

**16-23
October**

RETREAT

UPSTREAM



An immersion in the world of methodology

To become a facilitator it can be a challenging journey. To define your method as a facilitator can be even more. What kind of facilitator are you? Which approach do you like? Does it really fit you?

There are countless ways on how you can facilitate non-formal educational programmes. There are countless groups and gatherings of individuals who meet each other and 'do something' together.

To find out all these different methods on how you can work with a group and all these different ways on how you can facilitate a method to a group is a challenging adventure and one can only learn this by actively doing it. To try out, to see, to stumble and fall, to experiment. Only through this you can define your own method and increase your competences.

This is what we will do in the Upstream retreat. It will be a 6-day immersion in the world of methodology in which you experiment, practice, play, learn from each other and in the end be able to define what works best for you.



WORKING METHOD

The focus for Upstream is learning by experience. The whole system of our work is based on non-formal education. We want to involve it practically in all processes and empower you to learn your from own experience and create your own individual knowledge and development regarding project management.

This is the method, based on experiential learning. In this approach learning becomes a specific and individual process, because it depends from you and your behaviour, reactions and emotions, attitude and the way of thinking.

The concept of the retreat includes the main parts of experiential learning. Basically you will receive barely to no theory in order to only learn from the experience you gain during the 6-day retreat. This we will do using different tools & methods. We will create a learning community from the beginning of the retreat in which we will together create an active learning programme which will contribute to your learning needs.

The daily schema will consist of homework assignments and support group meetings in the mornings and sessions in the afternoon + evening.

WHAT YOU CAN GET OUT OF UPSTREAM

- To learn how to work methodologically on projects
- To get a taste of different methods that can be used in working with groups
- To learn on how to facilitate different methods
- To learn on how to make an impact on society through youth work
- To learn on how to work together with youth workers from other countries
- To experience best practices & examples from other youth workers
- To gain a more intercultural understanding

As main outcome of the retreat you will be able to define better your own method and how to use this in youth work. Also you will experience loads of different methods & tools that you can use in youth work and how to facilitate them for different groups.

Through actively practicing and performing, you become more confident in your own facilitation skills and more confident on how to use your own method.

Furthermore you will be able to work in different ways with groups and how to make use of the context that you are working in.

FOR WHO IS IT

If you have basic experience in youth work and you want to expand your skills, knowledge and toolkit of different work methods, then this retreat is something for you.

We do ask you to have basic experience in working with youngsters and groups, so that you have facilitate an exchange, summer camp, different activities & workshops for instance. You will be asked for your experience in the application form, the way in which we will select the participants will mostly depend on that.

