

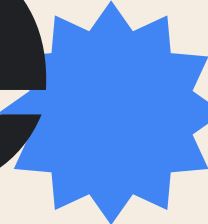


Co-funded by
the European Union



Designed

for Life



14-22 February 2024 | Hollókő, Hungary

Join us for this 7-day-long training course that empowers individuals to craft an authentic and fulfilling professional life through a unique combination of methodologies stemming from design thinking, creativity, self-reflection and embodiment.



THIS TRAINING IS HERE FOR YOU TO...

1

get familiar with methods on design thinking, self-reflection, creativity, embodiment

2

gain practical tools and skills for designing your own professional career path and support young people to do so as well

3

put into real-life practice the tools used by the training

4

find inspiration and support in a community of like-minded people

ABOUT THE PROGRAM

Working in the civic sector can be a highly rewarding, and at the same time a very demanding experience. Our training course wishes to tackle the topic of career planning and development through a unique combination of methodologies we find functioning and useful in our everyday lives. While providing the space for youth workers to work on their professional development and career path, we also want to equip them with the necessary knowledge, skills and attitudes to use the tools and activities they experience on themselves with their target groups - young people all over Europe.

Arrival day: 14th Febr

Program days: 15-21 Febr

Departure day: 22nd Febr



PROFILE OF PARTICIPANTS

- **Over 18 years old**
- **Working with young people, volunteers, groups - youth workers**
- ★ **Curious to expand their toolbox and ready to think outside the box**
- **Able to work and communicate effectively in English**
- **Able to stay for the whole duration of the training course - no late arrivals or early departures allowed**

METHODOLOGY

THE PROGRAM WILL BUILD ON ELEMENTS OF...

1

Design thinking

A problem-solving mindset to understand users, challenge assumptions, redefine problems and create innovative solutions to prototype and test.

2

Self-reflection

We provide the space, time and questions, but you will have to find your solutions. We will cover the basics of self-awareness and self-reflectiveness to support you in your journey.

3

Functional creativity

Methods, tools, and approaches to unlock your creativity and build on the collective creative energy of the group in order to take actions.

4

Embodiment

Using the power of movement, we will focus on providing you with experiences that go beyond cognitive actions and allow you to connect with yourself through body and mind.

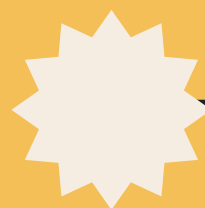
FACILITATORS



Alexandra Vinczi

I am a youth worker and educator based in Hungary, involved with youth work for the past 10 years, working mainly with Erasmus + training courses and youth exchanges. I design and implement educational experiences so people can have more joy in their lives.

I am an expert in design thinking and visual facilitation.



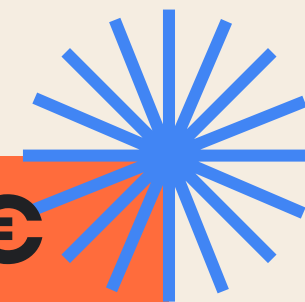
Eszter Horváth

I'm living and working mainly in Greece. Armed with a psychology bachelor's degree and a journey through applied theatre, I'm currently leaning into nature-based approaches in non-formal education.

My vision is designing learning spaces that act as catalysts and empower individuals to reconnect with themselves and explore their untapped potential in life.

