

## **Krisztina Zsiday - Galgóczy**

---

### **Personal data:**

Date of birth:  
31. March 1976.

Nationality:  
Hungarian



### **Summary of qualifications**

#### **2008-2017**

Centre of Integrated Expression and Dance Therapy, Integrated expression and dance therapies

- Integrated expression and dance group leader

#### **2009-2010**

Council of Europe, European Commission & European Youth Forum, TALE: Trainers for Active Learning

- Competently design, implement and evaluate quality European training activities
- Quality and sustainability of the youth trainings
- Innovative concepts and practices

#### **13 – 20. November 2008, Olde Vechte**

Synergy training: Training for Trainers

- Personal competences and creative tools of the non-formal education

#### **2002 (3 months) Oslo University**

Postgraduate media course

- Media and democracy

#### **1995 - 2000 Szeged University**

Master degree, expert of communication

- Electronic media
- Public relations

#### **1995 and 1996 Centre of Independent Journalism**

- Exploring facts in journalism
- Internet and journalism

	<b>1998 - 2000</b>	<b>Eötvös Lóránd University</b>
		<ul style="list-style-type: none"> <li>▪ Scandinavian studies</li> <li>▪ Norwegian language</li> </ul>
	<b>1990 – 1994</b>	<b>ELTE Radnóti Miklós Secondary Training School</b>
<b>Relevant professional experience</b>	<b>2012 -</b>	<b>Full time freelance educator (trainer, advisor, expert, facilitator, mentor, artist)</b>
		<ul style="list-style-type: none"> <li>▪ Communication: corporate and interpersonal</li> <li>▪ Media: social-, audio-visual, visual, online media</li> <li>▪ Youth work: volunteering, learning activities, mentoring</li> <li>▪ Creativity: expression, dance and movement, art</li> <li>▪ Personal development: coaching, training, workshop, advisory</li> <li>▪ Expression and art development</li> <li>▪ Advisory and project management</li> <li>▪ Expression therapy</li> <li>▪ Individual professional support: coaching, mentoring, counselling, advisory</li> </ul>
	<b>2008 -</b>	<b>Hungarian National Agency</b>
		<ul style="list-style-type: none"> <li>▪ Senior member of the pool of trainers</li> <li>▪ Expert &amp; assessor of the Erasmus+ programme: KA1, KA2</li> </ul>
	<b>2008 - 2012</b>	<b>Egyesek Youth Association</b>
		<ul style="list-style-type: none"> <li>▪ Trainer and coach</li> <li>▪ Project manager on inclusion of disadvantaged groups</li> </ul>
	<b>2004 - 2008</b>	<b>PLANET Foundation</b>
		<ul style="list-style-type: none"> <li>▪ PR and communication expert</li> <li>▪ Trainer</li> <li>▪ Head coordinator of international youth project (EVS, youth exchanges, contact making seminars, workshops)</li> <li>▪ Developing countries and youth work project manager</li> <li>▪ NGO management advisor</li> </ul>
	<b>2004 - 2008</b>	<b>Hamu és Gyémánt (magazine)</b>
		<ul style="list-style-type: none"> <li>▪ free lance journalist</li> </ul>
	<b>2003</b>	<b>Volunteer, New Zealand</b>
		<ul style="list-style-type: none"> <li>▪ International Environmental projects</li> </ul>
	<b>1997 – 2009</b>	<b>Journalist &amp; editor at several media</b>
		<ul style="list-style-type: none"> <li>▪ Radio reporter (Kossuth, Petofi, Bridge, Calypso)</li> </ul>

- TV editor (MTV 1, Navigator)
- Journalist (PR Herald, Hamu és Gyémánt, Decanter, Taxi)

**2002 - 2003                      Hungarian Television: MTV**

- Editor, reporter of a popular scientific magazine: Navigátor

**2001 - 2002                      Hungarian Scholarship Board**

- PR manager
- Education referent

**2000 - 2001                      Fotexnet Ltd.**

- Internet store manager
- Editor (films)

**2000- 2002                      PR Herald**

- Journalist

**1999-2000                      Petofi Radio (Ennyi, Bon Bon)**

**1997-1999                      Calypso Radio**

- Reporter
- Radio commentaries

**1999                                      Budapest Bank Human Resources  
Department**

- Public relations trainee

**1997                                      Radio Bridge**

- Reporter

**Personal support**

**Coaching**

- Newcomers to European Solidarity Corps Programme (2019-)
- EVS and ESC mentors on supporting their volunteers and their professional development (2016 -)
- Communication and dissemination representatives of organisations (during Promote yourself, Communication Matters trainings and other national projects for civil organisations)

