

CHANGE FOR CHANGE

TRAINING COURSE FOR YOUTH WORKERS AND EDUCATORS



RIGA AND BERNATI
JULY 27 AUGUST 5

EMBODIED LEARNING

APPROACHES TO DEVELOP ENTREPRENEURSHIP
AND INITIATIVE

We are glad to welcome you to the training course for youth workers and educators **Change for Change** and looking forward to meet in Latvia! Please read this information sheet with care - it contains all the main information you need to be prepared for this summer experience in Latvia.

introduction to the course

What limits our freedom to learn and change? How do we shift this, so change will be easier? One of the possibilities might be embodied learning - educational approach that states that learning is the result of new practices that we commit our body to, not of the gathering and understanding information.

Long-term goal of this 8-days training course is to encourage entrepreneurial attitudes and initiative among young Europeans and to promote social and cultural entrepreneurship as means of personal and community development. One of the main objectives of the course is to consolidate experiences from various fields, methodologies, organizations and individuals and explore different approaches to learning and teaching entrepreneurship. Special focus will be putted on embodied learning which is appropriate to

any educational content where the overarching goal is to assist learners in finding and exploring their own transformative edge and in cultivating skills and practices that help them make profound changes. Embodied learning approaches support a process for reshaping assumptions, beliefs, mindsets, expectations, and perspectives. During the course we will explore the ways in which the body is directly concerned with learning, what practices positively shape the learning experience and how body-based learning can be useful in empowering young people to be the agents of change in their lives.

objectives

- To improve participants' understanding about initiative and entrepreneurship as life-long learning competencies and about aims, objectives and principles of the entrepreneurship education.
- To gather knowledge about body based learning methods and techniques with potential to develop initiative and entrepreneurship of the young people.
- To create space and support for development of new international cooperation networks and projects aimed at expanding youth employability, encouraging initiative and supporting social and cultural entrepreneurship of the young people.
- To promote use of innovative learning approaches in European youth work and non-formal education.
- To develop long-term cooperation strategy of the promoters and individual participants aimed at building awareness of social and cultural entrepreneurship as means to foster inclusive growth.

participants

The training course will gather **one** participant - youth worker or educator - from **Czech Republic**,

Slovakia, Spain and France and **two** participants from **Germany, Turkey, Greece, Lithuania, Estonia and Bulgaria.**

financial conditions

Training course **Change for Change** is implemented with financial support from the European Commission **Youth in Action** Programme. Accommodation, food, activities costs, as well as travel insurance costs in amount up to 10€ will be covered from the project budget.

Visa related costs will be covered in amount up to 70€ per person.

Travel expenses will be covered in amount of 70 percent via bank transfer within one month after end of the training course on condition that **participant has used the cheapest means of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets.** Taxi and first class tickets will not be reimbursed.

In order to receive reimbursement participants should arrive in Bernāti **no later than at 23:59 on July 27** and depart from Riga **no earlier than at 00:00 on August 5th 2012.** Participants may stay in Latvia up to 4 additional days in total before or after the training course. Costs related to the stay for additional days are on participants own expenses.

Travel costs per person should not exceed 350€ for participants from Bulgaria, Greece, France, Germany, Spain, Czech and Slovakia; 400€ for Turkey and 50€ for Baltic countries.

There is 35€ participation fee to be paid in cash upon arrival in the venue.

venues

Training course will start in:
Hotel **Chill Inn**
Address: Nīcas novads, Bernāti, Arāji
Phone: +371 26425800
www.chillinn.lv

After several days we will move to:
Hotel **Riga Airport Hotel ABC**
Address: Sampetera street 139A, Riga
Phone: +371 67892728
www.hotelabc.lv

We will visit also:
High Ropes park created by an adventure organization **Luzumpunkts** to be an effective method for team building and cooperation trainings. High ropes course is up to 11 meters high, where people communicate in unfamiliar environment, where individuals real characteristics reflect in every human face, as well as communication skills in stressful situations. All tasks are carried out exclusively with each other together, supporting each other both emotionally and physically. If your internal border say that height is not your environment, then your help from the ground, support and encouragement will be important for group members who will be at the top.
www.luzumpunkts.lv

how to reach chill inn?

From Riga airport take bus No 22 to the stop **Stockmann**. Ticket can be purchased at the newspaper kiosk in the airport. It costs LVL 0.50 - a bit less than one euro - or LVL 0.70 if purchased at the bus driver. Riga bus station is in 2 minutes walking distance from the **Stockmann** shopping centre.

From the bus station take the bus to Liepāja. Trip takes around 3.5 hours, its price is around LVL 5.40.

In Liepāja bus station take another bus until stop called **Eglites**, LVL 0.70, Nīca or Otaņķi direction. There are also minibuses stopping at the bus station that are not listed in the official timetable of the station. Exact timetables and fares here:
www.1188.lv.

When you have arrived in Eglites bus stop, look for a sign to **Chill Inn**, hotel is in 50m distance.

