

# INFO PACK

## Interpersonal and Intrapersonal Competence Training

This training is designed as an experiential and holistic learning process, focusing on the development of intrapersonal (self-awareness) and interpersonal (relationship) competences, inspired by Howard Gardner's Theory of Multiple Intelligences.

The programme invites participants to explore themselves and others through creative, reflective and embodied methods. It supports participants in recognising their existing strengths while gently developing areas with untapped potential.

The training emphasises:

- holistic development (body, mind and emotions),
- cooperation rather than competition,
- personal growth, resilience and self-awareness,
- meaningful connections with others.

This training is implemented within the framework of the Erasmus+ Youth Accreditation No. 2022-1-SI02-KA150-YOU-000107840.

The accreditation focuses on three key objectives:

- Individual development:

Supporting young people and youth workers through a holistic approach based on the Theory of Multiple Intelligences. The training strengthens existing competences, encourages the development of untapped potential and contributes to greater personal resilience, self-awareness and emotional wellbeing.

- Societal development:

Providing practical tools applicable in both formal and non-formal education. The approach fosters cooperation between sectors, promotes inclusion, and encourages collaboration rather than competition.

- Organisational development:

Creating and continuously developing a safe, innovative learning environment that supports individuals in discovering their talents, interests and passions, enabling sustainable personal and professional growth.

## COMPETENCES ACQUIRED BY PARTICIPANTS

By participating in this training, participants will develop:

- self-awareness and emotional intelligence
- interpersonal communication and active listening skills
- ability to recognise personal strengths and potential skills for setting healthy personal boundaries
- increased resilience and stress awareness
- competence in using creative and experiential methods
- understanding of multiple intelligences and their application in youth work

# PARTICIPANT PROFILE

This training is intended for professionals and practitioners working with young people, who are actively involved in non-formal learning processes.

Participants should have:

- at least 3 years of experience in direct work with young people.

The training is open to:

- youth workers and youth leaders,
- trainers and facilitators,
- teachers and educators,
- social workers and other professionals

who work with young people and use *non-formal education methods* in their practice (or wish to further strengthen this approach).

Participants are expected to:

- be motivated to actively participate in the full training programme,
- be open to self-reflection, experiential learning and group processes,
- show interest in developing interpersonal and intrapersonal competences,
- be willing to share experiences and learn from others.

## ***Dissemination & follow-up***

Participants should be committed to:

- sharing and disseminating the acquired knowledge, methods and approaches within their sending organisations and local contexts,
- applying the learning outcomes in their ongoing work with young people,
- contributing to the broader impact of the project beyond the training itself.

# TRAINER



**Tatjana Verbnik Dobnikar**, MSc, is a Gestalt psychotherapist with European certification (EAGT, EAP), supervisor and lecturer. She teaches at the Faculty of Education and at the Sigmund Freud University in Ljubljana, where she is also Head of the Gestalt Psychotherapy Programme.

She has extensive experience in:

- Gestalt psychotherapy
- Expressive Arts Therapy
- Transactional Analysis
- Jungian coaching
- Trauma-informed approaches (ALECEIA, Brainspotting)

She has over 25 years of experience working with individuals, groups, professionals, youth workers and educators, and regularly leads trainings, workshops and supervisions across Europe.

# PROGRAMME STRUCTURE & DAILY SCHEDULE

Dates: 25–31 March  
(including 2 travel days)

Each training day is structured as follows:

Morning session: 09:00–11:00

Coffee break: 11:00–11:30

Morning session (continued): 11:30–13:00

Lunch break: 13:00–15:00

Afternoon session: 15:00–17:00

Dinner: 18:00

Please note that the schedule may be adjusted depending on the group process and learning needs.

The programme includes:

- theoretical inputs
- experiential workshops
- individual and group reflection
- creative and embodied activities
- Youthpass sessions
- intercultural evenings

Please note: the programme may be adjusted according to group dynamics and learning needs.

