

CHANGEMAKER 3.0

Phase 2

3th – 13th October 2021

Creative Space, Hollókő, Hungary

organized by Egyesek Youth Association

Changemaker is a 9-days personal development training course for those already guiding either groups or volunteers, who want to improve their performance, based upon the principles of **self-awareness**, **resourcefulness** and **accountability**.

The main methodology used will be **personal development or self-reflection**, which means that we will be focusing mainly on your mindset/attitudes rather than providing you practical skills or models.





The training is here for you to

- 1 Reflect on your mindset: attitudes, values, and beliefs
- 2 Realize how your mindset influences your behaviors, the results you get and the relationships you have with other people in your working context
- 3 Acquire models and tools to align yourself with your core values, while being more inclusive towards others and unexpected situations
- 4 Put your experience into practice and exchange best practices with other participants



The training is intended for participants, who

- ... have experience in leading workcamps or other type of projects involving groups or volunteers
- ... will lead a project involving young people in 2022
- ... are at least 18 years and able to communicate easily in English
- ... want to develop themselves by reflecting on their mindset and how they usually function
- will participate fully in the programme from the beginning until the end

What experience can you expect?

1. Self-Reflection (Day 1 to 5)

You will have the opportunity to get a better understanding of your mindset and its core elements (beliefs, concepts, automatic behaviours) and how they affect the results you usually obtain in life and how you work with others. It will be a journey into expanding what works and improving what doesn't work when it comes to your mindset.

Input, activities and reflection spaces will be there to guide you on this exploration.

2. Submersion/Real life implementation/Outdoor (Day 5 to 8)

The best way to put knowledge from theory to application is to practice in a real-life situation or context.

You will have several assignments to complete in the local communities around Nógrád county. You will be able to put into practice the competences acquired throughout the previous days of the TC.

3. Final steps (Day 8 & 9)

The last days are there to wrap up the learning experience of the TC, in such a way that the insights can be taken home in a structured manner, to plan follow-up steps, and to close the TC together.



Methodology / approach of the training

Changemaker 3.0 is not a regular training you might be used to when it comes to non-formal education/Erasmus+.

We ask you to read the description of the methodology used, before applying!

[Click here to read about the methodology](#)

Trainers

Afonso Bértolo



Afonso is a worldwide freelance educator, with a Master's degree in Clinical Psychology. Since 2009, he has been actively involved in non-formal education, youth work and community building in Europe and West Africa. His main areas of work are personal development, coaching with a strong focus on body awareness, EVS mentoring, inclusion of young people facing fewer opportunities, communication, media as an educational tool and project management.

Viktória Csákány



Viktória comes from Hungary and she has solid experience in coaching and personal development. For 9 years, she has worked on training courses in the topic of communication, coaching, entrepreneurship, youth work. In the last 5 years, she has specialized herself on personal development and group coaching with NLP and life coaching background.

Practicalities

The program will be in a group accommodation called **Creative Space Training Center**, surrounded by beautiful nature. This is a 3-level stone building with 4-5-6 bedded rooms, with shower and toilet en suite. Bedlinen will be provided. You can also find the training room, dining area, common social areas in the building, and a big garden around. Creative Space is in Hollókő, a village that is part of UNESCO's World Heritage Sites. More details and information on the venue and how to reach it will be included in the confirmation letter that will be sent to participants after their acceptance.



Dates

3th October – Arrival

4th October – First day of the programme

12th October – Last day of the programme

13th October – Departure

We ask you NOT to book your ticket until you get the confirmation on your application!

- Accommodation, food, training materials are provided.
- There is a contribution of 60 € to be paid in cash upon arrival.
- Travel reimbursement is provided up to the limit.

Travel limits

Hungary

20 €

Austria, Czech Republic, Poland

180 €

Belgium, Estonia, France, Greece, Germany, Italy, Latvia, North-Macedonia, Spain, United Kingdom

275 €

Partners

If you want to receive more details about the project before applying, feel free to contact our partner organization from your country of residence.

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|------------------------|--|---------------------------------------|
| Hungary | Egyesek Youth Association | changemaker@egyesek.hu |
| Austria | Grenzenlos Interkulturell Austausch | daniela.fellinger@grenzenlos.or.at |
| Belgium | Association Des Compagnons Batisseurs | international@compagnonsbatisseurs.be |
| Czech Republic | INEX – SDA z. s. | veronika.markova@inexsda.cz |
| Estonia | EstYES | estyes@estyes.ee |
| France | Solidarites Jeunesses | workcamp.in@solidaritesjeunesses.org |
| Germany | Internationale Begegnung In Gemeinschaftsdiensten | projekte@ibg-workcamps.org |
| Greece | Citizens In Action | fotis@citizensinaction.gr |
| Italy | YAP – Youth Action for Peace | yap@yap.it |
| Latvia | Jaunatne smaidam | renars.manuilovs@jaunatnesmaidam.lv |
| North-Macedonia | Association for volunteerism – Volonterski Centar Skopje | nikola@vcs.org.mk |
| Poland | Together We Are The Change | togetherwearethechange@gmail.com |
| Spain | Coordinadora D'Organitzadors De Camps De Treball Internacionals De Catalunya | coordinacio@cocat.org |
| United Kingdom | Concordia UK | victor.peterson@concordia.org.uk |

APPLY HERE!

**Application deadline:
19th Sept 2021**

In case of questions, contact us:

Alexandra Vinczi – project coordinator

changemaker@egyesek.hu