

Trainer life and how to hack it

Project Summary



PURPOSE

With our project "HOLISTIC TRAINER - trainer life and how to hack it", we aim to increase the quality and impact of youth work training by supporting trainers in their well-being, motivation, and job satisfaction. This will be achieved 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



PRODUCTS

- a collection of TIPS/HACKS and inspiring stories from trainers.
- a SURVIVAL GUIDE with practical orientation for trainers.
- an online SUPPORT SYSTEM for trainers, including webinars with experts and live peer support.
- a massive open online course (MOOC) on the topics mentioned.



FUNDING AND TIMELINE

The project is co-funded by the European Union through the ERASMUS+ programme (KA2 - strategic partnerships), with a total duration of 28 months, from summer 2022 until winter of 2024.



PARTNERS

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

- International Youth Work Trainers Guild (IYWT), Germany
- Coobra - Cooperativa Braccianti, Austria
- BalkanIDEA, Serbia
- Team MAIS, Portugal