**Mentoring**

- Informal youth groups on communication, partner work and project development (since 2007 on demand)

**Advisory**

- On project management and development

**Counselling**

- For helping professionals (teachers, trainers, youth workers, etc.) supporting professional reflection and refreshment (since 2015 on demand)

**Long term European projects**

**Europe City-Teller: Mediazione culturale & storytelling per il turismo tra teatro, multimedialità e narrazione, project manager**

2018 – 2020, Italy, Germany, United Kingdom, Poland, Hungary  
<https://www.europecitytellers.eu/>

Promote transnational tourism and products to respond to social concerns and to protect/enhance natural and cultural heritages.

- Erasmus plus programme KA2
- Inclusion of NEET groups
- Developing interactive and socially responsible tourism and tools

**MORE THAN WORDS –integrating creativity in intercultural training, project manager and educational expert**

2017 – 2020, Italy, Germany, Luxembourg, Poland, United Kingdom, Hungary  
<http://motw.eu>

Developing a pan-European curriculum of intercultural training methods that can be applied to work with people whose knowledge of the host country's language is limited or non-existent.

- Erasmus plus programme KA2
- Cross sectorial cooperation (researchers, social workers, local government, therapy school, youth workers)
- Curriculum development, integration of art methodologies

**The artist within – Applied eMOTION, project manager and educational expert**

2014 – 2016, Italy, Germany, Bulgaria, Poland, Hungary  
<http://www.theartistwithin.eu>

Dance and art expression in formal and non-formal education for developing entrepreneur skills of vulnerable groups– best practice sharing between sectors and methods

- Erasmus plus programme KA2
- Cross sectorial cooperation (university teachers, researchers, social workers, local government, therapy school, youth workers)
- Curriculum development, integration of art methodologies
- Trainings, focus groups, research, pilot projects, international conference, publications, new ways of dealing with vulnerable groups locally and internationally
- Resolving and preventing burn-out

**Video Volunteers, project manager and media educator**

2010 – 2012, Slovakia, Spain, Italy, Greece, Hungary  
[www.videovolunteers.eu](http://www.videovolunteers.eu), <https://vimeo.com/album/4210668/>,  
<https://vimeo.com/channels/videovols>

- Social participation with media
- Integration of disadvantaged groups
- Trainings, exchanges, focus groups, international conference, publications, social activism locally and internationally

**Media,  
communication**

**Birth of Image, project manager and media educator**

2009 – 2011, Netherlands, Lithuania, Italy, Greece, Hungary

www.birthofimage.com

Social participation with media

- Non formal media literacy education
- Integration of disadvantaged groups
- Trainings, exchanges, workshops, online competition, publications

You're the Voice, trainer

01-07.10.2019. Erfurt, Germany, organised by Volksbund

- How to make expressive photos and videos
- Telling social stories

Connector 5 training course, trainer expert

19-22.06.2019. Bucharest, Romania, organised by the Romanian NA

- How to use visual media for educational purposes
- Running, debriefing and explaining media activities

“Without limits” communication training for disabled peer mentors, trainer

29-31.05.2019. Fonyód, Hungary, organised by MEOSZ

- Inputs on assertive communication and tools
- Communication and mentoring

Communication Matters III., expert

22-28.04.2018. Budapest, Hungary, organised by the Hungarian NA

- Help the preparation of the event

Training to enhance communication to promote early intervention, head trainer and coach

18-23.03.2018, Bratislava, Slovakia, organised by Rata o.z.

