

*Testimonials from "Its up to me 4" in Hohegeiß, Germany can be seen from the following videos:

<https://www.youtube.com/watch?v=WZG5eof-83A&t=14s>

<https://www.youtube.com/watch?v=NOPMvJFEylw&t=77s>

<https://www.youtube.com/watch?v=BbwgV5S8jog>

Testimonials from "It's up to me 3" in March 2016, Diepenau, Germany



Carlos (Spain) The most intense Erasmus+ Training Course I have ever done. If you want to be a coach, this course is a must. Incredible selection of trainers and exercises to make me to begin thinking as a coach able to impact into the people around. I feel very lucky to have been selected!



Carlotta (Italy/Spain) The best TC I have participated since I have been working in the Erasmus Plus!!! Special thanks to the trainers (especially Darko and Amalia that are still in my <3) and to the great job they do everyday. If you want to challenge yourself do not think twice and just APPLY! Good luck!!



Alina (Estonia/Germany) I think there are 3 very special training events in trainers' life: the very first training event, when you barely know what training is about; the one when you are a shadow trainer - you already understand some and get a chance to see the project from the inside; and when you are a trainer yourself and know almost everything about self-development and growth. This event for me was really unique as I got the chance to be a shadow trainer and see the "backstage" of the outgoing magic. I learned a lot about how projects are made, how to work in a team of ambitious leaders and very strong personalities, how to differentiate the level of your involvement in the training delivery and participation, how to listen to your opponent and to hear him. how to manage a very active and uneven in their background and experience group of participants. I have met many interesting personalities, made new friends and strengthened my connection to the old ones. Truly AN EVENT to never forget and always remember Very recommend!



Marta (Netherlands/Latvia) 'It's Up to Me 3' was a very intense, interesting and diverse training course in terms of workshops performed, trainers and approaches used. It was filled with tasks that allowed me to strengthen my skills of working in diverse teams and widen my knowledge on various topics connected and unconnected to trainer's realities. At the same time the training course also offered me numerous opportunities to challenge myself on different aspects of being a trainer and receive feedback, which is of a great importance, overall resulting in great lessons taken home and implemented as a trainer. I'd definitely attend it again if I had such a chance!



Maja (Macedonia) The TC "It's up to me 3" was very positive experience for me. During the training I had possibility to improve myself in many fields. The opportunity to be surrounded by four trainers with different experience and background was highly valuable for me. Besides that, there was excellent choice of participants' selection, so I met new friends and also learn a lot from them. The mentoring program as part of the follow up strategy was also very beneficial for me. I believe that mentors are having very important role in each individual which is striving to accomplish something. So I'm very happy that I had opportunity to build connection and get advice from my mentor for my personal career issues. This was definitely one of the best training that I had participated on and I would recommended to anyone, because after those 10 days, you have that positive feeling that something is changed in you.



Carmine (Italy) It's up to me is one of the best training you can participate if you want to challenge yourself, learn to be a better trainer/facilitator and meet experienced youth workers!



Christian (Germany) - What to say about "It's up to me"? It is life changing. It will change your personality & your look on the world. Become a better person. Join in.



Elena (Norway/Slovakia) It's up to me 3 was the most complex training course I had the pleasure to join! I grew as a person in a wonderful environment full of sharing and inspiration; I was challenged and developed as a 'wannabe' trainer by incredibly balanced trainer's team. "There`s a fire started in my hearth" that will always bring me in those many AHA moments I got there to remember me that "I do it for the love". GRAB YOUR CHANCE! it's a game changer, it's up to you! Big thanks!!!



Ayhan (Germany) - It is up to me was most empowering training course I have ever participated in. It is best training if you want to look yourself from another corner. Be part of it and challenge your trainer skills!



Alba (Spain) - It's up to me is a training to experience the unknown, to get to your inner self, to connect with others without words, to learn things you never knew they existed. It's definitely the perfect place to grow, not only as a trainer, but what is more important: as a person!



Radmila (Macedonia) - This training course was the best in a way of improving myself that i have ever participated in. As a part of Its up to me 3 i had a chance to find and discover myself first of all, then discovered my possibilities, my courage in doing things that i did don't know i was able to, i also had a full stage of sharing my knowledge and so the others had and also it made me a better and more inspired person. I learned a lot of things that i am using now and i will use them for the rest of my life, thanks to the trainers. Don't miss the chance to participate and you will have the best experience ever, as I did.

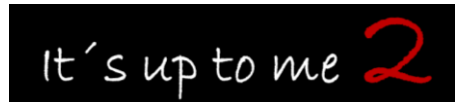


Aija (Latvia) - It was opportunity to get into stretch zone, were learning and development happens, to be in environment where you can challenge yourself and discover some unknown, but so needed qualities and competences.

