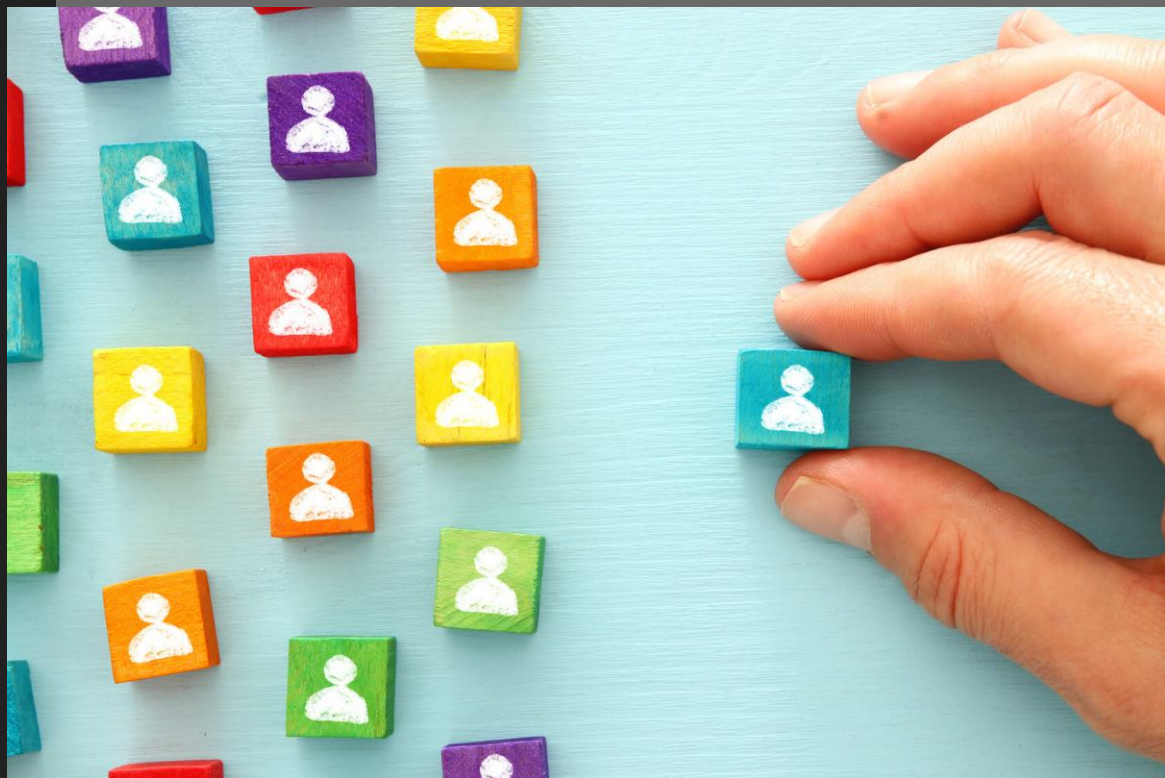


Overwork the process

a seminar for an experienced trainers



INFOPACK

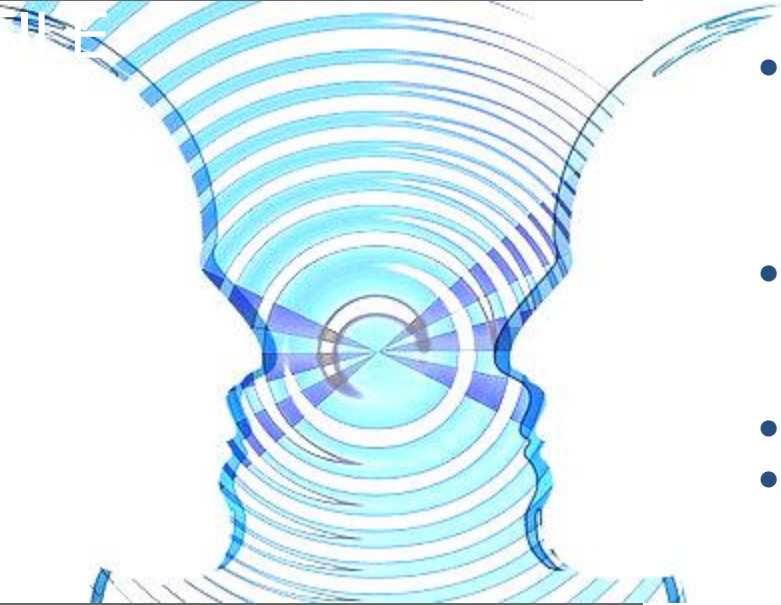
WROCŁAW, 12.01-18.01.2020

WHY?

In the training work we experience a situations when the group process leads us into unknown regions. It can be a crisis, trauma, breakup, exaggeration, love. We invite you to meet and discuss possible strategy to take care for a group and also for you in a difficult group process.



