



# KINETIC YOUTH MOVE TO GROW

ON-LINE training mobility for youth workers KA1 in  
Erasmus+

- MAY 24
- MAY 28
- MAY 31
- JUNE 4TH AND 5TH



# PROJECT AIM

## We want you to move!

The project aims to equip youth workers with competences to promote and develop kinetic and emotional intelligence in young people. We strongly believe that non-formal learning is active learning of individuals, that creative expression leads to critical thinking and that creativity is a very powerful tool for self-awareness and the amazing tool for discovering one's authentic self, which is very necessary for young people during adolescence. Dance and movement provide a way of learning that develops communication skills, problem-solving techniques as well as creative and critical thinking skills as well as kinetic skills.

Our AIM is to train participating youth workers to develop, enhance and foster kinetic intelligence in themselves and the young people with whom they work and thus directly build an environment that encourages the development of critical thinking.

## WHAT WILL YOU LEARN?

- Some easy to apply tools - modalities, exercises, and games from Dance Improvisation, Body-mind-spirit practice and Dance therapy that can be done by anybody and that they can use in their work
- Learning to improvise and express creativity
- Experience magical moments of complete body awareness
- Gaining structure with simple 8 step formula to shape, organise and lead workshops, classes, sessions...
- Gaining a new embodied teaching & leadership skill set with higher emotional intelligence.

# TRAINERS

## MAIN TRAINER

### Goran Bogdanovski:

Hoalistic Dance Teacher,  
Transformational and  
Business Coach,  
Choreographer, Dancer  
and founder of FICHO  
Institute.



[FICHO Institute - About](#)  
[\(fichoinstitute.com\)](#)

[Dance Alchemy -](#)  
[YouTube](#)

### Vesna Lenić Kreže

ASPIRA Institute - Trainer in  
the field of youth work.  
Visual artist, creative  
workshop fascilitator.



# WHY IS OUR TRAINING DIFFERENT FROM ALL OTHER ON- LINE TRAININGS

- User friendly - 5 days broken up over the period of 2 weeks
- maximum on-line screen time 3 hours a day in the 5 days
- a unique mix of on-line meetings and tutorials that you can do your self at home in a span of 2-3 days between each on-line meeting
- On-line tutorials with methods and excersises you can do by your self or with a partner
- Basicly a free trial of FICHO Institutes teacher trainig program-adapted for youth workers - [FICHO Institute - Teacher Training.\(fichoinstitute.com\)](http://FICHOInstitute.com).



# TIMETABLE

May 24

Introduction, getting to know each other,  
presentation of how tutorial sessions will work

## **Tutorial video sessions**

May 28

How to use dance methods in youth work, Q&A  
with Goran about the tutorial session , reflection  
in groups

## **Tutorial video sessions**

May 31

Sharing sessions in groups, Q&A with Goran,  
reflections in groups

## **Tutorial video sessions**

June 4

Youthpass session, dissemination plan,  
Evaluation with Goran

## **Tutorial video sessions**

June 5

Group discussion on follow up, project  
evaluation

# APPLY HERE



<https://forms.gle/FfT72J6ufzDRgXzJZ>