



# EvsMOTIONS

15 – 24 July 2016, Sajan, Serbia

## THE OBJECTIEVS

- To empower mentors/tutors/facilitators to be aware of their own difficult-to-handle fillings that arise during their work with EVS volunteers with fewer opportunities;
- To learn ways to self-assess and develop own emotional competencies
- To introduce the concept of emotional intelligence and its relevance for professional and personal development
- To develop and to integrate the L2L competences from a perspective of emotional management in the work with EVS volunteers
- To develop the self-awareness regarding his/her own limits, character & personality and its impact on the EVS mentoring/facilitating process and learning preferences

## PROFILE OF PARTICIPANTS

This activity is designed for staff (mentors/tutors/facilitator) from partner organizations who will be directly working with the EVS volunteers for more skills and knowledge how to give support EVS volunteers in a context of emotional management and stress relief.

## PARTICIPANTS FEE AND TRAVEL COST

A participation fee of EUR 45 is charged for participation. The amount is paid in cash by the participant on the spot (arrival day, registration and check in).

Country	Organization	Number of participants	Travel cost per person
Germany	CGE Erfurt e.V.	2	275
Albania	Youth in Free Initiative	2	275
BiH	Centre for Children, Youth and Family	2	275
Italy	South Europe Youth Forum	2	275
Macedonia	IMKA Bitola	2	275
Montenegro	Zid	2	275



<b>Poland</b>	Towarzystwo Wiedzy i Przedsiębiorczości	2	275
<b>Romania</b>	Team for Youth Association	2	275
<b>Serbia</b>	Grupa "Hajde da..."	2	180
<b>Spain</b>	ASOCIACION CULTURAL EUROACCION MURCIA	2	275
<b>Sweden</b>	The Organization for Poverty Alleviation & Development	2	275
<b>Turkey</b>	SISTEM VE JENERASYON DERNEGI	2	275
<b>Iceland</b>	Alþjóðleg ungmennaskipti	2	530

## OTHER IMPORTANT DETAILS:

Following the guidelines of the Erasmus+/YIA Programme and internal regulations the travel must be released by the participants on the direct way within maximum 2 days. In case of long pauses or indirect routes (holiday travel), there is no reimbursement of travel costs!

Reimbursement is done in Euro after the training course by bank transfer.

## TRAINERS

Suzana Krstic  
Diego Marín  
Marko Pejovic

## ACCOMMODATION

Our project will be realized in the [European Youth Education and Meeting Centre](#) in Sajan

[Sajan](#) is a small village next to Kikinda. Being located in the multicultural North of Serbia, Sajan is mainly inhabited by the Hungarian minority in Serbia. Accommodation is provided in rented houses in the surrounding of the training center (single and double rooms, apartments etc.), living with the families from the village. The activities will be held in the Training Center in the middle of the village.

If you have any additional questions, feel free to contact me.

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**PROGRAM – EvsMOTIONS - 15 – 24 July 2016, Sajan, Serbia**

Schedule	Day 1 <sup>st</sup>	Day 2 <sup>nd</sup>	Day 3 <sup>rd</sup>	Day 4 <sup>th</sup>	Day 5 <sup>th</sup>	Day 6 <sup>th</sup>	Day 7 <sup>th</sup>	Day 8 <sup>th</sup>	Day 9 <sup>th</sup>	Day 10 <sup>th</sup>
	15.06.2016	16.06.2016	17.06.2016	18.06.2016	19.06.2016	20.06.2016	21.06.2016	22.03.2016	23.03.2016	24.03.2016
08:30 - 09:30 Breakfast	ARRIVAL									DEPARTURE
09:30 – 09:45 G.M.Darlings		GM	GM	GM	GM	GM	GM	GM		
09:45 – 11:15 First Session		Intro Program Methodology	Emotions and experiences	Fear	Situation that makes me angry. Human shape.	Free Day	Pictures of yourself Dying bodies Paining	Supervision.	Supervision	
Break										
Second Session		Contracts Why you are here	River of my life	Protector	Angry wall. Pillows.		Walking to the lake. Outdoor meditation Empathy to yourself.	Mask? Giving and receiving? Message to yourself.	Future projects and cooperation	
Lunch										
Third Session		Team building	EVS mentors, roles and expectations	Challenges	Steaming groups		Steaming groups with the presence of pictures	Transfer and orientation? Sharing in small groups – 60min	Future projects and cooperation	
Break										
Fourth Session		Trusting games	EVS mentors, experiences	Agora Theory about fear Active listening Discussion	Agora Theory about anger. I-speech. Discussion		Agora Theory about sadness. Empathic communication	Feelings and emotional reactions	Evaluation and goodbye	
Steaming Out Group		Plenary	Plenary	Plenary/small groups- reflection	Plenary/small groups- reflection		Plenary/small groups-reflection	Plenary/small groups-reflection		
Dinner	Dinner									
Night Time	Welcome Evening		Intercultural evening							

\*The program is subject to change, due practical or organizational need

## How to arrive to Sajan

You should travel to Kikinda from where we will pick you up. Therefore, please inform us on time about your arrival time in Kikinda.

From Belgrade Airport to Belgrade City centre

You can use the shuttle bus (called A1) from the airport to the Central Bus station (Autobuska stanica Beograd) in Belgrade (approx. DIN 350 ~ € 2.85, one way). The Airport bus runs from the airport to the main bus station from 7:00 to 22:00 every 60 min.

Furthermore, bus No. 72 runs twice an hour to the city center (approx. DIN 150 ~ € 1.3, one way if you buy ticket directly at the bus driver; DIN 200 ~ €1,7 at the shop inside the departure hall that sells food and newspapers. The trip is around 45 minutes.

More Info: [http://www.beg.aero/passengers/to\\_and\\_from\\_the\\_airport/bus\\_transport.326.html](http://www.beg.aero/passengers/to_and_from_the_airport/bus_transport.326.html)

From Belgrade to Kikinda

Belgrade bus station is next to the central station in Železnička 4. It takes around 2h 30min to get to Kikinda. Buses are running from 6.30 a.m. to 8 p.m. (last bus!), one-way costs around 13 €.

For more information: [http://www.bas.co.rs/basweb\\_eng/RedVoznje.aspx?lng=en](http://www.bas.co.rs/basweb_eng/RedVoznje.aspx?lng=en)

Other nearest airports are: Airpot in Niš (Serbia) has connection with Malmo (Sweden) and Timișoara (Romania) which haves connection with Bari (italy), Barcelona (Spain) Dortmund and Frankfurt Hahn (Germany).