



Training for youth leaders and youth workers

OUTDOOR L.O.V.E.

Laboratory
of Various
Emotions



An international training course - Atskuri, Georgia, JULY 12-22, 2018

Info Pack



Atskuri and Bordjomi-Kharagauli National park,
Georgia, 12-22 July, 2018

Project description

Emotional intelligence (EI) is one of the “super” competences of 21st century that is considered very crucial not only for successful working career, but also for managing fulfilled private and social life of each person. It includes ability to understand oneself better, to effectively manage and regulate emotions, to motivate oneself, to make mature and responsible choices, to understand others and to empathize, self-empowerment and many other components.

Although during the last years a lot attention has been paid to importance of emotional intelligence and as a general concept is not new for most youth work practitioners, we have observed that “devil is in details” and many youth workers lack deeper **awareness about different dimensions of EI and are not skilled and knowledgeable enough to use it as an effective tool in work WITH young people and how to develop emotional intelligence IN young people**. For this reason we have chosen an in-depth exploration of the concept of EI in this training to help the participants to farther develop their personal and professional competencies.

It has to be remembered, that while growing up, young people go through many turbulences in terms of changes in their bodies, mind and social situation. One of the main questions that they have to try to answer is “Who am I?” and it is not easy because their inner emotional world is often chaotic and they feel lost and overwhelmed with challenges that they have to deal with. Therefore, it is highly crucial that youth workers have great skills to recognize what is important to a specific young person or a group of young people at this moment, and how can they be useful to them and support young people’s development.



Developing emotional awareness and intelligence among young people is a very crucial tool for this.

To make the learning more powerful and transformational, during this training course we have chosen strong approach - **to combine more common non-formal learning methods with Outdoor Experiential Learning and Learning in the Nature and hiking experience in Georgian mountains**. We believe that these conditions and approach will allow participants to connect with themselves, with each other and world around them in a deeper level and realize much stronger the gaps in their Emotional intelligence and work on it. Only by going through deeper learning and transformation process themselves, will the youth workers be able to apply their newly gained competences in work with young people.

There are countless researches on the power of nature to reduce stress, improve the mood, increase creativity and promote general human well-being. Nature can be easily available for everyone, so, we should do more activities outdoors and use it more effectively in youth work!

This training course includes partners from ... different regions – Programme countries, Eastern Partnership and Russia – participants with diverse cultural and professional backgrounds, which will be a unique learning opportunity for all of us that we are going to use.

It will be based on Experiential Learning approach to personal and professional development and will be implemented in unique environmental settings in Georgian mountains – in Borjomi-Kharagauli National Park, which will provide participants with unique opportunity to experience the wilderness and thus the power of learning in/from nature and outdoors.

Objectives

- Becoming more aware about Emotional Intelligence as a crucial transversal competence both for personal and social well-being as well as successful tool for working with young people in youth work context and promoting their empowerment
- Exploring and reflecting on own (participant's) emotional intelligence skills through real-life situations of interacting with others during the training and experiencing different challenges during the 2 days Hike in mountains
- Identifying competency gaps in applying emotional intelligence in (1) youth work (recognizing what is missing in youth-workers' EI) and (2) among young people (their EI) for their personal and social development and exploring concrete tools to improve it - change in approach and attitudes and concrete NFL activities
- Implementing concrete follow-up activities that improve EI competences for youth workers (plan for farther professional EI development) and young people (NFL activities (optionally, involving outdoor approach) that develop EI among youth in each participating

- organization)

Our needs and objectives are to provide innovations and new approaches in our work with young people, so, this training “shoots 2 rabbits with 1 shot” – it gives a chance to deeper explore different dimensions of EI, as well as demonstrates the power of Outdoor Experiential Learning approach.

Participants

Due to unique character of the project, it is essential for us that partner organisations select EXPERIENCED members of the organisation – people that work with young people for some time and have reflections about it.

Depending on the partner organization, the participants would include youth workers and leaders, extra-curricula activity providers, potential peer-to-peer educators, active members from your organizations that wish to farther develop their Emotional Intelligence competencies and be more actively involved in using NFL activities that involve learning in/from nature and outdoors.

