



MOBILITY OF YOUTH WORKERS:  
TRAINING COURSE

# UNI-VERSE-A INTEGRAL LIFE PRACTICE



*You can motivate, train and inspire, when you  
know the core*

MAY 20-24, 2019  
RĀMAVA MANOR, LATVIA



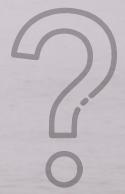
Erasmus+



INVOLVED.



# WHAT, WHO, WHY?



## WHAT is this training about?

The activities of the project will be based on two theories - **integral life practice**, which includes development of physical, mental, emotional and spiritual activities and on the **multiple intelligencies theory**. Based on these theories participants will find out their inner core and how their uniqueness could be used in everyday life, hence these skills will help support youth to choose proper career development and build a life plan.

## WHO will attend?

The training course is addressed towards participants who are involved in youth work as representatives of organisation/institution. This course is for those who are interested in self-development and work-life balance practices and feel the need for enriching knowledge on new non-formal education tools to support youth in their life planning and development.

## WHY is it unique?

This training will help to leave the old "you" behind the doors and drop out of your comfort zone. Participants will improve their awareness and knowledge of integral life practice, they will understand the meaning of integral development and its outcomes, they will become more balanced, and learn how to improve the equilibrium between different aspects of personal and professional life.

YOU ARE HERE TO  
DISCOVER AND HELP  
OTHERS TO FIND OUT, HOW  
SELF DEVELOPMENT HELPS  
TO CHOSE, RE-DEFINE AND  
KEEP SATISFIED  
WITH PROFESSIONAL PATH

IT DOES NOT  
MATTER HOW SLOW  
YOU GO, AS LONG AS  
DIRECTION IS RIGHT





# PROGRAM

## May 19 Arrival day

»»» "The journey can begin" «««

starting from

- 14:00 - arrival and registration
- 18:00 - introduction session
- 19:00 - dinner
- 20:00 - free time to get to know each other

## May 20 Day 1

»»» "One life is not enough" «««

- 09:00 - breakfast
- 10:00 - **session - Integral life practice.** Focusing on different stages of learning and their needs, according to the cycle of life
- 12:00 - individual time for self-reflection
- 12:30 - **session - The roles in your life.** How are they connected and how they impact career and life-long learning
- 14:30 - lunch
- 15:30 - **session - Personal development plan**
- 17:00 - time for personal and group reflection
- 18:00 - dinner
- 19:00 - intercultural evening

## May 21 Day 2

»»» "Two sides of the moon" «««

- 09:00 - breakfast
- 10:00 - **session -Dualism in our personality and relationships - introduction**
- 11:30 - individual time for self-reflection
- 12:30 - **session -Dualism in our personality and relationships - work with the mind**
- 14:30 - lunch
- 15:30 - **session -Dualism in our personality and relationships - work with the body**
- 17:00 - time for personal and group reflection
- 19:00 - dinner
- 20:00 - free time

## May 22 Day 3

»»» "The "three self's" and where do they lead us" «««

- 09:00 - breakfast
- 10:00 - **session -Self-awareness, self-esteem, self-beliefs- introduction**
- 11:30 - individual time for self-reflection
- 12:30 - **session -Self-awareness, self-esteem, self-beliefs - emotional and physical level**
- 14:30 - lunch
- 15:30 - **session -Self-awareness, self-esteem, self-beliefs - mental (thinking) level**
- 17:00 - time for personal and group reflection
- 19:00 - dinner
- 20:00 - free time



May 23  
Day 4

»» "Four elements -earth, water, air and fire" ««

- 09:00 - breakfast
- 10:00 - **session -Personality types.** Identification of strengths and weaknesses of different personality types
- 12:00 - individual time for self-reflection
- 13:00 - **off-site session - Spiritual level** in a center for personal development. Getting to know Latvian nature and culture. Authentic Latvian dinner
- 22:00 - arriving back at the manor, free time

May 25  
Farewell day

»» "Everything comes to an end" ««

- starting from
- 09:00 - breakfast
- 10:00-11:00 - group conversations, reflection
- until 14:00 - leaving

May 24  
Day 5

»» "Five days of the week" ««

- 09:00 - breakfast
- 10:00 - **session -Essentialism.** Finding balance and essentialism in our personal and professional lives
- 11:30 - individual time for self-reflection
- 12:30 - **session - Using essentialism in every-day life. Practice**
- 14:30 - lunch
- 15:30 - **session - Focusing and being ready for a new start - body and emotions**
- 17:00 - time for personal and group reflection
- 18:00 - **off-site session in nature** - meditation
- 21:00 - arriving back at the manor, free time

