

EGYESEK  
YOUTH ASSOCIATION



Co-funded by  
the European Union

# KEYS FOR CHANGE RELOADED

A HOLISTIC TRAINING FOR TRAINERS PROGRAM  
3 TRAINING COURSES IN 2023-2024 | HOLLÓKŐ, HUNGARY

# ARE YOU A TRAINER READY TO DEVELOP?



“—

*The knowledge that is not shared is doomed to fade into oblivion, and a methodology that is not taken by others will be outdated and fossilized.*

For **15 years**, Egyesek has been designing and delivering training courses and youth exchanges in the field of European youth work based on a unique, unusual approach, springing from 2 core beliefs:

- **Holistic development** - professional improvement is only possible through personal development, as they are parallel, interconnected processes;
- **Integral learning** - we use a blend of both formal, informal, and nonformal methods, which allows us to use education fully instead of being limited by conventional labels and boundaries.

We are organizing this training for **the fourth time**, with the aim to pass on our experiences and unique methodology to a new generation of trainers.

# FOR WHO?

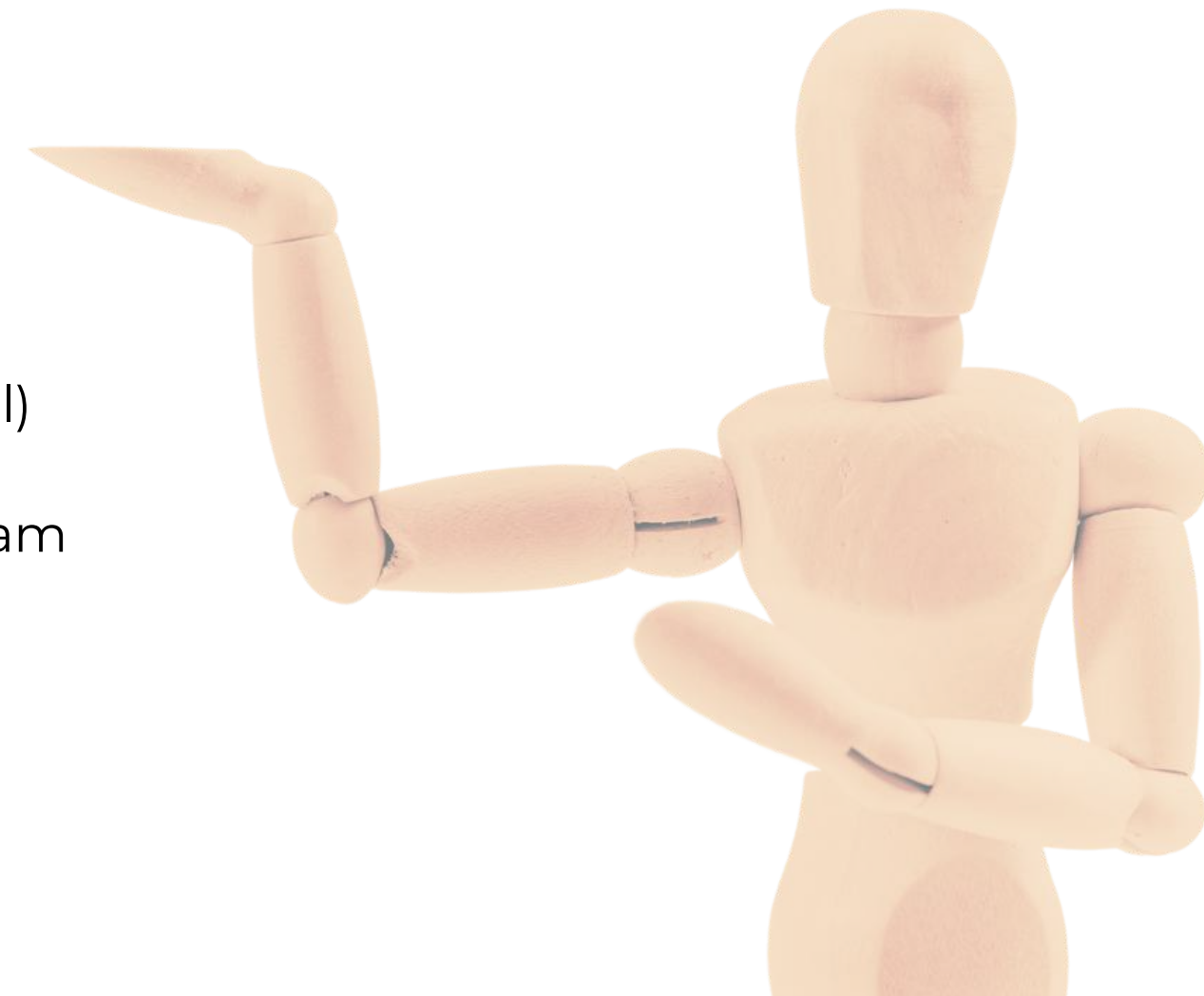
This is an exclusive project for those who are active in the field of youth trainings; particularly those who work with groups as trainers, facilitators, and educators.