**Programme Overview** The programme is designed as a flexible learning process that may adapt to the needs, dynamics and learning pace of the group. The outline below presents the main thematic focus of each day.

### **Day 1 – Arrival**

### **Day 2 – Group Formation & Introduction to the Training Theme**

This day introduces the core concepts of the training.

The focus is on:

- welcome and orientation
- introduction to the project and programme framework
- getting to know the group
- building trust and a safe learning environment
- understanding the framework of multiple intelligences
- exploring intrapersonal and interpersonal competences
- group work and experiential learning
- reflection and learning awareness (Youthpass introduction)

### **Day 3 – Intrapersonal Competence & Self-Awareness**

The third day is dedicated to working with intrapersonal intelligence.

Participants explore:

- self-awareness and inner resources
- emotions and emotional regulation
- personal values and boundaries
- recognising reactions in challenging situations

## **Day 4 – Intrapersonal Competence & Support Systems**

This day continues the exploration of intrapersonal intelligence, with an emphasis on:

- personal life experiences and learning processes
- recognising achievements and strengths
- inner and outer support systems
- gratitude and appreciation

Elements of interpersonal learning are gradually introduced.

## **Day 5 – Interpersonal Competence & Communication**

The focus shifts more strongly to interpersonal intelligence.

Participants work on:

- communication and active listening
- understanding different perspectives
- cooperation and group processes
- strengthening empathy and mutual understanding

## **Day 6 – Integration, Reflection & Open Space**

The final full training day focuses on:

- integration of learning experiences
- personal and group reflection
- Youth Pass
- evaluation and closure of the learning process
- afternoon - free

## **Day 7 – Departure**

Participants depart.

Please note: The programme outline is indicative and may change in response to group needs, learning processes and contextual factors.

# EVENING ACTIVITIES & FREE TIME

In addition to the daytime training programme, evenings will offer space for participant-led activities and knowledge exchange.

*Participants are warmly invited to:*

- share their knowledge, experience and practices,
- present their sending organisations, projects or methods,
- facilitate short workshops, discussions or creative sessions,
- contribute to informal learning in an Open Space-like format.

Participation in evening activities is voluntary. Participants are welcome to bring ideas, materials, workshops or presentations if they wish to contribute.

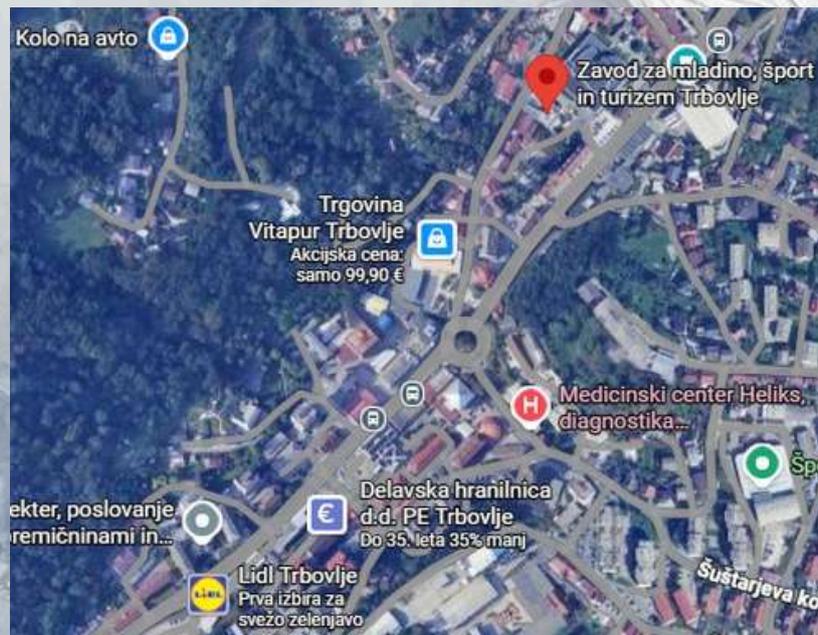
One of the evenings (planned for Day 3) will be dedicated to an *Intercultural Evening / Bazaar*. Participants are encouraged to bring traditional food, snacks or drinks (only if possible) and share cultural elements from their countries in an informal and creative way.

