



# Art of Resilience

Training Course  
Experiential Education Programme

10th -18th May 2024, Hungary



The Art of Resilience training course is funded by the Erasmus + program of the European Union.

2023-1-HU01-KA151-YOU-000127465



Erasmus+

# Welcome



Dear Participants,

We are happy to invite you to the Art of Resilience Training Course supported by the Erasmus+ Programme of the EU!

Let us share some useful information:

1. Dates and Application
2. Goals & Objectives
3. Participants profile
4. Preparation
5. Program
6. Accommodation and venue
7. The Team
8. Reimbursement of travel tickets for participants & travel budget

## 1 Dates and Application

Arrival day - 10/05/2024

Program days - 11-17/05/2024

Departure day - 18/05/2024

[Application Form](#)

Application deadline: 25/03/2024- confirmation of selection is ongoing, latest until 01/04/2024

Contribution fee: 30,00 €

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

If your financial situation is limited, please email us at [titanilla.garabas@elmenyakademia.hu](mailto:titanilla.garabas@elmenyakademia.hu).



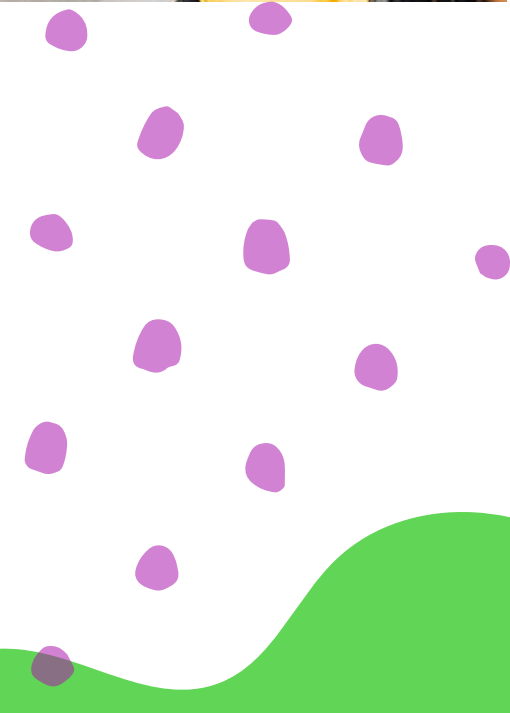
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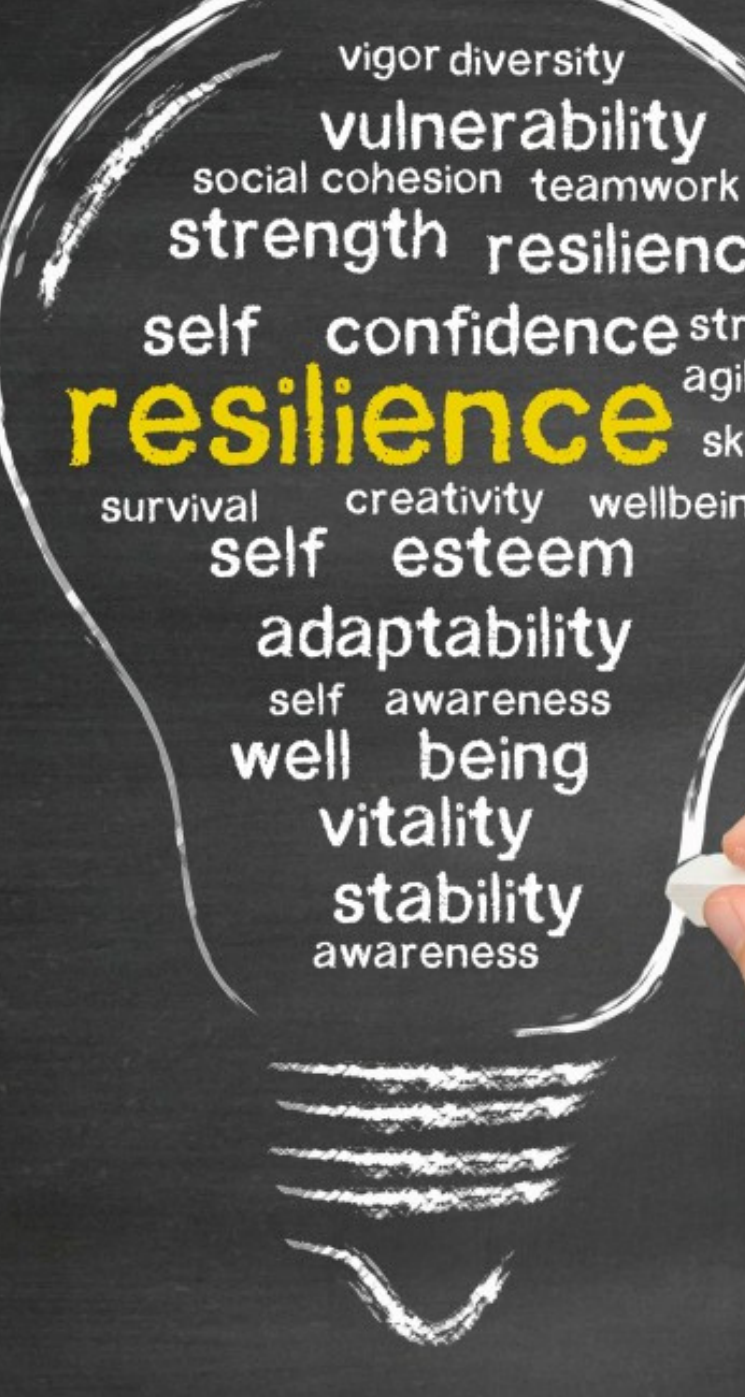
# Goals & Objectives