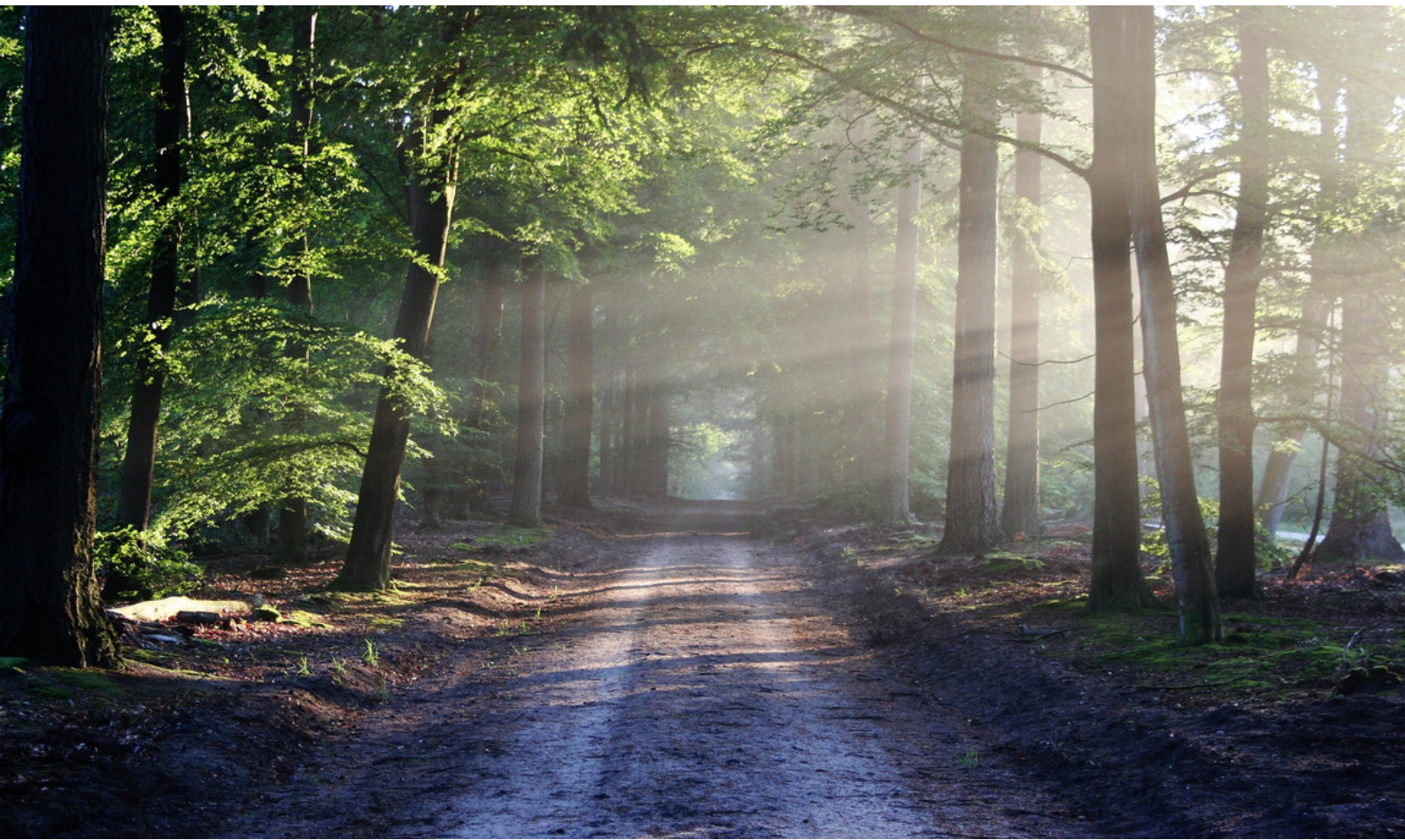
The retreat

Arrival (16 October)	ARRIVAL AT ACCOMMODATION BY 20:00
Day 1 (Me, myself and I)	START - UNDERSTANDING WHO YOU ARE AS A FACILITATOR
Day 2 (Role models)	INSPIRATIONS THAT CAN SUPPORT YOU AND THAT CAN OBSTACLE YOUR DEVELOPMENT
Day 3 (My theatre)	SETTING UP YOUR IDEAL FACILITATION STAGE
Day 4 (Pick from your arsenal)	WORKING TOOLS VARIETY
Day 5 (The Upstream Experience)	PUTTING YOUR METHOD INTO PRACTICE
Day 6 (The Upstream Experience)	PUTTING YOUR METHOD INTO PRACTICE - CLOSURE
Departure (23 October)	LEAVE THE BUILDING AT 10:00

What makes it a retreat?

We believe in experiences.

Officially Upstream is a training course, however, we prefer to see it for what it is for us: an experience. And in order to live this experience we want to offer you 6 days in which you can come across the elements of facilitation and in them, finding your method.



The facilitators



EDDIE WOLTERS

Eddie entered the world of facilitation in 2004 and since then has developed his own facilitation method extending it to Cherry International, which is now called "the Cherry method", developed together with professionals that collaborate with Cherry.

Eddie has a background in social work, NLP and has been an ESC supervisor for large groups of volunteers since 2014.



TAHIRA TARQUINI

Tahira started facilitating in 2013 expanding her interests in training settings and smaller groups. She developed her method by coming in touch with Animal Assisted Coaching by using the concepts of systemic coaching.

She has a background in Business Economics, Positive Psychology and has been ESC coordinator for small groups of volunteers since 2020.

Financials

There is a participation fee of **75,- euro** for the retreat to be paid in cash upon arrival.

Regarding travel costs there is a fixed amount of 275,- euro (or 360,- euro if you come from Athens), which you will receive through bank transfer at the end of the retreat, even if you spend less.

Location

The retreat will take place in and around the group accommodation Olde Vechte (www.oldevechte.com/accommodation/). As a group you will take care of the building, meaning to do daily household duties in order to keep the showers, toilets, kitchen, common areas, etc. clean and proper. Lunch and dinner will be provided by a cook. Breakfast instead will be organised by you as a group.

There are 12 sleeping rooms that can be occupied by 2 to 6 persons. The accommodation includes showers and toilets on each floor. There is a wireless internet connection, a washing machine and a dryer that you can use.

The accommodation is located within walking distance from Ommen city centre and train station.





Applying for Upstream

In order to prepare for the retreat, you will receive an assignment from us, so please keep your e-mail up to date and the Facebook group as well, which we will use as main channel for communication.

The assignment will be related to your working experience as a young facilitator with a look into your future aspirations.

If you want to receive more details about the retreat before applying, feel free to contact us at contactcherrygroup@gmail.com. The selection will be done by our partner organisations. Once you are selected to be included in the retreat, you will be invited to our Facebook group and further information will be sent to you in the confirmation email.