THE PARTICIPANTS SHOULD:

- Have at least 1-year experience working with youth in non-formal settings (not just as participant, but in an active role of providing activities for and with the young people – as volunteer or paid worker).
- Represent an organization that works with young people. Ideally this should be official partner organization of this project, but if not possible to get enough strong candidates, please involve your friend organisations.
- Be ready to do a follow-up activity with youth after coming back from the training (August-October).
- Interested and ready to explore and develop their emotional intelligence competencies and discover outdoor approach (physically and mentally :)).
- Be open for staying for a week in cabins with limited level of comfort, ready to go for a hike for several days in the mountains, carry heavy bags and sleep in tents.
- Be fluent in English

Participating Countries	Number of Participants
Latvia	3+1 trainer
Poland	4
Georgia	4+1 trainer
Armenia	3
Russian Federation	3
Belarus	3
Spain	3
Greece	3
Total	28

WORKING LANGUAGE: English

Travel costs and Reimbursement

The training course will be implemented in the framework of EU “ERASMUS+” programme (Mobility of Youth Workers, Key Action 1). The accommodation and food will be covered fully. Travel expenses will be reimbursed at flat rates depending on the [calculated travel distance](#). Please consult with us before buying any tickets and we will assist you in finding the best options.

Country of Origin	Maximum reimbursement (€ per person)
Latvia	360
Poland	360
Georgia	20
Armenia	180
Russian Federation	180
Belarus	275
Spain	820
Greece	275

Included in the travel is also the transportation between Tbilisi and the venue in Atskuri. This will be organized by us but an estimated cost of **25€ will be subtracted** from the maximum reimbursement to cover this.

VISA REQUIRONMENTS:

Some of you may need a visa. Please check official site for Georgian Visa Information:

<https://www.geoconsul.gov.ge/HtmlPage/Html/View?id=956&lang=Eng>

And E-visa portal <https://www.evisa.gov.ge/GeoVisa/>

Please make sure that your passport expiration date is at least 6 months prior of arrival date. Visa costs will be reimbursed 100% when it is presented.

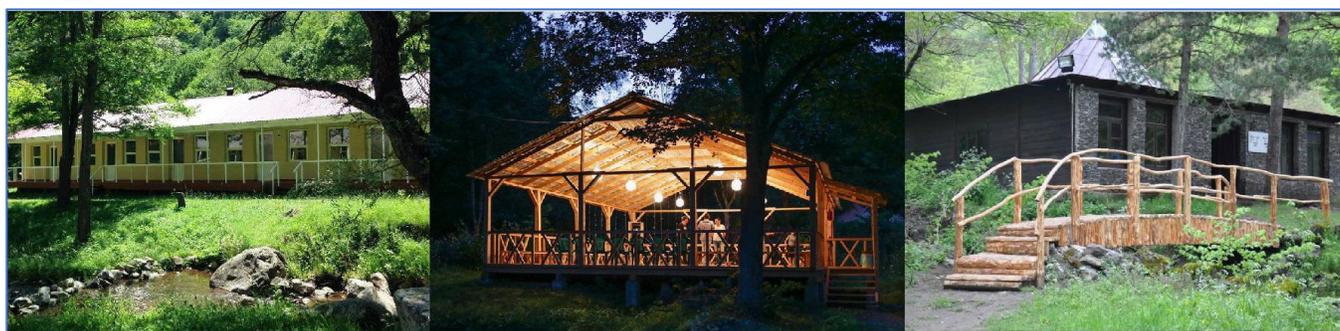
The Venue

The venue we chose for this project is a youth camp near the historical village [Atskuri](#), located in the Southern part of Georgia, about 1000 meters above the sea level in the beautiful and breathtaking Borjomi-Kharagauli National Park. From the capital of Georgia – Tbilisi the distance to the venue is 185 km.



Please take under the consideration:

- There are three cottages on the venue with several rooms. Each room can accommodate 4 participants;
- The whole camp has bathrooms and shower cabins to be shared; - Place is quiet and safe with 24/7 security;
- Three meals a day and two-break/snack time will include diverse food for both – vegetarians and meat-eaters.
- There is a Wi-Fi but Internet is low-speed



REMEMBER!

The project only host you with accomodation between the project dates (from 12th to 22st July). Those arriving earlier and/ or leaving later above-mentioned dates, will cover their accommodation expenses on their own.

SPECIAL NEEDS

If you have special needs such as vegetarian food, food allergies, food intolerance, etc., we would like you to formulate these in details to info@mziani.ge We will do our best to arrange all things with the venue.

Meals are prepared by experienced cooks using products from fresh ingredients from local farms. Meals can be tailored to suit any dietary requirement.