The Art of Resilience - What is resilience? What does this mean to you? Why is it important, where are you in it, and how can you improve? What is the art of nurturing your own resilience? As youth workers, we work with ourselves, it matters a lot how we are and in what state we are present for those we work with, so it is important to discover ourselves, our limits, our resilience and how we can work together with our assets. During the training, we explore this topic through experiential education and more.

The program was designed to achieve the following:

- **Support the Well-being and Resilience of Youth Workers:** The "Art of Resilience" course empowers youth workers to thrive, offering tailored strategies for well-being and resilience.
- **Develop Tolerance for Uncertainty:** The course guides participants in embracing uncertainty as a natural aspect of their journey, fostering a positive attitude and mental fortitude.
- **Provide Tools for Personal and Professional Development:** Empowerment is central, equipping participants with tangible skills and a keen understanding of their strengths.
- **Foster Self-awareness through Self-reflection and Awareness:** This transformative course guides participants through reflective exercises, fostering self-awareness that enriches their professional effectiveness and contributes to a deeper sense of purpose.
- **Introduce Experiential Education Concepts:** Reflect on experiences and discuss learning outcomes, feedback and reflection based on the concepts and models of experiential education.
- **Nature as a Tool:** Inspire participants to use nature as a tool while working with groups, fostering a connection between nature and learning.
- **Develop Facilitation Skills:** Enhance the skills required for the efficient facilitation of educational programs

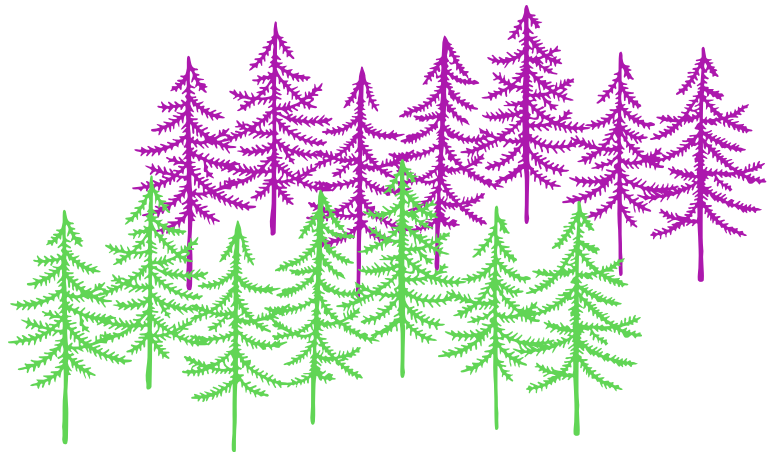




## Methods:

The program employs various methods to ensure a practical and engaging experience:

- Experiential Learning: Learning by doing.
- Reflective Sessions: Individual, small, and big group reflections.
- Rope Elements: High and low rope activities.
- Art tools.
- Initiation method



## 3 Participants profile

We are looking for educational trainers, educators, youth workers or volunteers working with youth, instructors, facilitators, teachers, coaches, and psychologists who are interested in the topic and who/whose:

