

Training course

Sustainers

17–25 March 2024



Co-funded by
the European Union

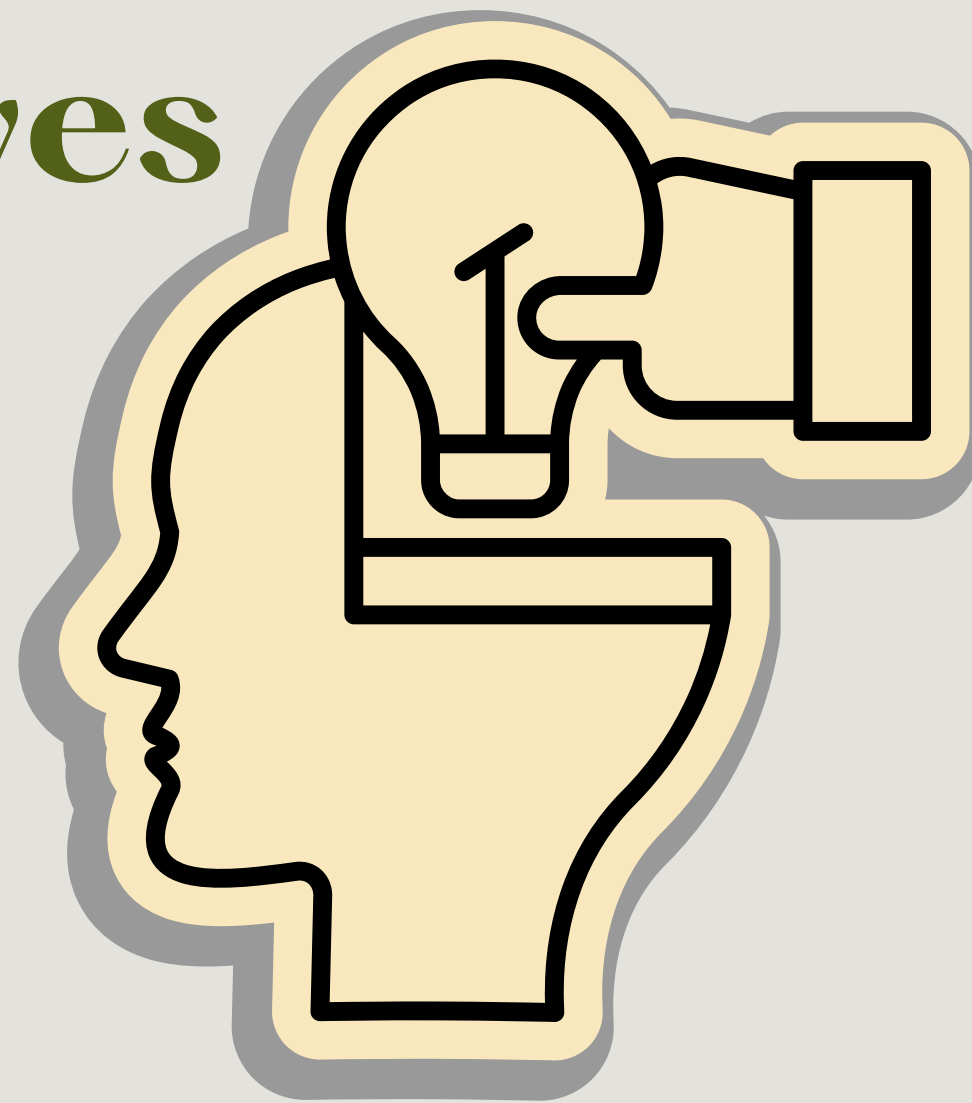




Sustainers

is an **8-day long** intense **training course** for those who are working with youth and would like to support them by giving them **tools and improving their skills to create a more sustainable lifestyle** by using **design thinking methodology**.

Goals & Objectives



Think

01

to improve cooperation skills, tools, practices and strategies of youth NGOs

02

to make NGO visibility, and dissemination activities more effective

03

to enhance cross-sectoral sharing of expertise, cooperation and networking among young entrepreneurs and/or youth leaders

04

to raise the recognition of non-formal learning and youth work

05

to stimulate the creation of youth projects and innovative enterprises

Participants' Profile

You have experience in youth work as youth organization staff, volunteer, mentor, youth leader

at least 18 years and able to communicate easily in English are able to participate fully at the programme from the beginning till the end

willing to work during the whole training program -it will be intense, meaning minimum 8-10 training hours/day

**IF IT'S
YOU,
APPLY!**



About the program

It is an intensive training course, where participants are going to have a chance to get to know and experience how to work with design thinking and sustainability, in order to support their NGOs or create new and innovative activity, workshop or project plans.

