

# INSIDE OUTSIDE

8-15 JULY, 2018

ERASMUS+ PROJECT (TC) "INSIDE OUTSIDE"

 LATVIA

 GREECE

 MALTA

 SPAIN

 ESTONIA

 ITALY

 BULGARIA

 LITHUANIA

 ROMANIA

 AUSTRIA

**FROM EACH COUNTRY 3 PARTICIPANTS**

THE OVERALL OBJECTIVE OF THE PROJECT "INSIDE OUTSIDE" IS TO RAISE THE QUALITY OF YOUTH WORK AND PROMOTE THE PROFESSIONALISM OF YOUTH WORKERS AS WELL AS TO DEVELOP PARTICIPANTS' PERSONAL AND PROFESSIONAL COMPETENCES FOR FURTHER WORK IN THE YOUTH FIELD

## PROJECT OBJECTIVES:



TO DEVELOP YOUTH WORKERS KNOWLEDGE IN THE FIELD OF EMOTIONAL AND SOCIAL INTELLIGENCE.

★ TO PROVIDE PARTICIPANTS THE OPPORTUNITY TO EVALUATE THEMSELVES AS YOUTH WORKERS BY SALTO RESOURCE CENTRE DEVELOPED "THE GARDEN OF LEARNING COMPETENCES" AND PROVIDE SUPPORT FOR SETTING PERSONAL GOALS.



TO DEVELOP THE PARTICIPANTS PERSONAL AND PROFESSIONAL COMPETENCES USING NON-FORMAL EDUCATIONAL ACTIVITIES.

🔗 SHARE PERSONAL EXPERIENCES ABOUT WORKING WITH YOUNG PEOPLE IN THE CONTEXT OF EMOTIONAL AND SOCIAL INTELLIGENCE AND TO SHARE BEST PRACTICES ABOUT HOW THEY CAN SUPPORT YOUNGSTERS.



ENSURE THE OPPORTUNITY TO SHARE AND LEARN NEW METHODS TO WORK WITH YOUNG PEOPLE ON EMOTIONAL AND SOCIAL INTELLIGENCE, CRITICAL THINKING, PROMOTING ACTIVE PARTICIPATION, SOCIAL INCLUSION, ETC. AND TO DISCUSS HOW TO BETTER SUPPORT THEM, BOTH INDIVIDUALLY AND AS A GROUP, AND ESPECIALLY YOUNG PEOPLE WITH FEWER OPPORTUNITIES, MINORITIES, MIGRANTS AND OTHER SOCIALLY EXCLUDED GROUPS IN ORDER TO PREVENT THE RADICALIZATION OF YOUNG PEOPLE.



GENERAL CONTRIBUTIONS TO IMPROVE THE QUALITY OF YOUTH WORK AND COOPERATION AMONG ORGANIZATIONS IN A EUROPEAN LEVEL.



## PROFILE OF PARTICIPANTS



YOUTH WORKERS AND / OR TRAINERS AND / OR FACILITATORS AND / OR LEADERS AND / OR MENTORS. THERE ISN'T AGE LIMIT BUT ALL PARTICIPANTS SHOULD BE 18+. WORKING LANGUAGE WILL BE ENGLISH AND THE PROGRAM IS DESIGNED BASED ON THE NFI APPROACHES - LEARNING TO LEARN, LEARNING TO BE, LEARNING BY DOING, LEARNING TO BE WITH OTHERS. IN PROJECT THERE WILL BE USED A VARIETY OF NFL METHODS - GET TO KNOW, TEAM BUILDINGS, GROUP AND INDIVIDUAL WORK, GAMES, ETC. THE PROJECT COUNTS WITH A VERY STRONG PARTNERSHIP WITH EXPERIENCED ORGANIZATIONS AND / OR YOUTH WORKERS. IT IS STRUCTURED FOR AN ACTIVE INVOLVEMENT OF EVERYONE, AS WELL AS KEPT AT A PROFESSIONAL LEVEL.

WE ARE COUNTING THAT ALL PARTNERS WILL CHOOSE EXPERIENCED PARTICIPANTS, SO PLEASE NO TOURISTS THIS TIME!



