



Erasmus+



A training course on emotional intelligence competence for youth leaders and youth workers

## H.E.L.L.O. – High-Tatra Emotional Laboratory for Learning Outdoors

11-21 July 2019, Tatranska Lesna, Vysoke Tatry, Slovakia

### Info Pack



Deadline for [application](#): Monday, 20<sup>th</sup> of May 2019

## Project description

Are you already well aware **about different dimensions of Emotional Intelligence?** Are you **skillfully using it with young people and are you good at supporting young people in managing their own emotions and do you know non-formal learning tools for this?!!** If not or only to a limited extent, then this training is exactly for you! During 11 days that we spend together, we will provide a space for farther development of your personal and professional competencies in this field!



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 3-day hiking experience in Hight Tatra mountains. We believe that these conditions and approach will allow you to connect with yourself, with each other and world around you in a deeper level and realize much stronger the gaps in your Emotional intelligence and work on it.

## 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 emotional intelligence skills through real-life situations of interacting with others during the training and experiencing different challenges during the 3 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

## 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 could include scout leaders, youth workers and leaders, teachers, extra-curricula activity providers, potential peer-to-peer educators, active members from your organizations, etc.

### Profile of PARTICIPANTS:

- Have at least 1-year experience working with youth in formal settings (not just as participant, but in an active of providing activities for and with the young people – 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 (July-September).
- Interested and ready to explore and develop their emotional intelligence competencies and discover outdoor approach (physically and mentally :)).



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- 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                  | 2+2 trainers           |
| Poland                  | 2                      |
| Portugal                | 3                      |
| Estonia                 | 2                      |
| Czech republic          | 2                      |
| Italy                   | 3                      |
| Spain                   | 3                      |
| Slovakia                | 2+2 org.               |
| Greece                  | 3                      |
| Croatia                 | 2                      |
| <b>Total</b>            | <b>28</b>              |

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. You can be on search for your flights to Wien(A) Bratislava, Poprad or Krakow (PL). Or use international busses or trains which are more ecological.

| Country of Origin | Maximum reimbursement (€ per person) |
|-------------------|--------------------------------------|
| Latvia            | 275                                  |
| Poland            | 180                                  |
| Italy             | 275                                  |
| Estonia           | 275                                  |
| Portugal          | 360                                  |
| Croatia           | 180                                  |
| Czechia           | 180                                  |
| Slovakia          | 20                                   |
| Spain             | 360                                  |
| Greece            | 275                                  |

## The Venue

The training course will take place in the Penzion Lesna, Tatranska Lesna, Vysoke Tatry from 11<sup>th</sup> to 21<sup>th</sup> July 2019. High Tatras are the highest mountains of Slovakia and considered the smallest high-

mountains of the world, but this fact is not taking off anything of its majesty. We will be based underneath the highest peaks of the whole Carpatian circle, which climbs up to the **2654m high Gerlach.**

## ACCOMODATION

You will be hosted by Penzion Lesna, Tatranska Lesna, Vysoke Tatry, where from you can see the beautiful scenery of towns underneath the mountains and enjoy the sublimous view to the peaks above. Rooms with private toilet will be shared by 3-4 participants of the same sex. Some people might be also asked to share a double-bed. We are sure you will enjoy the location as there is plenty of space and the rooms are freshly re-furnished. <http://lesna.org/>

- 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 11th to 21st 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 detail and mention them in application form. We will do our best to accommodate them (if possible) and arrange all things with the venue.

## Hiking and Camping

Our program includes 3-day hiking and camping National

Park on the tourist trails. Those of you who want to have more information on the surroundings, can check wikipedia :) or this link:

<http://slovakia.travel/en/national-park-of-high-tatras>



## WHAT TO BRING:

- **Hiking/camping gear:**
- Waterproof jacket, trousers and backpack cover (or poncho instead)
- Sleeping mat (can be provided in limited amount if requested in advance)
- Sleeping bag
  - Hiking backpack
- Hiking boots
  - Head torch
- Knife
- Warm clothes - (jumpers, vest, long trousers and spring/autumn coat/jacket)
- Sun protection items – (a hat, sunglasses, sunscreen)
- Summer clothes
- Swimming suite
- Towels and personal cosmetics (shampoos, gel, toothpaste etc.)
- Medicines you suspect/know you might need

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

## Organizers

**APPLICANT & HOST ORGANIZATION:** Slovensky skauting 3. Zbor Anický a Borivoja Uhrových Kežmarok focuses on human values and non-formal education of children and youth. Over the years our leaders were gaining skills and knowledge about learning outdoors, about youngsters and their needs, as well as the gain of "know how" to lead and educate the youth in rather playful way while developing the whole personality in several areas such as life in nature, citizenship and education for peace, sustainable development, solidarity and tolerance, performing arts and skills for life (team work, conflict resolution, planning and management, critical thinking...) We are always on seek for new and inovative approaches.



### **Ieva Grundsteine**, Trainer (Latvia)

Ieva has been working in the youth field since 2001 and last 10 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 120 international trainings for different target groups (youth workers, teachers and others).



### **Lauma Zubule – Trainer (Latvia)**

Lauma has been involved in youth work since she was 13 years old. She is a non-formal education trainer and practitioner, and in her work focuses more on reflection, emotional intelligence, outdoor and adventure education, long-term programs and sustainability.



**Maros Brodansky (Slovakia)**. Even if he gained master diploma in Transcultural European Outdoor Studies, for this time he would be responsible for managing your basic needs - food, roof and safety. Maros with his fellow from 3rd Scout's Departement Kezmarok hold the local knowledge and are happy to share with you. The smooth flow of the seminar is guaranteed as Maros and his fellow have rich experiences of organizing variety of scout's happenings from summer camps to educational seminars. Feel free to contact him with any doubts: [marosbrodansky@gmail.com](mailto:marosbrodansky@gmail.com)

## **How to apply?!**

All you need is to be INTERESTED, MOTIVATED and meet our participant's criteria. To apply, please fill in the online application form:

### **[ON-LINE APPLICATION FORM](https://forms.gle/doLamPVuYDJKtgKWA) :**

**<https://forms.gle/doLamPVuYDJKtgKWA>**

to be submitted no later than **Monday, 20<sup>th</sup> of May**. The form is quite long and will take time, so, please don't leave it for the last minute.

### **For questions, please contact:**

Maros Brodansky [marosbrodansky@gmail.com](mailto:marosbrodansky@gmail.com)

## **Looking forward to see you in Slovakia!!!**

## Preliminary programme

| 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      | Arrivals in Slovakia and departure to training location | OWN time (morning yoga, meditation) and breakfast                                     |  |  |   |  |  |  |   |  |   |   |
| 9.30 - 11.30  |   | Intro<br>Getting-to-know each other<br>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<br>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"<br><br>Farewell and departure |   |
| 11.30 - 12.00 |   | Coffee break  |  |  |   |  |  |  |   |  |   |   |
| 12.00 - 13.30 |   | Introduction to programme, approach, objectives and exploring participants motivation | 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 VERY GOOD youth worker<br><br>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<br><br>Intro to Lab phase and division in groups | Lab phase: EI workshops based on concrete learning needs                              | Follow-up activity planning in national groups<br><br>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<br><br>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<br>Summing up – in  |   | Summing up<br><br>Evaluation<br><br>Closing |
| 19.00-19.30   |   |   | Time for reflection in group   |  |   |  |  |  |   |  |   |   |
| 20.00         |   | Dinner  |  |  |   |  |  |  |   |  |   |   |
| After 21.00   | Welcome Dinner  | 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   | Slovak Traditional Dinner   | Farewell dinner and evening  |   |   |