For self-organised evening activities, a working space will be available and can be used for workshops, presentations, group work or informal gatherings.

*On the final day of the training*, the programme will conclude after the morning session. The afternoon will be free and can be used by participants for rest, reflection, informal networking or a short trip to Ljubljana or other nearby places. This free time is self-organised, and participants are responsible for arranging their own plans and transport.

# TECHNICAL INSTRUCTIONS

Participants will be accommodated at hostel Trbovlje (Zavod za mladino, šport in turizem Trbovlje). In 3-bed (3X) rooms beds and 1 dormitory with 14 beds.



We will have breakfast at the hostel and lunch & dinner in a local restaurant.

We will try to follow dietary restrictions.

# TRAVEL

## ***Important information***

Please keep all travel tickets and receipts if travel reimbursement applies.

## ***Final destination (venue & accommodation)***

The final destination of the journey is the training venue and accommodation, located in the same building at:

Ulica 1. junija 18  
1420 Trbovlje  
Slovenia

All participants are required to arrive directly at this address in Trbovlje.

***Arrival by plane*** (international participants) to Ljubljana Jože Pučnik Airport (LJU)

From the airport, you can travel to Ljubljana city centre using:

- Bus or shuttle connections organised by the airport
- Taxi (available directly at the airport)

You can also use ***nearby airports***:

- Zagreb Airport (ZAG), Croatia
- Trieste Airport (TRS), Italy
- Venice Marco Polo Airport (VCE), Italy
- Vienna International Airport (VIE), Austria

### **From the airport to Ljubljana**

From the selected airport, you can continue your journey to Ljubljana using one of the following options:

Shared shuttle / door-to-door transport

GoOpti: <https://www.goopti.com>

Easy drive: <https://www.easydrive.si/> - you can find also others via internet

Bus connections

FlixBus operates international routes to Ljubljana from many European cities: <https://www.flixbus.com/>.

International trains to Slovenia (some of them also stop in Trbovlje, otherwise Ljubljana is the best option).

***From Ljubljana***, regular train services run to Trbovlje. You can check the timetable <https://potniski.sz.si/en/>

Regular bus connections operate between Ljubljana and Trbovlje.

You can check bus timetables here: <https://www.ap-ljubljana.si/en/timetable?departure=4991&destination=3622>

In Trbovlje, the bus station is located close to the train station, you can check the timetable: <https://www.nomago.si/en/timetable>. When checking local bus connections on the Nomago website, please note the following:

- If you are travelling from the railway station towards the town centre, enter “Trbovlje ŽP” as the departure stop and “SPAR” as the destination. The SPAR stop is next to the SPAR hypermarket, close to the venue.
- If you are travelling from the town centre towards the railway station, enter “Trbovlje tržnica” as the departure stop and “Trbovlje ŽP” as the destination.

This will help you find the correct local bus connections.

Local taxis are available occasionally, especially during daytime hours.

Trbovlje is a small town and most locations in the town centre, including the venue and accommodation, are easily accessible on foot. The railway station is located outside the town centre, approximately 3.2 km away, which is about 45 minutes walking; local buses or occasional taxis can be used if needed.

## WHAT TO BRING/WEATHER

Good shoes, slippers if you like to be comfortable, re-use water bottle.

Towels and bed sheets are in the Hostel.

*Weather* - still winter, but *check the weather report* before the arrival...



# Contact Us!



## Project Coordinator in Lithuania

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# Join with Tavo Europa

Educator Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

## **For more projects:**

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**<https://www.facebook.com/groups/186132221744993>**



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