## TRAVEL COSTS



WILL VARY ACCORDING TO THE DISTANCE CALCULATOR. MONEY / REFUND WILL BE TRANSFERRED BY BANK AFTER TRAINING. FLIGHT TICKETS CAN BE BOUGHT AFTER 1ST OF FEBRUARY BUT BEFORE BUYING, PLEASE SEND THEM TO APPROVE: [GINTA.SALMINA@GMAIL.COM](mailto:GINTA.SALMINA@GMAIL.COM)

180.00 - ESTONIA, LITHUANIA

275.00 – AUSTRIA, GREECE, ROMANIA, BULGARIA, ITALY

360.00 - SPAIN, MALTA



# IMPLEMENTATION

PROJECT WILL BE IMPLEMENTED IN 2 PLACES – FIRST 5 DAYS IN THE GUEST HOUSE “PUDURI”, KEGUMS WHICH IS ABOUT 50 KM FROM RIGA. BUT LAST DAY IN RIGA - ACTIVITIES IN YOUTH CENTER “BAMBUSS” AND ACCOMMODATION IN THE HOTEL “RIXWELL IRINA”.

[WWW.KEGUMAPUDURI.LV](http://WWW.KEGUMAPUDURI.LV)

[WWW.RIXWELL.COM/LV/RIXWELL-IRINA-HOTEL](http://WWW.RIXWELL.COM/LV/RIXWELL-IRINA-HOTEL)

[WWW.JSBAMBUSS.LV](http://WWW.JSBAMBUSS.LV)



## „Inside Outside” Latvia, 8.-15.July, 2018

	08.07.2018 Sunday	09.07.2018 Monday	10.07.2018 Tuesday	11.07.2018 Wednesday	12.07.2018 Thursday	13.07.2018 Friday	14.07.2018 Saturday	15.07.2018 Sunday
	ARRIVAL	GET to KNOW	EMOTIONAL and SOCIAL “I”	ME & MYSELF	TOOLS & EXPERIENCES	COMPETENCES	EVALUATION	DEPARTURE
8.30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30		Get to know each other	Theoretical input – “E” & “S” Intelligence	Me and my Emotional & Social intelligence	Garden of Competences	Youthpass – Certificate & process	Reality – how to integrate new experience	
11.00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11.30	Arrival in Riga	team & TEAM	Theoretical input – “E” & “S” Intelligence	Looking “inside” Getting ready for silent time / Meditation	Tool fair – methods & tools in youth work	Workshop “8KEYCOM”	Planning local initiatives	
13.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Departures
15.00		Erasmus+ & Youthpass, TC program & aims, Roles & responsibilities, Personal aims	Youngsters and their Emotional & Social intelligence	Silent time	Open space / Innovative methods and tools in youth work	On the way to Riga <a href="http://www.rixwell.com/lv/rixwell-irina-hotel">www.rixwell.com/lv/rixwell-irina-hotel</a>	Future cooperation and new projects	
16.30		International Coffee break	International Coffee break	Smoothie time	Preparing for evening	Free afternoon in Riga	Coffee break	
17.00	Bus to the guest house “Puduri” <a href="http://www.kegumapuduri.lv">www.kegumapuduri.lv</a>	Preparing presentations about organisations	Emotional & Social intelligence in YW Youth worker as a Role model	Silent time	Self prepared GRILL dinner and evening activities		Evaluation of the project & Closure	
18.30		Evaluation of the Day	Evaluation of the Day					
19.00	Dinner	Dinner	Dinner	Dinner in Silence		20:00 Dinner at Lido <a href="http://www.lido.lv">www.lido.lv</a>	20:00 Dinner in the city <a href="http://www.andaluzijassuns.lv">www.andaluzijassuns.lv</a>	
21.00	Opening, First Introduction & Welcome drink	Exhibition of Organisations / Outdoor movie night	Latvian tradition culture	Light path / Evaluation of the Day/ Inspiring evening around the campfire	Something special....	Free Evening		