FINANCES

Contribution of participants: 65 €

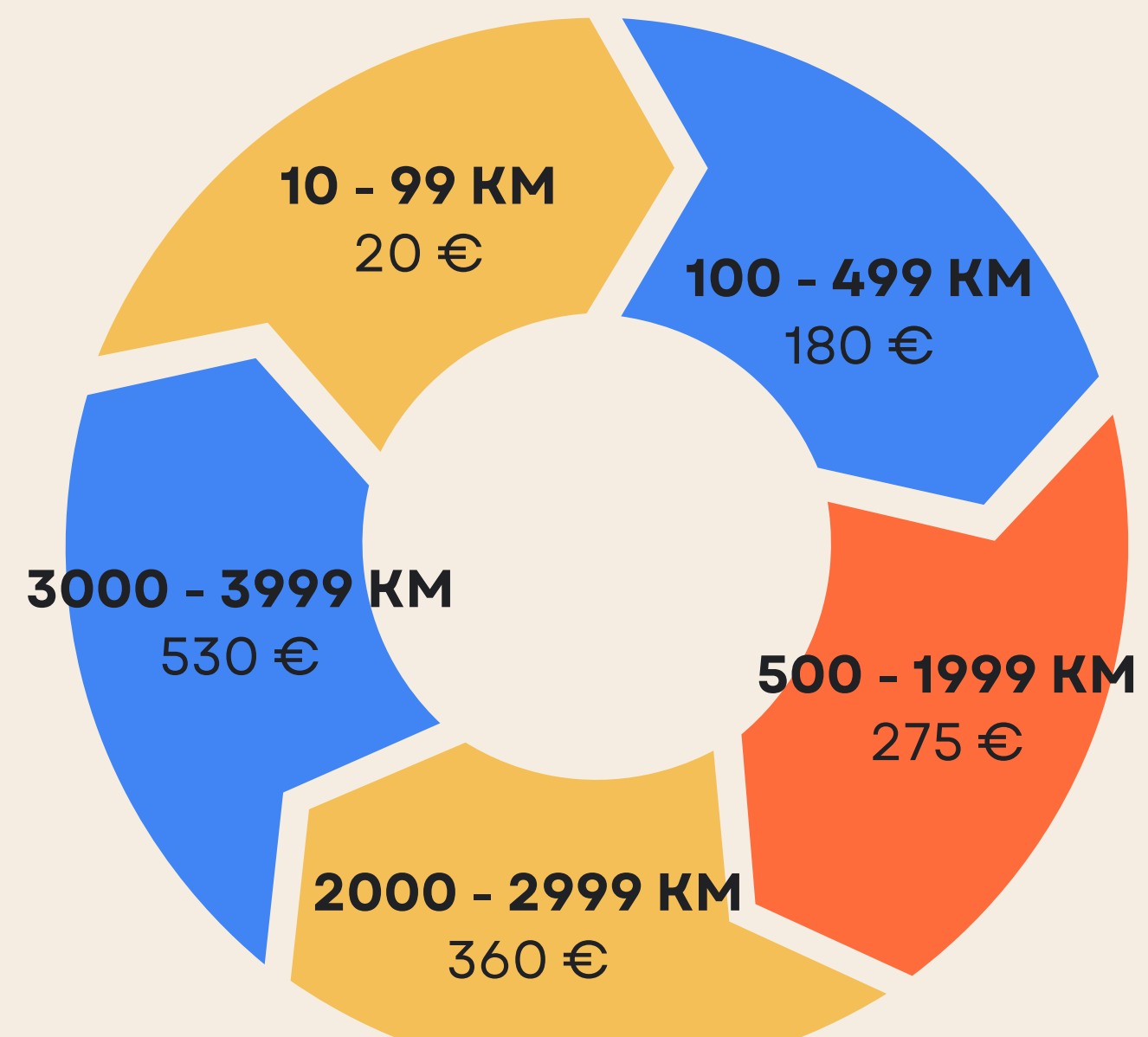


The project is co-financed by Erasmus+. Food and accommodation are fully covered by the organisers.

You can apply for a funded spot if you reside in one of the Member States of the EU, and we will support you with finding a partner organisation.

([Click here](#) for more information)

Travel reimbursement is possible up to the following limits:



VENUE

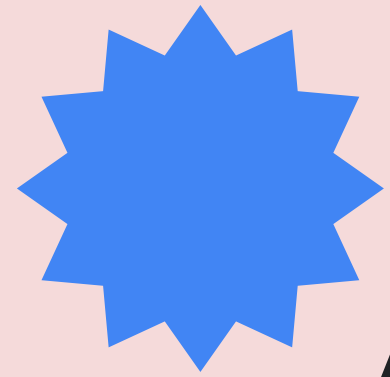
Designed For Life will take place in Creative Space Training Center, in Hollókő, Hungary.

This is a 3-level stone building with 4/5/6 bedded rooms, with shower and toilet en suite. Bed linen will be provided. You can also find the training room, dining area, common social areas in the building, and a big garden around.

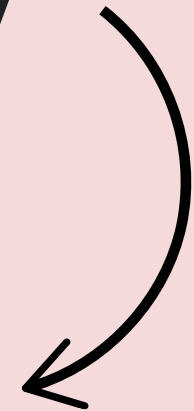
Creative Space is in Hollókő, a village that is part of UNESCO's World Heritage Sites.

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.





Apply now



Until 27th January

CLICK HERE

CONTACT

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