We facilitate learning by non-formal methods: **self-directed work towards learning goals; self-assessment; skills development workshops, individual-, couple- and group work; simulations, exercises form creative expression, drama, dance and outdoor, debriefings, plenary discussions.**

Participants are going to get a real life experience how to work with special target groups. The uniqueness of the training will be that participants are going to create and implement small workshops for local youth in the topic of sustainability.



Program

We are going to work from the morning till the evening.

Day 1 : March 17

- Arrival and practical introduction



Day 2:

- Getting to know each other and getting to know the theme of the training



Day 3:

- Design thinking mindset

Day 4:

- Planning tools and getting ready for the workshops



Day 5-6:

- Workshop days



Day 7:

- Getting to know young entrepreneurs in the theme of sustainability. Gaining motivation and inspiration

Day 8:

- Evaluation and closing



Day 9: March 25

- Departure

About the methodology

Design thinking is a problem-solving approach that emphasizes understanding the user's perspective, challenging assumptions, and redefining problems to identify alternative solutions. This approach is most commonly used in product design and innovation but can be applied to almost any context. The goal of design thinking is to promote innovation, improve user experiences, and create solutions that meet people's needs in a way that is technically feasible and economically viable.

Design thinking can be especially useful for NGOs for several reasons:

- USER-CENTERED APPROACH
- PROBLEM DEFINITION
- INNOVATION
- COLLABORATION AND INCLUSION
- COST-EFFECTIVE
- SCALABILITY
- ADAPTABILITY
- SUSTAINABILITY



User-Centered Approach

NGOs often work directly with communities or individuals who face specific challenges. Design thinking puts these users at the center of the solution, ensuring that the NGO's efforts are aligned with the actual needs of those they are trying to help.

Problem definition

Design thinking encourages problem reframing, which can lead to novel solutions. This can be particularly useful in the complex environments where many NGOs operate, where the apparent problem might not be the root cause.

Scalability

Design thinking can help NGOs develop solutions that are scalable, i.e., solutions that can be effectively expanded to a larger area or a larger group of people.

Innovation

The ideation stage of design thinking encourages the generation of a wide range of potential solutions, promoting innovation. This can lead to more effective ways of achieving the NGO's goals.

Adaptability

The iterative nature of design thinking—where learnings from later stages can feed back into earlier stages—can help NGOs be more adaptable, better able to respond to changing circumstances or new information.

Cost-Effective

Prototyping and testing solutions before fully implementing them can save resources in the long run by avoiding commitment to ineffective solutions. This is particularly important for NGOs, which often operate under budget constraints.

Collaboration & Inclusion

Design thinking is a collaborative process that encourages the participation of all stakeholders, including community members, donors, staff, and volunteers. This can increase buy-in and support for the NGO's efforts.

Sustainability

According to theories we can identify sustainability on 3 main areas in our lives : Nature, Society and Business.

During this course we are going to check their relation, and participants are going to have a chance to see how they can contribute to these areas to make an impact. **All change starts with a person.** We are going to put a focus on how to maintain the sustainable energy in order not to burn out and in order to create a sustainable professional and personal life.

During the course besides all the theoretical knowledge about sustainability, **we are planning to share tools and techniques from aromatherapy, massage and art therapy and NLP to create strong anchors for higher quality of life.**



TRAINERS



Norbi Hochstein

#selfawareness

I am Norbi, having a BA degree in Business IT-Specialised for the Bank sector. I started working with youth in 2007. During this time I got thrilled by the experiential learning. My discovery started with a basic synergy training then got trained in coaching and systemic work, also I am a certified NLP Master Practitioner. I was part of the NGO life for more than 5 years, and more than 10 years I have spent on the youth field, designing and facilitating international learning events. Through these years I had a possibility to support more than 12 000 people during their learning process, spent more than 10 000 hours to support the growth of human beings. In the past years my main focus is: how we, as human beings, can create long term impact for our lives I work as a soft skill trainer in one of the biggest Hungarian business university, and besides that I work as a freelance trainer and as an entrepreneur. Lifelong learning become part of my life and learning became my passion in these years. I am doing training courses and coaching-consultation session in order to support the learning of the people. I believe in the fact that, each and every person is having all the resources what they need in order to achieve their goals. My favourite quote is: *The problems we face cannot be solved at the same level where they were created.*



