

## No ESCape from Reflection

### Training course about support systems in volunteering projects for mentors and coordinators

Arrival 12th November- Departure 19th of November 2022



#### About this Training course:

This training course aims at improving the quality of Volunteering ESC projects in the partner organizations, with a focus on the elements of learning, support to learning and solidarity. Participants are 16 volunteers' coordinators, mentors and other persons involved in the supporting structure for volunteering projects.

Namely, participants will be better prepared for and more familiar with:

- Support systems, different roles and methods in mentoring and supervising volunteers;
- Their tasks of **support** and **reflection on learning**, personal growth, skills development, self-awareness for the volunteers;
- How to support yourself when working with volunteers;
- How to overcome challenges that can occur during the project;



- Tools for **critical reflection** on volunteer’s lifestyle, impact and ecological footprint;
- How to ensure **context-awareness** of the volunteers, reflection on their role in the local community and the true meaning of solidarity;
- European Solidarity Corps, Erasmus+, Service Civil International and other volunteering programs/schemes.

We would like that this training is inspiring, empowering and productive, so bring your great ideas, knowledge and experience and critical, but constructive approach.



**Participants of this training course should be:**

- Aged 18+,
- Able to communicate and work in English language,
- Available to participate from the first to the last day (12th November-19th of November)
- Already involved as mentors, coordinators, tutors and supervisors or planning to be
- Willing to experience 6 intense days in a rural environment, with few commodities (compost toilets, common sleeping rooms, presence of animals) with the opportunity to learn a lot about community life, observe Permaculture practices, and much more,
- Ready to cooperate, engage actively in the activities and workshops, to share one’s

experience and knowledge.

- **You need to have a sending organization willing to be a partner in this project.**



### **Trainers and methods:**

Participants will be working intensively on these and other topics with two very experienced trainers from the Western Balkans, Ivana Volf from Serbia and Dhurata Berisha from Kosovo.

**Petra Jazbec** has been living for 12 years on a social-permaculture farm as one of the founders and co-creates of the Veles place in Slovenia. She is a permaculture teacher and a Dragon dreamer trainer, focusing on social aspects, but bringing a holistic way of life in her projects. Facilitating courses and events about community life, project design and sustainability is her passion. However, she likes to make her hand dirty and produce healthy food and build with clay. She is a coordinator and mentor in many youth projects. She has been working with volunteers for more than a decade.

**Dhurata** is an education professional with 6+ years of experience designing, implementing, and supervising experiential education programs. She has solid project management experience of both short and long-term projects - with local and international partners. For the past six years, she has been working in Kosovo's youth development field. She was part of various non-profit



organizations, where she led local and international training courses, youth residential camps, and teacher capacity-building trainings.

The whole Training Course will be held in English language: your English doesn't need to be perfect, but it is important that you can understand the sessions as well as participate actively with your experiences, inputs and ideas!

### Accommodation and food:



You will be accommodated in different rooms within the property, in which you will share the space with several other people. We have enough mattresses for everyone, however, you should bring your sleeping bags. In case you do not have one and you cannot borrow it from anyone, we will be able to provide it for you.

We kindly ask everyone to be rational with all resources, especially water, and to bring biodegradable products

There are 4 nature friendly **composting toilets**, which do not require use of water. Instead of water, we use sawdust. In general, accommodation is basic, simple and nature friendly.

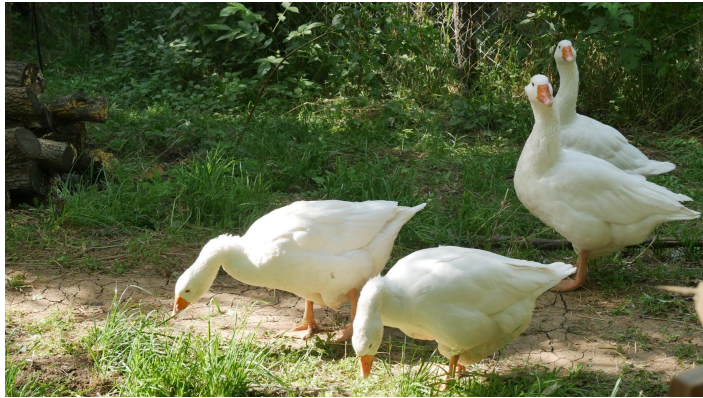
If it rains, there is mud, but no worries... we have enough rubber boots for all :)



Different animals are present around the property: dogs, cats, chickens, gees, goats, and bees. The food is **vegetarian and vegan**, with mainly local and seasonal products. GAIA team will be cooking every day for you. In case you have any allergies, please let us know in advance. Please note that **there is no shop in Bozevce**. In case you need chocolate, cigarettes, medicines or similar, please bring them with yourself.

**Phones and internet:**

There is no WiFi at the place where sessions will be taking place, but only in a neighbor's house which is rented for participants. Phone connection is also OK, but not in all inside spaces.



**Travel reimbursement:** Reimbursement of the travel tickets will be done according to the rules of the Erasmus+ program based on distance calculation and at receipt of all original documents after the meeting. The most environmental way of traveling (train, bus, etc.) is strongly encouraged.

**Visa for participants from Bosnia and Herzegovina:** All the costs of visa procedure will be reimbursed fully together with the travel costs.

***Please, do not buy any tickets until we confirm that you are accepted as a participant!***

Once you are, you will receive a detailed infopack which includes links and tips for planning your trip.

We will need all of your tickets, reservations and boarding passes in order to be able to reimburse your travel costs.

The maximum amount of the travel costs (return ticket) reimbursed will be:

- Kosovo: 23 EUR per person
- Bosnia and Herzegovina, Albania, Serbia, Northern Macedonia, Turkey, Bulgaria, Montenegro, Greece: 210 EUR (Green travel:bus, train) per person
- Croatia, Slovenia: 320 EUR (Green travel:bus, train) per person

### **How to apply?**

Filling [this application form](#).

Please note that all the applicants will be informed about the final decision on September 30th.

Please do not hesitate to contact us at [helena@gaiakosovo.org](mailto:helena@gaiakosovo.org) if you have further questions.

### **About the project:**

The project No ESCape from reflection (Erasmus + KA1) deals with improving the quality of support for international volunteers and mentors in the framework of the European Solidarity Corps program, especially when it comes to learning and reflection.

Partners are: VUK (Velebitska Udruga Kuterevo, Croatia), GAIA Kosovo, Volunteers' Centre of Vojvodina (Serbia), PVN (Albania), Center for Intercultural Dialogue (Northern Macedonia), Nešto Više (Bosnia and Herzegovina).

The general objective of this project is the improvement of the support mechanisms, and thus of the quality, of Volunteering projects in the frame of the European Solidarity Corps programme in the Western Balkans.

Moreover, we wish to equip organizations with competencies and tools to ensure a **deeper, comprehensive and empowering reflection** based on critical thinking for volunteers and their

mentors; as well as explore the **potential of learning and reflection in ESC Volunteering projects** in the field of environmental education and protection and the **environmental and social impact of their projects** at the personal, organizations, community, regional and European levels.

Finally, with this project, we will also develop **handy and youth-friendly tools for ESC volunteers and their mentors** in order to support and record their learning process (with a focus on environmental ESC projects).

**In the project, beside this training, we also implemented one training for coordinators of ESC projects and volunteers in Croatia in January 2022.**

We hope to see you in Boževce! The project team