- are open to discover the different methods of exploring their own resilience.
- are interested in diving into experiential learning possibilities.
- are motivated to learn about resilience.
- are open to spend time in nature and try different outdoor activities.
- have experience in facilitating groups and designing educational programmes.
- are able to communicate and express themselves in English
- Age above 21

# 4 Preparation

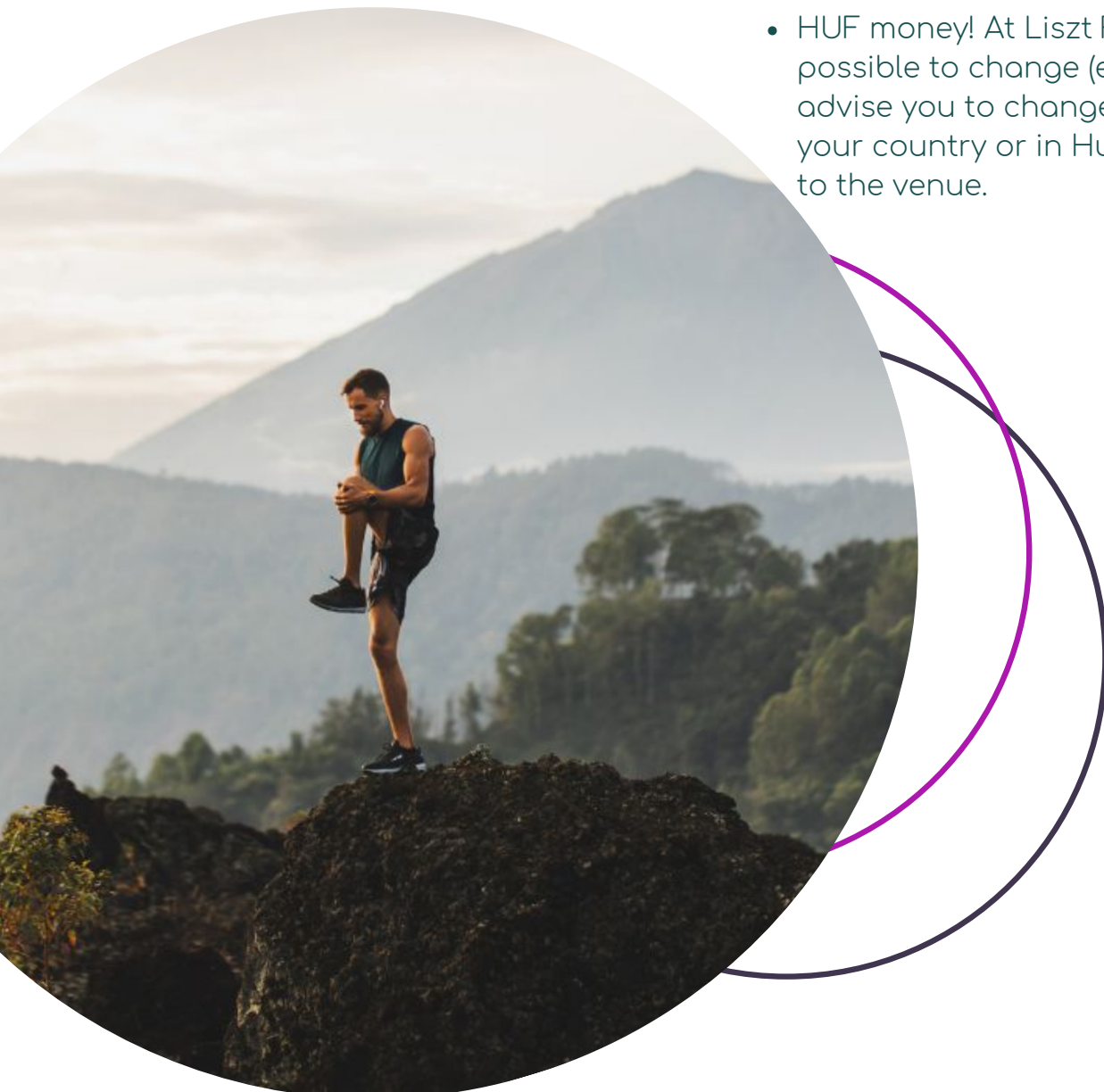
What to bring with you?

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

- Clothes and comfortable sports shoes for movement work outdoors and being comfortable and suitable for the weather.
- Indoor shoes or slippers.
- Waterproof jacket.
- Waterproof shoes.
- Waterbottle.

