



# **Rainbow Resilience**

## **INFOPACK**

**- TRAINING COURSE -**

Zlata Idka, Slovakia, 8 - 16 November

## **ABOUT THE TRAINING COURSE**

Resilience refers to both the process and the outcome of successfully adapting to difficult or challenging life experiences.

In this training course we will address the need of youth workers to learn efficient, accessible and innovative methodologies to build and develop youth's ability to withstand adversity and bounce back and grow despite life's downturns.

Throughout the course, space and framework for personal and social growth will be provided; through artistic expression participants will acquire new skills that will empower them and help them in self-prevention of burnout. Mindfulness, compassion, nature based methods are some of the core virtues and approaches participants will be able to explore and get familiar with in order to bring positive changes in their own lives and create more self-sustainable paths for their communities.

More specifically, this training course aims at:

- enabling young people to become architects of their own lives through self-development activities and practice of resilience skills
- supporting personal development of youth workers and their target groups through discovering intrapersonal and interpersonal sources of strength
- equipping participants with life skills to cope with a changing world
- exploring potential and benefits in the field of inclusive youth work
- creating “open space” opportunities in which participants are able to exchange skills and knowledges and learn from each other
- addressing challenges that most of young people are facing at one point of their life such as: building one's self-awareness and self esteem, overcoming emotional distress caused by outer/external disturbances such as discrimination, harassment, sexism, bullying or similar; creating of one's future career path.

Our training is based on experiential learning. Participants will go through the process of self-development and empowerment in order to acquire transferable resilience skills for all those working with queer youth and LGBT+ communities. Throughout the sessions, participants will take time to reflect on methods and sharpen acquired skills for the specific purposes of their target groups.

## PRACTICAL INFO

### Where and when is Rainbow Resilience taking place?

We are going to spend time in a training and recreational facility Zlatá Idka, Réka. You can see the venue on the map here: <https://goo.gl/maps/53KR9HR6SSRYoJHV8>

The venue is rather spacious and we will be alone there. If you like the nature, you will enjoy forest and river nearby and short and longer walks you can do in your free time! You will be staying in double rooms with separate facilities.

**NB: There is no shop near the venue. The venue is quite secluded and far from everything so please, do your shopping before arriving (or wait for the shopping days:)** However, you can count on shopping list that will run every 2-3 days so you will be able to “order” what you will need and one of our team members will buy it for you in Košice.

**The 8th of November is the arrival day. The departure day is 16th of November**, after breakfast. If you have to catch an earlier train or a bus, don't worry, we will make sure you get to the station and you will get a breakfast package the evening before.

### Travel arrangements

You are responsible for arranging your own travel **to Zlata Idka/Košice**.

Zlata Idka is located near **Košice**, where you have to arrive first in order to catch a bus to the village. It runs approx. every 2 hours, the schedule can be found here: [LINK](#)  
If you won't be on time to catch the bus, we will come to pick you up :)

The closest or most convenient airports are: Budapest, Cracow, Bratislava, Vienna, Prague, Kosice (it's possible to arrive and/or depart a few days later/before, there are no limitations).

From Krakow and Budapest, there are also shuttle services or buses. You can check here for shuttle from Budapest to Košice: <https://izijet.sk/sk> <https://www.cassoviaexpres.sk/en/#/> or FLIXBUS!

From Budapest there are also trains:  
<https://predaj.zssk.sk/search>

These are the **travel allowance limits**:

- up to €180 for participants from Czech Republic and participants from Slovakia
- up to €275 for participants from Spain, UK, Bulgaria, Belgium, Italy, Greece and Poland
- up to €360 for participants from Portugal

Before buying, please send me your travel arrangement proposal so I can confirm and you can proceed:)

Please, keep all the travel-related documents, including boarding passes. When checking in, choose boarding passes also in PDF format - some mobile boarding passes have the nasty habit of disappearing. Remember, without any proof of your travel, we and all will not be able to reimburse you. We will always need a document with a price on it (ideally also an invoice).

Reimbursement will be done via bank transfer after the training once we receive all originals, hard copies and a signed reimbursement form.

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### **Intercultural food**

If you can, please, bring some food to share from your country. This can be sweet or savoury to be shared at coffee breaks. If possible, make it vegetarian and something that doesn't need a refrigerator :) Also, do not worry if this is not possible, as we know some of you are only taking carry-on luggage and may not have room.

### **Food and notice for vegans**

During the whole training, we will have **vegeterian** food and coffee breaks. For vegan and other food requirements (allergies), we will inform the kitchen on time (and we'll ask you to write your needs in the registration form before the arrival). However, if you are not familiar with continental, eastern-European food, prepare yourself for potatoes, soups and sometimes food that might not delight your taste buds... and try to be open minded towards that cultural aspect and if you are really very picky, make sure to bring some snacks with you :)

### **Some basic info about Slovakia**

We use euro and have this type of electric sockets/plugs: ([https://en.wikipedia.org/wiki/CEE\\_7\\_standard\\_AC\\_plugs\\_and\\_sockets](https://en.wikipedia.org/wiki/CEE_7_standard_AC_plugs_and_sockets)) so you might need an adaptor.

If not using euro in your country, check, if your bank doesn't have a "sister" bank in Slovakia. Drawing money from ATMs would be much cheaper. The tap water is drinkable.

You might want to check conditions of roaming for your mobile carrier. Usually, standard Euro-roaming should be enough, but check just to be sure.

**What to bring with you/what you might need**

- European Health Insurance Card and any additional insurance
- Slippers
- Charger
- Sleeping mask and earplugs
- Some cash
- Hair drier

## **ABOUT THE TRAINERS...**

**Karolina Ufa** is youth worker and non-formal educational promoter implementing and coordinating a number of local and international workshops addressed to young people with fewer opportunities and fellow youth workers since 2015. She designed and carried out Creative Writing courses in France and Sweden as well as Digital Storytelling TC in Poland. Currently she is working as a trainer with teenagers on topic of intercultural dialogue with usage of biblioguiding techniques. She graduated Literature and Mental Health course organized by University of Warwick where she discovered how poems, plays and novels can help understand and cope with deep emotional strain.

**Ivan Kobelev** is a facilitator, trainer, and coach. Over the last 10 years he has been facilitating courses, team retreats, and conferences mostly internationally, around Europe, Asia, and Africa. He has been empowering young people, adults, teachers, entrepreneurs, and activists, from small local civic initiatives, as well as institutions such as the Security Council of the UN. He draws on his learnings from non-formal education as well as embodiment, nature, spirituality, and positive psychology. Since 2019 he has focused more on topics of gender equality, sexual harassment prevention, and systemic change.