- Strategic communication planning
- Transforming message for a broader audience
- Individual coaching sessions
- Publication development

Promote yourself II., Long-term training on visibility, dissemination and exploitation of results (DEOR) within Erasmus+: Youth in Action projects, expert

05-09.09.2016. Vilnius, Lithuania, organised by the Slovenian, Croatian, Hungarian and Lithuanian NAs and SALTO South East Europe Resource Centre

- Inputs on strategic communication planning and tools
- Individual coaching during the course
- Overview of the program, providing content

Communication Matters II., expert

28.02.-06.03.2016. Malta, Maltese and Hungarian NAs

- Inputs on communication and tools
- Individual coaching during the course
- Overview of the program, providing content

Promote yourself I. Long-term training on visibility, dissemination and exploitation of results (DEOR) within Erasmus+: Youth in Action projects, expert

9 – 11.12.2015, Ljubljana, Slovenia, organised by the Slovenian, Croatian, Hungarian and Lithuanian NAs and SALTO South East Europe Resource Centre

- Inputs on strategic communication planning and DEOR
- Individual coaching during and after the course

Overview of the program, providing content

Tedd láthatóvá DEOR workshop, trainer

17.03.2015, Budapest, Hungarian NA

- DEOR in E+: needs and strategies
- Tools and practices

Video workshop and advisory for employees: Visual communication and corporate PR, head trainer

Tempus Public Foundation

05. –06, 20.06. 2014, Budapest, Hungary

- Video productions
- Corporate communication development

Communication Matters, social media expert and trainer

05-11.05.2014, Budapest, Hungary, organised by the Hungarian Youth NA and the Croatian, Danish, German NAs

- Erasmus + and dissemination
- Online and social media

Series of workshops for employees at the Tempus Public Foundation (NA): Visual communication and corporate PR, head trainer

05. –11.2013, Budapest, Hungary

- Introduction into visual communication
- Corporate communication development

Youth Exchange2013: Across Generations: Youth & Open Society by OSF, expert

03.05 – 05.05.2013, Budapest, Hungary

- Coaching with video
- Media and online projects for youth

ALTERNATIVE research project, advisor and trainer

Organiser: European Forum for Restorative Justice and Foresee

04-12.2012. Budapest and Leuven

- Participatory video approach in complex European research on mediation processes with vulnerable groups
- Roma and non-roma mediation in Hungary

Kút: The community way of learning, sequence of workshops, trainer

05.08 – 06.12.2012, Budapest, Hungary

- Community e-learning and networking
- Media and online project development for communities

Fireworks media training for disadvantaged youth, head trainer

29.06-09.07.2011, Hollókő, Hungary

- Social participation with media
- Media competence and skill development

Video Volunteers training for trainers, head trainer

06-14.05.2011, Prespes, Greece

- Video as a tool for involvement of youth with less opportunities
- Media competence and skill development

Limelight for the Invisibles, head trainer

20-27.03.2011., Poggio Mirteto, Italy

- Human rights and media
- Social participation

RE:Media Social participation and media training, trainer

13-22.09.2010, Hollókö&Budapest, Hungary

- Raising social participation of urban and socially deprived youth
- Videomaking and flash mob as ways of participation

CORE Media and personal development Training, trainer

13-24.05.2010, Halkidiki, Greece

- Personal development of disabled and socially deprived youth
- Visual expression of personal messages for the society

Capturing Reality, head trainer

14-21.03.2010, Thessaloniki, Greece

- Media literacy
- Involvement of youth with fewer opportunities

Training for village caretakers, trainer

14-15.10.2019. Horgos, Serbia, organised by Talentum Foundation

- Dealing with burn out in helping professions
- Growing resilience

You're the Voice, trainer

31.07-07.08.2019. Budaörs, Hungary, organised by Cromo Foundation

## **Movement and creativity trainings**

- Exploring, expressing, learning with art
- How to be a human?

The Artist Within – Implementation of Creative training methods for helping professions, education advisor and head trainer  
02-10.04.2016. , Łódź, Poland, organiser Społeczna Akademia Nauk.

- Integrating creative methods along needs
- Preventing and releasing burn out with art methodologies
- Developing new curriculum, supervisions

DETECT Training Course - Common Senses, head trainer  
18-25.06.2015, Countryside of Hungary, organised by VertLife Group

- Training of trainers
- Movement and art in youth work
- Facilitating vulnerable groups, topics

Its never too late! Reviving the hidden Artist Within – Applied eMotion, trainer

28.02. – 08.02.2015, Cserkeszolo, Hungary, organised by Integrated Expression and Movement Therapy Association

- Self-expression and Self-awareness
- Authentic movement and expression methodology
- Renewing of helping professionals

The art of teaching, co-facilitator

31.03-06.04.2014, Alberobello, Italy

- Creative resources for vocational education
- Professional assessment and development of pedagogues through art

Body Response, head trainer

19.02-02.03.2014, Ommen, The Netherlands, organised by VertLife

- Inclusion and conflict resolution via creativity
- Expression and communication of complex issues

