

## FUTURE SKILLS FOR YOUTH



**Project: Future skills 4 Youth, Two-phase Multilateral Training Course for people from six countries: Armenia, Azerbaijan, Georgia, Chzech Republic, Poland and Slovakia**

**Age of participants: 18+**

**Number of participants: 4 from each country**

**Venue of sessions:**

- First training in Kobuleti, Georgia – 5 – 13<sup>th</sup> of September 2021 (5<sup>th</sup> and 13<sup>th</sup> are travel days)
- Second training in Slovakia in October or in November 2021.

**Length of training sessions: 7 working days + 2 travel days. In total 14 working days and 4 travel days for two training activities.**

**Accommodation and Meals: are covered from the project**

**Travel cost:**

- for participants from Czechia, Poland and Slovakia is covered up to 275,- Euro per participant
- for participants from Azerbaijan and Armenia 180, - Euro per participant
- Georgia – 20 Euro

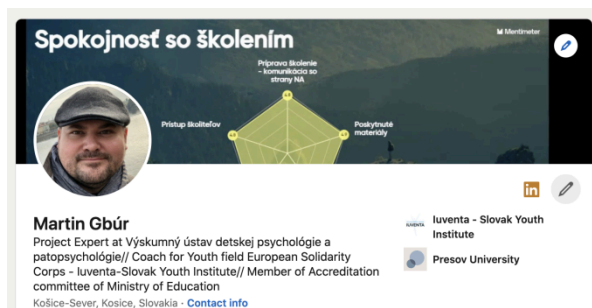
**Applicant: MVO - Proxima, Slovakia, [www.proxima-sk.sk](http://www.proxima-sk.sk) in cooperation with APD - Academy for Peace and Development, Georgia - [www.apd.ge](http://www.apd.ge)**

**Partner organizations:**

- MVO Proxima\* - Slovakia
- GYUMRI YOUTH INITIATIVE CENTRE NGO – Armenia
- SAGLAM DUSUNCE GENCLER TESKILATI ICTIMAI BIRLIYI – Azerbaijan
- APD - ACADEMY FOR PEACE AND DEVELOPMENT – Georgia
- Stowarzyszenie Akwedukt - Poland
- PETRKLIC HELP ZS - Czechia

**Trainers: Martin Gbúr**

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**Spokojnosť so školením**

**Martin Gbúr**  
Project Expert at Výskumný ústav detskej psychológie a patopsychológie // Coach for Youth field European Solidarity Corps - luventa-Slovak Youth Institute // Member of Accreditation committee of Ministry of Education  
Košice-Sever, Kosice, Slovakia - [Contact info](#)

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Trainer, Facilitator and Consultant  
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Freelance, self-employed  
Illa State University

The project ***Future skills for Youth*** aims to improve the competencies of youth leaders and youth workers in **Mindfulness, Embodiment** and **Coaching** methods as non-formal education methods to increase mental health and wellbeing, but also social dialogue and a sense of belonging among youth. In the course of globalization and migration, societies become more diverse, which often causes conflict, tension or even radicalization.

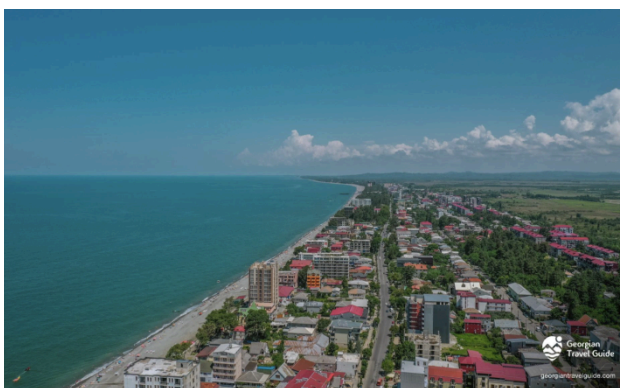
**Mindfulness** and **Embodiment** are two strong pathways towards greater self-awareness, inner peace and a sense of belonging. Both include a wide variety of methods and tools, which can be applied in youth work and non-formal education. Moreover, these tools can be applied in community-building processes and social dialogue among youth.

**Coaching** is a relatively new element in supporting youth work. These training courses have been developed with the aim of offering practical support for youth leaders and youth workers that are actively supporting different Youth Initiatives in their communities.

The Project as a whole aim to empower youth leaders and youth worker's personal development and Leadership capacity by fostering their skills for self-reflection and self-awareness, by using mindfulness and embodiment as pathways.

Project Future skills for Youth includes **two Training Courses**.

The **first Training Course** will take place in a seminar center located in the city of Kobuleti, Georgia, between **5. – 13. September 2021. (5th and 13<sup>th</sup> are travel days)**



The first course encourages youth worker's and young leaders' personal development through an experience of Embodiment, Mindfulness and coaching methods with a specific focus on Community-building and communication skills. It transfers methodological knowledge, which allows participants to apply these innovative non-formal education tools in an informed and professional way.

**The second training course** will take place in town Košice, Slovakia, in October or in November 2021.

The second training offers participants the opportunity to directly transfer their new knowledge and personal experience into practice. Participants will plan and

facilitate sessions including tools from the field of Mindfulness and Embodiment for community building and wellbeing of youth.



Both Training Courses will be attended by 24 participants from Armenia, Georgia, Azerbaijan, Slovakia, Poland, Czechia.

[It is required that selected participants attend both Training Courses.](#)