

CALL FOR PARTICIPANTS

# Trainers' Life Hacks Lab

October 9th - 15th of 2023  
Vojvodina, Serbia

We would like to invite you to the Trainer Guild's

## “Trainers’ Life Hacks Lab”

(in the frame of the "Holistic Trainer" project)

 Arrival 9th October and departure 15th of October of 2023

 Sremski Karlovci, in the Vojvodina region of Serbia

The International Youth Work Trainers Guild and her partners are holding a laboratory (Lab) for trainers: “Trainers’ Life Hacks Lab” in Sremski Karlovci, in the Vojvodina region of Serbia. The Lab is part of a long-term strategic project open to all trainers, dedicated to personal and professional well-being, motivation and job satisfaction of trainers.

The Lab will provide space to explore current tools in development and to co-create new tools and inputs for the well-being, motivation and job satisfaction of trainers. As a trainer, if you have an interest in the holistic wellbeing of trainers and have something to offer in one or more of the areas being explored, we invite you to apply. This is an opportunity to learn about yourself, network with peers, learn about the Guild of Trainers, and be a part of the future of European trainers development as a profession.

## BACKGROUND

The Lab is part of the long-term strategic partnership project “Trainer life and how to hack it (Holistic Trainer)”. “Holistic Trainer” aims to increase the quality and impact of youth work training by exploring the life of the European level trainer in a holistic way, in order to support trainers in their well-being, motivation, and job satisfaction.

We will achieve this by developing and curating content that provides holistic guidance and inspiration for trainers in the areas of:






- ▶ Physical well-being.
- ▶ Mental and emotional well-being.
- ▶ Life on the road.
- ▶ Legal matters.
- ▶ Self-management.









To give some concrete examples, these areas include among others issues about continuous travel, lack of control over own diet, large amounts of time in hotels, hostels and conference centres, understanding contracts, tax and VAT laws, intellectual property rights and ownership of materials produced, the physical impact on the body, long periods of standing or sitting, the daily mental and emotional impact, and being more ecologically sustainable in the work, and many more things.

The project so far has been exploring and researching each of these topic areas, using further research, peer knowledge, exchange of practices and expert input. The project is now at the stage of developing life hacks, tips and tricks, specific knowledge and proper guidance that can improve the quality of life of a trainer and therefore improve the quality of their work. All the materials produced (in many formats), will be freely available to the youth work trainer (and wider) community.

## AIM OF THE LAB

-  Involve the wider trainer community in testing, reviewing and providing feedback on the developed outputs that have been developed so far.
-  Co-create (further) tools and methods for the personal and professional support of trainers.
-  Promote the visibility and impact of the project to the youth work trainers community of practice at the European level.
-  Provide the opportunity for the creation of a lasting holistic support community of trainers.
-  To raise the profile of the Trainers Guild as a leading actor in the care and personal and professional development of trainers in the European youth sector.

## DEVELOPED OUTPUTS SO FAR

-  challenges collected from the community of trainers  
(research and focus group report, videos).
-  issue and solution stories collected from a community of trainers  
(audio teasers).
-  hacks & tips/tricks collected from community of trainers & external experts  
(infographics)
-  gamified resources for support of trainers  
(e.g. card game).
-  draft survival guide  
(interactive resource)
-  the concept for a MOOC.

## SO WHAT CAN YOU EXPECT DURING THE LAB?

- ▶ Exploration of resources for the well-being, motivation and job satisfaction as trainer.
- ▶ Support and inspiration from peers and external experts.
- ▶ Possibility to co-create and further develop tools for the Holistic Trainer project.
- ▶ Take a break from your busy trainer life and dedicate time to your personal and professional well-being (did we hear you say “yoga”?).
- ▶ Enjoy the nature and cultural richness of Vojvodina region (rumours have it that there will be wine tasting and opportunity for bike rides & hikes).

## TARGET GROUP

We invite experienced youth work trainers, with a European / international dimension in their work:

- 🎯 Working at the European level for at least 3 years.
- 🎯 Experience of working on local level as well is desirable
- 🎯 Highly motivated for the co-creation of tools/methods to support the well-being, motivation and job satisfaction of trainers in their personal and professional life
- 🎯 Ready to support the project further on after the Lab, eg via promotion and dissemination of the developed resources for trainers

## CONDITIONS

Accommodation, meals and activity content are provided thanks to funding by the European Union via the ERASMUS+ programme.

We will be accommodated at Eco Center Radulovački in Sremski Karlovci, Vojvodina region of Serbia. 'Eco Center Radulovački' is a training center primarily used for education of youth. The Centre is situated centrally, just a couple of minutes away from small shops, exchange offices, bars, etc. All meals will be provided by the organizers.





## TRAVEL

Arrival is on October 9th, departure is on October 15th. Full attendance of the Lab is required to be eligible for the reimbursement of travel costs.



Travel costs are covered based on real costs with the following maximum amounts defined in the Erasmus+ distance bands:

- For travel distances between 100 and 499 KM: up to 180 EUR per pax
- For travel distances between 500 and 1999 KM: up to 275 EUR per pax
- For travel distances between 2000 and 2999 KM: up to 360 EUR per pax



It is encouraged for participants to find the most environmentally friendly and economical means of travelling. Healthy planet, healthy lives.

## HOW TO APPLY?

Please fill in the [application form](#) by 5th of September 2023. We will get back to you by the 10th of September with the results of the selection process. In case of any questions or concern, please feel free to contact the team at [holistic.trainer@iywt.org](mailto:holistic.trainer@iywt.org). In case you need to copy the link to the form manually, here you go: <https://forms.gle/uxJFFqdcXefuQMSb6>



Deadline for filling the [application form](#) is 5th of September



## PARTNERS

"Holistic Trainer" has been created and is implemented by an international consortium of four organisations:



- IYWT Guild, Germany
- Coobra - Cooperativa Braccianti, Austria
- BalkanIDEA, Serbia
- Team MAIS, Portugal



INTERNATIONAL  
YOUTH WORK  
TRAINERS GUILD



Co-funded by  
the European Union

