

HOLISTIC TRAINING OF TRAINERS

# DESIGN YOUR CONTEXT

18-26 October 2024

01-09 April 2025

Greece



Co-funded by  
the European Union



Go through this door to  
Design your Context



# THE CONCEPT



Most of the available programs for trainers in youth work focus either on technicalities, tools or only on group dynamics with the same models repeated.

While these models that give the basic of non formal education (e.g. Kolb-cycle) are crucial to know and understand, it is even more important that the knowledge becomes useable in different contexts.

Design your Context supports a learning process that touches the crucial elements and resources of being a trainer, and acknowledges the fact that those elements are interconnected and can be used only if we approach them as a whole system.

# THE GOALS

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Two of the main pillars that Roes Cooperativa focuses on are:



## Personal Growth

Allowing the development of personal fulfillment, interpersonal skills, well-being and healthy lifestyle.



## Professional Development

Enhancing Entrepreneurship skills, employability skills, teamwork and communication skills and experiences.

**This Training Course aims to:**



support a better understanding on interconnections between different elements of non formal education;



raise awareness of youth workers and trainers' own styles with their strengths and weaknesses;

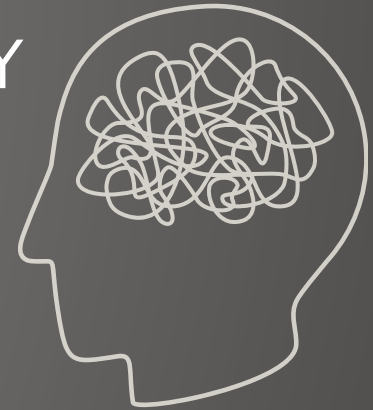


develop communication and presentational skills; attitude towards flexibility, ability to handle crisis;



train embodiment method.

# THE METHODOLOGY



**Experiential learning** or learning by doing is the main aspect of our methodology.

We will provide several inputs, activities and moments for reflection, it is up to you to make the links with your own background. We have no expectation on what or how you should learn. This training is there for you to learn what you want to learn, to draw your own conclusions, so you can implement it after the training course is over.



By using this method we give you the stage where you can truly be the **Designer of your own Context!**

Springing from this main method we'll use other approaches:

- **Embodied awareness**
- **Self-Directed Learning**
- **Outdoor learning**
- **Peer learning**
- **Group Coaching**
- **Learning by submerging**

# THE DATES



“Design Your Context” program

consists of:

2 residential trainings;

1 pre-training assignment

Ongoing e-learning;

Ongoing mentoring & coaching sessions  
with one of the course trainers.

The dates for the two residential trainings are:

Training 1: Greece, 18-26 October 2024

Training 2: Greece, 04-12 April 2025

**Note:** Participants are expected to attend all of the activities above and to participate responsibly throughout the online work required. In total participants should allocate:



18 residential training days (including travel)

2-5 days for personal/team projects preparation and implementation

1-2 days for coaching & mentoring, personal learning goals, online work  
from October 2024 to August 2025

# THE TIMELINE

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The project is built as a holistic unit,  
where all phases are interconnected.



**PRE-TRAINING ASSIGNMENTS**



**TRAINING 1  
DESIGN YOUR FACILITATION**



**COACHING & MENTORING  
SESSION**



**TRAINING 2  
ADVANCED FACILITATION**



**COACHING & MENTORING  
SESSION**



# THE TRAINERS



Afonso is an experienced trainer, youth worker and project manager, with a background in Clinical Psychology (Master degree). Since 2009 he has been involved in youth work, project management and community intervention in several international contexts around the world.

AFONSO  
BÉRTOLO

In practical terms, and within the frame YiA/LLP/E+, he has led training courses and youth exchanges, and has coordinated and mentored volunteers facing fewer opportunities.

Outside this frame, he has been involved in personal development and coaching programs across Europe, plus grassroots work/community development and HIV/AIDS counseling for healthcare works in West Africa.





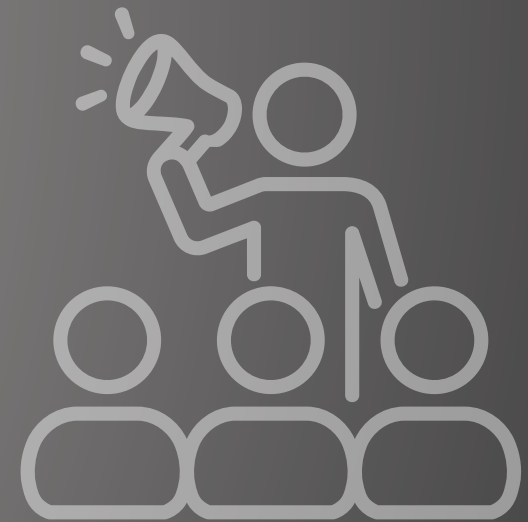
# THE TRAINERS



Ilias is a member of the Pool of Trainers of the Greek National Agency for Erasmus+ Youth and he brings a wealth of expertise in project design and the European Training Strategy (ETS). He has led numerous non-formal education projects, including Youth Exchanges, Training Courses, and internal trainings for various international youth organizations.

Additionally, he offers personalized mentoring to help participants turn their ideas into actionable projects, providing guidance and support every step of the way.

