



# VERT *Life*

GROUP

presents



COMMON SENSES

## **detect** training

Developing the verbal and non-verbal competences and skills of youth and youth workers through body movement, theater and art tools

**Training Course**  
**Countryside of Hungary**  
**18-25 July 2015**

the story  
mission  
the goals

### The background

target group  
multiplying the knowledge

### Practical Details

dates  
hosting  
travel expenses - reimbursement  
what to bring – insurance  
how to apply

---

---



# The story

---

## **VertLife Group team gained a valuable experience in European educational programs and in local voluntary programs with groups and associations.**

We have developed projects aiming to promote the value of intercultural communication through art, to address social issues such as discrimination, tolerance, social exclusion and environmental issues.

We have experience in working with people and with youngsters with fewer opportunities through their previous engagements in voluntary work.

DETECT Training Course is part of the long term project Common Senses. It's the second event of the four events consisting of this project. Common Senses is aiming at blending the verbal and non-verbal competence and skill development of youth and youth workers, peer educators, trainers. For this we will use approaches from art and expression education, sensory integration and existing and broadly used activities with a different focus. We foresee that this way we can raise the awareness on how atmosphere, tonality, body language, and other non-verbal elements of our work can contribute to what we are 'saying'. The intention is to strengthen the connection within the individual with their creative, inner resources and to take it forward towards to the social, interpersonal connections.



# Mission

---

**The mission of this training course is to create awareness about ourselves and through this connect to other people. We believe that this can be the key for effective communication and personal relations.**



The aim of the training course is to develop further the quality of youth work by giving an alternative methodology that focuses on non verbal communication and the use of art as tool in youth work.

The role of this training course in the project is to elaborate further to trainers and youth workers the methodology we use and implemented already at the ACT youth exchange, the 1<sup>st</sup> event of the Common

Senses project. We organize the training course based on our previous experiences. We will focus on body movements and self expression through art tools (creative writing, drawing, and dance).

## **Why this training course?**

During this training participants will have the chance to improve the following competences:

- Competence to facilitate group-learning processes
- Competence to integrate non-verbal contexts of learners into an educational program
- Competence to develop an educational approach based on the key-concepts, values and consolidated practice of non-formal learning
- Competence to deal with conflict situations constructively: having an authentic readiness to address conflict situations and a clear willingness to resolve them: reading and understanding conflict situations; refraining from accusations and generalizations; identify positions, interests and needs underlying the conflict.
- Competence to work together successfully in teams: actively contributing to the achievement of tasks of a team; being ready to take on responsibility; encouraging and involving other team members; learning with and from others; appreciating all contributions to the team achievement; sharing the work to be done; retreating from a point of view for the benefit of the overall team process; dealing with ambiguity; co-creating an enjoyable and productive working atmosphere in and for a team.
- Competence to use alternative methods in youth work to reach their goals.

# The goals

## **During: COMMON SENSES – DETECT Training Course**

The DETECT Training Course primarily focuses on developing youth workers', trainers' and peer educators' skills according to their professional work and target group, especially on interpersonal communication skills. They will be able to gain knowledge and take part in experiential learning with strong debriefing and meta reflection.

### **Our objectives for this project are:**

- to develop skills and competences of youth workers and trainers
- to develop verbal and non verbal communication between young people and youth workers
- to improve outreach youth work by gaining more knowledge about how to approach different target groups
- to summarize the methodology used by VertLife
- to give an alternative way to address crucial social topics (such as discrimination, xenophobia, tolerance, racism, gender issues) with young people





# Target group

---

- > Are you a youth worker, trainer or educator interested in communication, movement, art and self expression?
- > Are you willing to learn a new method?
- > Are you from Netherlands, Romania, Croatia, Czech Republic, Latvia, Italy or Hungary?



# Multiplying the knowledge you get

---

**We require that each participant follows the preparation and follow-up activities of this learning event.**

**This means:**

- >(a) fill out in detail the **application form** provided to you by partner organizations
- > (b) attend the residential **training course** fully (no late arrivals or early departures are accepted)
- >(c) and attend the **follow up** (we invite you to share the knowledge acquired with your peers, create local events and stay involved in the community of “Common Senses” project through its online platform | like the Facebook page of the Common Senses project to stay updated with all the news <https://www.facebook.com/commonsensesproject> . (More info on the follow up will come at the end of the training course.)



# Practical Details

## Dates

---

### **Arrivals:**

**18th July 2015**

**You must arrive before 13:00 pm**

### **Training Course starts:**

**18th July 2015 at 15:00 pm**

### **Training Course ends:**

**25th July 2015 at 20:00 pm**

### **Departure day:**

**26th July 2015 before 11:00 am**

Arrival details must be communicated to us immediately after booking your ticket.

*You should arrange you traveling to arrive in Budapest and from there you will travel to the countryside (more info on it will come soon).*

## Hosting

---

**Food and accommodation will be provided for the participants. During the training you will be hosted in a group accommodation in the countryside of Hungary.**

More information on the accommodation will come soon. You will receive details through your partner organizations.



# Travel expenses/Reimbursement

---

Please find in the table below the maximum amount that can be reimbursed for travelling, depending on the country and according to Erasmus+ regulations.

**Please keep all your tickets, invoices and boarding passes. They are all necessary for reimbursement and we cannot give back your money otherwise.**

Note that the reimbursement will be done at the ending of the training course by cash.

Organisation	Country	Maximum travel cost/person 100%
VertLife Group	Netherlands	275€
BRNO CONNECTED	Czech Republic	275€
LINK	Italy	275€
SYNERGY ROMANIA	Romania	275€
RED	Latvia	275€
Youth for Creative Life	Hungary	180€
SYNCRO	Croatia	180€

**There is a participation fee of 50€ for every participant attending the event.**

# What to bring

---

- > Towels and bed sheets (accommodation provides blankets and pillows)
- > Comfortable clothes for indoor activities (suitable for movement exercises and dancing)
- > Backpack (not necessary, but very practical for outdoor activities)
- > Medicine
- > Health insurance valid in Hungary
- > Passport or other official identification

# How to apply

---

**Request the application form from the contact person in your country. Fill in the application and send it back to your contact person. You will receive confirmation on approval.**

## Contact persons:

VertLife Group (NL): Sofia Moudiou [vertlifegroup@gmail.com](mailto:vertlifegroup@gmail.com)

RED Latvia (LT): Sanita Lace [lace.sanita@gmail.com](mailto:lace.sanita@gmail.com)

Synergy Romania (RO): Roxana Cernescu [roxcerus@yahoo.com](mailto:roxcerus@yahoo.com)

Brno Connected (CZ) :Marija Nobilisova [brnoconnected@gmail.com](mailto:brnoconnected@gmail.com)

SYNCRO (HR): Mirjana Kovacevic [mirjana@synergy-croatia.com](mailto:mirjana@synergy-croatia.com)

LINK (IT): Mino Vicenti [mino@linkyouth.org](mailto:mino@linkyouth.org)

Youth For Creative Life (HU): Viktoria Csakany [viktoria.csakany@gmail.com](mailto:viktoria.csakany@gmail.com)

For any questions or more information please contact us at [vertlifegroup@gmail.com](mailto:vertlifegroup@gmail.com)!

**SEE YOU ALL IN HUNGARY!!**