

**PERSONAL PROFILE**

I'm a multilingual and versatile professional with a degree in international relations and with wide-ranging background in various areas and across different countries. Experienced trainer and facilitator, passionate about personal development and non-formal education/experiential learning, especially related to intercultural understanding and diversity.

RELEVANT TRAINING AND PROJECT EXPERIENCE**FaciliCraft / Overasselt, Netherlands****July 2023 – February 2024**

An Erasmus+ funded training project about facilitation techniques, engagement and creativity and how those are intertwined within the context of International Voluntary Service. Participants engaged in non-formal learning through workshops, sharing exercises, and teamwork, enabling them to identify their facilitation style and their strengths.

The programme consists of:

- 5-day long face to face training course with 26 participants from 12 countries in November 2023.
- A 3-month long implementation period, where participants can put their learning into action in their local organisations and communities.
- An online gathering to share best practices, in February 2024.

Challenge Accepted / Bustarviejo, Spain and Lage Vuursche, Netherlands**February 2023 – July 2023**

Erasmus+ funded multi-phased training project focusing on understanding and solving issues around International Volunteering Service projects, by equipping youth workers with creative problem-solving skills and tools. The project also focuses on empowering them to share their own expertise with each other to collaborate, support each other, think out of the box, test and make mistakes, and stay engaged when facing challenges.

The programme consists of:

- 6-day long face to face training course with 20 participants from 12 countries in February 2023.
- A 4-month long implementation period, where participants can put their learning into action in their local organisations and communities.
- A second training course (4 days) to take place in July 2023.

Improv(is)e IVS / Lage Vuursche, Netherlands**August 2022 – January 2023**

Erasmus+ funded training project focusing on improving the quality of International Volunteering Service projects, by equipping youth workers with innovative improv skills, mindset and creative project/problem solving tools (such as design thinking). A short summary and testimonials from participants can be found here: https://www.youtube.com/watch?v=ctG_xAeFwuA

The programme consists of:

- 6-day long face to face training course with 22 participants from 10 countries in August 2022.
- A follow up (2h online seminar) in January 2023.

Culture Act / Bennekom, Netherlands**August 2021 – January 2022**

Erasmus+ funded training project focusing on equipping youth workers with innovative improv skills to better facilitate the intercultural learning process during international volunteering.

The programme consisted of:

- 2 half days of virtual session to get to know each other and prepare for the training itself
- 5-day long face to face training course with 19 participants from 6 partner countries. The main training blocks covered facilitation, cross-cultural communication and improv theatre. By the end of the week the participants created their own improv games focusing on topical cross-cultural issues.
- A follow up (2h online seminar) in January 2022.

For the quality preparation and implementation, the project was named as "best practice" by the Dutch National Agency.

Civil Stage / Tbilisi, Georgia & Utrecht, Netherlands**October 2019 – November 2020**

Erasmus+ funded, multi-phased educational project with 10 partners countries (from Europe and beyond) that aims to use performative arts in youth work based on the pedagogic principles of human rights education.

The programme consisted of 3 parts:

- An initial 8-day long train the trainers course that took place in Georgia in October 2019 with 25 participants. The main training blocks consisted of facilitation, improvisation theatre, human rights education, forum theatre and putting theory into practice.
- An implementation period locally (with mentoring from the trainers): participants designed and delivered local activities and reached in total 500 people with their efforts
- Virtual evaluation sessions: the first in June 2020 and four more throughout October and November 2020. The first three sessions covered evaluation of the delivered activities, as well as reflection, learning points and recommendations on the methods. The last two sessions were focusing on collaboration, spin-off projects and future activities.

Hungary specific intercultural training / Madrid, Spain**July 2019 – present (on demand)**

Various trainings session for corporate clients (4 hours each) on culture and how to handle challenges occurring in multicultural communication with a special focus on Hungary.

Intercultural awareness / Aranjuez, Spain**April 2018**

Trainings session (2 hours) for NGO volunteers who are working with immigrants, on what is culture, the different elements of culture and how to handle challenges occurring in multicultural communication.

The Art of Facilitation / Misaktsieli, Georgia & Utrecht, The Netherlands**November 2017 - April 2018**

Erasmus+ funded training project with 26 participants from 9 countries on how to use facilitation, improv theatre and forum theatre as tools for youth work.

The programme consisted of 3 parts:

- An initial 7-day long training course taking place in Misaktsieli Georgia with 26 youth workers. The main training blocks consisted of facilitation, improvisation theatre, human rights education, forum theatre and putting theory into practice.
- A 6-month implementation period locally (with trainers mentoring) where participants designed and delivered local activities.
- A 5-day long evaluation seminar in Utrecht, where we evaluated the delivered activities and collected learning points and recommendations. We also evaluated the project as a whole and spent time on focusing on future activities and spin-off projects.

The project had a greater impact than expected (we have reached over 600 people with 210 hours of local activities organised in total), as such it was named as “good practice” by the Dutch National Agency.

Interactive coaching workshop / Madrid, Spain**March, 2017**

Short interactive workshop (1 hour) at the LEAP conference for the 150 participants (students of the IE University), focusing on taking action towards finding their passion.

Train the trainers / Madrid, Spain**March 2017**

5 day-long train the trainers seminar delivered for 12 psychology students of CEP-PIE (the Spanish branch of EPFSA - European Federation of Psychology Students' Associations). The aim of the programme was the equip them with the needed skills in order to form a pool of trainers for the organisation.

Topics included: adult learning and non-formal education, trainer attitudes, training design and delivery, facilitation, group dynamics and space management. We finished with a half day of practice, where participants prepared short workshops for university students. Methods used were mainly experiential learning and non-formal education activities combined with some theory.

“Create your creativity” training / Vilnius, Lithuania**November 2016**

Training (3 hours) for Lithuanian students about increasing creativity. A combination of theoretical models and activities. Delivered as a part of Youth Trainers' Academy.

EDUCATION & COURSES

BA and MA International Relations	2004 – 2010
Corvinus University of Budapest, Hungary Major in Diplomacy, minor in Social and Economic Psychology	
Global DISC & Growth Zone Licensed Practitioner	2021
ICQ Global	
Deep Culture Learning	2020
Japan Intercultural Institute	
Mental Health First Aider	2020
MHFA England	
Developing Intercultural Training Skills	2017
LTS Training and Consulting Ltd, Bath, England	
Youth Trainers' Academy	2016
European Train the Trainers focusing on experiential learning by Zero Generation, Vilnius, Lithuania	

LANGUAGES

Hungarian – native
English – fluent
Spanish – fluent
French – fluent

TECHNICAL SKILLS

Good command of:

- MS Office (Word, Excel, PowerPoint, Outlook)
- MailChimp and MailerLite
- Atlassian Confluence
- Camtasia
- Canva
- Conferencing platforms: Zoom, MS Teams
- Collaboration platforms, such as GDrive, Miró and Padlet