## PROJECT TEAM

### **NATALIE JIVKOVA - TRAINER / FACILITATOR OF NON-FORMAL EDUCATION, BULGARIA**

"DON'T DREAM YOUR LIFE, LIVE YOUR DREAM" IS THE PHILOSOPHY THAT I BELIEVE IN AND HAS BROUGHT ME HERE, TODAY :) I AM INSPIRED AND PASSIONATE ABOUT NON-FORMAL LEARNING SINCE THE MOMENT I HAD MY FIRST EXPERIENCE 19 YEARS AGO. SINCE THEN I HAVE BEEN VOLUNTEERING AND WORKING IN VARIOUS PROJECTS (ENVIRONMENTAL, SOCIAL, YOUTH) IN THE NON-GOVERNMENTAL SECTOR. IN 2002 I STARTED MY EXPERIENCE AS A FACILITATOR AND TRAINER THUS SUPPORTING THE LEARNING PROCESS AND PERSONAL DEVELOPMENT OF YOUNGSTERS AND ADULTS. I HAVE BEEN A MEMBER OF THE POOL OF TRAINERS OF THE EUROPEAN YOUTH FORUM, THE INTERNATIONAL MOVEMENT SCI (SERVICE CIVIL INTERNATIONAL), THE DEVELOPMENT CENTER FOR HUMAN RESOURCES (BULGARIAN NATIONAL AGENCY FOR ERASMUS+ PROGRAM) AND SEEYN (SOUTH EAST EUROPEAN YOUTH NETWORK).

### **THEORETICAL INPUT ABOUT EMOTIONAL AND SOCIAL INTELLIGENCE - LAUMA ZUBULE - TRAINER / PRACTITIONER / ORGANIZATIONAL PSYCHOLOGIST / SUPERVISOR / COACH**

I HAVE BEEN INVOLVED IN YOUTH WORK AND NON-FORMAL EDUCATION SINCE I WAS 10 YEARS OLD. IT HAS CREATED A FUNDAMENTAL PLATFORM FOR GROWTH AND FURTHER DEVELOPMENT FOR ME BOTH PERSONALLY AND PROFESSIONALLY. FOR THE PAST YEARS, I HAVE HAD GREAT OPPORTUNITY TO WORK IN SCHOOLS, YOUTH CENTRES, SOCIAL CARE CENTRES, PRISONS, BUSINESS ORGANIZATIONS AND NGOS. THROUGHOUT THIS EXPERIENCE, I HAVE REALIZED THAT THERE IS ONE CRUCIAL SKILL THAT WE ARE NOT PAYING ENOUGH ATTENTION TO - EMOTIONAL INTELLIGENCE. IT IS LIKE A CORE MECHANISM THAT HELPS A PERSON TO TAKE CARE OF ONESELF AND OTHERS, CREATE A HEALTHY RELATIONSHIP AND LIVE IN A MEANINGFUL WAY.







## GINTA SALMINA - TRAINER / FACILITATOR OF NON-FORMAL EDUCATION, LATVIA

MY PHILOSOPHY IS "THERE IS THE 3 C'S OF LIFE: CHOICES, CHANCES, CHANGES"! MY BUSINESS BACKGROUND HELPED ME SUCCESSFULLY TO OPEN NGO WHAT NOW I AM RUNNING FOR MORE THAN 7 YEARS AND I HAVE IMPLEMENTED MORE THAN 80 PROJECTS IN DIFFERENT PROGRAMS. I BELIEVE IN NON-FORMAL EDUCATION AND ESPECIALLY I LIKE TO USE AND TO DEVELOP DIFFERENT EDUCATIONAL GAMES. IN 2012 I STARTED MY EXPERIENCE AS A FACILITATOR AND TRAINER THUS SUPPORTING THE LEARNING PROCESS AND PERSONAL DEVELOPMENT OF YOUNGSTERS. I STILL DO THAT AND I REALLY LIKE IT. I ALWAYS REMIND TO MYSELF THAT I MUST MAKE A CHOICE TO TAKE A CHANCE AND THEN I CAN CHANGE MY LIFE.

APPLICATION FORM FOR SELECTED PARTICIPANTS:

 [HTTP://EJ.UZ/INSIDE\\_OUTSIDE](http://ej.uz/inside_outside)

PLEASE SELECT YOUR PARTICIPANTS AND ASK  
THEM TO FILL APPLICATION FORM TILL 30TH OF MAY



ADDITIONAL INFORMATION AND QUESTIONS:

 GINTA SALMINA

 + 371 29256888,

 GINTA.SALMINA@GMAIL.COM