Our partners for this project are the **Student Youth Council** - Georgia, **ELIX** - Greece, **EstYES** - Estonia, **Vagamondo** - Italy, **Hopeland** - Greece, **Young Researchers of Serbia** - Serbia, **Youth for Equality** - Slovakia, and **YUPIE** - Portugal, so if you are an active youth worker or volunteer in these organisations, you have first priority to join the program.

If you are a resident in another Member States of the EU, or associated countries and partner countries, you can still apply for a founded spot. ([Click here](#) to see all countries eligible.)

## This project is for people who...

- have led youth programs\* before (\* training courses / workshops / learning activities)
  - are able to clearly communicate in English (intermediate level)
  - will facilitate activities within 6 months after the program
    - have a portfolio of youth programs they led
      - are above 18 years old



# SELECTION

We aim to gather a group of participants with **varied backgrounds** and levels of experience. This will enhance the informal learning process, through the sharing of knowledge and skills between participants.

**Priority** will be given to those who commit to the **3 training courses** as we believe that maximum learning impact will come from attending the whole learning cycle.

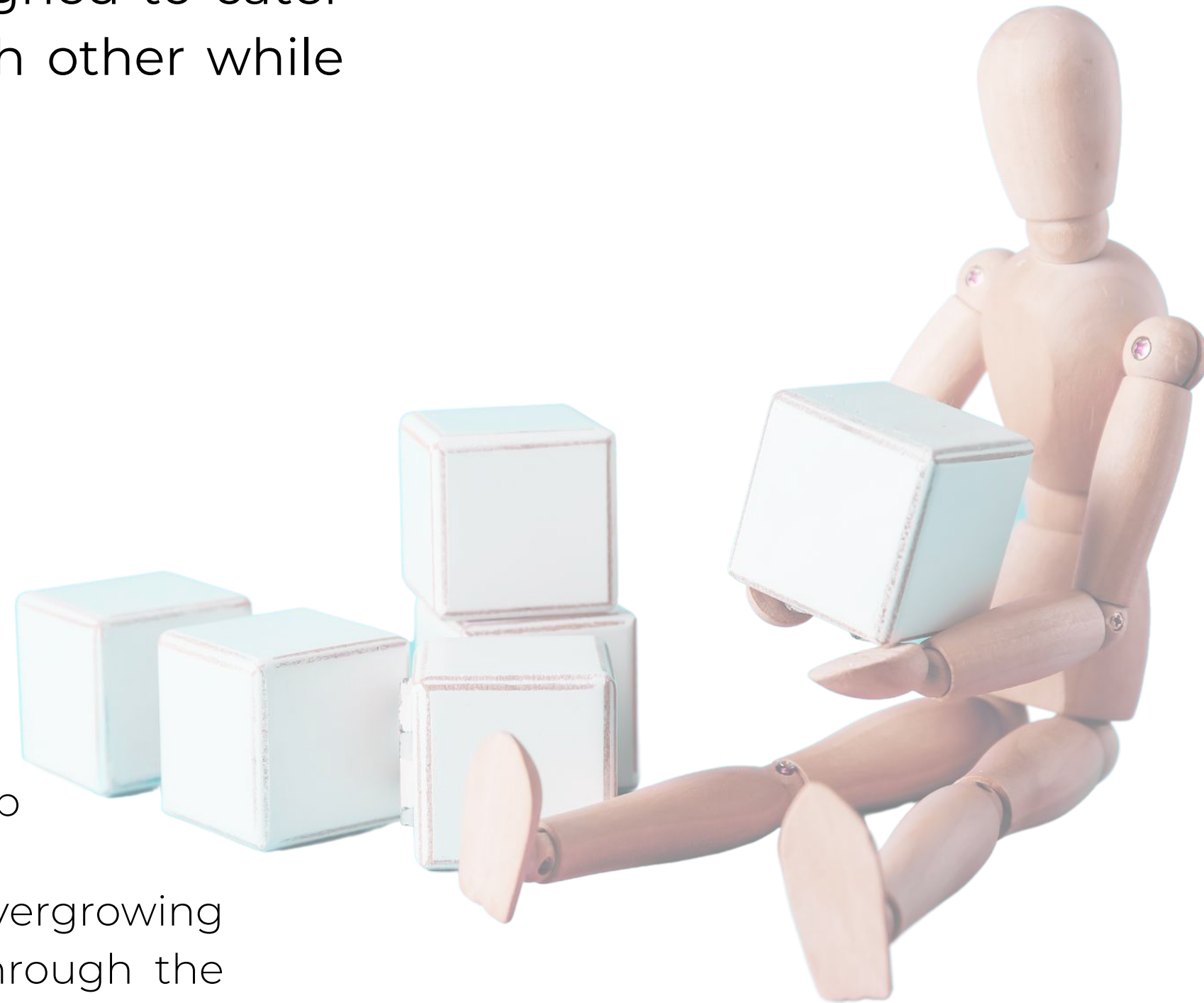
As we are aiming for a greater impact, we will also prioritize applicants who already have or are part of an **active youth organisation** where they can implement educational activities.



