

TRAINING COURSE
NOV 1-8TH 2026

OLDE VECHTE,
OMMEN, NETHERLANDS

HOLDING THE SPACE

BUILDING **CONFIDENCE & ADAPTABILITY**
FOR EMERGING YOUTH WORKERS



Erasmus+



SELKIE
EDUCATIONAL FOUNDATION



Co-funded by the
Erasmus+ Programme
of the European Union

HOLDING THE SPACE

TRAINING COURSE

training course for emerging youth workers
in building confidence and adaptability

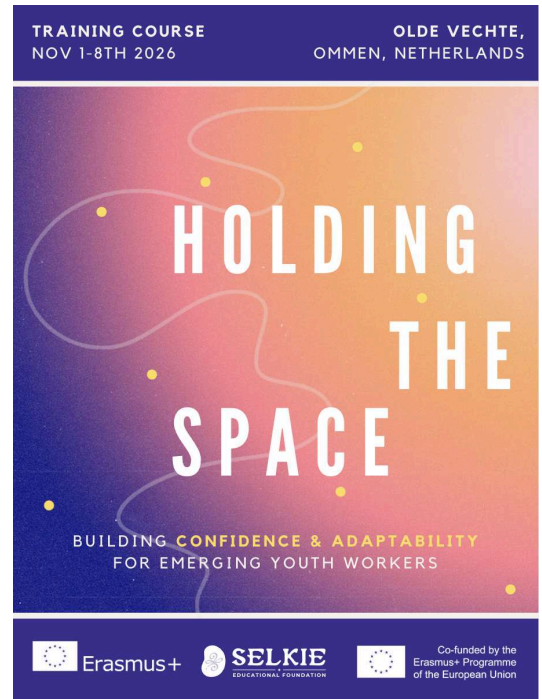
 **November 1 – 8th, 2026 (inc. travel days)**

 **Ommen, Netherlands**

 **Participation financed by EU**

 **Sign-up deadline: 2026-09-15**

 **Sign-up fee: none**



GOALS

- **Build confidence** in facilitating groups through experiential practice.
- Develop the **ability to adapt** to changing group dynamics and unexpected situations.
- Strengthen emotional resilience, self-awareness and **facilitator presence**.
- Explore **creative, embodied and participatory methods** for youth work.
- Meet an **international community** of youth workers committed to supporting one another beyond the training.

PARTICIPANTS

Age: 18+

Profile:

Emerging youth workers, facilitators, educators, trainers, volunteers and youth leaders with some experience facilitating groups who want to strengthen their confidence and adaptability.

Experience needed:

Participants should already have some experience working with young people or facilitating educational activities and be motivated to develop their facilitation practice.



Some photos featured in this info pack were taken during the "Frame Facilitate Flow" Training Course, hosted by Synchro Foundation, in the same venue.

Eligible countries:

Partner organisations from the Erasmus+ consortium.

-  Netherlands (Selkie Educatieve Stichting – Host)
-  Poland (Nausika)
-  Spain (Your Missing Element)
-  Italy (ARCAS Puglia)
-  Slovenia (Zavod EREA)
-  Lithuania (Mpro)
-  Hungary (DevYou)
-  Norway (SXM Kunst)
-  North Macedonia (Civic Association GRIT)
-  Romania (Friends of Romanian Children)

Commitment:

Participants are expected to actively participate throughout the entire programme and

implement a small follow-up activity after returning home.

INTRODUCTION

Facilitating a group is about **much more than** knowing activities.

Every youth worker eventually encounters

unexpected moments: participants disengage, emotions rise, conflicts emerge, or carefully prepared plans suddenly stop working. While many trainings teach methods, few help

facilitators develop the **confidence to respond authentically** when uncertainty appears.



Holding the Space focuses on the **facilitator behind the methods**.

Throughout the week we will explore how to **stay present**, regulate ourselves under pressure, read group dynamics and **adapt our facilitation** while creating psychologically safe learning environments.

Rather than striving to become "perfect facilitators", we will learn how to become confident, reflective and adaptable practitioners.

WHAT TO EXPECT

During the week participants will:

- experience **immersive facilitation challenges**
- experiment with **different facilitation styles**
- receive constructive **peer feedback**
- practise responding to **unexpected situations**
- reflect through journaling and **group dialogue**
- develop their own *Personal Facilitation Development Plan*.

