

# SKILL UP!

BASIC SYNERGY TRAINING

29 AUG - 7 SEPT 2021


NEU NAGELBERG

AUSTRIA



Erasmus+





*"Investing in yourself  
is the best investment you will ever  
make. It will not only improve your  
life, it will improve the lives of all of  
those around you."*

*Robin Sharma*

We are inviting You to join our project called 'Skill UP!' that is an intense personal development training for people who work with people. In this brochure you'll find all the information needed to know about the project, venue, target group and application process.

# ABOUT THE TRAINING

Skill UP! Training is for those, who are ready to challenge themselves with an impactful learning experience, who are ready to stretch their comfort zone in order to discover their resources. You will have the chance to dive deep into skill development, improve personal and professional life skills, as well as to discover how to support others.

It is for you, if you are busy with similar questions:

What is the image I have about myself?

What are my automatic reactions when I am stuck with a problem and how to change them?

What are my automatic behaviours in certain situations?

How do I include myself in a team and/or a bigger group?

How cooperation works for me in my personal and professional life?

How to take care of myself and of others?

How to maximise my creativity?

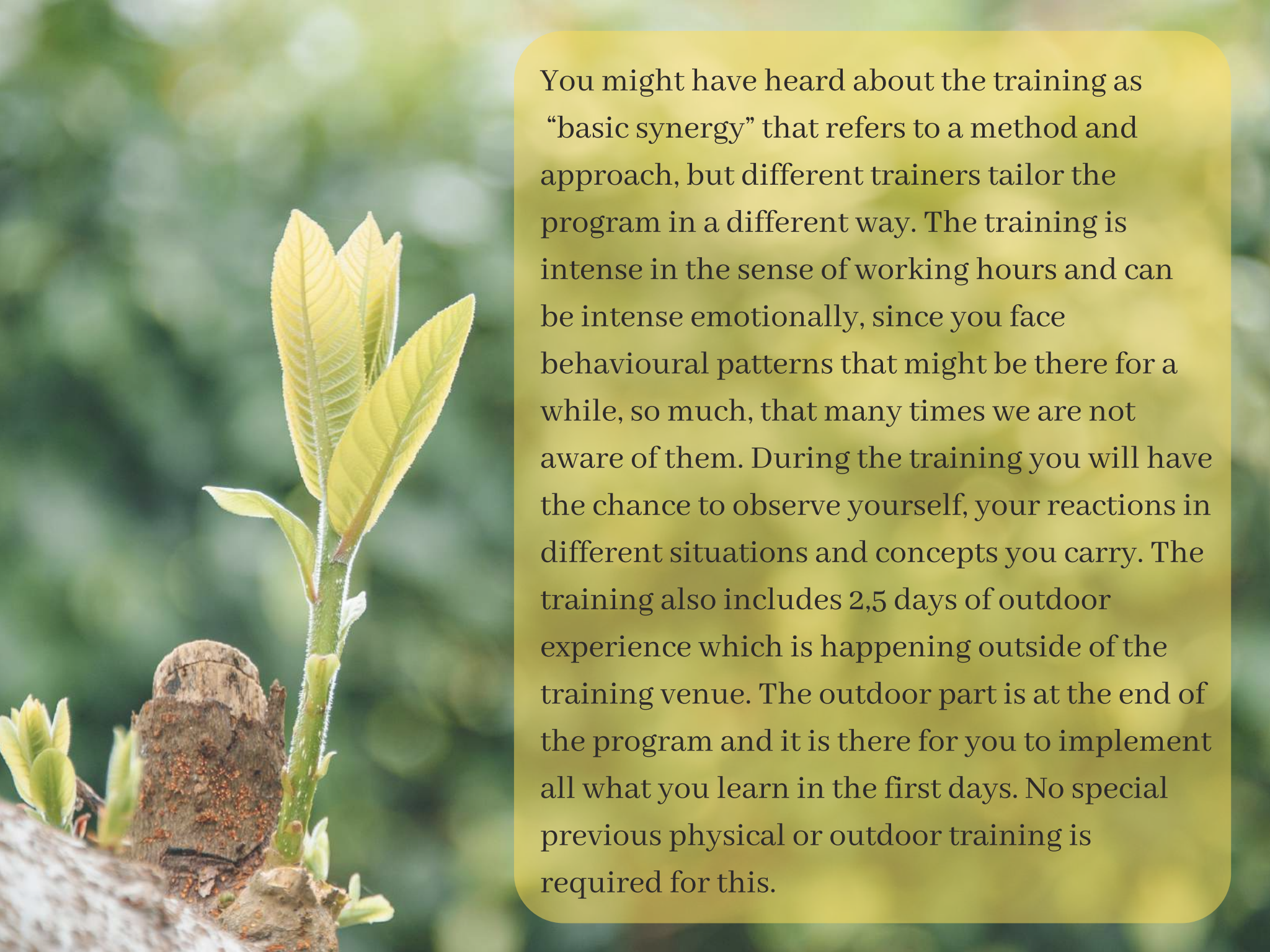
How to connect with others in an honest and authentic way?

