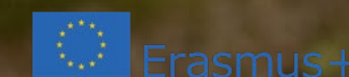


info letter

Waves of Guiding

preparatory visit: online 2025
training event: 10 – 16 April 2025

Ommen, the Netherlands



Waves of Guiding

about the program

Working with people can be really demanding. Besides the joy of new encounters and connections, there is always a new wave to ride... there is always some need for adjustments – how am I holding space for others, how am I reacting to the process of others, how am I handling different changes and circumstances, what are my own boundaries and where is my stability? These are all questions that frequently arise. Nourishing the learning process of others takes energy and creativity – but at the bottom of it all, it takes self-nourishment.

In **Waves of Guiding** we take a closer look at the way we work with people. Through various **self-coaching** tools and techniques, we uncover certain patterns while developing a different approach to our current situation, from a **place of ownership**. We explore ways in which we can navigate setbacks and unexpected situations while strengthening our resilience and focusing on the elements that truly matter (the ones that create real impact).



Waves of Guiding

about the program

What moves me while working
with people?



Looking at ourselves is inevitable.

What drives me and my decisions? How is my personal life intertwined with my professional life? What are my assumptions (about myself, about others, about this field of work)? Where do I end and where does the other person begin? We look at all this through many different layers, thus creating a dynamic combination of practical elements and personal explorations.

Furthermore, we work on two different levels: on the one hand, we use self-coaching tools to navigate our own personal journey; on the other hand, we practice these tools in relation to the people that we work with (thus exploring certain ways in which coaching can ease our work while creating more impact).

what to expect?

We will look at the role of a trainer, coach, mentor, or youth worker. Through this, you can shape what belongs to you while noticing the pitfalls that get you into trouble.

This will be an intense training with long & packed days and sometimes challenging processes. You will have the chance to come with your learning questions, learn from the other participants, and explore & experiment through the dynamic practice sessions. We will offer a variety of inputs (from theories to practices, spiced with movement exercises and other creative tools). Still, your experience and how much you take away will be fully in your hands.

Prepare to contribute – with your own thoughts, explorations, and experiences!



would you like to join us?

For this program, we would like to invite participants who are actively working with other people – especially with youngsters (this means that there is a real need to acquire supportive tools and practices). This whole event is based on active participation, we approach the whole topic through an action-oriented mindset.

Please note, that this will not be a therapy.

We highly encourage you to check in with our partner organization before deciding to join us. This way you can see whether the program fits you.

Further points from our side:

- we would like to work with people between the ages of **24** and **28**, active within our partner organizations or their networks;
- speaking English at a fluent level is needed.



timeline

Pre-learning preparation

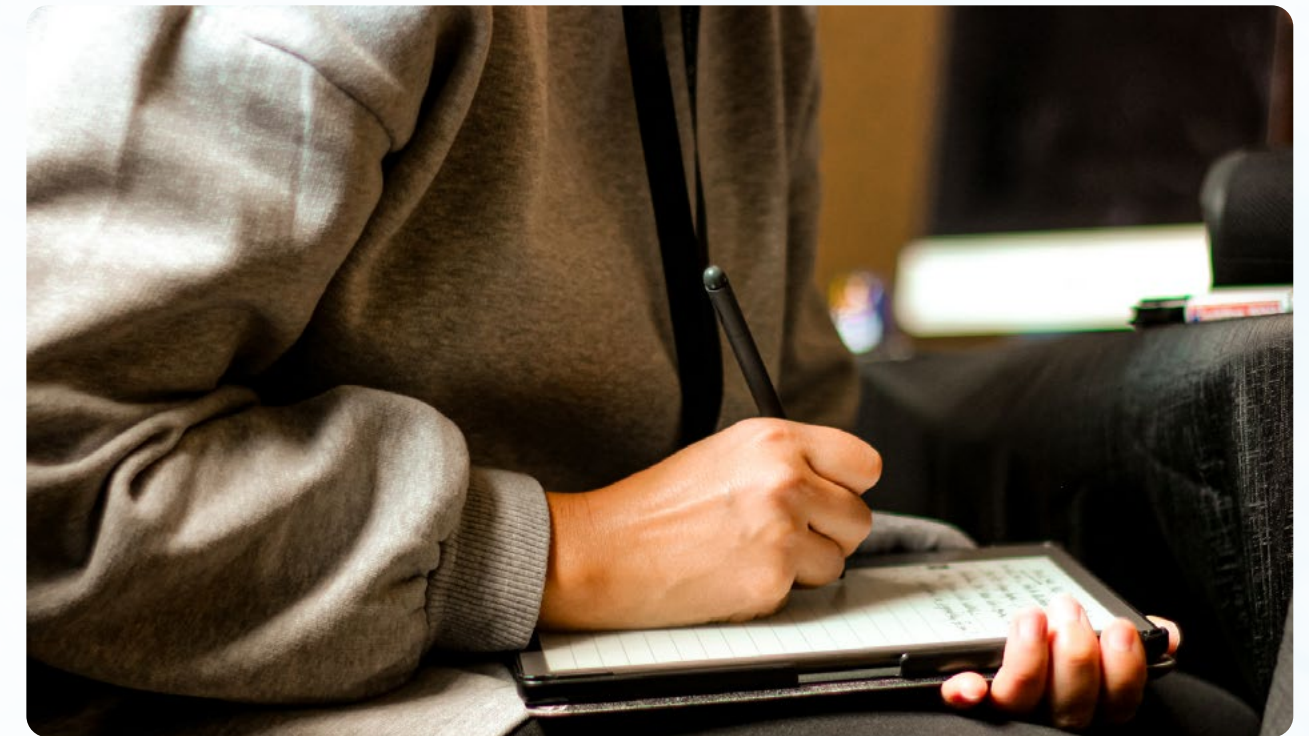
Before the learning event you will have the chance to get in touch with other participants and with the topic of this project through an **online group**.

