

NON-VIOLENT ENVIRONMENT FOR YOUTH WORK



INFINITE
OPPORTUNITIES
ASSOCIATION

TRAINING COURSE

30.07 - 03.08

PERNIK

BULGARIA

PROJECT SUMMARY

Youth work varies in many ways, but **EVERYWHERE** we face humans and we **ALL** have similar **NEEDS** and **GOALS**.



As an ancient wisdom says,
"We cannot pour tea from an empty pot",
so **TOGETHER** we'll learn how to
recharge, prepare and **HELP OTHERS** to
take care for themselves in
the **BEST POSSIBLE** way.

AIM OF THE TRAINING COURSE

This training course aims to go deeper into PRACTICE and THEORY in order to UNDERSTAND and DO better our youth work, starting with ourselves. It will combine several approaches, targeting and improving communication and mental health from different angles.



GOALS OF THE PROJECT

OBJECTIVE 1

To raise awareness about the importance of different forms of violence, mental health and holistic approach in youth work

OBJECTIVE 2

To introduce youth workers, and, subsequently, young people, with proven methods for body, mind and emotional selfcare



OBJECTIVE 3

To practice and create own ways for maintaining nonviolent environment in work place, communication, decision making, and everyday life

OBJECTIVE 4

To encourage the participants to have healthy and sustainable relations in all aspects of their lifes

PROGRAM AND METHODS

We will address body, mind, emotions and acts from our everyday activities and habits through a programme designed upon the principles of NON-FORMAL education and Learning by DOING.

Key activities and themes include Non-violent communication method by Marshall Rosenberg, Ancient Chinese techniques, Solution focus approach and Youth work in diverse environment.

You will hear, feel, listen and speak about non-violent communication in order to re-arrange your life perspective, self-criticism and different types of judgement; obligation, critique or disapproval. You will also become familiar with a solution focus approach, using your own strengths and goals to achieve and do more in your daily life.



	Day 0 - 29.07	Day 1 - 30.07	Day 2 - 31.07	Day 3 - 01.08	Day 4 - 02.08	Day 5 - 03.08	Day 6 - 04.08
	WHO WE ARE (beginning)		WHAT WE DO (structure)	WHY WE DO IT (flexibility)	HOW TO DO IT (rhythm)	WHEN WE'LL DO IT (plan)	LET'S DO IT (beginning)
08:30 - 09:30	Breakfast						
09:30 - 11:00	Official Opening. Getting to know each other.	Physical intelligence - Connection and structure of Body, Mind, Emotion	PI - Flexibility in Body, Mind, Emotion	PI - Rhythm in Body, Mind, Emotion	PI - Stillness in Body, Mind, Emotion		
11:00 - 11:30	Coffee break						
11:30 - 13:00	Building our team.	Emotional intelligence - Connection and structure in Non-violent communication	Emotional intelligence - Emotions and Needs in NVC	Empathy and NVC - Requests and Responsibility	Empathy and NVC in Storytelling		
13:00 - 14:30	Lunch						
14:30 - 16:00	Storytelling - part 1 - Hero	Storytelling - part 3 - Solution	Storytelling - part 5 - FEARS	Planning follow-up activities	Follow-up testing		
16:00 - 16:30	Coffee break						
16:30 - 17:30	Storytelling - part 2 - Problem	Storytelling - part 4 - Reflection	Storytelling - part 6 - Magic	Feedback for follow-ups	Feedback and final reflection		
17:30 - 18:00		reflection					
18:00 - 19:00	Dinner						
19:00 - 20:00	Welcome evening	Sharing our gifts & skills	Intercultural night	Free zone - games and activities	Intercultural night	Farewell party	

ARRIVAL

DEPARTURE

WHO CAN TAKE PART?

We are looking for a total of 25 participants who are:

