

# Training For Trainers

Erasmus+ project  
Vidas Bacevicius, Summer of 2023

This summer my Lithuanian team and I had the chance to participate in an Erasmus+ project called "Mastering the art of training: training for trainers in non-formal education". It was organized in Samobor, Croatia. Over the span of 9 days we were taken through the steps, methods and practices of being a good trainer and facilitator. It was an amazing project and I would like to share my experiences about this training.

## The Location

Samobor is a beautiful little town both close to the capital of Croatia and the border of Slovenia. It is surrounded by gorgeous mountains and hillsides that separate Croatia from Slovenia - you never get used waking up to that gorgeous view. The town itself is very cute, houses a couple of churches to sightsee and bars that we would attend in the evenings. It has a few hiking trails right next to it, so overall it's a great destination for a hiking trip.

## The Training

The project itself was an intense 9 day training with the goal of providing participants with expert guidance to develop essential skills for facilitating non-formal educational activities. In short, we were taught how to be trainers for youth-related activities.

It covered a wide variety of important topics, including (but not limited to):

- The introduction of Erasmus+ program and it's offerings
- The concepts of formal, informal and non-formal education
- Leadership skills
- Time management skills
- Presenting skills
- Body language
- Training resouces

These topics are very relevant to youth work and the trainers Umut and Andreja were very professional in both organizing and teaching the material. They were a shining example of what a youth trainer should be.



## The Workshops

The training itself was organized in a non-formal way - there were no Powerpoint slides, instead most activities were hands-on, requiring actions and brainstorming from the participants. There were teambuilding activities, roleplaying, discussions, dialogues. This made the participants more involved in the presented topics and fostered the spirit of facilitation.

In addition to this, during our free time some participants organized their own workshops. These included a drawing workshop, meditation and breathing exercises, a Turkish alphabet lesson and a creative writing lesson.

Finally, at the end of the training every participant had a chance to organize their own training session, putting the skills we learned during these 9 days to use. That's when the participants really showed what they were capable of, with the topics of these sessions spanning from disabilities to the power of choice.

## The People

The amount of beautiful people I met during this project is simply stunning. The more serious topic of this training attracted teachers, occupational therapists, psychologists, youth workers, programmers among others. I met people from Greece, Turkey, North Macedonia, Spain, Italy, Romania, and I feel like I made a true connection with many of them. Long overnight talks were done, jokes were made, tears were shed. I am sure that I will see some of them again during my life in Europe and that I made these connections for life.

## The Takeaways

During the training someone said a phrase that perfectly summarizes this experience - "It's like a lifetime within a lifetime". During these 9 days I learned tons of new skills useful for youth trainings. I also met and connected with beautiful people from all over Europe. But, most importantly, this training gave me the confidence I needed to shift my career in the way of youth training. Right after the training, I showed interest in running trainings in my company, and I was heard! In two weeks from now I am organizing my first bi-weekly onboarding training for new hires in the company. I could never have imagined doing this, but Andrea and Umut showed me that it's not only possible, but is extremely rewarding.

I am thankful for the opportunity that Erasmus+ provided and would like to remind that projects like this are organized all the time. Erasmus+ Training Courses and Youth Exchanges are a great opportunity to both hone your skills and meet wonderful new people from all over Europe!



# The Memories