Parent Play!, therapists' assistant

30.06–07.07.2013, Hollóko, Hungary, organised by MMTE

- Self development as a parent
- Non-verbal communication and personal resources as an adult

It's never too late! Reviving the hidden Artist within, therapists' assistant

11–15.06.2012, Máriahalom, Hungary, organised by Integrated Expression and Movement Therapy Association

- Self-expression and Self-awareness
- Freedom and trust
- Improvisation

**Conferences,  
seminars, symposia  
or similar events**

Friends of Gravity, assistant trainer

12-21.04.2012, Holloko, Hungary

- Communication and cooperation through dance
- Creativity

Wonderous Stories: from Xenophobia to Amazement, trainer

11-25.02.2012, Ommen, The Netherlands

- Dance and performance
- Xenophobia through art

Creative movement therapies, assistant

20-24.04.2011, Budapest, University of ELTE Psychology Faculty

- Integrated Expression and Dance Therapy
- Sensory Integrated Therapy

Body Response, head trainer

15-17.01.2011, Thessaloniki, Greece

- Self expression
- Body work

Body Response: Integrated Expression Training

22-24 & 29-31.01.2010, Thessaloniki, Greece

- Expression without judgment
- Improvising through body awareness

Creative movement therapies, assistant

28-30.10.2008, Budapest, University of ELTE Psychology Faculty

- Integrated Expression and Dance Therapy
- Sensory Integrated Therapy

CONNECT conference - Common Senses

25-30.11.2015, The Netherlands

- Facilitating sharing best practices and debates on movement and art methodologies
- Giving input and motivational speech on creativity, innovation

EURODESK National meeting, facilitator

Organiser: Hungarian Youth NA

10-12.11.2013, Budapest, Hungary

- Needs of the Network
- Erasmus + and developing the national work plan

Youth Exchange2013: Across Generations: Youth & Open Society  
by OSE, expert

03.05 – 05.05.2013, Budapest, Hungary

- Coaching with video
- Inclusion of youth through media

What role can youth work play in tackling racial discrimination?  
PBA for ethnic and mainstream organisations, head trainer  
10-14.12.2012, Stockholm, Sweden

Organiser: Swedish NA and the Finnish, German NAs

- Partnership building, networking
- Project development on racism

Kút: The community way of learning, sequence of workshops, trainer

05.08 – 06.12.2012, Budapest, Hungary, organised by Tempus Public Foundation (NA)

- Community learning and networking
- Project development for communities
- Contact building among local politicians, stakeholders, root organisations, Universities, youth groups and other communities

ReActor conference and partnership building on media in youth work with disadvantaged groups, head trainer

19-25.05.2012, Budapest, Hungary

- Networking on media, human rights, disadvantaged groups
- Sharing practices on media and inclusion

Study Session for multipliers, youth workers and NGOs working with disadvantaged and unorganised youth, head trainer

05-12.06.2011, Budapest EYCB, Hungary

- Involvement of disadvantaged youth through media
- Drafting manifesto and recommendation on media

EU Youth Conference – Structured Dialogue, facilitator

02-04.03.2011, Budapest, Hungary

- European structures and dialogue
- Combating discrimination sub topic facilitator

## **ESC, EVS, volunteering**

E+ volunteering and ESC trainings, Re-integration trainings  
05-06.12.2018-2019, Hungary (2 times)

- Challenges of reintegration
- Closing experiences and opening opportunities

E+ volunteering and ESC trainings, On-arrival and mid-term  
2018-2019, Hungary (6 times)

- Learning to learn
- Roles and responsibilities

EVS training for youth (6 times)

2016 - 2017. Budapest, Hungary

- Learning to learn
- Roles and responsibilities

EVS mentor training (16 times)

2016 - 2019. Budapest/Visegrád, Hungary

- Conflict management, resolution
- Reflecting on learning path
- Tools for mentoring

EVS trainings development

Improving the quality of trainings, on behalf of the Hungarian NA, through 2016 - 2018

- Developing training modules and approaches
- Evaluation and revamping programs

EVS research, researcher

Spring 2015 – summer, 2016, in cooperation with the Hungarian, Polish, Lithuanian NA

- Local impact of the EVS projects
- EVS programs in Hungary

EVS mid-term training, trainer

10-13.11.2015, Budapest

- Conflict resolution and intercultural learning
- Recognising learning and Youthpass