Participant profile



- **Experienced** trainers, more than 2-3 years of experience. Preferably having finished a train-the-trainers training / have a fundamental knowledge in training designing.
- It is a technical reference within the organization or team. His knowledge allows him to work or collaborate on more challenging projects.
- It helps to define processes, methodologies and standards that will take place in the development of projects.
- It is good to communicate and listening.
- It can participate in high-level decisions and collaborate if necessary in more operational activities.
- Communicative level of English language is mandatory



A wooden gavel with a dark handle and a light-colored head, resting on a dark wooden surface. To the right of the gavel is a book with a green cover and the words 'CASE STUDY' printed in gold letters. The text 'CASE STUDY' is also overlaid in white on the left side of the image.

CASE STUDY

- Have at least one (two) case or challenging situation, when there is a serious crash or hard moment in a group process.
- Reflect, write, eventually record, and send a case study **before** the seminar start.
- Desire to improve coaching and group facilitation techniques.
- Open to discuss in supervision, yours and others case study.



- Open to discuss, analyze, and develop some methods, scenarios, algorithm.
- Open to try plenty of methods, from different backgrounds, that could be applied.
- Desire to create a space of cordiality, collaboration and be supervised from a professional and youth workers feedback.

Networking



- Participate in formal and non-formal networking activities.
- Start to develop strong connections and exchange.
- Open to diversity, intercultural and interreligious dialogue.
- Promoting common values, such tolerance and respect.
- Able to establish intercultural relationships with other participants.



Responsibility

- To lead or collaborate in one or more specific part of the program, such online meetings, promoting and dissemination, Dropbox, Whatsapp, YouTube, drawings and algorithms, Facebook, etc.
- To give evaluation and feedback.
- To share in your organization the outcomes from the seminar.

WHAT WOULD HAPPENED?



WE WANT TO DISCUSS A SPECIFIC CASE STUDY, WORK ON SUPERVISION AND STRATEGY...



WE WILL EXPLORE IN THE AREA OF COGNITIVE BUT ALSO NON-STANDARD ACTIVITIES, EG BODYWORK OR WILDERNESS THERAPY.



THE DESIRED OUTCOME OF THIS PROGRAM IS A COURSE OF ACTION AND INSTRUCTIONS FOR TRAINERS IN A GROUP BREAKDOWN PROCESS



THE SEMINAR WILL ALSO ALLOW US TO DEBRIEF DIFFICULT CASES FROM OUR PERSONAL TRAINERS WORK.

WHERE?

Hotel Tumski

Wyspa Słodowa 10
Street
50-266 Wrocław



How to reach hotel?

<https://www.hotel-tumski.com.pl/en/hotel-tumski-2/>

Hotel is 11 kilometers from the Wrocław airport:

<http://airport.wroclaw.pl/en/passager/getting-here/>

and 2,2 kilometer from main Train Station
“*Wrocław Główny*”:

<https://portalpasazera.pl/en/KatalogStacji?stacja=Wroc%C5%82aw+G%C5%82%C3%B3wny>

Very useful website with public transport:

<https://jakdojade.pl/wroclaw/trasa/>



How it's going to work?

- **12.01 (sunday)** - travel day, dinner together at 18:30
- 13-17.01 - seminar:
 - breakfasts from 8:00 till 8:45
 - lunches at 13:30
 - dinners at 18:30
- **18.01 (saturday)** - breakfast together and travel day

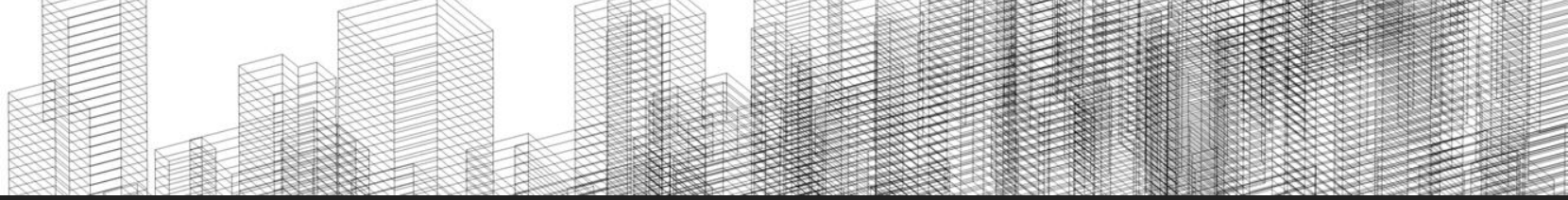


PROGRAM

The goal of the seminar is to share methods, techniques, and tools which can be used to help rebuild groups that experienced a crisis. We would like to discuss the following topics: case studies on various group dynamics, cognitive models of dealing with crisis, a role of a trainer in a group process, various approaches to dealing with crisis and trauma in a group, how to create a clear algorithm, tools for young trainers and instructors, helping them to feel safe when leading a group process. We are going to work in an experimental education framework.

