

**TRAINING FOR YOUTH WORKERS AND LEADERS**

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# **KINETIC INTELLIGENCE IN YOUTH WORK**

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**25. 03. – 31. 03. 2025 ( INCLUDING TRAVEL DAYS )  
TRBOVLJE, SLOVENIA**



**ASPIRA**



**Co-funded by  
the European Union**

# WHAT IS THIS TRAINING ABOUT?

## We want you to move!

The project aims to equip youth workers with competences to promote and develop kinetic and emotional intelligence in young people. We strongly believe that non-formal learning is active learning of individuals, that creative expression leads to critical thinking and that creativity is a very powerful tool for self-awareness and the amazing tool for discovering one's authentic self, which is very necessary for young people during adolescence. Dance and movement provide a way of learning that develops communication skills, problem-solving techniques as well as creative and critical thinking skills as well as kinetic skills.

Our AIM is to train participating youth workers to develop, enhance and foster kinetic intelligence in themselves and the young people with whom they work and thus directly build an environment that encourages the development of critical thinking.



## WHAT WILL YOU LEARN?

1. Some easy to apply tools - modalities, exercises, and games from Dance Improvisation, Body-mind-spirit practice and Dance therapy that can be done by any-body and that they can use in their work
2. Learning to improvise and express creativity
3. Experience magical moments of complete body awareness
4. Gaining structure with simple 8 step formula to shape, organize and lead workshops, classes, sessions...
5. Gaining a new embodied teaching & leadership skill set with higher emotional intelligence.



# TRAINERS

**Goran Bogdanovski**, Holistic Dance Teacher, Transformational & Embodied Leadership Coach, Choreographer, Dancer... and founder of Ficho Institute.

Goran Bogdanovski has lived and breathed dance professionally since 1990, establishing himself as a multifaceted artist in the performing arts, including classical ballet, contemporary dance, and physical theatre. For over a decade, he performed with the Slovene National Ballet Company, from corps de ballet to principal roles. Simultaneously, he cultivated a rich freelance career, collaborating with numerous contemporary choreographers and theatre directors across Slovenia and Europe.

In 2000, Goran embarked on a journey of exploring Improvisation and Freedom - embodied Lifestyle. He co-founded a dance company Fičo Balet, choreographed performances, and toured extensively worldwide. His dedication to the arts extended beyond the stage as he co-founded venues, academy, festivals, platforms, and networks such as Nomad Dance Academy, Kino Šiška, CoFestival, Gibanica, and the Center for Contemporary Dance Arts of Slovenia (which was shut down by the newly elected government in the name of recession before it could even begin its work), contributing significantly to the development of the dance and artistic community.

Since 2006, Goran has shared his expertise as a teacher, coach, and mentor, working with over 3,000 individuals across 23 countries. His unique methods draw from a lifetime of experience in Ballet, Contemporary Dance, Dance Improvisation, Contact Improvisation, Theatre, Meditation, Yoga, Martial Arts, Spirituality, Therapy, Personal Growth, Team Building, and Embodied Leadership.



**Rada Drnovšek (ASPIRA trainer)** has over the past decade in the youth sector progressed from being a participant to a project creator and leader at the local, regional, and international levels. She is passionate about regional cooperation and development, sees the bigger picture, and places great importance on the impact of her work. Goal-oriented, she constantly seeks “win-win” solutions for all involved. She emphasizes networking and recognizes opportunities for individual and community growth everywhere. Her degree in political science and a master's in nonprofit management support her in developing various projects and activities at Aspira. Freedom, balancing her multiple roles, and strategic planning are especially important to her.