## About the course:

Language of instruction: English

Size of the group: 29 participants from 9 different youth-oriented organisations

Countries represented in the project:  
Armenia, Estonia, Italy, Latvia,  
Lithuania, Poland, Romania,  
Spain, Ukraine



## More about the target group:

This course is targeted at **youth workers, leaders, trainers, teachers, and educators**. Participants must be **aged 18+** (with the concentration on age group of 25-45 years) and be residents of the country of the nominating partner organisation. Participants should be **fluent in English**, and be willing and committed to work hard - at least eight hours per day. Participation from beginning till the end **is mandatory**. Participants should furthermore commit to carry out any preparatory task asked for by the organizers, and be willing to follow-up on the training course via active youth work, teaching or another education activity, ideally in cooperation with their sending organisation. Participants of this course should be **interested in self-development and work-life balance practices** and should express need for enriching knowledge on new non-formal **education tools to support youth** in their life planning and development



## About the core team:



Renāte Lukjanska

Lost and found.  
Architect by typology.  
Idealist by nature.  
Accomplished a lot, lost a lot, gained a lot and learned a lot. Still in the journey of self-discovery.



Anita Stirāne

Exit the comfort zone to achieve even more - both in the personal and professional life. To discover and develop. To see a possibility. Not to be afraid to make a next step.



Jevgenija Kondurova

My personal motto is "Smile is the key to life". I believe that change is always good and sometimes you need to fall in order to really rise.

## Discover more about the place of seminar:



"Though Latvia never has been a kingdom ruled by a monarch, it has the highest density of old survived castles and rich manors in Europe"  
—Come and feel the breath of past

I am spacious and cozy. I would be very glad to welcome you for your seminars and workshops. For these purposes you can also use my marvelous park, where you can enjoy magnificent wood-notes while having your cup of coffee or just relax during breaks. I can provide you a shelter for the night as well, so don't be afraid to be my guest for several days! Of course, I haven't forgotten about delicious meals! Find more at:  
<http://www.ramavasmuiza.lv/en>

Participants will be provided 3 meals a day, as well as coffee breaks. Dietary constraints such as vegetarianism will of course be taken into consideration as much as possible. Participants will be accommodated in rooms of 2 to 5 people with a private bathroom. Wi-fi connection will be provided.

## What to bring:

- All original invoices and tickets for travel reimbursement
- Typical food and drinks from your region for the intercultural evening
- Suitable clothing for both indoor and outdoor activities
- Recommended: laptop or tablet



## Discover more about the country:



"Latvia - best enjoyed slowly."  
—Come and experience it

The best things in life should be savored and enjoyed slowly. Latvia offers visitors a remarkable array of experiences that make time spent here truly unforgettable. Delight in Latvia's magnificent architecture, culture and music. Taste delicious, naturally produced, Slow Food. Enjoy unique seasonal celebrations, festivals and sporting events. Relax on pristine white sand beaches and stroll through nature reserves. Find

more at:

<https://www.youtube.com/watch?v=fhaIsQtKl4s>

## About the trainers:



Ilze Jēce

Movement. Stillness.  
Silence. Power. Play.  
Educator by heart and  
visionary by type. Found  
leading groups in deep  
processes and playful  
practices.



Jūlija Golovina

Motivation to take an  
advantage. About personal  
resources, discoveries and  
sensations. About ways to  
express your true nature.  
Motto: use your resources  
in the full.



Dace Jurjāne - Turkere

The only way to  
understand, if the road is  
yours, is to travel down  
that road. Life is full of  
possibilities and it is never  
too late to explore new  
ones.

# Administrative issues:

**Participants should arrive on May 19th** with the exception of Lithuanian and Estonian participants who can arrive on May 20th.

Detailed information regarding logistics will be provided for the participants before the course.

You are in charge of arranging your own insurance for your travel and stay in Latvia. **The insurance is mandatory!**

**Full participation in the training course is mandatory.** Absence from the training sessions without prior agreement may result in expulsion from the course and travel costs might not be reimbursed.

After the training course each participant has to organize **a half day of follow-up activities in their own country/region** in order to disseminate and multiply the learning outcomes to future stakeholders.

Each itinerary has to be **sent before purchase for lead partner for confirmation**, any break of the rule may result in the lack of compensation of the travel.

Participants have to **submit all original invoices and tickets for their travel to the hosts to be reimbursed.**

Reimbursement will be done by bank transfer to the participant's account.

Travel costs are covered up to the following **maximum amounts per participant:**

Romania: 275 EUR

Spain: 820 EUR

Poland: 275 EUR

Estonia: 180 EUR

Lithuania: 180 EUR

Italy: 180 EUR

Ukraine: 275 EUR

Armenia: 360 EUR

Latvia: 20 EUR

The selection of the participants and purchase of all the airline tickets must be done until the end of January, in exceptional cases - until February 15th.