Preparation visit

We will host this visit online – the dates will be decided later on together with the selected participants.

Training event

*arrival day – 10 April, until 18.00**
program – 10 April from 18.00 –
16 April until 20.00
departure day – 17 April



*we would like to start and end the program together, therefore we invite you to plan your travel in a way that you are here for the **whole program**. In case you would like to visit the Netherlands, feel free to arrange that before or after the program.

Follow-up: System Development & Outreach activities

To grow further while sharing your skills with others, you will organize one local event back home – for other professionals (May – June 2025).

travel reimbursement

You can use the green travel option or the non-green travel option. Regardless, you will get the full travel reimbursement amount at the end of the event, according to the country you are coming from.

	green* travel	non-green travel
travel reimbursement	Italy, Latvia, Romania, France, Czechia 417 euros The Netherlands price of the train ticket	Greece, Italy, Latvia, Spain, Romania, Bulgaria, France, Czechia 309 euros
participation fee	no participation fee	75 euros, which will be taken automatically from the travel reimbursement
ways of travel	environmentally friendlier way of travelling, for example, taking a bus, train or car-sharing	faster way of traveling, for example, flying

*Green travel counts if at least 51% of the total distance in kilometres from the city of your sending organization is done via green ways of travel.

how to apply?

partners

In case you have any further questions regarding the project, feel free to contact either our partner organizations or us directly through info.oldevechte@gmail.com.

If you are selected, we will send a **Confirmation Letter** to you with more information regarding your participation. **Only** then you can start booking your tickets!

Click here to fill the application form!



Country	Organization	E-mail
Netherlands	Olde Vechte Foundation	info.oldevechte@gmail.com
Latvia	re:view	reviewlatvia@gmail.com
Czechia	Wanderlust's	eycb.info@gmail.com
France	Etudes et Chantiers	py.butel@ec-ouest.org
Greece	Cecropia Hub	activegreensolution@gmail.com
Bulgaria	BFree	foundation.bfree@gmail.com
Spain	Ticket2Europe	ana.delvalle@ticket2europe.eu
Romania	YMCA Romania	tudor@ymca.ro
Italy	YOBBO	yobboprojects@gmail.com

Olde Vechte foundation



Olde Vechte is a non-profit organization based in Ommen, the Netherlands. It has been functioning as a training center for non-formal education, personal development, coaching, social and cultural work. Its mission is to create a learning environment out of love, care and cooperation for everyone, especially for people whose needs cannot be met by the methods of formal education. Out of this approach, the foundation is focused on the method of learning by experience.

venue and accommodation



The project will take place in and around the main accommodation, in the small city of Ommen, surrounded by nature. The house will serve as a home and working space during these days, which means that we will also take care of it and refresh it by ourselves. Catering will be provided by the foundation.

You can learn more about the venue OLDE VECHE here.

about facilitators



Anna Marjija Bērziņa

Anna is a learning project designer and the manager of 3 international NGOs. With 8 years of experience as a trainer, she specializes in creating dynamic, context-based educational programs, that often include outdoor activities.

Currently, she focuses on training new trainers and developing entrepreneurial programs. She has been mentoring other professionals and supporting their personal and professional growth through a variety of coaching approaches.

In the team Anna is the one with a plan, and always adding a fun and adventurous twist to all that she does.



Krisztina Erdélyi

Krisztina is a facilitator and training specialist with over a decade of experience in the field of education. She has a playful approach to growth: she likes to combine nature with various dynamic work forms to create a safe yet challenging environment for her participants.

She loves to work with perspective: her programs offer context for zooming out and allow insights while sparking questions and movement. In the last period, she is focused on adding systemic knowledge to her work (from the field of systemic and somatic coaching). For her, each learning process is a unique combination of elements – always exciting and the ever-new pieces shape the experience. This is why she offers tailor-made guidance for the people that she is training and mentoring.

We have a wonderful team full of creative and joyful professionals. Together we will turn this experience into an impactful learning event!

Waves of Guiding

Design by: *Mailo*

Photos by:
Ausma Cīrulniece

