

Training Course



Co-funded by  
the European Union

# The Art of Development

LITHUANIA, TRAKAI  
JANUARY 27 - FEBRUARY 4, 2022

INFOPACK



# Dates and venue

Arrival day  
January 27, 2022

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Departure day  
February 4, 2022

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Venue is located in Trakai,  
Lithuania.

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Apply Here:  
<https://forms.gle/RGPUzaRedxT5qUnc8>

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# What is the training about?

Improve the quality of how youth educators work: Using body movement as a tool for personal development and using the benefits of coaching to reflect, absorb and purify the information.

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Training is for you, if you want to ...

- Experience self-development through body movement
  - Learn how to use coaching methods for the reflection
  - Develop professional skills as an youth worker and increase your efficiency, using body movement art and theater
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The results of the project are:

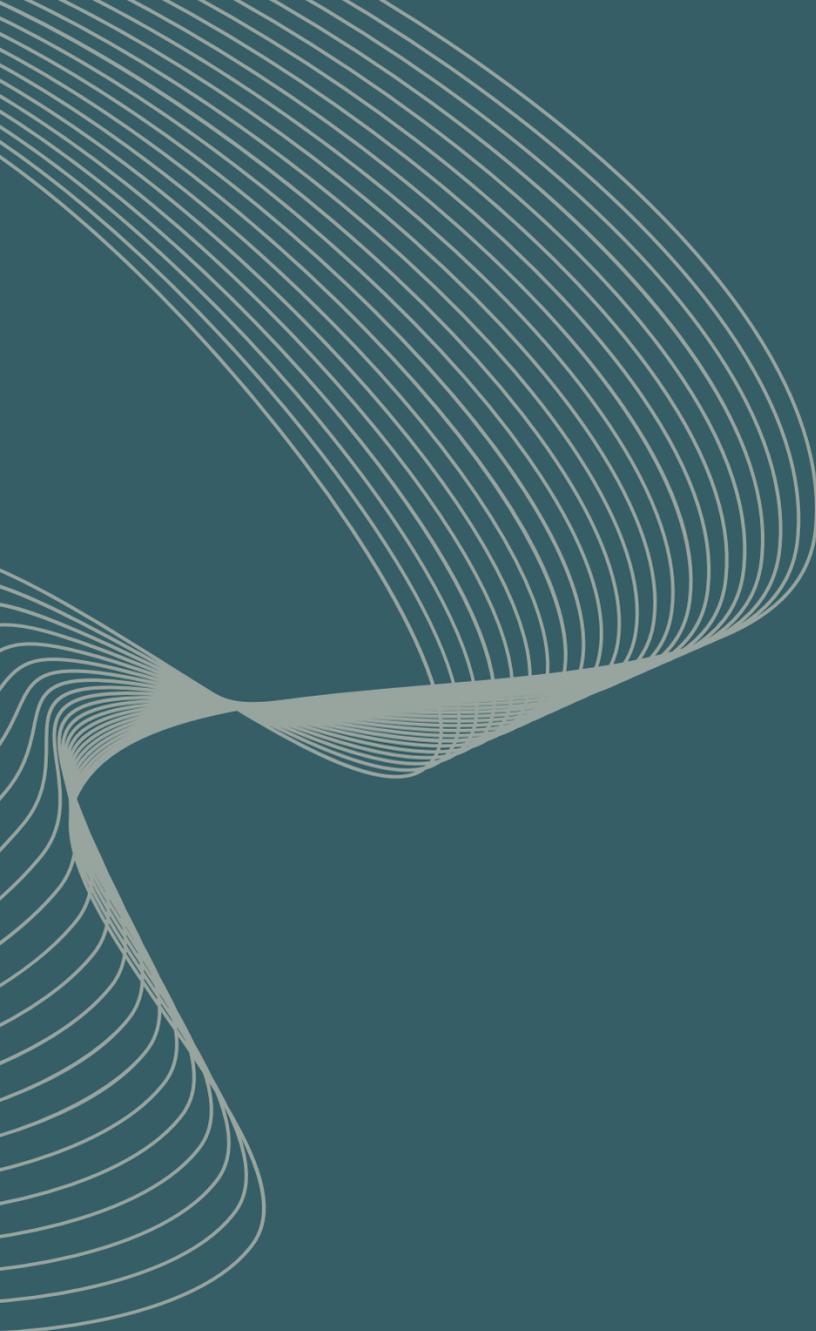
1. a booklet with methods created, learned and adapted during this training course;
2. follow up activities planned and implemented by participants.