His extensive experience equips him to create valuable learning opportunities and support the inclusion of individuals and organizations in the Erasmus+ world.



I L I A S  
G I A N N O P O U L O S



# THE PARTICIPANTS

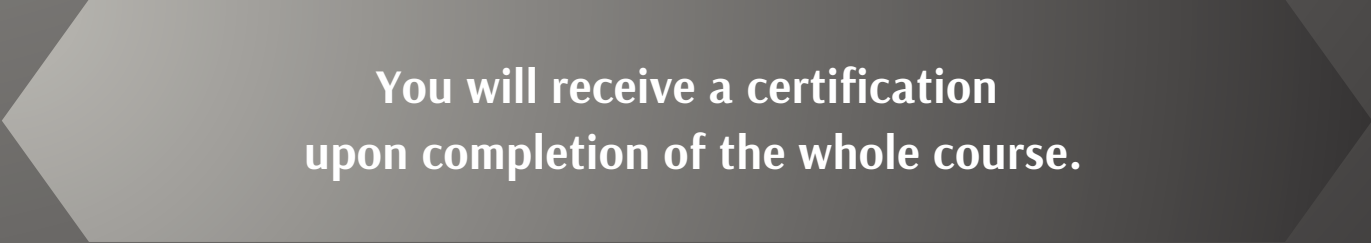


This project is for those ...

- 18+ years old
- youth workers, youth leaders, trainers, facilitators, non-formal educators, staff members, people who **already** carry out educational programs or work with groups of young people

who:

- wish to expand their practice or career to include new skills and attitudes in personal development, communication, peacebuilding, conflict management and coaching.
- elevate their performance in youth work and training
- reside in Estonia, Greece, Spain, Romania, Italy, Latvia, Czech Republic, Bulgaria, Croatia or Hungary.
- are able to clearly communicate in English (intermediate level)



**You will receive a certification  
upon completion of the whole course.**

# THE SELECTION



This is an advanced course and participation in both phases is **mandatory** in order to secure the best results.

We aim to gather a group of participants with varied backgrounds and levels of experience. This will enhance the informal learning process, through the sharing of knowledge and skills between participants.

Priority will be given to those who commit to the 2 training courses and the parallel coaching process, as we believe that maximum learning impact will come from attending the whole learning cycle.

There is a participation fee of **60€** per activity.



# THE HOST ORGANIZATION

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**Roes Cooperativa** is a social cooperative enterprise of the '20s created by professional trainers, social workers, project managers and informal groups aiming to create an alliance that hosts innovative, experiential and non-formal education approaches.



Roes Coop members have a common neurosis towards innovative non-formal education approaches. This drive became their compass while setting the vision and the mission of our company.



Our **vision** is to create an open world where everyone has learning opportunities to develop and grow. In simple words, more educational approaches, more options for people to grow.



Our **mission** is to redefine experiential learning by offering fresh and professional learning programs through customized methods and approaches.



# THE PARTNERS



**Egyesek Association  
HUNGARY**



**Youth Connect  
ITALY**



**ticket2europe  
SPAIN**



**D.G.T. Association  
ROMANIA**



**Do More Be More  
LATVIA**



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# THE LOGISTICS



The project is co-financed by Erasmus+.

Food and accommodation are fully covered by the organisers.

You can apply for a funded spot if you reside in one of our partner countries: Estonia, Greece, Spain, Romania, Italy, Latvia, Czech Republic, Bulgaria, Croatia or Hungary.

REIMBURSEMENT IS POSSIBLE UP TO THE FOLLOWING LIMITS:

<b>Spain, Estonia</b>	<b>360€</b>
<b>Italy, Hungary, Czech Republic Croatia, Latvia</b>	<b>275€</b>
<b>Romania</b>	<b>180€</b>
<b>Bulgaria, Greece (Green Travel)</b>	<b>210€</b>

\*If you don't belong to any of the above partner organizations/countries, you can still apply for a self-funded spot of 450€ per training or 800€ for the whole course covering the costs of the course, food and accommodation.

For self-funded spots, travel expenses will **NOT** be reimbursed.

# THE VENUE

Accommodation during “Design Your Context” is going to take place in Scout Center "Theodoros Litas".

There is a shelter with bunk beds and all the necessary standards (electricity, toilets, heating, wifi, etc).

Our venue sits atop a 30-acre plateau on Mount Hortiatis, 800 meters above sea level. Accessible via a 4-kilometer asphalt road from the village of Hortiatis, it's conveniently located 30 kilometers from Thessaloniki city and Macedonia airport (SKG).



Surrounded by dense chestnut forests, it offers an ideal setting for scouting activities and exploration, with stunning views of Lake Volvi and Mount Olympus. Numerous paths lead to landmarks like Shelter S.E.O., Zougla, and Peak 1201, providing ample opportunities for adventure.

# THE APPLICATION

APPLY  
HERE

**Deadline** to apply: **September 07th** 2024  
but we are selecting people on the go  
Applying ASAP is highly recommended!  
\*Applications generated by AI will be rejected.







## THE CONTACTS

In case you have any questions,  
feel free to contact us at:



[designyourcontext@roes.coop](mailto:designyourcontext@roes.coop)

**Vasiliki Lamprou**  
Project Manager





## GET IN TOUCH



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