Youth workers

Social workers

Youth Leaders

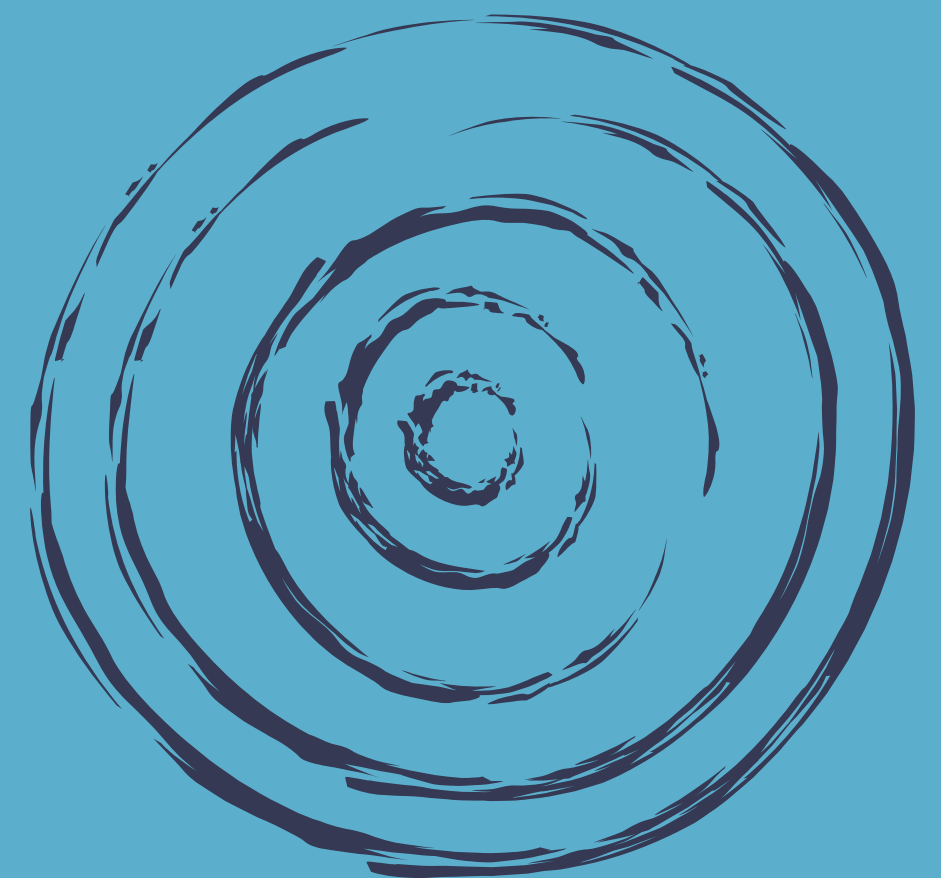
Staff and Members of organisations active in the youth field

Teachers

Activists

The participants should have an interest or be curious about:

- Youth participation and active citizenship
- Mental health
- Connections between mental health and physical self
- Human rights
- Self development
- Non-violent communication
- Art and nature in connection to mental health



PLACE AND ACCOMMODATION

The International Youth Center of Pernik: a welcoming venue designed for international learning and exchange. Located just outside Pernik and surrounded by nature, it offers a calm setting that helps participants focus, connect, and step away from everyday routines.

The center is regularly used for international youth projects and is well adapted to multicultural groups. All rooms are functional and equipped with private bathrooms, ensuring a pleasant and comfortable stay.

[Google Maps Location here](#)

FULLY FUNDED BY ERASMUS+



ACCOMMODATION



TRANSPORT



FOOD

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WHAT TO BRING?

- Comfortable clothes - we will have many dynamic activities. At the same time (depending on the weather) we will try to work as much as possible outside. Therefore, bring shoes, scarf, hat and jacket but also your comfortable clothes for the inside activities.
- Relevant publications, books or materials you like to share
- (Inter)Cultural Night: We invite you to bring some snacks and/or drinks that are typical for your country to share during our intercultural night.





TRAVEL BUDGET

Travel dates : 29.07 - 04.08

As per the Erasmus+ guide, we can only reimburse you up to the travel budget limit below. All travel costs will be reimbursed based on the distance calculator. You can check it on [this link](#). Green Travel is any transport with low emissions such as train or bus.

PLEASE SEND US YOUR TRAVEL PLAN BEFORE BUYING ANYTHING
to the following email: office@infopass.eu

Participants can arrive up to 2 days earlier OR stay up to 2 days after the project if there are better (more convenient and cost effective) travel options. Please keep in mind that in such cases you will have the responsibility to pay all your expenses for the extra days (accommodation, food etc.) on your own.



REIMBURSEMENT

Reimbursement of your travel expenses will be made AFTER the project on the basis of ORIGINAL documents (CONFIRMATIONS, TICKETS, BOARDING PASSES, BANK STATEMENTS and INVOICES).

If you have electronic tickets, we will require them over email as per the instructions you will receive. If you have physical tickets we have to receive all original tickets by post. This means that you will bring and leave your originals with us and you will post the ones for your way back to our address with a RECOMMENDED LETTER after sending us photos of all tickets/boarding passes.

In exceptional cases where participants from non-EU countries provide ALL original travel documents by Day 3 of the youth exchange, the reimbursement can be made in cash in euro before departure.

**TICKETS WHICH ARE NOT APPROVED BY THE HOSTING ORGANISATION
WILL NOT BE REIMBURSED.**

ONLY THE MOST ECONOMICAL WAY OF TRAVEL WILL BE REIMBURSED.



HOST ORGANIZATION

IOA is an NGO established at the beginning of 2010, committed to youth work, active citizenship, promotion of non-formal education and encouraging young people to develop their social and creative potential for a better future for everyone.



INFINITE
OPPORTUNITIES
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WE ARE LOOKING FORWARD
TO MEET YOU!



YOU CAN APPLY UNTIL 26/06/2026 HERE

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