SIGN-UP FORM

>>> submit via [SIGN-UP FORM](#) <<<

Deadline: 2026-09-06

Complete the application form before the deadline.

Submitting an application means you are **available for the full duration of the training** and agree to participate actively in all programme activities.

Selection aims to create a diverse international group while ensuring participants match the learning objectives of the project. Once selected, you'll receive a survey from us to collect data on any accessibility needs, dietary requirements or questions about participation you may have.

If you have any questions or concerns or need specific help, please email the organizers; we are friendly and flexible.

DEADLINES

Sign up	2026-09-06
Receive confirmation email	2026-09-13
Book tickets by	2026-09-25

PROGRAM

ARRIVAL DAY - 2026-11-01

- ❖ Arrivals, check-in opens at 15:00
- ❖ Dinner at 19:00
- ❖ Evening welcome at 20:30

DAY 1 - 2026-11-02 / Building the Foundation

- ❖ Creating a brave learning space
- ❖ Foundations of facilitation & experiential learning

- ❖ Embodied theatre exercises
- ❖ Reflection and group dynamics

DAY 2 – 2026-11-03 / Role Switching

- ❖ Exploring facilitator roles
- ❖ Leadership styles and authenticity
- ❖ Creative facilitation practice
- ❖ Peer feedback and reflection

DAY 3 – 2026-11-04 / Mode Switching

- ❖ Different ways people learn
- ❖ Storytelling, creativity and embodiment
- ❖ Adapting methods to participants
- ❖ Practical facilitation challenges
- ❖ Community exchange evening

DAY 4 – 2026-11-05 / Code Switching

- ❖ Communication and group dynamics
- ❖ Inclusive facilitation
- ❖ Responding to unexpected situations
- ❖ Reflection and personal insights

DAY 5 – 2026-11-06 / Flow Switching

- ❖ Facilitating under pressure
- ❖ Improvisation and adaptability
- ❖ Immersive facilitation simulations
- ❖ Developing your personal facilitation style

DAY 6 – 2026-11-07 / Integration & Celebration

- ❖ Personal facilitation development plan
- ❖ Youthpass reflection
- ❖ Celebration and closing ceremony

- ❖ Farewell evening

DEPARTURE DAY – 2026-11-08

- ❖ Breakfast from 8:30 to 9:30
- ❖ Check-out until 12:00

COMMUNITY EXCHANGE EVENING

One evening will be dedicated to getting to know each other beyond the training sessions. You're invited to share something that matters to you – whether it's a project you're proud of, a facilitation method, a favourite game, an artistic practice, or simply a story or experience that has shaped your work.

There's no pressure to prepare a formal presentation. The goal is to inspire one another, discover new ideas, and strengthen the connections within our international community.



EVENING ACTIVITIES

The evenings (after dinner) will not be moderated by the organizers, but each participant can **propose an extra Evening Activity** and invite others to join. It might be a workshop, a talking session, a design jam, improv play, a short game, whatever you'd like to facilitate.

You don't need to mention it before coming to the Training. During the first day of the Training, you will receive a paper template to propose your Evening Activities and hand them on the wall. But it makes sense that you prepare beforehand, especially if you need to bring some materials for that.





Bruno Setola

Educator, participatory designer, and [game design expert](#). Passionate about designing playful learning environments where people safely explore relationships, systems, and new ways of being together. Through participatory game design, LARP, worldbuilding, and creative facilitation, he helps youth workers and communities engage with complex social challenges through direct experience.



Patrycja Paula Gas

Anthropologist, lecturer, youth worker, trainer in the field of social and intercultural competencies. Co-founder of [Nausika Educational Foundation](#). Passionate about non-formal learning approach, especially using LARP as a transformative and educational tool. Co-organizer of 10 years of [Gimle Larp](#) in Sweden. Trainer of academic teachers in innovative teaching methodologies. Her motto: **Flow - Unlearn - Revolve.**



Jennifer Kumer

Applied game designer, facilitator, artist, and project coordinator at [Selkie Educational Foundation](#). Passionate about creating transformative learning experiences through games, play, and experiential education. Since 2024, she has coordinated international Erasmus+ partnerships and designed educational toolkits that help youth workers facilitate meaningful participation, reflection, and personal growth.