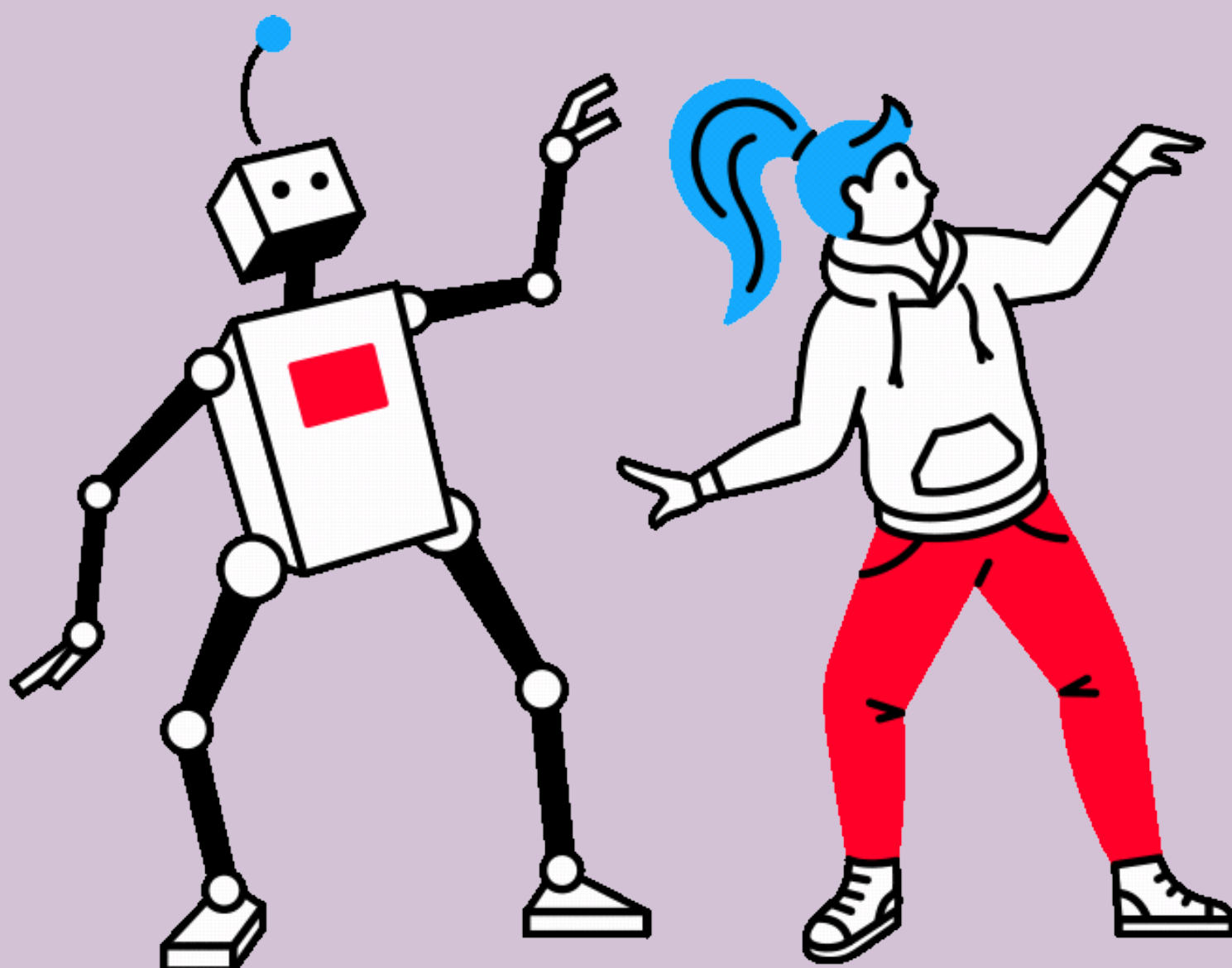


# LOGISTIC: VENUE, FOOD AND TRAVEL



**HOSTEL TRBOVLJE**  
**Zavod za mladino in šport**  
**Ulica 1. junija 18**  
**Trbovlje**  
**Slovenia**  
**[www.zmst.si/hostel](http://www.zmst.si/hostel)**

Participants will be accommodated at Trbovlje hostel. They have 3 rooms with 3 beds and one dorm with 14 beds (All rooms have their own bathrooms and showers). Participants will share rooms. We will have breakfast at the hostel, lunch & dinner will be organised by us in the local restaurants. We will use their seminar room as well as the outdoors for our activities. We will follow dietary restrictions (vegetarians, vegans, any allergies etc.).





# TRANSPORT



You will be traveling to the town of Trbovlje, from there we will take you to the training location.

## TRBOVLJE IS REACHABLE BY TRAIN:

You can reach Trbovlje from the direction of Zagreb, the international train stops in Zidani Most, where you change for the regional or local train to Trbovlje.