You might find much cheaper plane connections to Warsaw and take bus to Riga from the airport or Warsaw bus station. Drive takes 12 hours and costs around 15€. There is also **Ecolines** bus line that offers connection from Warsaw to Liepāja for the same price.

what to pack?

- Travel insurance covering also risks related to physical activities MANDATORY!

- Comfortable clothes for physical activities indoors.

- Shoes for outdoor activities suitable for wet, slippery surfaces and for running.

- Dark clothes suitable for physical activities in wind, rain, cold and mud. Clothes should cover elbows and marrowbones. And clothes should not be your beloved ones.

- Hat for protection from wind and rain.

- Swimming suit and beach carpet or towel.

- Sprays or creams against mosquitos and ticks most likely will be useful.

- Some national specialities from your country for intercultural dinner. In case you would like to cook, there will be also opportunity to use a small kitchen and grill outside but let us know at least two weeks in advance what ingredients and equipment you will need.

- Printed materials to represent your organization or projects in case you'd like to share them.

- Passport, music instruments, open mind and good mood :)

challenge for you!

Most education of all kinds takes as a starting point the conveyance of new information, based on the premise that knowledge is power. Books, teachers, models, new ideas and simulations are all great places to start when learning something new. The problem is that most learning stops there. Once the book is shut and the teacher or trainer is gone, we head back to our lives, where we proceed to do things very much the same way that we did them yesterday. How many times, for example, have you learned a new idea and even known what to do, but found yourself unable to actually do it? Most people are familiar with this experience. That is because exposure to new ideas is necessary but insufficient to enable us to take new action. Purely intellectual learning has a lot of limitations. This is why we find it interesting and important **to explore the ways in which the body is directly concerned with learning, how do we learn through the body and what practices positively shape the learning experience.**

To foster exchange of experience, ideas and best practices we would like to invite also participants of this training course to propose and facilitate workshops related to the theme of the training course. **Do you use some embodied methods of learning in your work? Which methods and what**



are the results? What is reason under these methods? How body-based learning could help to develop sense of initiative and entrepreneurship, creativity, innovation, recognizing opportunities and risk taking? If you have your own answers to some of these questions, methods, techniques, approaches and ideas you would like to share with others, **workshop proposals are welcomed** and should be included in the application form for the training course in lines with proposed general themes and objectives of the training course.

useful links

More about Youth in Action:
ec.europa.eu/youth/index_en.htm

Flights to Riga with AirBaltic:
www.airbaltic.lv

Buses from Warsaw airport to Riga:
www.luxexpress.eu

Buses from Warsaw to Liepāja:
www.ecolines.lv

Public transport in Riga:
www.rigassatiksmeliv

Youth in Action in Latvia:
www.jaunatne.gov.lv

Finding cheapest plane connection:
www.dohop.com
Ministry of Foreign Affairs of Ministry of Latvia:
www.am.gov.lv

Million reasons why Latvia is the best country in the world:
miljons.com/en/

What's up in Riga?:
www.liveriga.com

Official Latvian tourism site:
www.latviatourism.lv

Youth in Action

Youth in Action is the EU Programme for young people aged 15-28, in some cases 13-30. It aims to inspire a sense of active citizenship, solidarity and tolerance among young Europeans and to involve them in shaping the Union's future. Youth in Action promotes mobility within and beyond the EU borders, non-formal learning and intercultural dialogue, and encourages the inclusion of all young people, regardless of their educational, social and cultural background.

about project host

Host of this project, association **Room of Fulfilled Dreams** from Latvia intends to give a chance for young people with limited access to education opportunities and young people facing long-term unemployment to engage in non-formal learning programs, culture and art activities, gain new skills, develop creative talents and consider alternative carrier opportunities. We stand for initiative, independent thinking, sustainable development and daring to explore the world.

Do not hesitate us if you have any questions, concerns, suggestions or any assistance is needed regarding your travel arrangements, preparation for the course and all the other issues.

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Arrival of the participants to Bernāti



Review of the program, aims and expectations



Introduction to social entrepreneurship and different understandings of entrepreneurship

Who you are and who do you want to be? Personal branding, masking and other activities to set up personal development

Intercultural dinner



Experiencing high ropes course

Planning and facilitating activities with perceived risks
Creating safe group environment



Effectual logics
Objectives of entrepreneurship education to embodied learning

Movement and body work for increasing self-awareness and positive self-perception
Reflection and evaluation



Garage 24
or work on ideas for new social entrepreneurship and educational projects or methods and tools



Movement and body work for developing team-work and leadership abilities

Movement and body work for fostering creativity and risk taking
Reflection and evaluation

Exercises for relaxation and better stress management



Presentation of the projects
Open Space
Final Evaluation



Elements and principles of adventure education in Drama approaches in adventure education

Visiting Liepāja
Experiencing Latvian folklore and life in Soviet prison

Departures

