

User's Guide OF YOURSELF

a training for trainers

MAY 18-25, 2014 ARMENIA

Loesje
Armenia

An initiative of Loesje Armenia with the support of the Youth in Action Programme by the European Union

Learn how to get the most out of yourself as a trainer / youth worker

Looking across the field of youth activities and trainings you will find many Youth Workers and Trainers who have been involved in youth activities for quite a long time and are on the search for ways to breathe new life into their work. That's why Loesje Armenia organizes this training for trainers and youth workers!

Reflect and Refresh

The training course *User's Guide to Yourself* provides space for personal reflection, to share about the challenges you face in your work and your own experiences and solutions/tools. It gives you the opportunity to look from outside on your work as a trainer or youth worker and to find new ways to work, and to get motivated for future work. And from all this, of course, your target group will greatly benefit.

General information

- Dates: May 18-25, 2014.
- Location: Armenia, city of Dilijan.
- The working language is English.
- 30 Participants from 10 countries.
Only for people from: Armenia, Spain, Georgia, Belarus, Ukraine, Moldova, Latvia, Italy, Portugal, The Netherlands.
- Accommodation and catering fully covered.
- Participation fee of 20 EUR.
- 70% Reimbursement of travel expenses.*

Methodology

The methodology of this training course is based on the principles of non formal learning as well will there be influences from humanistic disciplines such as Gestalt therapy, Bioenergetics from Alexander Lowen, and Transpersonal Psychology.

The course will combine theoretical elements and experiential exercises where you will have the space to develop your self awareness and your capacity to recognize your own emotions and those of other people.

The conviction implicit in this training concept, is fundamented in the idea that any meaningful learning only occurs when cognitive, attitudinal and body dimensions are equally involved in the person's learning process. In this sense, the set of methods used during the course will tackle all three of them, making the best learning experience out of it.

Breathe new life into your work as trainer and get tools to prevent getting 'burned out'.

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Travel reimbursement

Expenses for accommodation and catering, as well as 70 percent* of your travel costs are covered with financial support from Youth in Action programme of the European Union.



***Total amount of travel costs per person should not exceed:**

Georgia	40 EUR
Belarus	500 EUR
Ukraine	500 EUR
The Netherlands	500 EUR
Latvia	600 EUR
Portugal	600 EUR
Moldova	500 EUR
Spain	600 EUR
Italy	650 EUR

How to apply?

To join this training fill in [this application form](#) and send it to users.guide.loesje@gmail.com **before April 27th.**

Soon after that you will be contacted about the selection results.

About the organisation

Loesje

Loesje is an international freedom of speech organization. The initial aim of *Loesje* is to spread creativity, positive criticism, ideas, philosophical ponderings and thoughts on current events. This started in the beginning of the 1990's by way of short slogans on posters, signed by the fictive Dutch girl 'Loesje'.

With as main focus areas culture and creative expression, since 2003 *Loesje* International has organized a large number of international youth exchanges, trainings courses, summer camps and seminars relating to many different themes including; freedom of speech, diversity and Human Rights; international peace, tolerance and democracy; the fight against racism and xenophobia; environmental protection and climate change as well as personal development. All with the main aim to inspire and empower youth.

Loesje International has realized many international gatherings, bringing together diverse groups of participants, working on creating a joint product and a multiplier effect outlasting the projects itself.

More about Loesje?

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or check our web page: www.loesje.org