

Agents of Change

International Training Course

28th April - 8th May 2018, Hollókő, Hungary

Agents of Change (AoC) is a 9 days training course aiming to improve the leadership skills of the participants, taking place in Hollókő, Hungary from 28th April to 8th May 2018.

Its main working objectives are:

1. To reflect the role of leadership and explore participants' own attitudes, approach and inner motivation of their work with volunteering.
2. To improve and boost the practical skills (especially coaching and mentoring) of the participants for working with groups and projects in volunteering.
3. To put participants' experience into practice and multiply among their colleagues and target groups.

Who can apply?

The training is intended for participants, who

- Are planning to lead a workcamp in 2018 and ideally have been to or are planning to go to regular workcamp leaders trainings
- Have participated at least 1 workcamp as participants, previous experiences with leading a workcamp are welcome, but not required
- Are at least 18 years old and can communicate in English
- Are able to participate fully at the programme from the beginning till the end

What experience can you expect?

AoC is divided into 4 main parts:

1. **Self-Reflection** (days 1 to 3) – During these days the participants will have the opportunity to get a better and deeper understanding on how and why they lead people and how this affects the results they obtain, and they can maintain what works and improve what doesn't. Shortly: the participants will have the opportunity to develop self-coaching skills. They will do so through input, activities and reflection spaces. We will look into the relationship between beliefs, concepts, automatic behaviours, teamwork and decision making.
2. **Transformation** (days 4 & 5) – The participants will have the space to create practical links between the previous days of self-reflection and their own working lives. They will have the chance to transform any personal insights into long-lasting professional competences with the support of tools and input coming from such fields as coaching and mentoring.
3. **Outdoor / Submersion** (days 6 to 8) – The best way to put knowledge from theory to practice is to practice in a real-life situation or context. Therefore, in small groups, the participants will have several assignments to complete in the local communities around Hollókő where they can put

into practice the knowledge, skills and attitudes acquired throughout the previous days of the TC.

4. **Integration & Closing** (Days 8 & 9) – These last 2 days are there to wrap up the learning experience of the TC, in such a way that the insights can be taken home in a structured manner, to plan follow-up steps and close the TC together.

The working approach of this training:

We work from a perspective which combines learning by experience with coaching, as we believe that this supports the most the participants in their own development. **The training is there for participants to explore, play and try out, so they can find their own conclusions. The training is there for people who want to work on themselves and therefore *each participant is the creator of their own experience.***

We use a specific methodology, developed for more than 10 years in a network of youth organisations, with a specific culture:

- We take each day as a working day with a length of 10 to 14 hours, including meals and breaks;
- For the majority of the training the program is pre-defined;
- Our activities stimulate participants to bring what is relevant for them and coming from their own culture; therefore, we will not use the traditional name games, icebreakers or intercultural evening activities.
- We will use for the most part a theatrical setting: specific rooms settings, specific materials, music and we will have as a team a specific approach. We create the stage for participants to bring what is relevant for themselves and work it out.

Practical information:

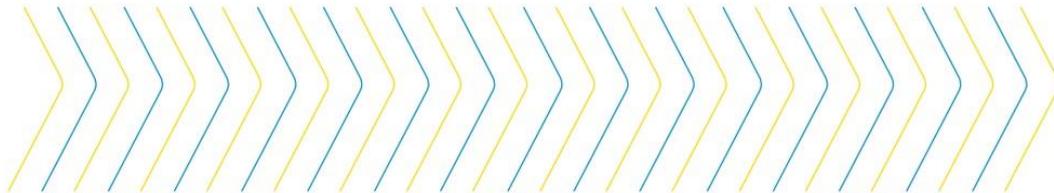
Venue: [Creative Space](#), Hollökö, Hungary

Dates of the training are 28th April to 8th May 2018, specifically:

- 28th April - arrivals to the venue - a bus will be arranged from Budapest to take all the participants to the venue
- 29th April - 7th May - training
- 8th May - departures from the venue (again by bus)

Conditions:

- It is necessary to participate from the beginning of the TC till the end, no late arrivals / early departures.
- There is 50€ contribution fee from each participant. If you are very interested in participating, but this fee is too high for you, please, let us know and we will sort it out.
- The organizer will arrange the boarding, accommodation, materials, content of the training
- The organize will reimburse the travel costs of the participants after they complete the training course up to the lump sum amounts in Erasmus + rules (275€ for participants from Italy, Macedonia, Spain, Germany, Estonia, France, UK; 180€ for participants from Slovenia, Czech Republic; 20€ for Hungarian participants)



How to apply:

If you want to apply, please, **fill in [this questionnaire](#) by 28th February.**

You will know by 7th March if you are selected, so you will have enough time to arrange the travel and get ready for the training course.

The training is coordinated by: INEX-SDA, Czech Republic

The training is hosted by: Egyesek, Hungary

Other Partner Organisations:

- De Amicitia, Spain
- Associazione per la Formazione, gli Scambi e le Attività Interculturali (AFSAI), Italy
- Association Center for Intercultural Dialogue - Kumanovo, Macedonia
- Internationale Begegnung in Gemeninschaftsdiensten (IBG), Germany
- MTÜ Noortevahetuse Arengu Ühing Estyes, Estonia
- Zavod Voluntariat, Slovenia
- Solidarités Jeunesses and Etudes et Chantiers Espace Central (ECEC), France
- XCHANGE Scotland and International Voluntary Service, UK

Contacts:

Project coordinator: Lenka Polcerová - lenka.polcerova@inexsda.cz, +420 724 236 972

This project was supported by the Erasmus + Programme.