

Infopack

TRAINING COURSE FOR 24 EDUCATORS AND YOUTH WORKERS

"LEARNING AND CHALLENGING EMOTIONAL INTELLIGENCE OUTDOORS"

28th of April - 8th of May

Including travel days

2022



MAIN IDEA

WHY?

Emotional intelligence is considered to be one of “super” (transversal) competences of 21st century. It is commonly recognized that being able to constructively deal with and regulate ones emotions and relate to others is highly crucial not only for successful working career, but also for managing fulfilled personal and social life of each person.

Especially lately, when we all experience so much distress, it is highly crucial to develop the skills of taking care of WELL-BEING.

We can not support the young people if we do not know how to help ourselves!



AIM

To provide the space for 24 youth workers and educators from 9 countries to meet, share the common challenges related to young peoples' well-being in these times, understand better Emotional Intelligence and explore tools to promote it.



CONTENTS

- Emotional Intelligence (EI) - what is it and why it is crucial for personal and social well-being of young people and youth workers
- Sharing challenges related to working with youth (in these times) and identifying needs
- Discussion and reflections on skills of EI and being connected to oneself and others
- Exploring tools and practices for cultivating EI (special focus on self-awareness and emotional self-regulation)
- Individual and group learning process through different Outdoor Experiential learning methods (how is my EI during more/less controlled situations?)
- Designing workshops for developing EI among youth

HOW?

APPROACH

To make the learning more powerful and transformational, during this training course we have chosen to combine more common **non-formal learning methods** with **Outdoor Experiential Learning (OEL)** and **hiking experience** in Latvian nature.

- This will allow, on the one hand, to connect with **oneself**, with **each other** and **world around** in a deeper level.
- On the other hand, being in the nature for extended period of time allow experiencing situations that are **touching** and/or **out of comfort zone** (thus creating unexpected emotions, thoughts and body sensations, which one has to deal with).

There are countless researches done in the last years which prove that being in the nature gives many benefits.



OUTDOORS, but NOT EXTREME!

While we DO plan that approximately half of programme activities will be implemented in the nature /outdoors, it will not be based on physically hard survival type of activities that require very specific equipment, skills and experiences.



We believe that strong effects of learning in the nature can be reached without pushing oneself to the extremes!

In this training we want to put emphasis on developing sensitivity and making relationship with nature closer. Yes, the programme includes 24 h hike and yes, the weather in spring in Latvia could be a bit chill/rainy! Nevertheless, we believe that this is nothing extreme if you are prepared for it. And it is surely a great learning!

To avoid the situations, when participants experience great things during the training, but then they go home and don't feel confident to use the same approaches, we also want to make sure that **all the methods we try out during the training are easy to transfer to all (youth work) realities and do not require specific outdoor skills.**



WHEN?

DATES

Arrival day:

Thursday, 28th of April 2022

Departure day:

Sunday, 8th of May 2022



** You can arrive in Latvia earlier and leave later without limit at your own expense.*

9 DAYS of RETREAT?!



With its' intensive programme for sure this training **will not be holidays**. Nevertheless, we can imagine (basing on our own feelings and how we want it to be) that this training can be a very valuable "investment" in order to change environment, meet colleagues, gain new ideas and re-charge your batteries...

TIMELINE

Be ready that when you decide to apply for participation in this project, you are ready to devote also some time for preparations for the training as well as doing follow-up activities.



WHO?

Erasmus+ project tourists - people who go to many projects and do not actually work with youth on regular basis



**NOT
WELCOME!**

PARTICIPANTS

- Teachers, social workers, youth workers, peer-leaders, youth organization/club activists, scout leaders, educators, etc.
- Working with young people (13-30 years old; not children) in schools and/or in non-formal education system (as volunteers or paid workers) on regular basis
- Interested in exploring power of learning outdoors/in nature for developing Emotional Intelligence and young peoples' mental and physical well-being
- Ready to organize at least **1 follow-up activity** using the experience from this training (individually or together with another person from the same country) within 3 months after the training
- Ready to prepare **1 post/article** for publicity to share results from the training and applying EI in their daily youth work
- Committed to learning and working together for quite long hours every day and being outdoors
- Aged **18+**
- Good skills of communication in **English**



COUNTRIES

Latvia 3 pax	Estonia 3 pax	Poland 3 pax	Croatia 2 pax	North Macedonia 3 pax	Bulgaria 2 pax	Greece 3 pax	Spain 2 pax	Portugal 3 pax

Participating countries - number of participants.

PRACTICALITIES



This project is 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.

TRAVEL AND REIMBURSEMENT

Click on your country to open a flight/bus search engine to Riga: [Estonia](#) - 180€ limit, [Poland](#), [Croatia](#), [North Macedonia](#), [Bulgaria](#), [Greece](#) - all 275€ limit, [Spain](#) - 360€ limit, [Portugal](#) - 530€ limit, [Latvia](#) - 20€ limit per participant). We recommend to use these links only for searching, but buy directly from airlines websites, not kiwi.com. Adjust the search parameters as you need - you can arrive in Latvia earlier and leave later without limit at your own expense.

Try to book all your tickets online before **March 28** and immediately email them to us digitally for reimbursement. It will be transferred fully in EUR currency to your bank account as soon as you have submitted all the tickets, boarding passes, invoices and receipts and fully participated in the training till its last day.

