



Erasmus+



# CHANGEMAKER 2.0

INTERNATIONAL LEADERSHIP TRAINING COURSE

organised by Egyesek Youth Association

CHOTĚBOŘ, CZECH REPUBLIC, 13-23 SEPTEMBER 2019

# CHANGEMAKER 2.0 IS A 9 DAYS TRAINING COURSE AIMING TO IMPROVE THE LEADERSHIP SKILLS OF THE PARTICIPANTS THROUGH SELF-REFLECTION.

## The training is here for you to:

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

Please note that this is NOT a skills/tool oriented training, but it rather focuses on personal development and self-reflection.



# THE TRAINING IS INTENDED FOR PARTICIPANTS, WHO:

- will lead a volunteer project or workcamp in 2019/2020 and ideally go to workcamp leaders training within 10 months after the TC;
- have ideally participated at least in 1 workcamp as a participant (previous experiences in leading a workcamp or other type of project are welcome, but not required);
- are at least 18 years and able to communicate in English.;
- are willing to work on their personal and professional development;
- are able to participate fully at the programme from the beginning till the end.



# WHAT EXPERIENCE CAN YOU EXPECT?

## 1. SELF-REFLECTION (DAY 1-3)

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 look into the relationship between beliefs, concepts, automatic behaviours, teamwork and decision making. They will do so through input, activities and reflection spaces.

## 2. TRANSFORMATION (DAY 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 management and leading teams or project planning.

Check the video for getting an impressions



### 3. OUTDOOR/SUBMERSION (DAY 6-8)

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 the venue where they can put into practice the knowledge, skills and attitudes acquired throughout the previous days of the TC.

### 4. INTEGRATION & CLOSING (DAY 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.

## Methodology / approach of the training

Changemaker 2.0 is not a regular training you might be used to when it comes to non-formal education/Erasmus+.

We ask you to read the description of the methodology used, before applying!

[CLICK HERE TO READ ABOUT THE METHODOLOGY](#)



# TRAINERS

Petra has been involved in various international voluntary projects since 2004. Since 2009 she has been trainer for future workcamp leaders and has gained lot of experience in the field of non-formal education. She has experience from international volunteering in Georgia.

## Petra Nová



## Afonso Bértolo

Afonso is a worldwide freelance educator, with a Master Degree in Clinical Psychology. Since 2009 he has been actively involved in non-formal education, youth work and community building in Europe and West Africa. His main areas of work are personal development, coaching with a strong focus on body awareness, EVS mentoring, inclusion of fewer opportunities, communication, media as an educational tool and project management.



# PRACTICALS

## VENUE

The venue: Education and recreation centre Doubravka is designed in a way to provide the best circumstances for trainings. It has 4 and 5 bedded rooms. There are common showers at the end of the corridor of the rooms.

There is one conference room and smaller rooms where the sessions will take place.

In the accommodation there is free Wi-Fi, working so-so according to our experiences. Please don't forget to bring towel and inside shoes.

There is a place in the venue, where you can buy some soft drinks and snacks. Please bring everything that you need with you, as you won't have time to go to the nearby town for shopping.

Some of the activities can take place outside in the surroundings.

Please bring suitable outdoor clothes, good shoes for walking in the nature and a sleeping bag.



During the whole duration of the training course you will be provided with food 3 times per day. Apart from the breakfast, lunch and dinner, coffee and tea will be available all day long. Please indicate your special diet and allergies in your application form, if you have any.

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The working language is English. It is important that you are able to understand and communicate at least on an intermediate level as we can't provide interpretation. Please note that part of the local population might not speak much English.

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In the Czech Republic you can pay by Czech crown (CZK). 1 euro is around 26 crowns. Do not change in the airport because they use bad rates! In Prague a meal is between 3 and 8 €, a cola is 1.5-2 €. In Chotěboř it is a bit less.

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Please note that health insurance is not provided for the participants. We expect you to arrange your health and liability insurance and bring the necessary documents along with you. We strongly advise you to additionally arrange travel insurance and bring the necessary documents with you. If you are an EU citizen, bring your European Health Insurance card with you!



## DATES

13 September dinner time	- Arrival
14 September morning	- Start of the program
22 September evening	- Closing of the program
23 September morning	- Departure

It is necessary to participate from the beginning of the TC till the end, no late arrivals / early departures allowed..

## TRAVEL

The course venue is situated in Czech Republic at Chotěboř, around 140 km from Prague. We are going to provide you a group bus which will take you from Prague to Chotěboř together with the other participants, and at end of the training back to Prague. The meeting time and place will be announced in the confirmation letter sent to the selected participants, as well a detailed travel plan how to get there from the airport or bus/train station.

We ask you to **NOT BOOK** your tickets until you get the official confirmation on your participation from us.

## COSTS

- Accommodation, food, training materials are provided.
- There is a contribution of 60 EUR to be paid in cash upon arrival.
- Travel reimbursement is provided up to the limit. Please keep your original tickets and boarding passes, without them you cant obtain these amounts!

## TRAVEL LIMITS

Hungary, Czech Republic: 180 EUR

Estonia, Bulgaria, Lithuania, Greece, Italy, Spain, Macedonia: 275 EUR

# Partners

If you want to receive more details about the project before applying, feel free to contact our partner organization from your country of residence.

Hungary	Egyesek	Anna Dupák	<a href="mailto:changemaker@egyesek.hu">changemaker@egyesek.hu</a>
Czech Republic	INEX-SDA	Veronika Marková	<a href="mailto:campleaders@inexsda.cz">campleaders@inexsda.cz</a>
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# Are you ready to join us?

**APPLY HERE**



**Application deadline: 13 August 2019**

In case of questions, contact us:



Anna Dupák – project coordinator  
changemaker@egyesek.hu

