

ERASMUS+ TRAINING COURSE:

D.I.G. DEEP:

*get Deliberate,
get Inspired,
get Going*

Quick overview

Countries:

Spain, Slovenia, Poland,
The Netherlands, Türkiye,
Romania, The Republic of
North Macedonia, and
Lithuania

Location and Dates:

Lekėčiai (Kaunas region)
7-16 November
(including travel days)

Target Group:

youth leaders, trainers,
and social workers
focused on
marginalised youth
with fewer opportunities

Project Essence:

D.I.G DEEP aims to equip youth workers working specifically with marginalised and discriminated youth groups with the competencies to empower, encourage and support the emotional needs, resiliency, self-worth, and mental health of youth.

The project is coordinated and hosted by Active People Association Activist and co-founded by the Erasmus+ Programme of the European Union.



Co-funded by the
Erasmus+ Programme
of the European Union

AKTYVIŲ ŽMONIŲ ASOCIACIJA
AKTYVISTAI



ACTIVE PEOPLE ASSOCIATION
ACTIVISTS

About the Project

We are living in a time in Europe where prejudice, stereotypes, xenophobic viewpoints, and discrimination are rampant, particularly against marginalized groups such as refugees, migrants, Roma, people with disabilities, and persons identifying as LGBTQI (to name a few).

To tackle these discriminatory practices, we have seen many projects that raise young people's awareness of cultural diversity and equip them with cross-cultural and critical thinking competences needed to understand and respect cultural and religious diversity. We recognize the need to continue empowering societies to be more inclusive, but also must provide emotional and mental health tools for those that have experienced or are still experiencing discrimination and believe it has affected their sense of self and future potential.

There are far fewer projects that support youth workers to develop the competences to empower, encourage and support the emotional needs, resiliency, self-worth, and mental health of these discriminated youth in order to propel their potential futures forward.

This is precisely what we want to see more of - initiatives to develop youth's resilience and self-worth in the face of discrimination from society.

The aim of this project is to equip youth workers working with marginalised youth groups with the competences to empower, encourage and support the emotional needs, resiliency, self-worth, and mental health of discriminated youth.

During this week of DEEP learning you will:

1. Learn new, powerful, and tangible tools that support marginalized youth with mental health, emotional intelligence, authenticity, resilience, and more.
2. Share best practices of supporting marginalized and discriminated youth
3. Increase your awareness about the importance of mental health and social and emotional tools to support marginalized youth
4. Gain skills to support the emotional needs of discriminated youth
5. Develop skills on equipping youth to embrace authenticity, self-esteem, self-worth, self-confidence, resilience, courage and compassion, and vulnerability
6. Develop your willingness and capability to choose authenticity* in your line of work and support your youth to do the same.

Authenticity*

D.I.G. Deep was inspired by the wonderful work of Brené Brown, researcher on shame and vulnerability. In her book, the Gifts of Imperfection, she writes about authenticity as a way of:

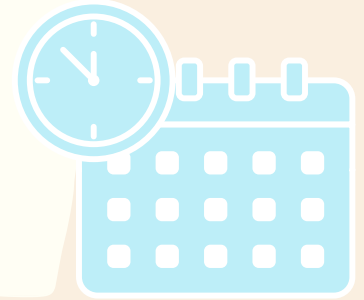
- *Cultivating the courage to be imperfect, to set boundaries, and to allow ourselves to be vulnerable
- *Exercising the compassion that comes from knowing that we are all made of strengths and struggles
- *Nurturing the connection and sense of belonging that can only happen when we believe that we are enough





What sort of schedule to expect?

Tapping into our beliefs of human-centered design, co-creation, and critical pedagogy, we will have a very flexible and adaptable schedule catered to the needs of the participants. However, here is our initial concept:



Digging into WHO I AM

Emotional Self-Awareness
Authenticity
Self-Compassion

Digging into WHAT I DO

Meaningful Work
Creativity
Living into Values

Digging into HOW I DO IT

Courage and Vulnerability
A Resilient Spirit
Emotional Self-Management

Digging into POSSIBILITIES

Gratitude and Joy
Play and Rest
Wholehearted Living

Digging into MY FUTURE

Integration for Myself
Integration for Youth Work
Goal Setting

Is this project for you?



Are all these statements true for you? Then you're a great fit and we're looking for you!

1. You are an 18+ youth leader/ youth worker/ trainer/ teacher/ educator/ social assistant
2. You are involved in youth work or education of young people from marginalized / discriminated backgrounds on a regular basis.
3. You don't necessarily have previous experience with these training topics but have a high motivation and interest in acquiring these skills.
4. You are willing to carry out at least one workshop locally as part of the dissemination process.
5. You have a GOOD command of English
6. You are willing and committed to participate throughout the whole duration of the project.

Your Guides on this Learning Journey:

Romy Alexandra
- trainer -



Romy is a learning experience designer, experiential learning trainer, and training consultant. She brings over a decade of experience as a youth worker and trainer in the United States, Republic of Moldova, Romania, India, Spain, and more.

Romy holds certifications in Experiential Learning by the Institute for Experiential Learning as well as Experiential Critical Pedagogy by the International Experiential Learning Network (IELN). She is certified in Psychological Safety by Amy Edmondson's organization, the Fearless Organization, and LeaderFactor. Romy has trained in 30 countries across 4 continents. Her past clients include the United Nations Development Programme (UNDP), the U.N. World Food Programme (WFP), the Red Cross, the European Youth Parliament, The Peace Corps, etc.

Romy has found her life purpose in empowering individuals to harness their potential through experiential learning.

