

# We Facilitate

Training Course

*Creative Facilitation*  
*Wellbeing & Mindfulness*  
Artistic expressions  
Experiential Learning  
Sound Healing  
Emotional Intelligence

**A U S T R I A**  
15–23 Sept.2023



MOVE to Be You

Partner Countries:

Austria, Bulgaria, Czechia, Turkey, Romania,  
Macedonia, Serbia, Italy, Greece, Hungary



Co-funded by  
the European Union



# CONTEXT & OBJECTIVES

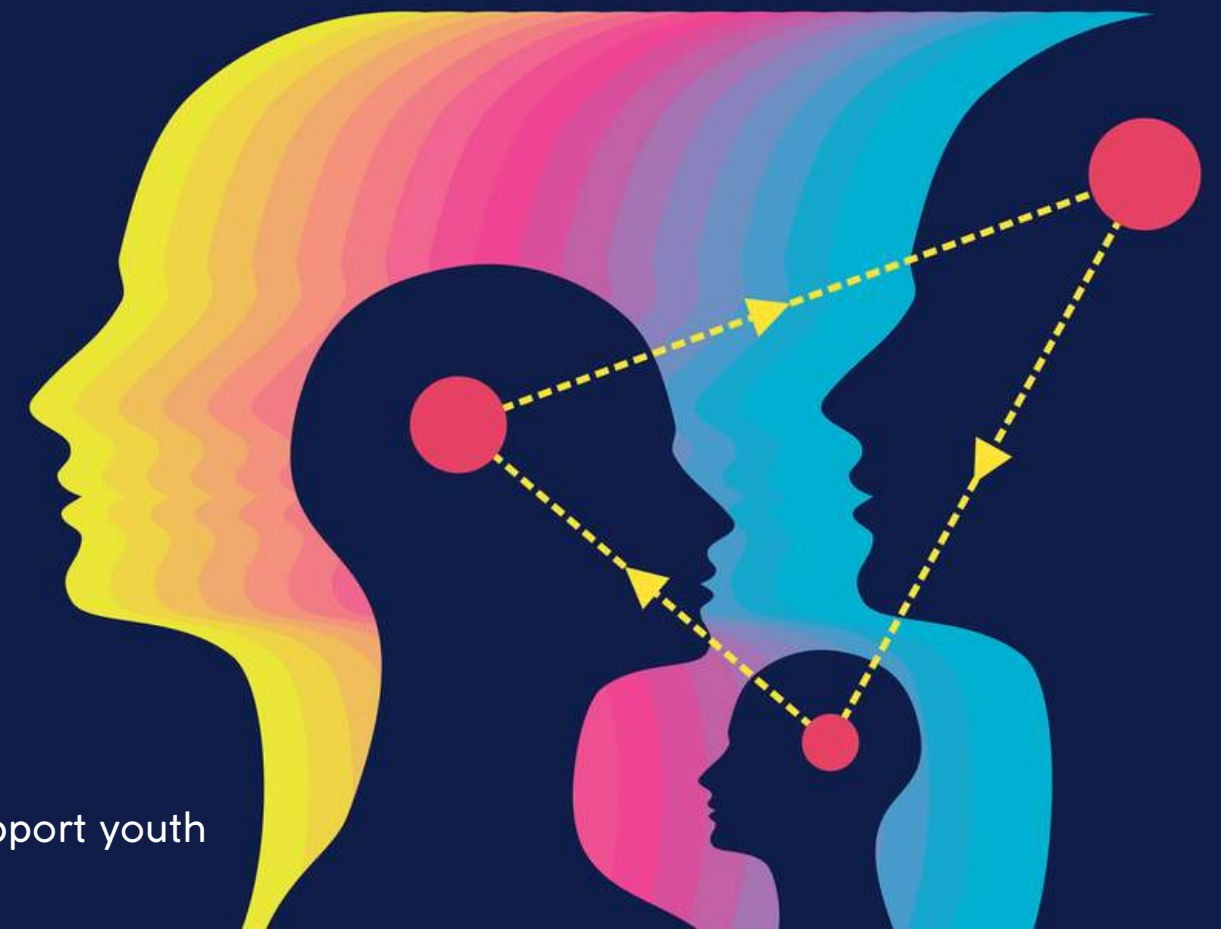
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**We Facilitate** is a path for the participants to explore self awareness and empathy towards others and discover techniques that can be used in youthwork practices. It is - to improve professional skills of coaches, mentors, facilitators and trainers, working directly with young people and youth.- to improve interpersonal, entrepreneurial and participation competences of young people and youth workers - to inspire the creation of new international projects among local, grassroot NGOs, working with young people facing challenge

We will have a core attention to the ability to listen, understand and manage emotions of the self and others, in order to release stress, empathize, communicate effectively and manage personal and interpersonal conflicts. This is a strong base for a good facilitator.