How to inspire myself to keep learning and discovering the world around me?



## ABOUT THE METHOD

The method and the approach of this program has a long history. It comes from the late 60s and early 70s from California, then it passed through South Africa and Israel to reach Europe in several forms and shapes. In the 2000s the training method was translated from the for-profit to the non-for-profit field by a group of European youth workers from the Netherlands, Hungary and Greece. 15 years later, thousands of youth workers, trainers, coaches, volunteers and people interested in their personal and professional development have participated in programs using the method. Programs are organised and implemented in the Netherlands, Hungary, Croatia, Czech Republic, Bulgaria, Italy, Romania, Slovakia, Lithuania, Austria.



You might have heard about the training as “basic synergy” that refers to a method and approach, but different trainers tailor the program in a different way. The training is intense in the sense of working hours and can be intense emotionally, since you face behavioural patterns that might be there for a while, so much, that many times we are not aware of them. During the training you will have the chance to observe yourself, your reactions in different situations and concepts you carry. The training also includes 2,5 days of outdoor experience which is happening outside of the training venue. The outdoor part is at the end of the program and it is there for you to implement all what you learn in the first days. No special previous physical or outdoor training is required for this.

# PROGRAMME OVERVIEW

DAY 1-2 Getting to know each other, self-discovery

DAY 3-4 Roles and patterns, communication and cooperation, trust

DAY 5 Feedback, creativity

DAY 6 - 8 Outdoor experience

DAY 9 Evaluation, closing

## THE TRAINING IS FOR YOU IF:

- You feel attracted to the topic of the training and it is relevant for you
- You are over 18
- You are a registered inhabitant of Austria, Czech Republic, Bulgaria, Spain, Romania, Greece, Serbia, Germany, Poland, United Kingdom
- You are a youth worker (for more info contact us)
- You are physically and mentally ready to take on 10 - 15 hours per day of programme (including meals and breaks)
- You are highly motivated and willing to actively participate during the whole project
- You are able to work in English

# WHO?

There will be a total number of 31 participants including trainers and team members. If you have already participated on a training using Synergy method and would like to join us as a team member, contact us by e-mail for more details.

Trainers of the programme:

## TIHOMIR GEORGIEV



I am a certified NLP Practitioner by the NLP Global Training and Consulting Community (R. Dilts). I am a trainer of experiential learning non-formal educational programs, and a youth worker, member of the pool of trainers of the Bulgarian National Agency. I prefer and combine approaches from NLP, coaching, hypnosis, systemic work and constellations, mind-body work, outdoor, non-formal education and experiential learning - I have a method and a brand called Heuristic Solutions - solutions that work. I am Founder and Director of Smokinya Foundation

## ANNA SIPOS



I have been working as a freelance trainer for more than 10 years, I am regularly working with international groups of youngsters using non formal learning methods, peer-to-peer- and group coaching, and mentoring. I am specialised in personal development, communication, sustainability education, and lately I work closely with some fresh organisations who are developing their first projects. I believe that there is no one common recipe for success, and each and every person takes a different road to get there. With my experience and knowledge I want to support participants to take the best out of this training for themselves, so that they can create more magic for their close communities back home.

# TIME FRAME

Arrival: 29th of August 2021

Departure: 8th of September 2021

We expect you to participate in the whole program, meaning arriving later or leaving earlier is not allowed.

# VENUE

During the training course you will live together with other participants in Jugendherberge Hans Czettel Haus, in Neu Nagelberg, Austria. It is in a remote area in nature, chosen with intention to create a calm space for the group to focus on learning. The accommodation is simple and cosy, there are rooms with 4-6 beds and shared bathrooms, training room, areas to socialise. You will be taking part in light housework such as daily cleaning, dish washing, etc. These tasks are part of a learning process in a group environment. We will have meals 3 times a day during the indoor program prepared by our cooks; smaller coffee breaks will be available during the day.

Keep in mind that we have a no alcohol and no drugs policy during the programme and we highly recommend to not use them at all during the whole training, with intention to allow space for authentic connection with yourself and with the ones around you.

## COSTS AND FEES

The training is funded by the Erasmusplus Programme, thus your accommodation, food, materials, programme and the travel costs (up to the maximum allowed amount are fully covered.

Participants' contribution is 50 EUR / participant what you pay upon arrival in cash. If you are challenged to pay this amount, contact us, and we will discuss individual agreements.