EVS mid-term training, trainer

16-19.06.2014, Budapest

- Overview of EVS project using Youthpass
- Conflict resolution and intercultural learning

Local volunteering, training series for teenagers, trainer

14.09.2013- 21.01.2014, Gödöllő, Hungary

- Volunteering and active social participation
- Need based project development
- Inclusion

EVS for sending organisations training, trainer

27-29.05.2013, Balatonföldvár

- Overview of EVS project
- Project management

EVS mid-term training, trainer

4-7.03.2013, Balatonföldvár

- Overview of EVS project
- Conflict resolution

EVS mid-term training, trainer

04 – 07.02.2013. Hungary

- Intercultural learning
- Conflict resolution

**Youth work, project management trainings**

EVS pre-departure trainings, head trainer

10 times, 2007 -

- EVS rights and responsibilities
- Active participation in changing environment

EVS evaluation training, head trainer

3 times, 2007 -

- Personal development and results
- Challenges of reintegration

EVS mentor workshops

20 times 2006 -

- Mentoring foreign EVS volunteers
- Intercultural competence building
- Running European youth projects

A képzés – European Solidarity Corps Program training, trainer

18-20.09.2019. Budapest, Organised by the Hungarian NA

- Planning and managing ESC projects
- Key areas: non-formal learning, youth work, solidarity, roles and responsibilities

E+ vitamin – Erasmus project management training, trainer

14-16.09.2017. Budapest, Organised by the Hungarian NA

- Planning and managing KA1 and KA2 projects
- Communication with stakeholders

E+ vitamin – Erasmus project management training, trainer

15-16.09.2015. Budapest, Organised by the Hungarian NA

- Planning and managing KA1 projects
- Planning and managing KA2 projects

Manushengi Krisi, trainer

06-11.07.2014, Budapest

- Human Rights training for roma and non-roma educators, social workers
- Conflict resolutions

Get Connected: Youth Workers on E-Participation Training Course, trainer

15-21.11.2013, Nicosia, Cyprus

- Online, social media tools in youth work
- Online and offline participation

SALTO Value the Difference – Mediation, trainer

11-17.10.2010, Pécs, Hungary

- Awareness of Cultural diversity in today's Europe

- Explore ways in which participants can generate a more tolerant society
- Inspiration for international youth projects through YiA programme and other resource possibilities

Projects Re-Developing Youth Work, trainer

02 -08.02.2010, Skopje, Macedonia FYROM

- Competence development of youth workers
- Elements of the quality youth work

Education of Youth Leaders – Implementation of qualitative youth project, trainer

10 -17.10.2009, Saltum, Denmark

- Quality youth exchanges
- International cooperation

Sound of gender, trainer

28. 06 – 12.07.2009, Ommen, The Netherlands

- Gender issues
- Youth leaders

Local youth inclusion&participation, head trainer

28 – 29. 05. 2009., Budapest

- Cooperation and local youth work
- Regional youth work and recommendations & legislations

Learning to participate, trainer supervisor

02 -13.05.2009, Hollóko, Hungary

- HR management at youth organisations
- Youth inclusion

Youth work, head trainer

19-21.04.and 14-15.05.2009, Budapest

- Youth policy in Europe and in Hungary
- Local and regional youth concept & action plans

Synergy training: Next Step Training: 'Beyond Boundaries', co-trainer

24.03.-01.04.2009, The Netherlands

- Personal development and learning by playing
- Enterprising youth

Non formal education in youth work, head trainer

05 – 08.03.2009, Hollókő, Hungary

- Introduction of non formal education
- Key competences

Global education for teachers and youth workers, head trainer

November and December in 2007, January and February in 2008,  
Budapest, Hungary

- International youth projects
- Global education
- Intercultural dialogue
- Methodology and tools

Intercontinental youth projects, advisor  
November 2007., Quito, Ecuador

- Personal consultation
- Mentoring
- Intercultural competence building
- Planning and running European youth projects

### Languages

2002

**TOEFL Computer-based Test**

1995

**English medium level state exam**

2000  
basic

**Norwegian, Italian (A2), Russian (A1)**

### Computer and other skills

- Adobe Premiere Pro, Photoshop and other editing software
- Movie/sound/web page editing programmes;
- Adobe Photoshop and other picture editing software
- Microsoft office
- Digital camera usage
- Driving licence, PADI Open Water Diver