

PRACTICING COACHING & GUIDING



31/08-6/09

**2026 (arriving
and departure
on 30/08- 7/09)**

TOPIC

**CONNECTING YOUR
STRENGTHS AND
LETTING THEM GO
OUTSIDE EXPECTATION**

OMMEN, THE NETHERLANDS



Co-funded by the
European Union

PROJECT *info*

VENUE

Olde Vechte Foundation is cozy youth and training center in Ommen, Netherlands (Zeesserweg 12, 7731 BG), founded in 1966 as an alternative to traditional education, now serving volunteers, youth, and professionals.

How to get there: fly into Amsterdam Schiphol or Eindhoven → train/bus to Zwolle → train to Ommen → 15 minute walk to the venue.

Accommodation: shared rooms (2-6 people), shared bathrooms, kitchen access, indoor hang-out space, laundry corner (2 washers + 1 dryer), outdoor area, smoking area, training room, and WIFI.

Methods used:

- peer coaching
- outdoor activities
- reflective practice
- reframing art
- theatre-based techniques.

TOPIC

This 7-day training is about developing confident, creative coaching skills through intuition and nature-based approaches, helping participants connect with their own strengths and discover authentic ways to guide and support others.

Key topics covered:

- coaching from multiple perspectives (coach/coachee/observer)
- coaching as a creative process
- state management
- verbal/non-verbal communication
- feedback techniques
- rapport-building
- session structuring
- personal/professional boundaries
- building a personal coaching toolkit.



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PROJECT *info*

TARGET GROUP

The project involves participants who:

- **are active in youth work with at least 1 year of experience**
- **are between the age of 24 and 45**
- **actively work as peer educators**
- **want to be more adaptable and creative in coaching and guiding**
- **enjoy the opportunity to coach and be coached**

FOLLOW UP ACTIVITIES

After the training, participants must:

- **Organise at least one workshop or seminar (per country) to share skills and methods gained in the training**
- **Host 3 coaching sessions with their target groups to implement the learning and directly benefit the target group**
- **Write articles, blog posts, or create newsletters that capture their learning journey and project results**
- **Create and share social media posts to raise visibility of the project**
- **Submit a short follow-up report with dates of workshops, number of youngsters reached, photos or short videos (with consent)**

Preparation & *Selection Process:*

To ensure quality participation, several preparation steps will be organised by Tavo Europa:

- Participant interviews conducted by our team.
- Application form and internal selection process.
- Online preparatory challenge.

Travel and *Financial Conditions*

Travel and Financial Conditions The project is funded by the Erasmus+ Programme.

Latvia, Lithuania, Bulgaria, Czechia, France, Spain, Italy, Croatia, Poland:

Green travel: 417 €

Gray travel: 309 €

Greece:

Green travel: 535 €

Gray travel: 395 €

Participants are encouraged to choose green travel. Reimbursement will be made after the training. Travel costs will be reimbursed according to Erasmus+ distance rules:

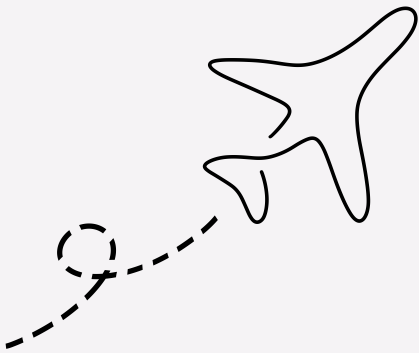
The full amount will be reimbursed regardless of how much is spent for tickets.



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Travel and *Financial Conditions*

**For green travel only: all tickets and invoices must be kept.
A participation fee of 75 € will be requested from participants
who are travelling gray. People who travel green don't pay a participation fee.**



Contact Us!



Project Coordinator in Lithuania

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Join with Tavo Europa

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: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

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



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