# PROGRAMME

Time/ Dates	Day 1 27th January	Day 2 28th January	Day 3 29th January	Day 4 30th January	Day 5 31st January	Day 6 1st February	Day 7 2nd February	Day 8 3rd February	Day 9 4th February	
9:00 - 10:00	Arrival: pick up time TBC	n/a: sleep more today	Breakfast							Departure: departure time TBC
10:00 - 11:00		Breakfast	Preparation time for participants of the day - how I am ready to go?							
11:00 - 11:30		General introduction of the TC / Personal introduction of participants and trainers/ Group agreement /	Reflection Goups: what has happened?							
11:30 - 12:00			Break I							
12:00 - 14:00			Decision making V/A chart - process	Coaching time: developing competences needed to work with youth	Day of visit: Traditional craft workshop	NGO fair and Map of opportunities / Project development	Consolidation of the methods: presentation of the homework and methods learned here	Follow-up activities and dissemination: make your plan		
14:00 - 15:30			Lunch							
15:30 - 17:00		Team building through body movement	Body movement workshop: understanding emotions through the movement	Coaching: learning, blocks for learning and learning cycle	Coaching: procrastination, assertiveness, resilience	Open space for participants' workshops	Working on the creation of the tool box	Coaching time: how to keep on going with what we started or "what's next?"		
17:00 - 17:30		Break II								
17:30 - 19:00		The power of curiosity: continuation of team building	Self-development through Body movement	Coaching for self- development: who am I?	Embodied Mindfulness	Open space for participants' workshops	Working on the creation of the tool box	Closing of the programme		
19:00 - 20:00		Dinner								
20:00 - 21:00	Welcome	Stand by me	Columbian hypnosis	Power of the voice	5 Rhythms	Tango	Finalizing creation of the tool box			

\*there might be small changes in time and sessions. You will be informed about any changes during the training



# Who can participate?

- You have to be 18+
- People who are from the field of youth (youth workers, youth educators, volunteers who works with youth, etc.)
- Those who want to learn more about body movement techniques combined with coaching
- Participants who can present valid certificate of Covid-19 vaccination or valid certificate of recovery from Covid-19
- Participants (citizens or residents) from the partner countries of this project (Lithuania, Latvia, United Kingdom, Poland, Italy, Spain).

Apply Here: <https://forms.gle/TLvHFSej3obTm5J7>.

!!!! If you want to take part and you are not from partners countries, you still have a chance to come by self- funding your trip and learning experience!  
Please read further !!!!!

# Financial costs

Training Course "Art of Development" is co-funded by European Union programme Erasmus+.

Expenses of the travel, accommodation, food and working materials will be funded 100% by the Erasmus+ programme funds for selected participants coming from partner countries.

Travel expenses are compensated up to:

*Spain 360€*

*Lithuania 20€*

*Latvia 180€*

*UK, Italy and Poland 275€*

Spain, Italy, Latvia, Poland has place for 3 participants  
United Kingdom has 4 places  
Lithuania has 5 places

After you are selected, we will ask you to arrange your trip.

Before purchasing any tickets you **MUST** get approval by e-mail [info@innovativegeneration.eu](mailto:info@innovativegeneration.eu)

What's important?

- We will prioritize green travel (if possible, by land transportation)
- Time of the arrival: we will organise a group pick up from central bus station of Vilnius in the evening of 27th January (time TBC).  
Tickets bought without our approval might not be reimbursed.

A collage of travel-related items including a laptop, a camera, a passport, and a hand pointing at a map.

# REIMBURSEMENT OF THE TRAVEL COSTS

If you travel by plane:

- BOARDING PASS is a must
- Confirmation of the bought tickets- usually received by email
- Bank payment copy for the tickets or receipt if you paid by cash

If you travel by bus or train:

- Ticket
  - Confirmation of the bought tickets (sometimes you might receive only a ticket without a confirmation)
  - Bank payment copy for the tickets or receipt if you paid by cash
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- A decorative graphic consisting of several thin, white, wavy lines that flow from the right side of the page towards the center, creating a sense of movement and design.

# Financial costs

## FOR SELF-FUNDED PARTICIPANTS (10 additional places)

If you want to take part as well but you are coming from other than partners countries or all funded places are taken, we give you a possibility for a self-funding.