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

- Your valid (during the whole event days) ID or Passport
- Your boarding pass printed (please check if you should do your check-in online)
- Luggage size - please check the correct measures that you are allowed to bring.
- The European Health Card for the whole duration of the training
- 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.







## 6 Accomodation & venue

Venue: Pénzpaták Vadászház - Bükk Mountain, Hungary

Address: Hungary, Répáshuta, 48.061028,20.549083

<https://goo.gl/maps/43cM1gqETCQEuwyCA>

- Rooms with 2-4 beds are available with private bathrooms/rooms.
- The water is drinkable from the taps.
- Bedsheets and towels are provided.

You are going to be provided food (breakfast, lunch, dinner, and some snacks) and accommodation for the whole period of the training. On the arrival day, dinner will be the 1st meal to be served. On the departure day, breakfast is your last meal.

After the selection of the participants, we provide you with all the information and the options for how to get to the venue by regional transportation.

# 7 The Team

## Trainers

### Krisztina Gyöngyösi

I am working as a mental health professional and I also am a trainer, facilitator, youth worker, mother and wife - a dedicated representative and supporter of experiential education, non-formal learning and self-development in all of my roles. My goal in my work is to help our participants to discover their resources, get closer to their true dreams and to find their own, unique solutions. I am particularly attracted to working with disadvantaged people - mainly because working with them shows me the importance of inclusion, acting together and taking responsibility for our future while giving back from the lucky situation I was born into. Learning is a never ending process to me, so after my basic studies in sociology, over the years I studied experiential education, group dynamics, coaching, team coaching, mediation, solution-focused approach, mental health and more. I am eager to create a space for us on this training, where we all can share, gain, experience, experiment and practice. Hope to see you there!



### Ágnes Lebovits

I have been working in a variety of roles for many years: HR expert, OD professional, consultant, mentor, coach, trainer. In addition, I am a mother, a child, a wife, a sister, a friend, a helper, a companion, a clown etc.

I do not find anything else more inspiring and moving than accompanying people on their road of change and learning and being a companion/witness of these moments. I believe I gain from these moments not less than those people who are in the center of these experiences.

I have experience in a variety of group and coaching methods, I am master practitioner in NLP and have experience in working with traumatized old aged people

I have witnessed many forms of resilience, as a companion to people getting up from the most desperate situations as well as carrying everyday burdens. I have also worked with disadvantaged youth, youth in foster care and with managers of companies

I love laughing and I believe in the power of human relations.



# 7 The Team

## Trainers

### Etelka Kovács

I am an experiential educator, resilience and outdoor trainer, one of the founders and trainers of the Academy of Experience (Élményakadémia).

I implemented the first volunteering based experiential education program in 2008, and have many years of experience empowering youth on a local and international level, as well as supporting the wellbeing and resilience of those working with young people (educators, youth workers, parents).

I'm a curious wanderer at heart: I like to wander through forests, fields, distant landscapes and nearby hills, to immerse myself in cultures, to meet people, to wonder at the crystal palaces within, and to protect and preserve the strong, fragile miracle that is Life.

As a trainer, I am first and foremost a director: I create and "set up" situations that offer opportunities to try new things. I believe deeply in the power of Nature to help us arrive where we need to be. I am a supporter, a creator of an atmosphere of possibility and safety, and the curious one who wants to know...





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# 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

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).

Travel costs will be reimbursed only for the cheapest way of transport. Please, take into consideration eco-friendly types of transportation. We can't cover taxi costs.

You are entitled to the reimbursement of your travel costs if you present the tickets themselves, including the **BOARDING PASS**.



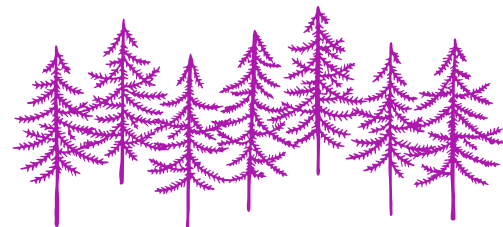
The allocated travel budget is calculated by the Distance Calculator. [Please check it out here.](#) Once you know the distance between your location and the venue's you can check the allocated costs for your travels.

10-99 km.....	23 €
100-499 km.....	180 €
500-1999 km.....	275 €
2000-2999 km.....	360 €

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!

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

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





Application Form deadline:

25/03/2024

[Click here!](#)

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

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