## Training Course's Focus will be:

- Methods of mindfulness by practicing both mental and physical activities for self-empowerment and youth development.;
- Methods of facilitation to support the self-reflection and self-initiated growth
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- methods of team-coaching to support young people's entrepreneurial, community and volunteer initiatives, to support youth NGO staff
- Techniques of NLP (Neuro-Linguistic Programming) adapted to youth work
- Team exercises to improve cooperation, communication, trust, problem-solving and motivation in teams



# ACTIVITIES & PROGRAM

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## INCLUSIVE ACTIVITIES & CREATIVE TOOLS:

- NLP AND COACHING TECHNIQUES
- CREATIVE FACILITATION
- CONSCIOUS MOVEMENT
- MINDFULNESS TECHNIQUES
- EXPERIENTIAL LEARNING
- DYNAMIC LEADERSHIP

## FOCUSED ON:

EMPATHY, SELF-EXPRESSION AND CREATIVITY

ENERGIZERS WILL INCREASE THE ENERGY LEVEL OF A GROUP & HELP THE BRAIN ACCESS ITS IMAGINATIVE SIDE. SIMULATIONS TO UNDERSTAND COMMON QUESTIONS AND BEHAVIORS RELATED TO THE TOPIC AND DEBRIEFINGS IN VARIOUS LEVELS.



# OUR TRAINERS

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## ORSOLYA CZIRAKI ((MOVE TO BE YOU \_ AUSTRIA)

ORSOLYA HAS EXTENSIVE INTERNATIONAL EXPERIENCE IN EUROPE AND ASIA IN LEADING YOUTH, OUTDOOR EDUCATION AND EDUCATIONAL STUDY TOURS AS WELL AS BUSINESS DEVELOPMENT IN TOURISM AND EDUCATION FIELDS. AS QUALIFIED YOGA AND ACRO YOGA TEACHER SHE USES SPORT AND PHYSICAL ACTIVITIES FOR SOCIAL INCLUSION, SUSTAINABILITY AND SELF-AWARENESS AS A NON-FORMAL EDUCATIONAL TOOL. SHE IS AN EDUCATION-THROUGH-SPORT TRAINER COMBINING HER VARIETY OF BACKGROUND IN PROJECT DESIGN AND REFLECTIVE LEARNING BY DOING. SHE IS A CERTIFIED NLP MASTER PRACTITIONER, ADVANCED COACH (ICS) AND LEVEL 2 REIKI MASTER.



## FRANCESCO DIPERNO (AVE - EXPERIMENTAL HUB FOR SOCIAL ARTS \_ ITALY)

FRANCESCO HAS A BACKGROUND IN CULTURAL MANAGEMENT AND CREATIVE COMMUNICATION STUDIES AND HAS EXPERIENCE WORKING WITH MUSIC LABELS, FESTIVALS AND CULTURAL ORGANIZATIONS. HE HAS TAKEN PART IN MORE THAN 25 INTERNATIONAL PROJECTS AROUND EUROPE AND MIDDLE-EAST, FIRST AS A PARTICIPANT AND THEN AS A TRAINER, FACILITATOR AND PROJECT WRITER. HE LIKES TO MERGE CLASSICAL NON-FORMAL METHODS WITH INNOVATIVE AND EXPERIMENTAL TOOLS RELATED TO CREATIVITY AND MINDFULNESS, OFTEN TAKING ADVANTAGE OF INTERACTIVE STORYTELLING, ART AND GAMIFICATION.

FRANCESCO DIPERNO (AVE - EXPERIMENTAL HUB FOR SOCIAL ARTS \_ ITALY)





# FOR WHOM?



WE WILL HAVE 31 PEOPLE FROM THE PARTNER COUNTRIES

PREFERABLY OVER 21 YEARS.

YOUTH OR SOCIAL WORKERS, TEACHERS ACTIVE IN THEIR ORGANIZATIONS OR LOCAL /SOCIAL COMMUNITY.

ENGLISH KNOWLEDGE.

NEVERTHELESS WE WILL BE OPEN TO SELECT SOMEONE WHO IS NOT EXPERIENCED BUT SHOWS MOTIVATION AND INTEREST IN THE TOPIC.

PRE EXISTING EXPERIENCE WITH MENTAL HEALTH RELATED ISSUES IS NOT A MUST, HENCE EXPERIENCED OR RELEVANT YOUTH WORKERS WILL BE GOOD TO BE ADDED TO THE GROUP FOR HIGHER LEVEL OF QUALITY AND PEER LEARNING OPPORTUNITY.

*TARGET GROUP:*

*Austria (3 ppl), Bulgaria (3 ppl), Czechia (3 ppl), Turkey (3 ppl), Romania (3 ppl), Macedonia (3 ppl), Serbia (3 ppl), Italy (3 ppl), Greece (3 ppl), Hungary (3 ppl)*

# FINANCIAL CONDITIONS:



100% ACCOMMODATION, FOOD AND PROGRAM ARE COVERED BY ERASMUS PLUS FUNDS.  
**50 EUROS** PARTICIPANTS CONTRIBUTION REQUIRED (PRE PROJECT BY TRANSFER UPON BEING SELECTED).