Participation fee is €375

*The participation fee covers the cost of the training, accommodation and meals during the whole duration of the program.*

*You will need to arrange your trip by yourself.*

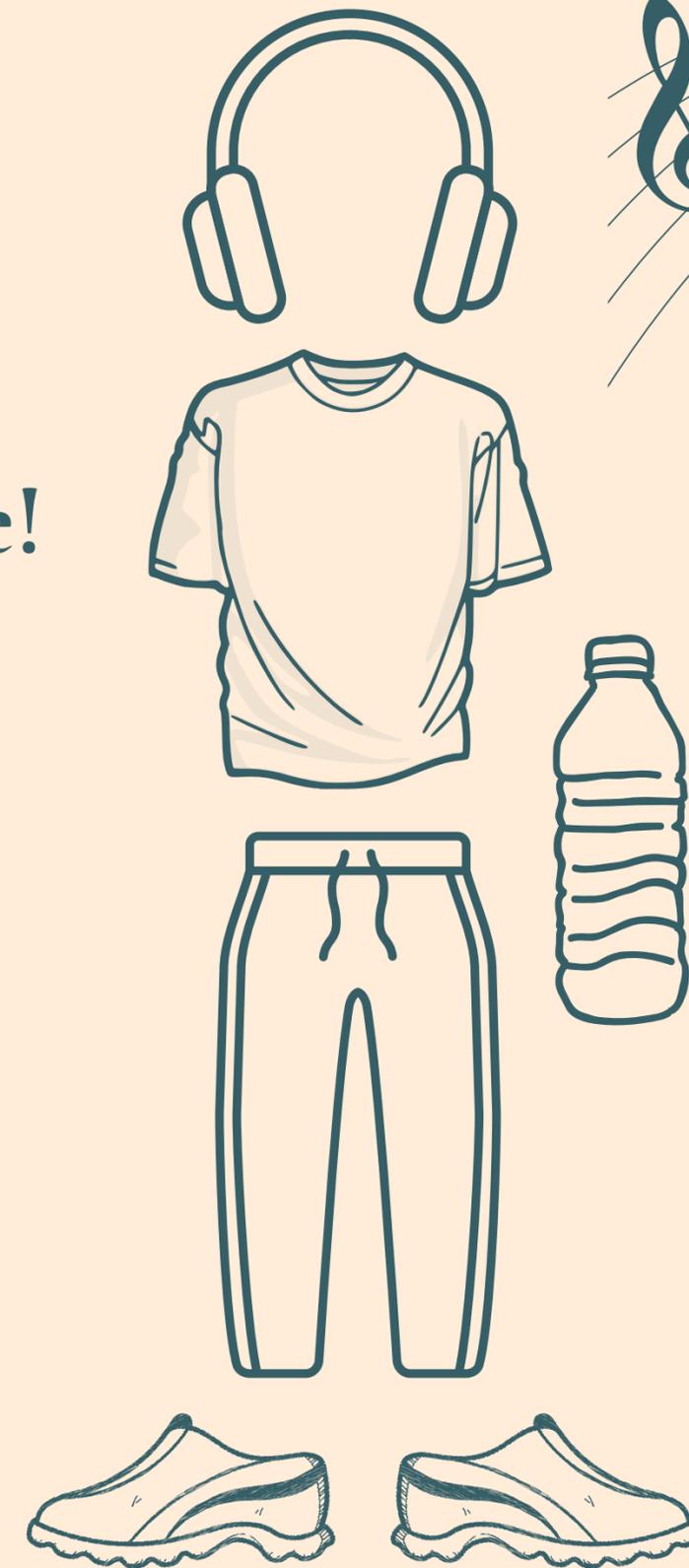
*Time of the arrival: we will organise a group pick up in the evening of arrival day from central bus station of Vilnius.*

To reserve your place in the training you'll need to:

1. apply for this training
2. receive a confirmation letter of your participation
3. and pay the participation fee.

# What to bring

- Water Bottle
- Slippers and/or shoes only for inside use!
- Comfortable Pants
- Comfortable Shirt
- Warm clothes for outside
- Swimming suit for sauna night
- Headphones
- Your Favorite Song



# How to arrive?

- You can come to Vilnius or Kaunas (biggest cities of Lithuania).
- We encourage to use the most green traveling option thus if possible, you will be required to come by bus or train (especially participants from Latvia and Poland)
- We will organize a group pick-up from the city center of Vilnius in the evening of the Arrival day (January 27th) (Time will be confirmed after participants will purchase the tickets)
- Please note that travel to the project venue and back will be organised by organisers & the costs for this trip will be covered by the participants from the travel costs budget.



We use [www.momondo.com](http://www.momondo.com) to find the most convenient traveling option!

# COVID- 19 regulations



Due to everyone's safety, only participants with valid certificate of Covid- 19 vaccination or certificate of recovery will be accepted.

