

The training is implemented with financial support from the ERASMUS+ programme.



International training of youth workers

Virtual reality as support for burnout protection through non-formal

K2: 2021-2-SK02-KA220-YOU-000050550

AIM

The training will be aimed at validating the methodology developed in our consortium. Participants will encounter the following topics: what causes stress and burnout in youth work, barriers overcoming stress, basics of working with youth, proper communication skills, working with emotions and visualisation, mental health basics and others. The training will be delivered by expert trainers from the field of non-formal education, psychology and experts in the use of virtual reality.

PARTICIPANTS

The target group of the training will be youth workers 18+. Interested applicants should apply by 15 September 2023 via the attached link: <https://forms.gle/fSmh1hESYyG3yjCG7>

Place: Hotel Zlatý Kohout, Kroměříž (<https://www.uzlatehokohouta.cz/cz/>)

It is situated at the main square of Kroměříž town. Kroměříž was valued as the most beautiful city in Czechia. Historical gardens and Archbishop Castle have been declared as UNESCO World Heritage Sites.

Orientation schedule:

23.10.2023	24.10.2023	25.10.2023
Arrival Czech and Slovak group	breakfast 8:00-9:00	breakfast 8:00-9:00
lunch 12:30 -13:30	training 9:00 -12:00	training 9:00 -12:00
training 14:00 -17:00	lunch 12:30 -13:30	lunch 12:30 -13:30
Dinner 18:00 -19:00	training: 14:00 -17:00	
	Dinner18:00 -19:00	

The exact content of the training blocks will be composed according to the choice of those interested in training. Non-formal education methods will be used and VR app will be presented by VR space trainer.

Other important information:

Accommodation and travel costs are covered by the organizer. Travel costs and expenses will be arranged with the selected participants.

Contact person: Petr Kantor , kantor@askcr.cz, +420 777 021 478

Partners: Rada mládeže Žilinského kraja, Petrklíč help, z.s., IPčko, o.z, Sirius - Centar zapsihološko savjetovanje, edukaciju i istraživanje, VR SPACE, s.r.o.

Partners of the training:

