


WELCOME TO THE TRAINING OF TRAINERS

"UP WE GO!"





"PLEASE TELL ME - WHO ARE YOU?"

With the project Training of Trainers "Up We Go!" we want to target the core of being a professional in the field of youth work - your deeper self.

Have you deeply identified your characteristic strengths and weaknesses?

Have you had time to look in your inner processes, actions and reactions?

Have you found an inner source- the strength to find an ability to continue your work, when enthusiasm, energy and willingness to give and create is low?

Where is your source of energy to work with young people and what would you like to do differently in your work?

And do you know strengths and weaknesses of your team, your colleagues without whom your work would not be as great, life-changing and impact-leaving as it is now?

PRACTICAL INFORMATION

DATES:

Arrival day: September 30, 2018 in Riga

Venue in Riga: MARTA STREET hostel.

Hostel is booked for 1 night with breakfast included.

Check in: September 30, from 1pm. Informal dinner at 7pm (place to be announced)

Check out: October 1. At 10am there will be a shuttle organized from the hostel to the training center.

Start of the program: October 1, 2pm

End of the program: October 7, 8pm

Shuttle back to Riga and departure day: October 8, 9am



[CLICK HERE TO
VIEW THE MAP](#)

PRACTICAL INFORMATION

ACCOMMODATION:

Training course will take place in outdoor Training Center in the Vidzeme highlands, near Madona, with an outstanding view of Latvia's hills and forests. The Training Center has a kitchen with a proper rural oven, three bedrooms with bunk beds, wood-fired stoves and a sauna (with shower and washing machine) at the edge of a pond.



[Click to see it closer!](#)

We also have hammocks
for those who wish to
sleep under the stars



PRACTICAL INFORMATION



Our **Low and High Rope** park is a 15 minute walk from the Training Center.



MEALS:

Breakfast, coffee breaks and dinner will be self-organized by participants (answers to the questions “Why? What? How?” you will receive on the spot).

Lunch every day will be provided by local canteen.

TRAVEL AND REIMBURSEMENT

Please keep ALL of your ORIGINAL tickets, boarding passes, receipts/invoices. They will be collected during the Training Course. Reimbursement will be done in EUROS regardless of the currency indicated on your ticket and receipt/invoice.

MAX. REFUND OF TRAVELING EXPENSES
PER PARTICIPANT (ACCORDING TO
ERASMUS+ PROGRAM)

LATVIA - 180 EUR

ROMANIA - 275 EUR

SLOVAKIA - 275 EUR

HUNGARY - 275 EUR

You are welcome to stay in Latvia up to 2 extra days before and after the program (on your own accommodation expenses)

Outside this time frame your travel costs will NOT be reimbursed.

WHAT TO BRING?

Latvia is famous for our four beautiful seasons. Sometimes in one day! And YES it is true! Even though the TC is taking place in the early autumn, it's more than possible that we will experience heat, thunderstorms, sunny and warm weather, hail, wind, fog and even snow.

That's why we kindly ask you to be prepared and keep yourself updated with the weather forecast!



CHECKLIST:

- * Backpack
 - * Sleeping bag (if you do not have any, please let us know in advance!)
 - * Comfortable clothing/shoes for outside activities
 - * Comfortable clothes/shoes for inside activities
 - * Thermal clothes
 - * Hat, scarf, and gloves
 - * Sunglasses
 - * Headlamp (“cyclops”) or flashlight
 - * Everything necessary for a sauna (swimsuit and flip-flops)
 - * Clothing for rainy weather (rain coat, rain boots)
 - * Personal hygiene belongings (+towel)
 - * Any necessary personal medications
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- * National drink, snack, music, dance or whatever as a contribution to the last evening - celebration

HEALTH INSURANCE:

All participants **MUST** have health insurance!

You can get international (EHIC)

European Health Insurance Card.

Google and find out-where you can get it in your city!

It is free!



LET US KNOW if you have any:

- *illnesses or special medications (and you consider it important for us to know);
- *dietary restrictions;
- *any limitations, which may cause challenges of your full participation in the training course.

PROGRAM OF THE TRAINING COURSE

Sept 30: Arrival of participants in Riga. Checking in the hostel. Sightseeing and informal dinner in Old Town (details will follow)

Oct 1: 10am transfer from Riga to the Training Center.
1 pm-2 pm lunch in the Training Center.
Getting to know: each other, flow of the project; common learning space and responsibilities.

Oct 2: Setting up personal and professional goals;
Views on personalities, my inner and side view. How authentic I can be with myself?
Introduction to the history and enrollment of DISC methodology, its values and principles.

Oct 3: My first personal data with DiSC.
Group challenge: Developing skills of creating and fulfilling strategies for better solutions.
Low ropes: Trust building in personal and group level; Personal and group responsibility for reaching a common goal.

PROGRAM OF THE TRAINING COURSE

- Oct 4:** Low ropes: Ability of taking initiative; discovering strength of qualitative communication.
Professional evaluation and extended results on my personal DiSC profile.
- Oct 5:** High ropes: Setting up expectations and fears.
Creating a "buddy system".
Qualitative communication in a stressful environment.
Reflection on my experience through others-constructive feedback in 1:1 meetings.
- Oct 6:** High ropes: Challenging individual limits, physical, emotional and psychological borders.
Reflection: My inner fears and DiSC.
- Oct 7:** Personal behaviors in interactions with others: how to use the DiSC model in my personal and professional life?
HOMEWORK FOR NEXT 2 MONTHS: Ground the knowledge and develop DiSC observing and practicing skills. Connection of these skills with self awareness and observation of colleagues.
Closure and celebration.
- Oct 8:** 10 am departure to Riga

TRAINERS

MADARA MAZJĀNE

Project manager and trainer of NFE

Madara will take care of all logistical matters throughout the project; communicate with partners and participants; lead workshops on individual and team goal setting and Low Ropes.

Contact: madara.mazjane@senseofteam.lv



ROBERTS RUBENIS

Trainer of DiSC methodology

In this project Roberts will be responsible for all parts and activities connected with the DiSC methodology and its results, as well as assisting in the Low and High Ropes workshops.

Contact: roberts.rubenis@senseofteam.lv



JURIS ZAKREVSKIS

Trainer of Low and High Ropes.

Juris will provide, lead and evaluate workshops specifically on High Ropes as well as assist in workshops related to communication and cooperation.

Contact: juris.zakrevskis@senseofteam.lv



ARE YOU READY?
GREAT!

FILL OUT THE
ONLINE REGISTRATION FORM

TILL SEPTEMBER 10, 2018



TAKE CARE AND SEE YOU SOON!