We have also planned some city-exploring activities in the multicultural Wrocław

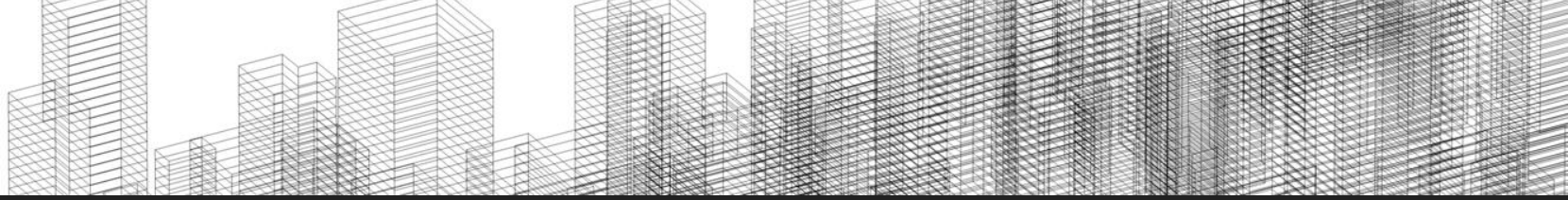




TRAVEL COSTS REIMBURSEMENT

The course is co-funded through the Erasmus+ European programme. We can reimburse only the cheapest transportation possible and only public transport, 2nd class fares.

- will be done by transfer after fulfilling project obligation
- will be done via transfer according to exchange rate (EUR to PLN) given by Polish National Agency, as effect participants may get slightly different amount that they will have on tickets (applied only for tickets in EUR)
- you have to participate in the whole program, to get the reimbursement
- we provide the 100% of your travel costs between participant hometown and venue, until the amount is not more, than determined by the project
- We only can calculate only those costs on which we would received the tickets and invoices
- Participants are asked to travel with any kind of public transportation (tourist class) or motor car. We do not reimburse taxi and parking cost.



SEMINAR FEE

The participation to the seminar foresees:

- a non refundable PARTICIPATION FEE of 20€ to be paid by as a deduction from travel reimbursement;
- a VOULONTARY FEE to be paid in cash (in Polish Zlotys) during project on a sliding scale from 20PLN (5€) up to choice and possibilities of participant. Participants will be free to choose their contribution according to their own personal financial possibilities and the value they see in this program. This fee will help in dissemination of the project.

Travel reimbursements limits (€):

- Poland: 180
- Latvia: 275
- Italy: 275
- Sweden: 275
- Romania: 275
- Netherlands: 275



PARTICIPATION FEE of 20€ will be paid as a deduction from travel reimbursement



SUSTAINABILITY

Sustainability is very important for us.
Please contribute to it, tips:

- If you can – try to travel not by plane.
Use public transport
- If you fly – please travel light (cabin
baggage)
- We won't provide meat every day. If you
want to do a physical sports every day
(like running etc.) please consider to
take any extra proteins or let us know
what you need in advance.





FACILITATORS

Carlos Bobbert – a therapist, trainer and coach with a lot of experience in experiential education.

„Speaking English, Spanish, German and Portuguese, together with having lived and worked in South America and Europe, allows me to support people and organizations in intercultural contexts. I have the support of a network of experienced consultants who apply high impact methodologies and techniques.”

<http://www.carlosbobbert.com/>

Aga Leśny - a pedagogist, anthropologist and cultural expert.

„I have more than 10 years of experience in doing research and academic study in educational background. I am working as a trainer of teambuilding and development processes programs for business, public institutions and NGO. I am also a game designer; I co-designed a simulation game based on Gallup StrengthsFinder theory.”

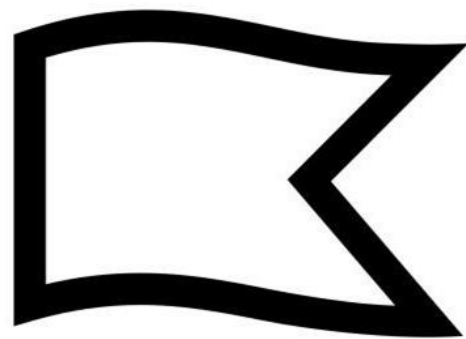
www.alesny.pl

YOU DO NOT KNOW US?

Manufacture of Science and Adventure is a non-government educational organization founded in 2012. We are one of the first organization in Poland, interested in experiential and outdoor education programs with the goal of personal development and development of interpersonal relationships. Our goal is to help people discover and develop their true potential to care for and respect themselves, others and the world around them through safe and challenging experiences in different settings.

Cooperation, caring for nature, honesty, civic activity, taking responsibility for our own lives, building relationships - these are our values. We are working with schools, kids, youth, families, adults and business groups.

<https://naukaprzygoda.edu.pl/en/>



**PRACOWNIA
NAUKI
i PRZYGODY**

JOIN US IN BEAUTIFUL WROCŁAW!

Fill the form:

[https://naukaprzygoda.edu.pl/en/
overwork-the-process-a-
seminar-for-an-experienced-
trainers/](https://naukaprzygoda.edu.pl/en/overwork-the-process-a-seminar-for-an-experienced-trainers/)





QUESTIONS? DOUBTS?

**FEEL FREE TO
CONTACT ME! :)**

Justyna Schimanda
Project Manager

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mobile: +48 725526426