# WHAT CAN YOU EXPECT?

The elements of this professional program are designed to cater to different needs, the three trainings build on each other while having the flexibility to be applied separately.

- ✓ 3 residential training courses in Hungary
- ✓ Certification in the end of the 3 modules
- ✓ Special materials and evaluation tools
- ✓ The possibility to join the **Egyesek Trainers' Hub**, an evergrowing community of educators all over Europe, who have been through the educational cycle of Egyesek - meetings, support, partnerships, innovation
- ✓ Mentoring support for implementing your own educational program
- ✓ Individual coaching for learning needs during the training courses
- ✓ Group coaching based on professional topics and needs of the group





# WHAT WILL YOU LEARN?

- tools for facilitation, coaching, and training
- reading a group, mapping group needs
- impactful use of non-verbal communication
- creating atmosphere for optimal learning
- embodied coaching, group coaching
- advanced group dynamics
- basic NLP\* methods and tools

\*Neuro-Linguistic Programming

# PROJECT BUILD-UP

The project is built as a holistic unit, where the 3 training courses are interconnected.

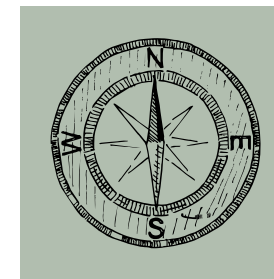
The design of the educational content is need-based: we start from a pre-designed curriculum while keeping the flexibility to accommodate your learning needs as a participant.

Each of the training courses will address a different focus.



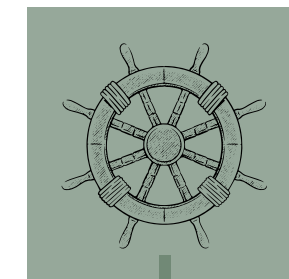
## **TRAINING 1 - BASICS OF TRAINERSHIP**

SKILLS AND  
APPROACHES  
FOR EFFICIENT  
GROUP  
PROCESSES



## **TRAINING 2 - SELF- COACHING**

SELF-REFLECTION  
AND PERSONAL  
DEVELOPMENT



## **TRAINING 3 - ADVANCED TRAINING**

REAL-LIFE  
PRACTICE





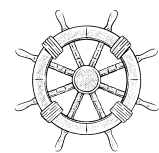
## **BASICS OF TRAINERSHIP**

In the first training, we work a lot with group dynamics and state management, practical tools and methods to work with group in an efficient manner.



## **SELF-REFLECTION AND PERSONAL DEVELOPMENT**

The second training focuses a lot on professional identity through personal development, how to position ourselves as trainers/facilitators/youth workers.



## **ADVANCED TRAINING FOR TRAINERS**

The third training already puts into real-life practice all the competences gained in the first 2 trainings. The idea is that the participants will be trained on the job, while already leading the educational program for a group of young people.





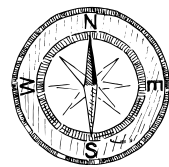
# DATES



## First training

Arrival day: **30 November 2023**

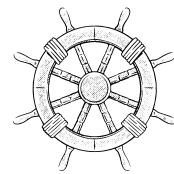
Departure day: **8 December 2023**



## Second training

Arrival day: **3 March 2024**

Departure day: **10 March 2024**



## Third training

**September 2024**

Will be clarified on the second training course.



# METHODOLOGY

We work out of **integrity**: we will provide you with the same **methodology, elements**, and **learning culture** that we use in **our educational approach**. By walking the talk, we give the opportunity for you to learn by real-life examples and experience the magical effect of this methodology on learners.



**Experiential learning** or **learning by doing** is the main aspect of our methodology.

We will provide several inputs, activities and moments for reflection, it is up to you to make the links with your own background. We have no expectation on what or how you should learn. This training is there for you to learn what you want to learn, to draw your own conclusions, so you can implement it after the training course is over.

By using this method we give you the stage where you can truly be **the creator of your own experience**.