Please find here [detailed instructions how to get to the training location by public transport once you arrive at Riga airport or bus station](#).

LOCATION AND ACCOMODATION

We will host you at the guesthouse "Debesu Bļoda" ("Sky Bowl") ([pictures](#), [location](#)) 4.4 km from Ogresgals village surrounded by vast forests.

Participants will share rooms of 2-4 beds (some with separate shower/bathroom, while some will a common one at the corridor). Free Wi-Fi will be available, but if you already have a mobile data plan from another EU/EFTA country mobile operator - you can use it in Latvia without additional roaming charges.

ACCOMODATION - LAST NIGHT

We are not 100% sure yet, but it seems that for the last night will move to Riga. In this case, all of you will be hosted in a budget hostel with bunk beds (sorry, our budget is not able to cover more privacy in the capital). It is very cozy and in the heart of Old Town of Riga - Tree House Hostel.



COVID SAFETY

Entrance rules into Latvia

Before boarding the plane/bus/train you will have to present either:

- EU Digital COVID certificate (download it on your phone from your national authority by clicking on your country in the map)
- Or a negative RT-PCR (or similar NAAT) test result taken less than 72h before boarding, or Rapid Antigen Test taken less than 48h before boarding (cheaper, ready in 20 minutes)
- You don't have to fill any passenger locator form when entering Latvia.



General rules in Latvia now:

- Since April 1 all restrictions will be lifted.

INSURANCE



- Organisers will buy a **group travel insurance** for all who indicated in the application form that they don't have a special health insurance covering Covid-19 and repatriation.
- EEA residents must bring their **European Health Insurance Card** too (otherwise most travel insurances don't cover them). Get it for free from you national authorities.

WHAT TO TAKE WITH YOU?

We will prepare a more detailed list of what you should bring along few weeks before the training, nevertheless, as we will be spending much time outdoors, be ready to have comfortable, rain-proof and warm enough clothes (layers).



TEAM

LAUMA ŽUBULE



Lauma has been involved in youth work for more than 15 years. Starting out as an active member and later peer educator in Scout and guide movement, participating in youth educational programs, she continued with her studies in organizational psychology, supervision and coaching. She is a non-formal education trainer and practitioner, working with groups of youngsters, youth workers, teachers, social workers and people from the business field and state institutions. Subjects of her work involve emotional intelligence, team work, motivation, learning, outdoor and adventure education.

IEVA GRUNDŠTEINE

Ieva has been working in the youth field since 2001 as a local and European project initiator and manager and for last 13 years is an active trainer of non-formal learning in the field of youth. She has carried already more than 150 trainings for different target groups (youth workers, teachers and others). Last 7 years Ieva has also been involved in exploring Outdoor Experiential learning opportunities for youth work. She is also a member of pool of trainers of Latvian NA: <https://www.salto-youth.net/tools/toy/ieva-grundsteine.1858/>



REINIS BĒRZIŅŠ



Reinis is the coordinator of this project. He is an extracurricular tutor in earth and environmental sciences, organizer of educational wildlife expeditions and outdoor sports events, mentor of youth science research projects. He has great outdoor skills and also on his daily life he spends a lot of time in nature. What is not less important, he also has a very good sense of humour ;).

Ask him any questions:

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PROGAMME



Changes are surely still possible - this is just to give you a general insight.

Time /	Fri, 29.04	Sat, 30.04	Sun, 1.05	Mon, 2.05	Tue, 3.05	Wed, 4.05	Thu, 5.05	Fri, 6.05	Sat, 7.05
8 - 9.30	OWN time (morning yoga, meditation) and breakfast								
9.30 - 11.30	Intro Ice-breaking	EI in practice: self-awareness and self- regulation	Practical preparations for Hike	Challenge Hike	Free morning (to regain energy)	Remaining questions about EI	Laboratory - EI workshops @Outdoors	EI workshops @Outdoors	Solo in Nature Erasmus+ and Networking
11:30	Coffee break				Coffee break				
12.00 - 13.30	Experience and Motivation Grounding in Nature	EI: Concepts and Theories	Last preparations Coordination meeting	Challenge Hike	Reflection on Experience - focus on EI	What is a quality NFL workshop on EI? Intro to Lab	EI workshops @Outdoors	EI workshops @Outdoors	Packing Departure to Riga
13.30	Lunch								
15.00- 16.30	14:30 Group building activities	Well-being and EI in these times - you and youth	Challenge Hike	Resting / recovering	Evaluation Challenge Hikes as a method	Preparations for Lab in Groups	EI workshops @Outdoors	Evaluation of Laboratory Learning	Free time in Riga
16.30	Coffee break			Coffee break					
17.00 - 18.30	Group building and reflection	Intro to Challenge Hike Learning Needs	Challenge Hike	Reflection on Experience - individual and small group	Power of learning outdoors - research and theories	Preparations for Lab in Groups	EI workshops @Outdoors	Planning follow-up activities	18.00 Summing up, evaluation and closing
18.30	Time for reflection in group								
19.15	Dinner								
~21.00	Welcome Evening	Lets See... evening	Challenge Hike	Sauna / Relaxation	EI Story Evening	Fire-place Evening	Free evening	Cultures Meet	Farewell Evening

APPLYING



Deadline: **Tuesday, March 22**

Application form online: <https://forms.gle/p6gfybPsmBcU1D5N8>

Looking forward to

SEE YOU IN LATVIA!



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HOSTED BY:
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