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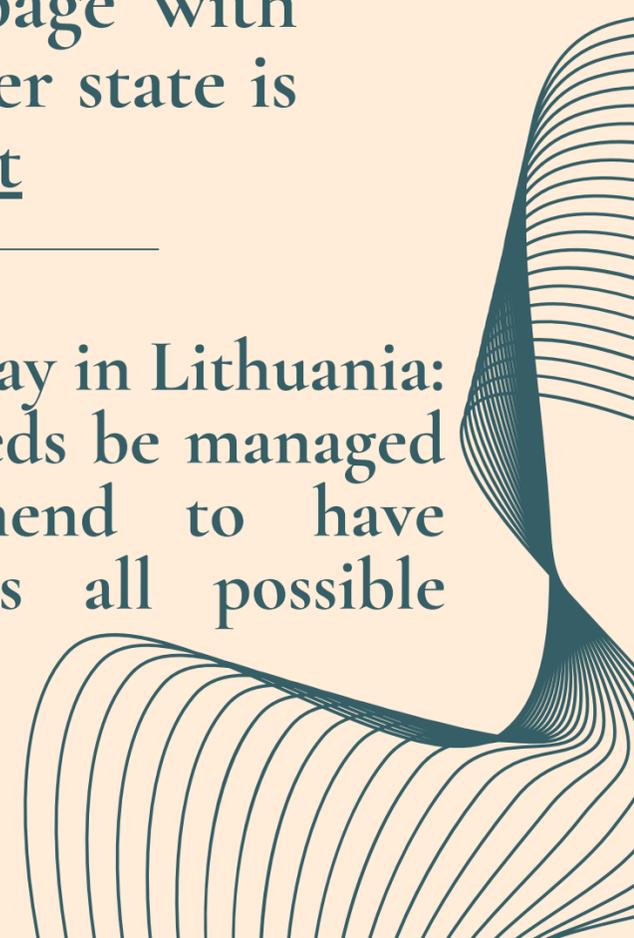
You can find updated entry requirements here: <https://www.lithuania.travel/en/news/covid-19-in-lithuania-information-for-tourists>

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Travelling in covid times, this EU page with updated regulations from each member state is very useful: <https://reopen.europa.eu/lt>

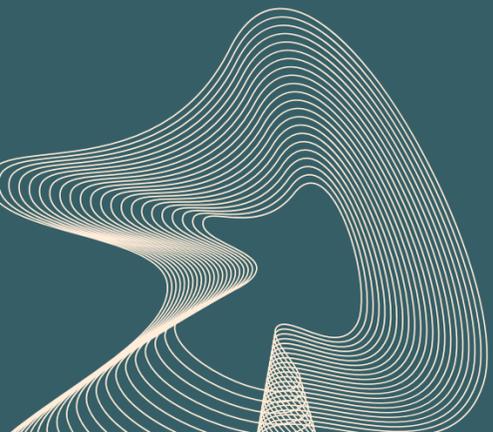
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In case of infection during the travel or stay in Lithuania: any kind of COVID related expenses needs be managed by participants (We highly recommend to have Travel/Health Insurance which covers all possible COVID-19 related costs).



# Project venue

- Few kilometers from the city of Trakai
- 2-3 people per room (you will find towels, hairdryer, bathroom in each room)
- Working spaces
- Sauna
- 3 main meals and 2 coffee breaks a day (please inform us about any special needs regarding the food!)
- Keep in mind that there is no shop nearby



<https://www.lavillaroyale.lt>

# Meet the trainers



**Raminta Rusovičiūtė**  
Trainer & Coach

AdvDipCoach/Cognitive Behavioral and Solution Focused Coach, Freelance Trainer and Learning facilitator, part of Trainers' pool in Lithuanian National Agency. CEO of NGO Innovative Generation.

Please find more in my LinkedIn profile  
<https://www.linkedin.com/in/ramintarusoviciute/>



**Gvantsa Mezvrishvili**  
Trainer & Facilitator

Trainer with more than 10 years of experience in direction of personal development, experiential learning and youth work. Founder of Creative youth Platform  
<https://www.facebook.com/cyp.org.ge>

Please find more information in LinkedIn profile:  
<https://www.linkedin.com/in/gvantsamezvrishvili-a7222360/>