**Springing from this main method we'll use other approaches:**

- **Embodied awareness**
- **Outdoor learning**
- **Peer learning**
- **Group coaching, confrontational coaching**
- **Learning by submerging**

# BEHIND THE SCENES

AFONSO BÉRTOLO



Afonso is an experienced trainer, youth worker and project manager, with a background in Clinical Psychology (Master degree).

Since 2009 he has been involved in youth work, project management and community intervention in several international contexts around the world.

In practical terms, and within the frame YiA/LLP/E+, he has led training courses and youth exchanges, and has coordinated and mentored volunteers facing fewer opportunities.

Outside this frame, he has been involved in personal development and coaching programs across Europe, plus grassroots work/community development and HIV/AIDS counseling for healthcare works in West Africa.

Together with Afonso, there will be an international team of different trainers for each training course, each of them having different backgrounds and expertise.

The expert team of the project involves:

- learning and development experts,
- psychologists and mental hygienic helpers,
- youth workers,
- and NGO leaders.

# FINANCES

The project is co-financed by Erasmus+. Food and accommodation are fully covered by the organisers.

You can apply for a funded spot if you reside in one of our partner countries: Estonia, Greece, Georgia, Portugal, Italy, Serbia or Hungary.

If you are a resident in another Member States of the EU, or associated countries and partner countries, you can still apply for the open call, and we will support you with finding a partner organisation. ([Click here](#) for more information)

## TRAVEL REIMBURSEMENT IS POSSIBLE UP TO THE FOLLOWING LIMITS:

10 - 99KM: 20 EUR	100 - 499 KM: 180 EUR	500 - 1999 KM: 275 EUR
2000 - 2999 KM: 360 EUR	3000 - 3999 KM: 530 EUR	



# PARTNERS

Greece

**Hopeland**

*Eszter Horváth*  
*hello@hopeland.gr*

Greece

**ELIX**

*Christina Miliouridou*  
*youth@elix.org.gr*

Italy

**Vagamondo**

*Fabiano Bruno*  
*infoyouthprojects@gmail.com*

Serbia

**Young Researchers  
of Serbia**

*Aleksandar Ristić*  
*aleks@mis.org.rs*

Greece

**Roes Cooperativa**

*Ilias Giannopoulos*  
*ilias@roes.coop*

Georgia

**Student Youth Council**

*Natia Gigiadzel*  
*syc\_guria@yahoo.com*

Slovakia

**Youth For Equality**

*Hakan Oguz*  
*info@youthforequality.sk*

Portugal

**YUPI - Youth Union of People  
with Initiative**

*Mariana Marques*  
*mariana.marques@yupi.pt*

Estonia

**EstYES**

*Martha Liise Kapsta*  
*estyes@estyes.ee*

Türkiye

**Gönüllü Hizmetler Derneği**

*Buse Aydoğan*  
*busenur.aydogan@  
gonulluhizmetlerdernegi.org*

Romania

**Asociatia Teatrul  
Experimental Senzorial**

*Andrada Boldis*  
*andrada.boldis@gmail.com*

Italy

**IBO Italy**

*Ilaria Persanti*  
*ilaria.persanti@iboitalia.org*

**Not on the list? Don't worry!**

If you are a resident in another Member States of the EU, or associated countries and partner countries, you can still apply for a founded spot. ([Click here](#) to see all countries eligible.)

In case you get selected, either your own organisation can join, or we will support you in finding a national organisation to support your participation.

# VENUE

## CREATIVE SPACE, HOLLÓKŐ



All three residential training courses will take place in **Creative Space** Training Center, in **Hollókő, Hungary**. This is a 3-level stone building with 4-5-6 bedded rooms, with shower and toilet en suite. Bed linen will be provided. You can also find the training room, dining area, common social areas in the building, and a big garden around. Creative Space is in Hollókő, a village that is part of UNESCO's World Heritage Sites.

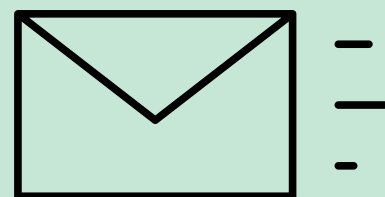
More details and information on the venue and how to reach it will be included in the confirmation letter that will be sent to participants after their acceptance.



**APPLY HERE\***

Click above and apply  
until the **10th of November 2023**

\*DISCLAIMER! In the application form, we are curious of your personal experiences, perspectives and reflections. As such, we ask you not to use any AI support for the application. Applications will be screened thoroughly, and any applications using ChatGPT or other AI will be automatically disqualified.



# Contact

In case of any questions, please feel  
free to contact us!

**[izabella.luca@egyesek.hu](mailto:izabella.luca@egyesek.hu)**

Izabella Luca  
project coordinator