



E-MOTIONAL

E+Training course for youth workers

3TH-13TH APRIL 2023, PENZION BEREĀ

MODRA – HARMÓNIA, SLOVAKIA

emotions ~ movement ~ understanding

About the TC

The modern times we are living in have been emotionally challenging and the effects of stress and life's difficulties are increasingly visible. **Young people often are unable to deal with their feelings**, not speaking of seeking help when facing mental health challenges. In today's "interconnected" world full of uncertainties, hate speech, even violent extremism, **it is crucial to support the connection with ourselves and our feelings so we are able to build connections with other people and participate actively in society.**

The word e-motion implies **the essence of emotions** which is **to move us** (motion = movement) **internally** (mentally) **and** also **externally** (through body). Through "E-motional" youth workers are going to learn to recognize and to develop their inner resources in order to create transformational and sustainable learning environments for supporting youth inclusion in social and professional life **with focus on emotional intelligence.**



AIMS & LEADING PRINCIPLES

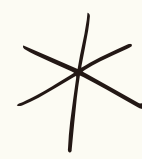
Emotional: intelligence, self-management, grounding and self-awareness

Movement, somatic and embodied practices

Nature-based and non-religious ritual methods

Wellness, psychological and self-care tools

Connection, community co-living, acceptance, respect



"All feelings and emotions **are needed** and **valid**. There is **no right or wrong**. No negative or positive "



emotions ~ movement

understanding ~

Participants' profile

- a youth worker/ teacher/ facilitator/ mentor/coach/trainer/ volunteer working with and for young people on daily bases
- 18+ years old
- a resident of: Slovakia, Italy, Belgium, Germany, Greece, Latvia, Portugal, Czechia
- good proficiency in English (minimum B1)
- happy to spend time outdoors, regardless the weather, disconnected from the society, but highly connected to the group, nature and oneself
- dedicated, interested in the topic, ready to learn, grow, support other participants and **fully participate** in preliminary **preparation + training course + follow-up** (dissemination of the project outcomes locally)



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Accommodation & Venue

Penzión Berea

Click

Modra - Harmónia, Slovakia

2-6 bedded rooms

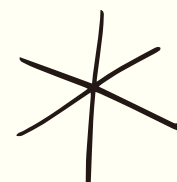
garden, forest and hiking trails nearby

beautiful Slovak nature of the

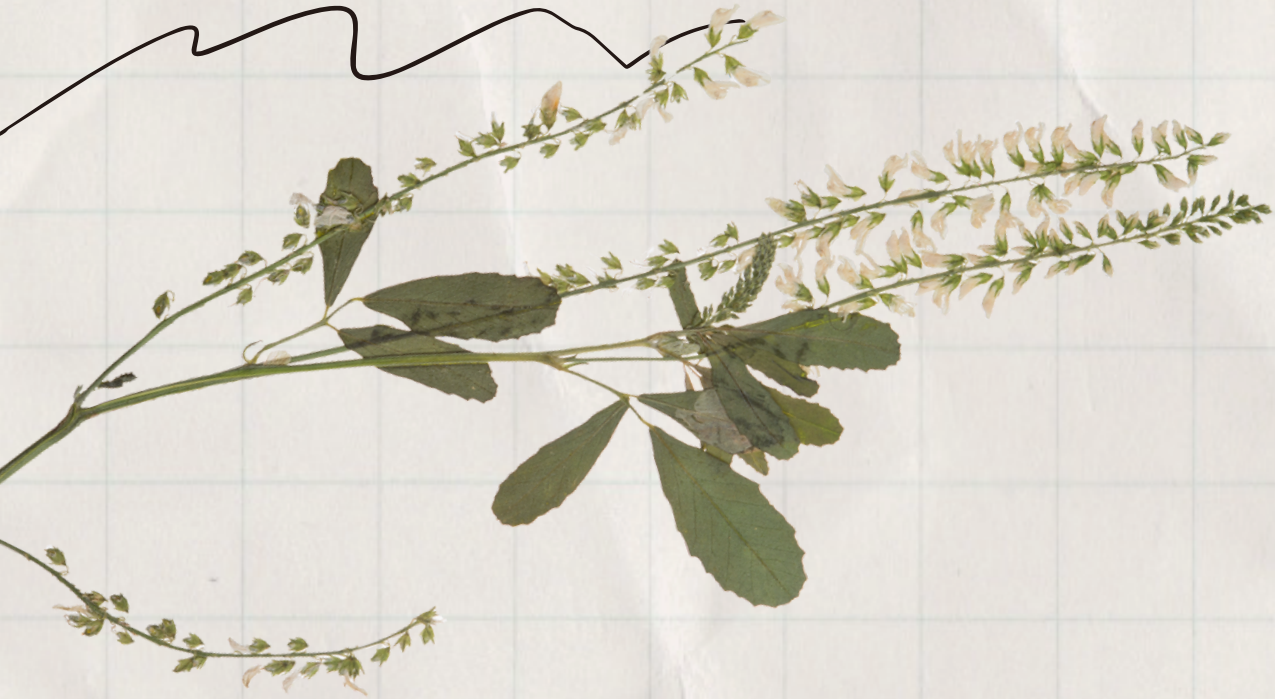
protected area Malé Karpaty

fully vegetarian kitchen

just 1 hour from the capital - Bratislava



Practicalities



IMPORTANT

Taking into consideration the topic of the project, it may be quite emotionally tiring and demanding, so apply only if you are ready for this kind of experience!