Hiking and Camping

Our program includes two day hiking and camping in Borjomi-Kharagauli National Park on the tourist trails. Those of you who want to have more information on the surroundings, can check this link:

<http://apa.gov.ge/en/protected-areas/cattestone/bordjom-xaragaulis-erovnuli-parkis-administracia>

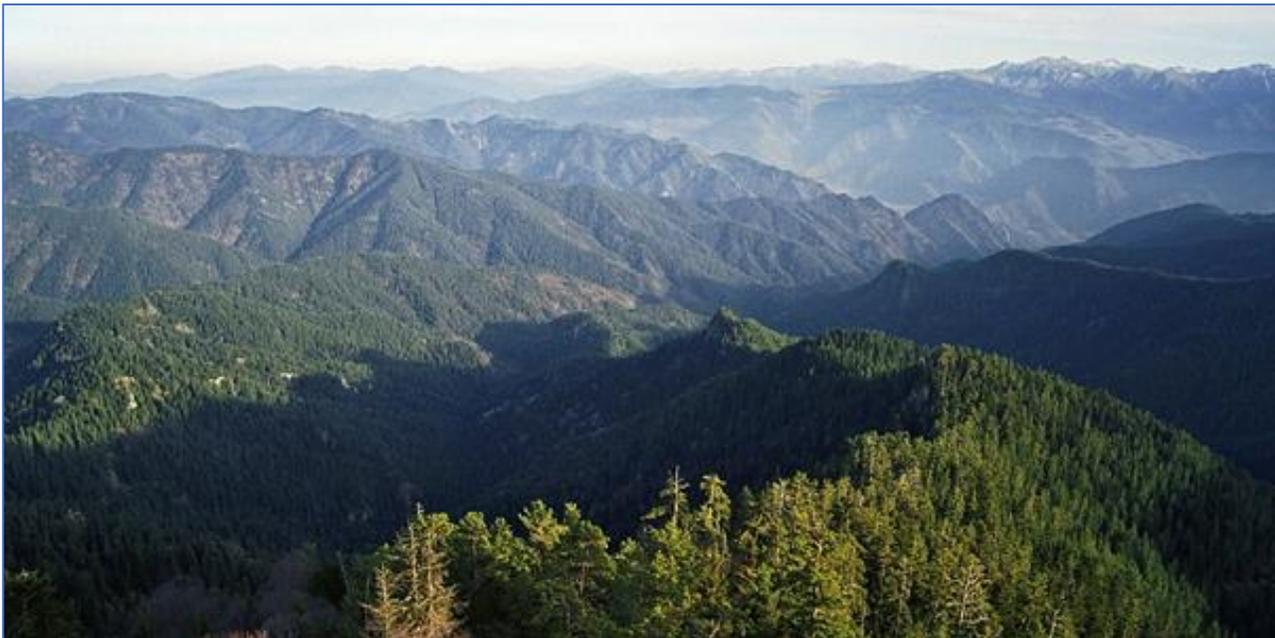
Detailed information about the trails will be shared in next Infopack.



WHAT TO BRING:

- Hiking/camping gear:
 - Lightweight but warm tents for each delegation
 - Sleeping bags
 - Camping mats
 - Camping dinnerware (plate, cup, fork, spoon)
 - Set of camping pots and pens per delegation
 - Hiking stick if you wish
 - Flashlight
 - Knife
 - Thermos and so on according your preferences and needs;
- Warm clothes - (jumpers, vest, long trousers and spring/autumn coat/jacket) – it will be hot at daytime but chilly at night – we need to stay warm.
- Sun protection items – (a hat, sunglasses, sunscreen)
- Some summer clothes – in Tbilisi it will be very warm (could be around +30/35C). Take a swimming suite with you – we might have a chance to indulge in natural hot water baths.
- Medicines - For preventive reasons we recommend for those who may have health problems to bring their own medicines for all your stay
- Bring your own towels and personal cosmetics (shampoos, gel, toothpaste etc.)

More detailed list of the things you need to bring we will provide in the next Infopack.



Organizers

APPLICANT ORGANIZATION: **Stowarzyszenie “Dorośli – Dzieciom”** (“Adults for Children” Association) from Sępólno Krajeńskie, Poland is an experienced organisation that work with different target groups (children, teenagers, people with disabilities, unemployed, teachers etc.). We are also active in the field of non-formal as well as formal education. Since 2005 we have been actively involved in international cooperation organizing projects like European Voluntary Service, training courses and youth exchanges on different topics.