100% TRAVEL COSTS (ONLY MOST ECONOMICAL) ARE COVERED, UP TO THE MAXIMUM LIMITS PER PERSON PER COUNTRY THAT IS SHOWN BELOW:



AUSTRIA (180€), BULGARIA (275€), CZECHIA (180€),  
TURKEY (275€), ROMANIA (275€), MACEDONIA (275€),  
SERBIA (180€), ITALY (275€), GREECE (275€), HUNGARY (180€)



Upon being selected, Participants should search travel options and get approval from the project coordinator before booking their tickets. All travel documents must be kept, as those documents, tickets and boarding passes will be collected for the reimbursement (mandatory) !



## TRAVEL TIPS

### **HEALTH INSURANCE;**

All participant is responsible for their own insurance. The best is to bring your own EHIC card, otherwise you have to make a private health insurance on own responsibility and costs.

### **SANITARY SITUATION**

You can find constantly updated news on the sanitary conditions in Austria by [CLICKING HERE](#)

### **PASSPORT/ID**

Please check your passports/ID that your arrival date is 6 months before your passport expiry date! In case of visa costs, we will not be able to reimburse participants as there is no budget for that in this project.



# ACCOMMODATION & FOOD

During the training course you will stay together with other participants in Jugendherberge Hans Czettel Haus, in Neu Nagelberg, Austria. walking distance to the Czech border.

It is in a remote area in nature, chosen with intention to create a calm space for the group to focus on learning. The accommodation is simple and cosy, there are rooms with 4-6 beds and shared bathrooms, training room, areas to socialise.

You will be taking part in light housework (karma yoga practice) such as daily cleaning, kitchen support, etc. These tasks are part of a learning process in a group environment. We will have meals 3 times a day during the indoor program prepared by our vegetarian cooks with small coffee breaks during the day. Please note there is only 1 little shop across the border where you may buy some things. We suggest if you need medications or pharmacy related items it's better to bring it with you.







**CLICK HERE AND APPLY NOW!**

**TIME TO TRAVEL AND LEARN**

*Times: 3: 1/50*

**\*IF WHILE USING THE SMARTPHONE YOU CLICK THE BUTTON AND IT DOESN'T WORK, TRY FROM YOUR LAPTOP OR ASK THE PROJECT COORDINATOR FOR THE LINK!\***



# ROLES & RESPONSABILITIES

At first fill in the application form; link can be found in the previous slide; **"CLICK HERE & APPLY NOW"**

If you are selected then, please search and inform us about the details of the tickets and after our confirmation, you can buy them.

**IF YOU BOOK WITHOUT OUR CONFIRMATION WE WILL NOT BE ABLE TO REIMBURSE YOU.**

Important: YOU HAVE TO KEEP ALL DOCUMENTS RELATED TO YOUR TRAVEL in order for us to advance with the reimbursement process. If there is no document, we cannot reimburse you.

To be reimbursed, the participants need to take part in all the duration of the training course and all the activities.

Please prepare short country presentation (it can be short tales or games, music, dance, sketches and so on..) and as well bring **SNACKS** and **DRINKS** for the **intercultural night**. Kitchen cannot be used, so bring ready made delicious typical food from your countries!

We are happy to host everyone who is willing attend in all the sessions of the project activity and bring lots of positive energy.





# MOVE TO BE YOU

## HOSTING ORGANIZATION

We organize international and cross continental projects, trainings, workshops and social activities throughout Europe and Asia.

As an Austrian NGO formed by a group of international educators and trainers, we believe in the power and benefits one can find, learn and transmit through movement, sport, physical or mental practice, performing art and coaching. MOVE to Be You develops projects using experiential learning, nature based methods and Non-formal education for self and community skills development. In this way we aim to support the creation of a mentally and physically healthy and active inclusive society. Programmes are developed by our professional trainers and educators working in youth and adult education field.

The grassroot sports for skills development and self-empowerment used by our trainers are:

AcroYoga, Yoga, Contact Improvisation, Body work, Performing art elements, Dance, alongside workshops for entrepreneurship, sustainability (social, economic, environmental), self-development and leadership projects.

Our motto is: "Entwicklung in jede Richtung": "Development in every direction."  
[CLICK HERE TO NAVIGATE INTO:](#)



MOVE to Be You



# PARTNERS

1. Smokinya Foundation Bulgaria
2. Brno Connected z.s. Czech Republic
3. Avrasya Genclik Gelisim Dernegi Türkiye
4. ASOCIATIA POINT OF VYOU Romania
5. INTERKULTURA SKOPJE Macedonia
6. VEGA OMLADINSKI CENTAR Serbia
7. YOUth Connect Italy
8. Roes Cooperativa Greece
9. 21 Nap - Fiatalok a Tudatosabb Életért Egyesület Hungary
10. CET PLATFORMA SKOPJE Macedonia





IF YOU HAVE QUESTIONS AND NEED HELP  
TRY TO FIND YOUR ANSWERS IN THE INFOPACK.  
IF NOT, FEEL FREE TO CONTACT US:

**Project Coordinator Team**

Email: [movetobeyou@gmail.com](mailto:movetobeyou@gmail.com)

Good luck with your application!

We hope to see you soon in Austria.