### Reimbursement

According to the rules of the Erasmus+ programme you can get your travel costs reimbursed up to amount stated in the table below, depending on the place you are travelling from and its distance. If your travel costs are lower or same as this amount, you get reimbursement of 100 % of your real travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. That's why we recommend to book your ticket as soon as you receive the confirmation letter, since they are often much cheaper when bought in advance. To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes and invoices (originals). ONLY if you give us all the travel tickets, boarding passes and invoices we are able to reimburse your travel costs! We will only reimburse your travel costs if you participate in the whole project. The reimbursement is done approx. 2-3 months after the project, once you send us the originals of the tickets, filled in an evaluation form and took part in dissemination and follow up activities.

# COVID-19 POLICY

Our intention is that the training course is happening with maximum safety for everyone participating. However, we need your contribution in this, so keep in mind that you will need to invest extra time to arrange your travel and make the necessary tests to arrive and to leave from the project. We ask you to cooperate in this.

Once your participation is confirmed by MOVE To Be You we will ask you to check the current regulations in your country and to book tickets to Austria. Book in a way that it is the most favourable for you in case the flight is cancelled or, in case you can not take the planned flight for any reason. MOVE To Be You can not guarantee the refund of cancelled tickets, the Austrian National Agency will observe and decide individually in each situation – in case anything unexpected happens. Make sure that by the time of travel you fulfil all the current regulations, meaning that you are vaccinated and / or you made the tests that are required. During the training course we will take care of maximum safety.

During the training there will be disinfectants available all the time. Wearing the mask is not mandatory, but highly recommended. We will inform you about the current regulations in Austria before and during the project. The hotel where we are going to stay pays attention to maximum hygiene. MOVE To Be You will not refund costs of possible tests that you need to take to arrive to the project, or to go back home, you will need to cover these costs. Read more about our COVID policy under [THIS LINK](#)

# PARTNER ORGANISATIONS

MOVE to Be You – Austria - [movetobeyou@gmail.com](mailto:movetobeyou@gmail.com)

20 EUR / Person

IDEA Alzira – Spain - [europa@alzira.es](mailto:europa@alzira.es)

275 EUR / Person

Brno Connected – Czech Republic - [brnoconnected@gmail.com](mailto:brnoconnected@gmail.com)

180 EUR / Person

Zig Zag – Romania - [cosmina@zigzagprinromania.com](mailto:cosmina@zigzagprinromania.com)

275 EUR / Person

Be Visible Be You – Greece - [bevisiblebeyou@gmail.com](mailto:bevisiblebeyou@gmail.com)

275 EUR / Person

Smokinya Foundation – Bulgaria - [info@smokinya.com](mailto:info@smokinya.com)

275 EUR / Person

Vega Youth Center – Serbia - [kamberovics@yahoo.com](mailto:kamberovics@yahoo.com)

180 EUR / Person

Pinky Promise – Germany - [pinkypromise@posteo.de](mailto:pinkypromise@posteo.de)

275 EUR / Person

Tiara – Poland - [organizationtiara@gmail.com](mailto:organizationtiara@gmail.com)

180 EUR / Person

Youth Innovation LTD - United Kingdom - [innovativeyoungeneration@gmail.com](mailto:innovativeyoungeneration@gmail.com)

275 EUR / Person

# HOW TO APPLY?

APPLY  
HERE!

If you decided to apply,  
fill in our online application form  
latest till the  
**20th of June 2021.**

Participants will be selected by sending organisations, in cooperation with MOVE to Be You. Keep in mind that sending organisations might have their local conditions for your participation. Selection is done based on the profile and motivation of applicants. We recommend you to fill in the application form carefully. If you are accepted for the project you will receive a “Confirmation letter’ with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.

Do NOT book any tickets before receiving a confirmation from us!

# ABOUT MOVE TO BE YOU



MOVE to Be You

We are an Austrian NGO formed by a group of educators and trainers, who found fulfilment in some form of movement, sport, physical or mental practice, performing art or any such that one can lose or completely find themselves in. The shared enthusiasm and the common understanding of MOVEMENT lovers who devote their time to get free by MOVEMENT. This is what we do and would like to inspire others to do. MOVE To Be You develops projects using movement, sport and physical activity for self-and community development, mindfulness, leadership, stress reduction, inclusion to support the creation of a mentally and physically healthy and active inclusive society.

Our methods are Non-formal education, experiential learning or/and nature based and are developed by professional trainers and educators working in youth and adult education field. We share knowledge and create supportive environment with different coaching techniques like NLP, lifestyle coaching and more.

MOVE to Be You's motto and philosophy is: "Entwicklung in jede Richtung" which means "Development in every direction"



# CONTACT US!

If you have any questions, contact  
Orsolya Cziráki,  
president and coordinator of  
MOVE to Be You.

E-mail: [movetobeyou@gmail.com](mailto:movetobeyou@gmail.com)

Phone: +43 6706017796

More info about the Erasmusplus Programme:  
<http://ec.europa.eu/programmes/erasmusplus/>



Co-funded by the  
Erasmus+ Programme  
of the European Union



MOVE to Be You