

## THE OBJECTIEVS

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- To empower mentors/tutors/facilitators to be aware of their own difficult-to-handle fillings that arise during their work with EVS volunteers with fewer opportunities;
- To learn ways to self-assess and develop own emotional competencies
- To introduce the concept of emotional intelligence and its relevance for professional and personal development
- To develop and to integrate the L2L competences from a perspective of emotional management in the work with EVS volunteers
- To develop the self-awareness regarding his/her own limits, character & personality and its impact on the EVS mentoring/facilitating process and learning preferences

## **PROFILE OF PARTICIPANTS**

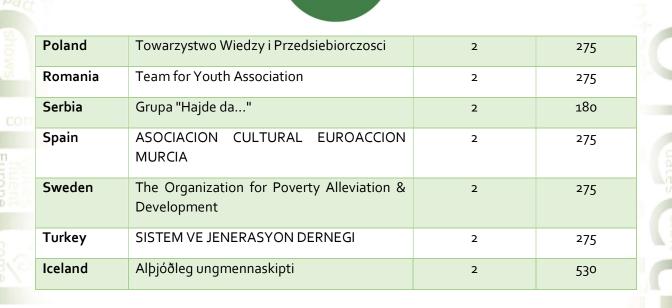
This activity is designed for staff (mentors/tutors/facilitator) from partner organizations who will be directly working with the EVS volunteers for more skills and knowledge how to give support EVS volunteers in a context of emotional management and stress relief.

## PARTICIPANTS FEE AND TRAVEL COST

A participation fee of EUR 45 is charged for participation. The amount is paid in cash by the participant on the spot (arrival day, registration and check in).

Organization	Number of participants	Travel cost per person
CGE Erfurt e.V.	2	275
Youth in Free Initiative	2	275
Centre for Children, Youth and Family	2	275
South Europe Youth Forum	2	275
IMKA Bitola	2	275
Zid	2	275
	CGE Erfurt e.V.  Youth in Free Initiative  Centre for Children, Youth and Family  South Europe Youth Forum  IMKA Bitola	Youth in Free Initiative 2  Centre for Children, Youth and Family 2  South Europe Youth Forum 2  IMKA Bitola 2

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# **OTHER IMPORTANT DETAILS:**

Following the guidelines of the Erasmus+/YIA Programme and internal regulations the travel must be released by the participants on the direct way within maximum 2 days. In case of long pauses or indirect routes (holiday travel), there is no reimbursement of travel costs!

Reimbursement is done in Euro after the training course by bank transfer.

#### **TRAINERS**

Suzana Krstic Diego Marín Marko Pejovic

## **ACCOMMODATION**

Our project will be realized in the European Youth Education and Meeting Centre in Sajan

<u>Sajan</u> is a small village next to Kikinda. Being located in the multicultural North of Serbia, Sajan is mainly inhabited by the Hungarian minority in Serbia. Accommodation is provided in rented houses in the surrounding of the training center (single and double rooms, apartments etc.), living with the families from the village. The activities will be held in the Training Center in the middle of the village.

If you have any additional questions, feel free to contact me.

Vele Georgiev

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PROGRAM – EvsMOTIONS - 15 – 24 July 2016, Sajan, Serbia										
Schedule	Day 1 <sup>st</sup>	Day 2 <sup>nd</sup>	Day 3 <sup>rd</sup>	Day 4 <sup>th</sup>	Day 5 <sup>th</sup>	Day 6 <sup>th</sup>	Day 7 <sup>th</sup>	Day 8 <sup>th</sup>	Day 9 <sup>th</sup>	Day 10 <sup>th</sup>
08:30 - 09:30	15.06.2016	16.06.2016	17.06.2016	18.06.2016	19.06.2016	20.06.2016	21.06.2016	22.03.2016	23.03.2016	24.03.2016
Breakfast										
09:30 – 09:45 G.M.Darlings		GM	GM	GM	GM	GM	GM	GM		
09:45 – 11:15 First Session	ARRIVAL	Intro Program Methodology	Emotions and experiences	Fear	Situation that makes me angry. Human shape.	Free Day	Pictures of yourself Dying bodies Paining	Supervision.	Supervision	DEPARTURE
Break										
Second Session		Contracts Why you are here	River of my life	Protector	Angry wall. Pillows.		Walking to the lake. Outdoor meditation Empathy to yourself.	Mask? Giving and receiving? Message to yourself.	Future projects and cooperation	
Lunch								_		
Third Session		Team building	expectations	Challenges	Steaming groups		Steaming groups with the presence of pictures	Transfer and orientation? Sharing in small groups – 6omin	Future projects and cooperation	
Break										
Fourth Session		Trusting games	experiences	Agora Theory about fear Active listening Discussion	Agora Theory about anger. I-speech. Discussion		Agora Theory about sadness. Empathic communication	Feelings and emotional reactions	Evaluation and goodbye	
Steaming Out Group		Plenary	Plenary	Plenary/small groups- reflection	Plenary/small groups- reflection		Plenary/small groups-reflection	Plenary/small groups-reflection		
Dinner	Dinner									
Night Time	Welcome Evening		Intercultural evening							