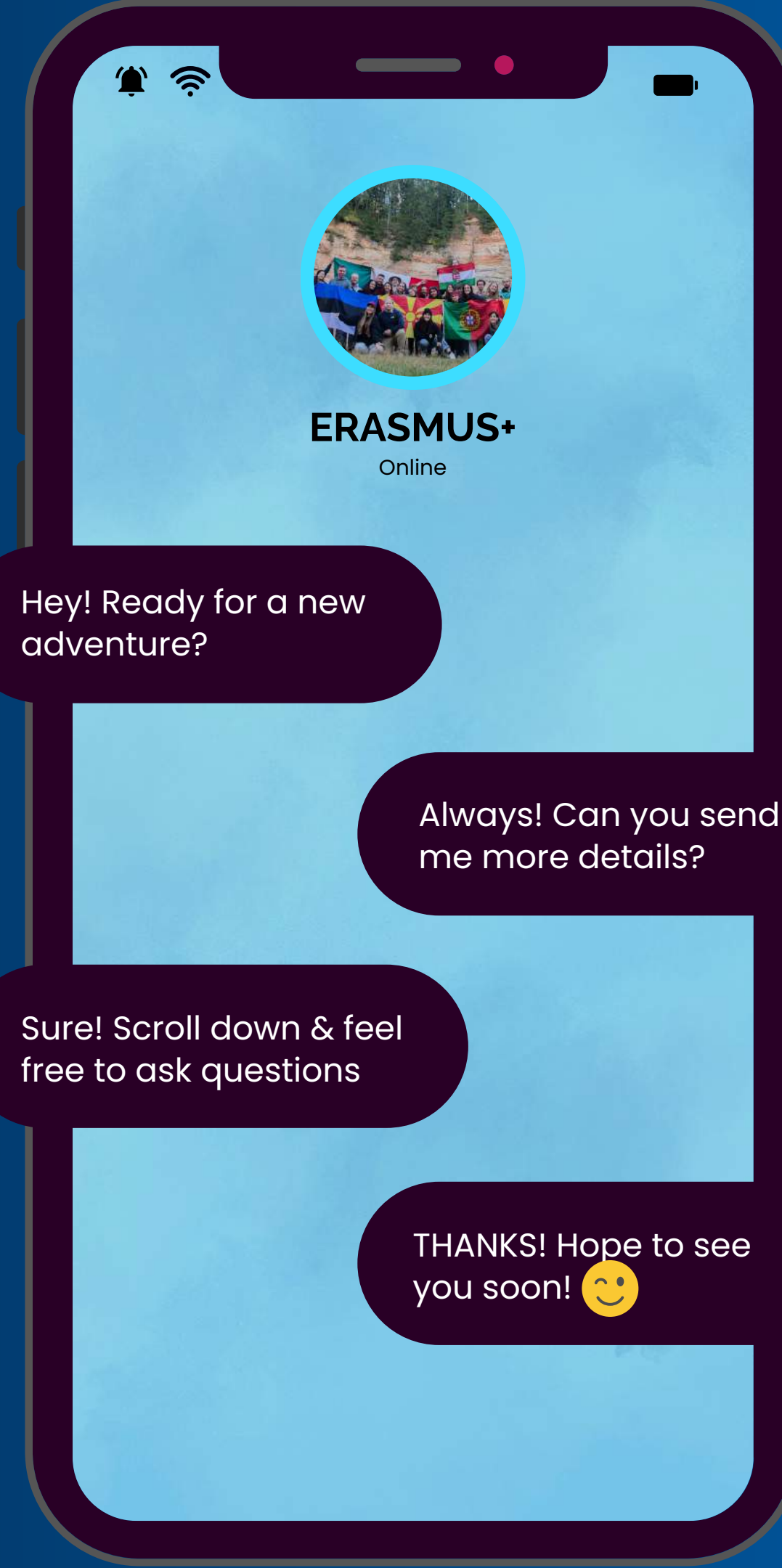


# COMMUNICATION MATRIX

22.09-30.09 Taevaskoja, Estonia



Hey! Ready for a new adventure?

Always! Can you send me more details?

Sure! Scroll down & feel free to ask questions

THANKS! Hope to see you soon! 😊

# **GOOD COMMUNICATION IS THE BRIDGE BETWEEN CONFUSION AND CLARITY**

**Have you ever played a "broken phone", where you need to pass on the same message you got to the next player by whispering it into their ear? Then you definitely know how easy it is to lose the game due to a poor communication.**

**But how often does the same issue happen in real life? You've probably seen and perhaps even personally encountered situations that, due to a small misunderstanding, escalated into unnecessary conflicts.**

**Having excellent interpersonal skills is one of the most demanded qualities in today's world. And especially in the Erasmus+ world, where youth workers play crucial role in shaping lives of young people.**