This project is not a therapeutical retreat, it is a learning experience.

TIME FRAME

3rd April 2023
Arrival by 7:00 p.m.

13th April 2023
Departure by 10 a.m.

Intense learning
process of 6-9 hours
per day

PROGRAM

9 training days
4th-12th April 2023

PARTICIPATION

compulsory in all
phases of project

CONTRIBUTION FEE

sliding scale 30-50€
paid upon arrival

24 participants
8 countries

NO alcohol and drugs
policy

Trainers



Katarína Ružičková

* Former primary school teacher, mentor, facilitator and comprehensive sexuality lecturer interested in embodied and trauma sensitive learning.

Filip Kňážek

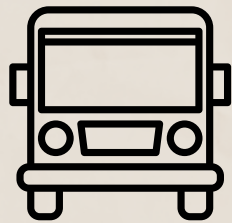
* Trainer, facilitator, self-development guide who loves to encourage people to get to know themselves better through effective communication, nature, emotional intelligence, mindfulness, stress management and embodiment techniques.

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Travel costs & Green travel

we recommend all participants to use sustainable and eco-friendly ways of travelling as sharing car together or travel with trains/ buses



if the green travel is not used, reimbursement limits are lower:

320€ > 275 €; 210€ > 180€; 23€ > 20 €!!!



Greece - UNITED SOCIETIES OF BALKANS - 320 €

Latvia - Biedriba Piedzivojuma Gars - 320€

Portugal - FAJUB - Federação das Associações Juvenis de Braga- 410 €

Czechia - YOUUnique z.s. - 210 €

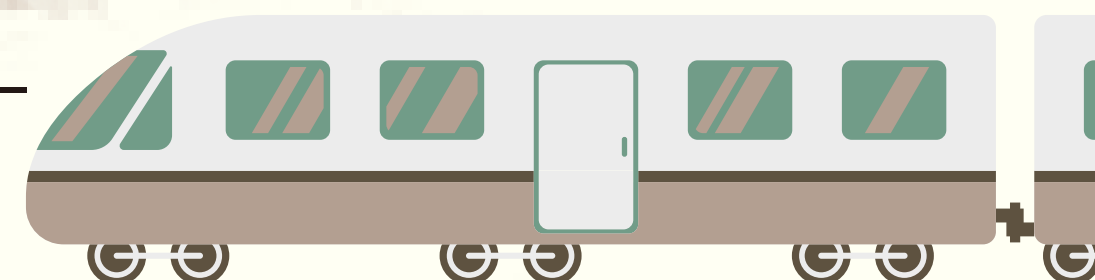
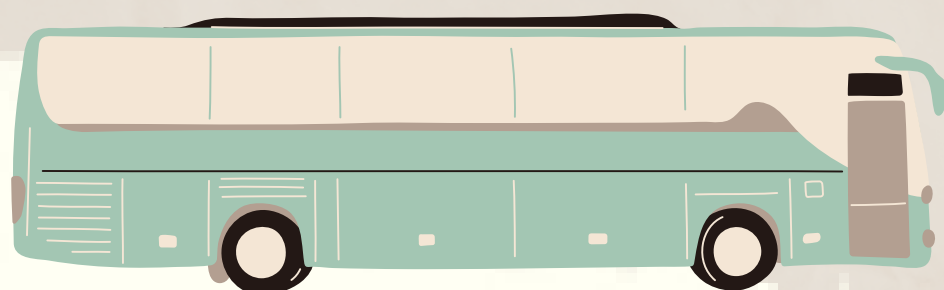
Slovakia - ADEL - 23 €

Italy - Marga Pura - 320 €

Belgium - JOETZ vzw - 320 €

Germany - JUBUK - 320 €

Reimbursement will be done only if all needed requirements of ADEL are met





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Apply here!

and at your local organisations

Deadline

25th January.
2023

Contacts

`alex.spakova@gmail.com`

`trainers@adelslovakia.org`

`filip.knazek@gmail.com`

`www.adelslovakia.org`

your local organisations



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NÁRODNÝ INŠTITÚT VZDELÁVANIA A MLÁDEŽE