<https://potniski.sz.si/en/zagreb/>

By train to Trbovlje from the direction of Ljubljana

Take a local, regional or intercity train from Ljubljana that takes off every hour or even more often ( change the date in the search engine)

[https://potniski.sz.si/en/plan-your-journey/?action=timetables\\_search&language=en&departure-date=01.08.2023&entry-station=42300&exit-station=42203](https://potniski.sz.si/en/plan-your-journey/?action=timetables_search&language=en&departure-date=01.08.2023&entry-station=42300&exit-station=42203)

## TRAVELING TO SLOVENIA, airports that are closest to us:

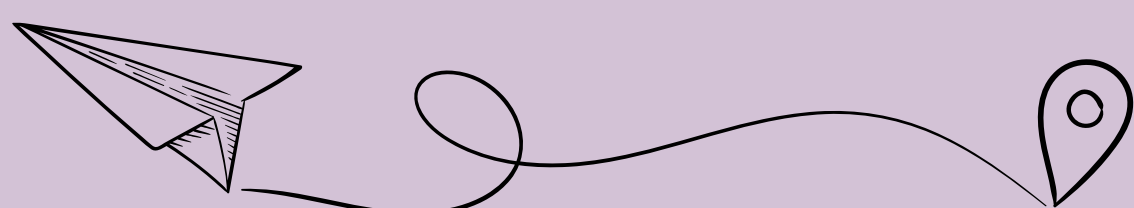
<https://www.lju-airport.si/en/> - Ljubljana Airport (SLO)

<https://www.trevisoairport.it/en/> - Treviso Airport (IT)

<https://www.veneziaairport.it/en/> - Venice Airport (IT)

<https://www.viennaairport.com/en/languages> - Vienna Airport (AUT)

<https://www.zagreb-airport.hr> (crossing the border between Slovenia and Croatia can take a bit more time – although in this time of a year maybe not)





# TRANSFER TO/FROM THE AIRPORT:

- [https://arriva.si/vozni-redi/?departure-8599=Brnik%2Fairport+Ljubljana&departure\\_id=138867&departure=Brnik%2Fairport+Ljubljana&destination=Ljubljana+AP&destination\\_id=138922&trip\\_date=15.12.2021](https://arriva.si/vozni-redi/?departure-8599=Brnik%2Fairport+Ljubljana&departure_id=138867&departure=Brnik%2Fairport+Ljubljana&destination=Ljubljana+AP&destination_id=138922&trip_date=15.12.2021) (from LJ airport) – the cheapest option, otherwise there are a lot of Taxis and other transfer vans at the airport to catch. You can buy ticket on the spot – price is the same.
- <https://www.goopti.com/en/> (also for Foreign airports) – buy ticket on-line as soon as possible, prices are changeable.
- <https://potniski.sz.si/en/> (timetable, prices, online buy) – you can buy ticket online or on the spot – price is the same.
- In Ljubljana you can exit your transfer at the Main Bus Stop (Avtobusna postaja Ljubljana, <https://www.ap-ljubljana.si/en/>) and you will find a train station nearby <https://potniski.sz.si/en/> (timetable, prices, online buy). The bus station is accross the train station.



Foto: <https://old.delo.si/novice/ljubljana/sz-in-ap-ljubljana-se-brez-dogovora.html>

## REACHING THE HOSTEL FROM THE TRAIN STATION TRBOVLJE

Most of you will reach Trbovlje, by train. From the train station there are regular buses going every 10 to 15 minutes. You can find the bus schedule here: <https://www.nomago.si/vozovnice/vozni-red>

In the timetable type these two locations Trbovlje ŽP ( Trbovlje railways) and trbovlje Trž ( Trbovlje market place)

### Timetable

Check the current bus timetable, which allows you to travel comfortably and reliably to your desired destinations in Slovenia!

📍 Trbovlje ŽP



📍 Trbovlje trž.

📅 18.03.2025

# TRAVEL BUDGET BASED ON YOUR DISTANCE

You can calculate your budget for travel using the Erasmus + Distance calculator <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>  
Type in your location and the final destination of the training TRBOVLJE.  
The distance that you get is then compared to the table below.

Travel distance	GREEN TRAVEL	STANDARD TRAVEL
10 – 99 km	56 EUR	28
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR

## APPLICATION PROCESS

You have to apply through a sending organization!

Provide a short motivation letter that shows your motivation to join the project, your background in youth work, what groups of young people you work with and how you would use the new knowledge.