HOST ORGANIZATION: **Non-formal Education Youth Centre “SUNNY HOUSE”.**

“Sunny House” is a union of the professional trainers who work in the field of Non-Formal education since 1999. The aim of the “Sunny House” is to promote development of non-formal education in Georgia via working with Youth Workers and different agencies involved in this field. Members of the centre are actively involved in the youth policymaking and strategic planning for different youth NGOs. SUNNY HOUSE acts as a lab for testing and spreading different methods of working with youth in non-formal settings. Organisation mainly works on local and national level, but has few successfully implemented International projects too.



Ieva Grundsteine, Trainer (Latvia)

Ieva has been working in the youth field since 2001 and last 8 years is a trainer of non-formal learning in the field of youth – as a local and European project initiator and manager. She has carried already more than 100 international trainings for different target groups (youth workers, teachers and others).



Kety Zhvania-Tyson, Trainer (Georgia)

Kety is actively involved in youth work since 1992 when she discovered Girl Scouts and started her career in Non-Formal Education field as a leader and a trainer. Today she is working in Non -Formal Education youth training center “Sunny House”.



Daniel Wargin - Project Coordinator (Poland) – a member of the applying organisation. Actively involved in youth work since 2005. Coordinator of EVS projects, Youth Exchanges and training courses.



Nodar Maminaishvili - Project Coordinator (Georgia)

Nodar has a diverse experience in different fields of governmental, business and NGO sectors. Today he is a head of “Sunny House” and experienced youth worker.

Looking forward to see you in Georgia!!!



Time / day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11		
8 - 9.30	OWN time (morning yoga, meditation) and breakfast												
9.30 - 11.30	Arrivals to Tbilisi and departure to training location	Intro Getting-to-know each other Ice-breaking	Continuation of group building activities - exploring EI through group Challenge	Intro to personal development, interpersonal effectiveness and group development - theory and short practice	Last preparations and check-up & start of Challenge Hike in the nature – EXPERIENCE	Challenge Hike in the Nature – EXPERIENCE	Returning to the hotel by 11:00	Free morning (to regain energy and be focused to continue working)	Last preparations Lab phase: EI workshops based on concrete learning needs	Summing up of practical phase – lessons learnt and how to apply it in “my reality” with “my youngsters” - sharing ideas and tips	Final individual reflections on outcomes from the training and closing ritual of “saying goodbye to nature” Farewell and departure		
11.30 - 12.00		Coffee break											
12.00 - 13.30		Introduction to programme, approach, objectives and exploring participants motivation and learning needs (Youthpass)	The Basic Concepts and Theories related to EI (identifying main elements of it) and connecting it with needs of young people	Introduction to Hike framework, safety, grouping and setting personal and group challenges/objectives for Hike	Challenge Hike in the Nature – EXPERIENCE	Challenge Hike in the Nature – EXPERIENCE	Having a short rest to regain some energy	Self-directed learning session - exploring the remaining questions about EI (and OEL approach)	Lab phase: EI workshops based on concrete learning needs	Personal reflection: Me as a person, youth worker and VERY GOOD youth worker – identifying gaps and spaces for development Erasmus+ opportunities			
13.30- 15.30		Lunch											
15.30- 17.00		Group building activities - creating trustful learning group	Workshops to explore 5 elements of EI more in detail	Preparing for Challenge Hike in the nature	Challenge Hike in the Nature – EXPERIENCE	Challenge Hike in the Nature – EXPERIENCE	Reflection on the experience in smaller groups - personal and group experience	Theory input on designing and planning good quality NFL activities based on needs of learners Intro to Lab phase and division in groups	Lab phase: EI workshops based on concrete learning needs	Follow-up activity planning in national groups Reflection on learning outcomes of the training and Youthpass			
17.00 - 17.30		Coffee break											
17.30 - 19.00		Getting to know each other	Group building activities - creating trustful learning group	Workshops to explore 5 elements of EI more in detail	Preparing for Challenge Hike in the nature	Challenge Hike in the Nature – EXPERIENCE	Challenge Hike in the Nature – EXPERIENCE	Sharing of Experience Summing up Hike Experience	Working in smaller teams – designing workshops on EI based on concrete learning needs	Lab phase: EI workshops based on concrete learning needs Summing up – in facilitation groups		Summing up Evaluation Closing	
19.00- 19.30	Time for reflection in group												
20.00	Welcome Dinner	Dinner									Farewell dinner and evening		
After 21.00		Fire-place evening	EI - stories from participants' experience	Free evening (...or continuation of preparations)	Adventure/Challenge Expedition in the Nature	Adventure/Challenge Expedition in the Nature	Cozy evening near fire (optional)	Free evening	Georgian Traditional Dinner				