**Our training course comes with the main aim to equip youth workers with strong people's skills, which will enable them to build better connections and guide youth groups in a safe and peaceful manner.**



# LEARNING OBJECTIVES UP COMMUNICATION STYLES

**01**

**VERBAL**

Conflict-management, NVC, public speech, debating, intercultural dialogue

**02**

**NONVERBAL**

Power of body language, active listening, emotional awareness, empathy

**03**

**VISUAL**

Nowadays visual language of young people, self-presentation, social media trends, digital skills

**04**

**WRITTEN**

Power of words, "marketing" strategy in youth work, inclusive language, ABC of storytelling





# WE ARE A MATCH IF...

## AGE

20 - 30 years old

## PROFILE

Engaged in youth field -  
leaders, organisers, youth  
workers, facilitators,  
volunteers, etc.

## GEOGRAPHY

Portugal, Spain, Italy,  
North Macedonia, Turkey,  
Belgium, Hungary,  
Lithuania and Estonia

## MOTIVATION

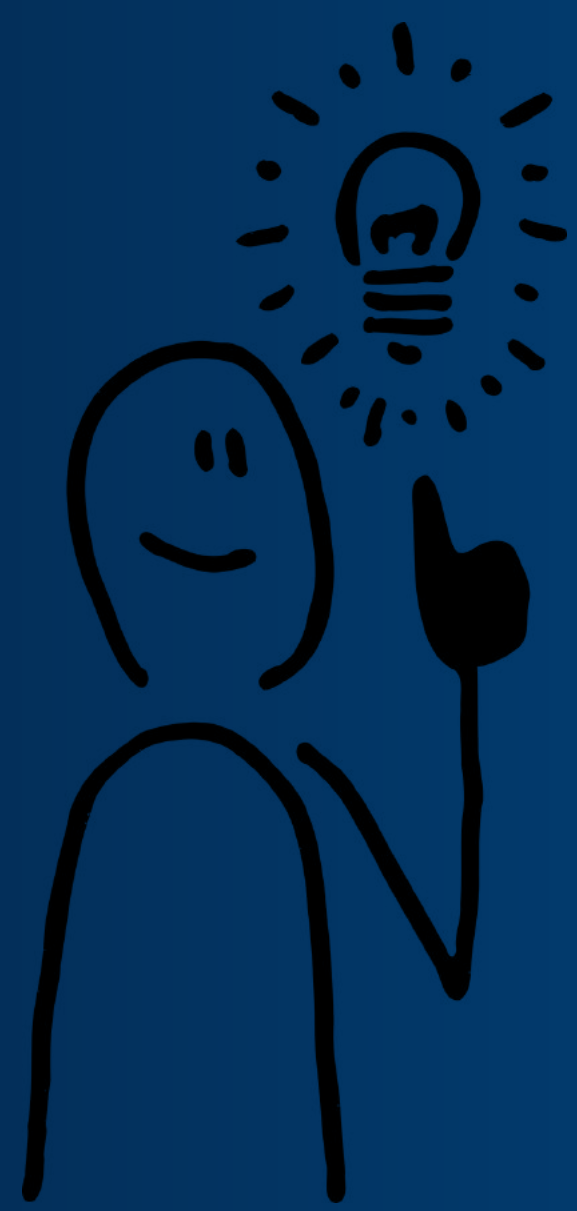
Desire to improve own  
interpersonal skills and  
get out of comfort zone

## COMMITMENT

Readiness to fully commit  
to the project during and  
after the training course  
(follow-up activities)

## RESPECT

This is an alcohol free  
event. Please do not  
apply, if you are unable to  
follow this condtion!



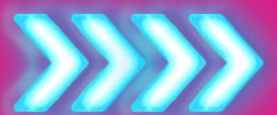




# ACCOMMODATION



Taevaskoja Holiday Centre is located 40km from Tartu and is surrounded by some of the most mesmerizing natural sights in Estonia. We will be accommodated in double/triple rooms, same gender, mixed nationalities. The hotel is located in the middle of forest and there are no shops within walking distance. Perfect spot for a wild & transformative adventure!





# TRAVEL & REIMBURSEMENT

Our meeting point will be in Tartu, where an organized bus will be waiting for everyone at 19:45 on 22nd of September. If you wish to prolong your stay in Estonia, you can use up to 5 days at your own expense.

The reimbursement of travel costs will be done only upon full attendance. The bank transfer will be made after we receive all travel documents and a report of carried out dissemination activities.

**!Preliminary 35 EUR will be cut for Tartu-Taevaskoja-Tartu bus!**

100-499 KM

180€

LT

500-1999 KM

275€

HU, MK, BE

2000-2999 KM

360€

ES, IT, TR

3000-3999 KM

530€

PT





**Any questions?**

Contact us @  
[ystallinn@gmail.com](mailto:ystallinn@gmail.com)



**SEE YOU SOON!**



Co-funded by  
the European Union



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