv/>



Sigulda

Sigulda is a Medieval pearl of Latvia –
one of the most attractive places in Latvia, always full of adventures.

tourism.sigulda.lv



Useful Information

PROFILE OF THE PARTICIPANTS

Women from 18 years old, from Bulgaria and Latvia – coming from remote and/or less developed areas

PARTICIPANTS APPLICATION FORM

ej.uz/ladyleaderpreselection

COSTS

Participation fee is not foreseen in this project.

Food and accommodation costs are covered by the Erasmus+ program.

Travel costs will be reimbursed according to the Erasmus+ rules:

- For participants from Bulgaria up to 275 EUR

TRAVEL

Bus and train communications are regular between Riga and Sigulda and the trip takes maximum 1 h 20 min. Plan Your route via 1188.lv. The hotel is situated centrally in Sigulda, in a walking distance from the bus and train station. Please, remember to have insurance.



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