Nóra Taliga
- trainer -



Nóra Taliga is a learning experience designer and international trainer. She brings 6 years of experience as a facilitator, youth worker, and mentor in the non-profit sector, in addition to 4 years in corporate learning and development for companies such as Lush Cosmetics and British Telecom.

Nóra is a certified Digital Wellness Educator by the Digital Wellness Institute. She also holds a certificate in Emotional Intelligence (EI) by Daniel Goleman's EI training company, Golemanei. Applying experiential learning theory, Nóra caters to the needs and wellbeing of her participants in each training design and delivery. She has trained hundreds of professionals and youth across Europe and Asia on the topics of leadership, emotional intelligence, digital wellness, and future orientation.

One of Nóra's life mission is to empower individuals to unleash their potential and live a fulfilling life through inner and outer balance.

Karolis Stirbys
- heart of logistics -



Karolis is the founder of AKTYVISTAI, the one who puts all his heart to unite active and positive people, to give them the opportunity to make their ideas and dreams come true, and to create them space for personal and professional development through active and meaningful projects. With almost a decade of experience he knows how to best take care of his participants: with cosy accommodation, with excellent food and Lithuanian hospitality.



Venue Info

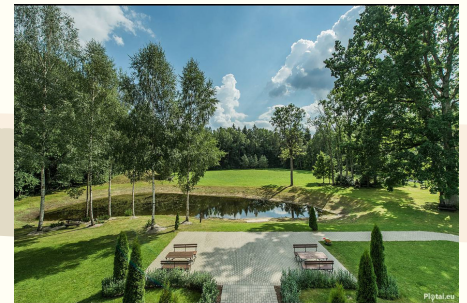


We will stay in a beautiful Vila Laurynė, just 36 kms away from Kaunas, the second biggest city of Lithuania. Imagine it as an island of peace surrounded by ponds and forests - a perfect place to get inspiration from nature and stay focused on the topic of the project!

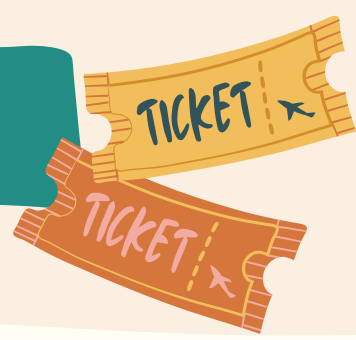
You will be sharing a cosy room with 2-3 other people, and share showers and toilets with the whole group (less than 30 people).

You'll be given great meal three times a day and snacks and coffee during breaks. You'll be enjoy to some extra facilities, such as sauna, billiard, table tennis, campfire and unlimited offers of nature.

Further information and logistics will be sent to selected participants.



Travel Info



Travel Budget

Spain: €360
Slovenia: €275
Poland: €180
The Netherlands: €275
Türkiye: €275
Romania: €275
The Republic of North Macedonia: €275
Lithuania: €20



Travel Insurance

There will be no travel and health insurance provided by the project. Travel and health insurances of the participants are under the responsibility of the individual participants.

Travel Documents

In order to be fully reimbursed with the budget allowance listed above, please make sure you have:

1) A fiscal invoice showing (i) the **name of the participant** (ii) the **dates and times** of travel and (iii) the **amount** paid.

2) Original boarding pass (no photos or scans) pass - in case your airline does not offer the possibility of online check in

3) Electronic boarding pass - (Electronic boarding passes are the documents received **AFTER** on-line check in, which have a barcode (not the booking confirmation mails)

4) Electronic or printed bus/train tickets from and to the Airport of your country of origin and in the destination country (including transportation to the city, where the Airport is located, if applicable).

Let's be Mindful - before you apply -

In order to create a safe space for powerful learning, we ask that you agree to respect the rules of the project and the hosting organization:

- *The main ideas of these projects are to build new friendships, interact with new cultures and destroy the borders between countries. The subject of the project is a vehicle to capture these.*
- *While it's possible to arrive 1-3 days before or leave after the project on your own expense, you may not arrive at the project 1 day later than the arrival day or leave 1 day earlier than the departure day of the project. Otherwise we cannot guarantee to reimburse you, as it is a rule by European Commission. You can, however, arrive earlier than the first day of project and you can leave later than last day of project. Please contact Karolis if you are planning extra days!*
- *You are obligated to participate fully in all activities throughout the agenda (evening activities are all optional), except in case there are unexpected situations like illness.*
- *The hosting organization will not permit any of the following by participants:*
 - *arriving late or missing sessions regularly without any valid reasons;*
 - *disturbing other neighbors or participants*
 - *racist, negative, or hateful comments*
 - *using drugs in the project (including marijuana)*
 - *using physical or emotional violence towards others*
- *If you have any special diet conditions (vegan, vegetarian, allergies, etc.) or any physical impairment or disability, please tell us these conditions in advance of your arrival.*
- *We suggest you to bring your own cosmetic articles and self-care products. No need to bring sheets and towels which is provided by the hotel.*
- *COVID rules by the Lithuanian Government will apply to the project as well. As it's changing from time to time, we suggest to check <https://keliauk.urm.lt/en> for up-to-date information.*

Any Questions?

Information on travel and further logistics details will be sent to selected participants. If you have any questions before applying, please feel free to contact us: karolis@aktyvistai.lt, +37067813788.

What's next?

9th
September

[Apply via this link.](#)

Wait for our confirmation
email that you've been
selected.

14th
September

Based on the information
in the confirmation email,
buy your ticket to the
venue and back ASAP!

If you need help with your
tickets, please contact your
sending organisation or
Karolis via
projektai@aktyvistai.lt

25th
October

Check our prep email
and start packing.

Off you go,
we'll see you soon!

7th
November