Orsi Pánczél

#selfcare

My name is Orsi Panczel, I'm a lawyer by degree but since 2017 I'm working as a certified aromatherapist and doula. Changing my career was challenging but one of the most exciting experience in my life as well. This journey behind me really influenced my approach of mental and physical health. I've discovered many resources creating this path for my professional journey. My aim is to help each one to find their own tools and methods when it comes to self development. I'm being passionate about natural therapies in my whole life. As an instructor in aromatherapy I like to share my knowledge through the experimental way and I focus on a holistic vision through the process. I'm doing workshops and trainings including aromatherapy, ayurveda and other manual therapies. I'm a believer of lifelong learning so I'm trained to be an integrative baby and child therapist currently.

TRAINERS



Gabi Mayer

#selflove

My name is Gabriella Mayer, I am a certified Aromatherapist, and a true believer that everything starts and ends with our inner self. A true admirer of nature and everything what makes us connected to it. I believe that we need to create a deep awareness of the importance of our responsibility in both. Through Aromatherapy, we have the luxury of a drop of knowledge about the tremendous possibilities to connect with the most obvious, cleanest, and most gentle solutions of nature for our bodies, minds and souls. There should not be more urgent issue, than how to save our natural world, which contains every answer to our struggles. I believe as well that all starts with an individual willingness of change, and the awareness of the impact we make on everything around us. The education of the self, and the education of the earth, the soil and its herbs should be prior in every mindful system around the globe. In this way we could have the knowledge of how to exist in a more responsible and more respectful way of ourselves, others, and our home.



László Radácsi

#designthinking

Dr. László Radácsi has an illustrious academic career spanning over 30 years. After earning his Ph.D. in Business Administration, László has made a significant impact in the fields of entrepreneurship, sustainability management, and business-NGO partnerships. As a renowned researcher, trainer, and coach, László has shared his strategic expertise with leaders in various sectors, helping them navigate the dynamic business-societal landscape with confidence. He is a highly accomplished consultant, having worked with businesses and NGOs both in Hungary and abroad. Beyond his professional pursuits, László is also the founder of the Creative Base Foundation. This organization is dedicated to promoting the use of improvisational theatre in Hungary as a means of enhancing personal growth and development. In his personal life, László enjoys playing bass guitar and holds a professional bartending certificate. He is a proud father of three amazing sons and currently calls the beautiful city of Budapest his home.

Finances

The project is co-financed by Erasmus+. Food and accommodation are fully covered by the organizers. You can apply for a funded spot if you reside in of the Member States of the EU, or associated countries and partner countries, and we will support you with finding a partner organization.

TRAVEL REIMBURSEMENT IS POSSIBLE UP TO THE FOLLOWING LIMITS:

10-99 km: 23 €

100-499 km: 180 €

500-1999 km: 275 €

2000-2999 km: 360 €

3000-3999 km: 520 €

Contribution of participants: 70 €

Dates

Arrival day: 17th of March

First day of the program: 18th of March

Last day of the program: 25th of March

Departure day: 25th of March





Venue

The training course will take place in the **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.

Most activities will take place in the theater room of the village, which is a 10-minute walk from the accommodation.

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.

PARTNERS

Finland

Allianssi Youth Exchanges

Hilla Remes

hilla.remes@alli.fi

Greece

ELIX

Christina Miliouridou

youth@elix.org.gr

France

Solidarités Jeunesses

Elodie Caille-Bonnot

workcamp.in@solidaritesjeunesses.org

Lithuania

Vsi uMunthu

Žilvinas Speteliūnas

team@innoved.lt

Greece

Roes Cooperativa

Vasiliki Labrou

mobilities@roes.coop

Not on the list? Don't worry!

If you are a resident in another Member States of the EU, or associated countries and partner countries, you can still apply for a founded spot. ([Click here](#) to see all countries eligible.)

In case you get selected, either your own organisation can join, or we will support you in finding a national organisation to support your participation.

Apply by filling out the

APPLICATION FORM

until 25th February 2024.

*DISCLAIMER! In the application form, we are curious of your personal experiences, perspectives and reflections. As such, we ask you not to use any AI support for the application. Applications will be screened thoroughly, and any applications using ChatGPT or other AI will be automatically disqualified.



C o n t a c t

In case of any questions, please feel
free to contact us!

Izabella Luca

izabella.luca@egyesek.hu

Egyesek Youth Association