Photos from the project

https://www.facebook.com/naturkulturgermany/photos/?tab=album&album_id=1119634314723894

Testimonials from "It's up to me 2" in March 2015, Diepenau, Germany



Eggert Hardten(Germany) - Wow, "Its up to Me 2" in Diepenau was definitely a life changer. You can quote me on that.



Alexandra Bykav(Czech Rep/Spain) - The best international project I have ever been to. Challenging, entertaining, inspirational - as well as its trainers. Extremely useful when it comes to leadership and working tools not only in European projects.



Eleni (Greece) - "It's up to me" has been a point of reference to me about how excellent trainings should be. It was designed to every detail and taught me how to be a confident trainer. I learned how to use my emotional side as my strength, how to be honest and myself and how to form meaningful connections with the participants of my projects.



Hatice Kübra(Turkey) - Sharpen your feelings! Broaden your horizons! and finally believe that it is totally up to you !



Alina Afanasjeva(Estonia) - This project exceeded all my expectations about it. It has completely changed me and my life through the marvelous training sessions delivered by the inspiring personalities and sharing my learning experience with open-minded and interesting people from all over Europe! I am not afraid to step out of the box now because I know it's up to me!



Tormi Tuuling (Estonia) - "The treasure you seek, lies in the cave you fear to enter" Joseph Campbell. I think this quote is good to describe everything grin emoticon



Branimir Suk(Croatia) - Don't limit your challenges, challenge your limits.



Ayşe Karanlık(Turkey) - "It's Up To Me 2" was the most extraordinary training for me. I learned so many things and also realized my own competences ;)



Simona (Macedonia) - What I most liked about this training was that it showed me how to specifically apply what I learned to situations at my workplace and in real life situations, which made this program very valuable. The team and the participants were understanding, friendly and supportive. I highly recommend this training for everyone!

<https://www.facebook.com/media/set/?set=a.928768177143843.1073741843.309660825721251&type=3>



Testimonials from last "It's up to me" in February 2014, Diepenau, Germany



Irena Muhr (Slovenia) - Meeting amazing new people and being taught by the some of the best trainers was an experience to remember for a life-time!



Vane Urh (Slovenia) - It was the first training I ever had and it changed my life(style). An amazing group of trainers who contributed to the atmosphere. It is something nobody should miss in a lifetime!



Stefania Maradin (Romania) - One of the best trainings I've been to, if not the best ! The trainers were truly experienced and all the participants were very well prepared. Met a lot of people and made really good friends 😊



Lenka Karafiatova (Turkey/Czech Rep.) - I have been to more than 6 trainings so far and I must openly say this one was the most productive one so far. We did so much work in a very short time, we learned a lot about ourselves as well and understood our weak and strong sides. This experience was so much motivating and inspiring. I got so many ideas about what I want to develop or which direction I want to go in life. Besides of this - of course meeting amazing participants, which I love to talk till today, living amazing time and meeting one of best trainers, too of course! If I had a chance I would love to experience this training again. So much practical information and practice. Thank you so much again guys...



Karin Humar (Slovenia) - This event was my first experience of a such event where we were being shaped as trainers even outside of trainings, 24/7, because of the environment trainers created. "It's up to me" led me to realization that what I do with my life is totally up to me and equipped me with strength and supportive friends to go for whatever makes me happy, wherever I know I can make a change.



Giulia Cifaldi (Italy) "It's up to me" is one of the most powerful TC I've been to. If you will be lucky as I was, it will put you outside your "comfort zone" and will make you learn how to face with challenging situations. I wish I were not there the last year, because I'd love to re-make that experience with such an experienced team and great participants!



Marius Apostol (Romania) It was basically up to me if I would to make the best of this experience and I did. It was an amazing experience where I got to make wonderful new friends. It was my first international experience at this level and none of the ones that followed came even close. The cooking, the "wrecking ball" karaoke in the kitchen, the race to gather firewood, the "teambuilding experience" and the roommates are just a few of things I remember dearly. It was up to you guys, to provide such a nice experience for us, the participants, and you did. Thank you!



Ipek Asikoglu (Turkey) It was February and it was cold then I've met people who had warm eyes warm smiles. Everybody was smiling and everybody was close to me, seems like we had already known each other for long time. We laughed together, we cooked together we song together we learnt together and we learnt from each other. It was an awesome time. I am still thinking about sessions. I can't choose any of them but maybe i can say listening session was the best experience in my life. When i want to listen myself or need a trip in myself i just close my eyes and think about how brilliant was the sky i saw in Diepenau. Thank you for everything and especially every single moment.



Anca Clivet (Cyprus/Romania) The most beautiful atmosphere was in the kitchen not only because of the good food but also because of the spirit of initiative and all the future plans that were shaped there. Overall, it was a wonderful challenge and a time of development and learning. Thank you

Photos from the last "It's up to me" you can find on our Facebook page:

<https://www.facebook.com/pages/NaturKultur-eV/309660825721251>