# Partners of the project



INOVATYVI KARTA  
INNOVATIVE GENERATION

NGO "Innovative Generation"  
Lithuania  
info@innovativegeneration.eu



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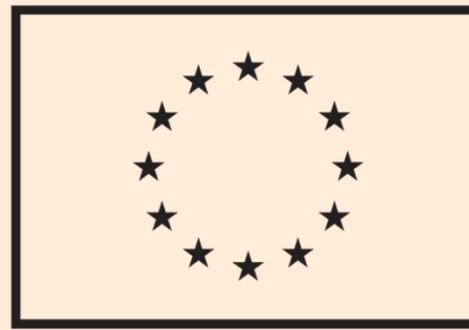
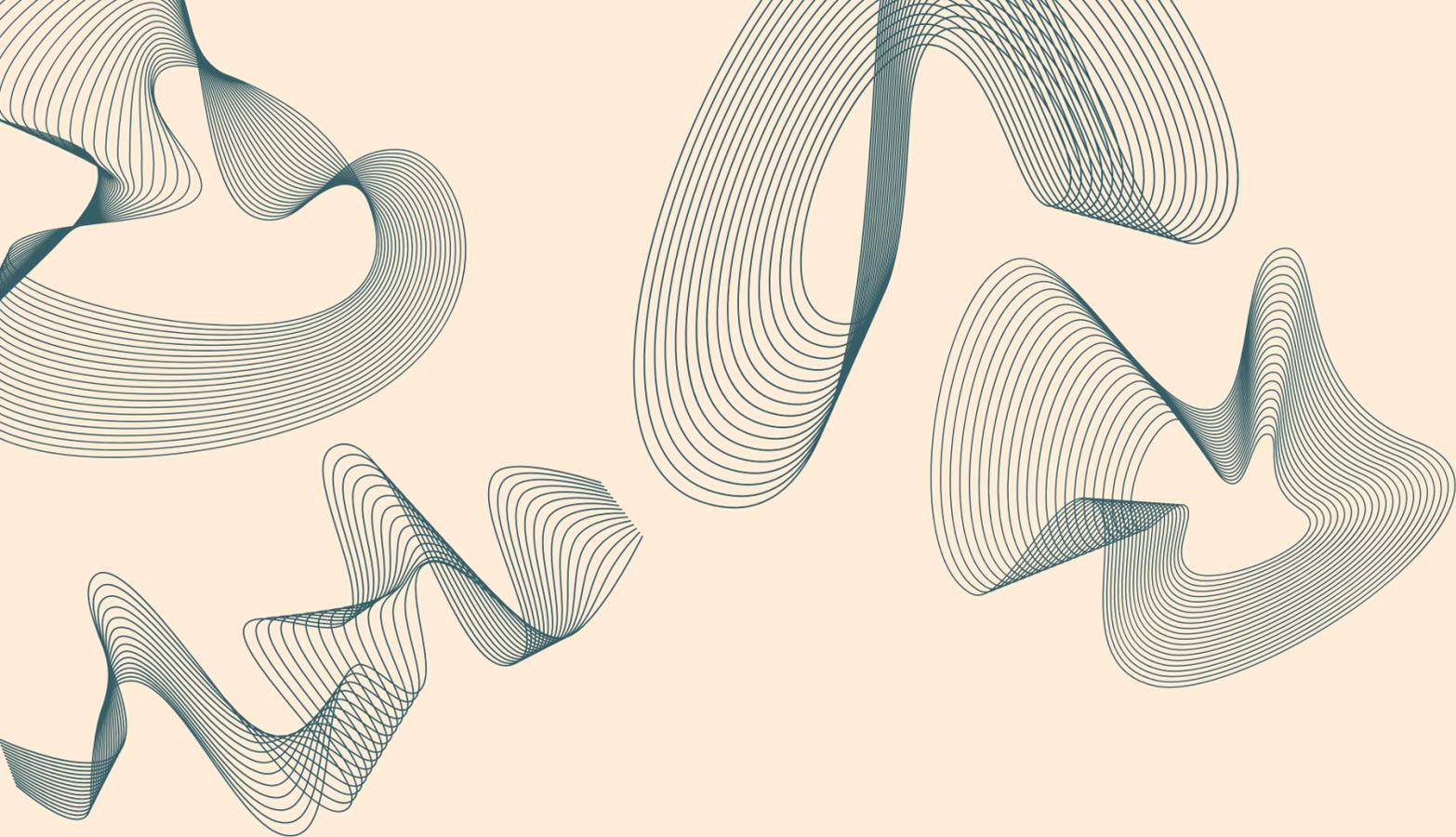
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**Organiser of this  
project**



**INOVATYVI KARTA  
INNOVATIVE GENERATION**

Apply Here: [https://forms.gle/TLvHF5Sej3obTm5J7\\_](https://forms.gle/TLvHF5Sej3obTm5J7_)

Any doubts, please contact us by  
[info@innovativegeneration.eu](mailto:info@innovativegeneration.eu)

Website: <https://innovativegeneration.eu/>

Facebook: <https://www.facebook.com/inovatyvikarta/>

Instagram: <https://www.facebook.com/inovatyvikarta/>