FOLLOW-UP

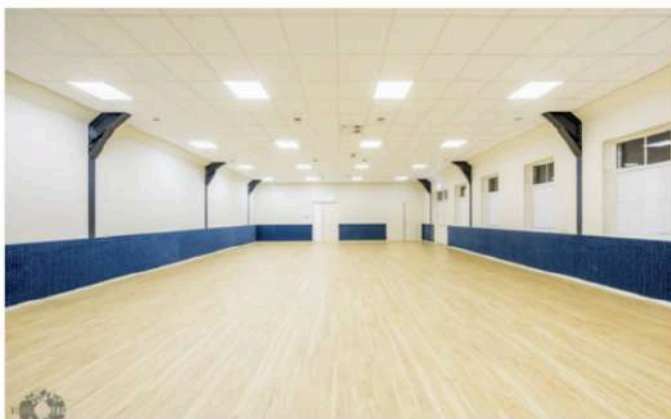
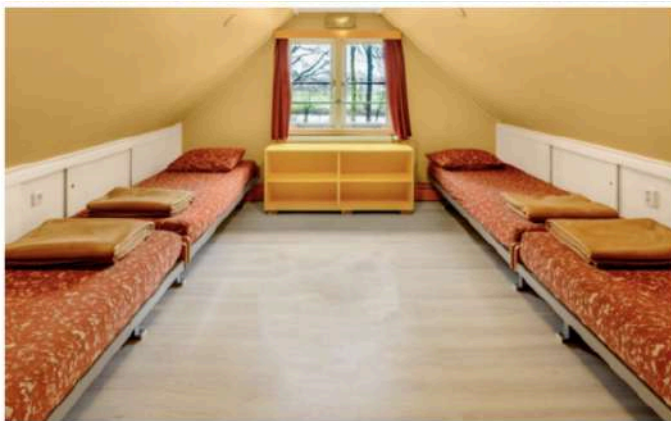
This project is funded by the Erasmus+ Programme to support youth workers in creating positive change in their communities. We therefore ask participants to actively share what they have learned and help make the project's impact visible.

All participants are required to complete the following follow-up activity within 1.5 months after the training course:

- Publish a **short testimonial** about your experience of *Holding the Space*. It should include a short reflection and **at least one photo or graphic**. We encourage you to make it personal, creative, and authentic.
- Your testimonial can be shared on any public platform (social media, blog, website, etc.). Please send us the link, and keep the post online for at least a couple of years.

Optional: Approximately **two months after the training** (late January), we'll host an informal online reunion for participants and partner organisations. It's an opportunity to reconnect, exchange experiences, and share how you've been applying your learning in your practice.





VENUE

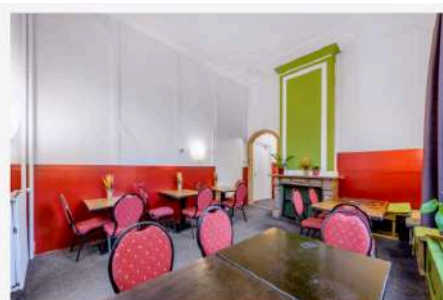
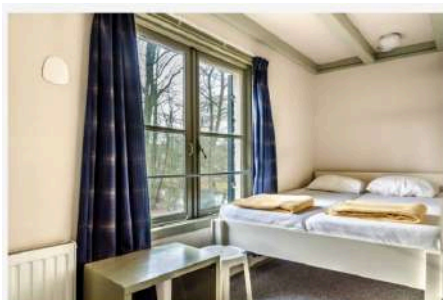
- **Olde Vechte** - Olde Vechte is a comfortable residential training centre in Ommen, fully equipped for international Erasmus+ projects. It offers modern facilities, shared accommodation, spacious training rooms, and for over 50 years it has been a hub for trainings and non-formal education projects.
- **Ommen, Netherlands** - Ommen is a charming historic town and municipality located in the eastern part of the Netherlands, in the province of Overijssel. Situated in the picturesque Vecht Valley (Vechtdal) region, the town is known for its rich cultural heritage, beautiful natural landscapes, and peaceful atmosphere. Its green surroundings provide an ideal setting for learning, reflection, and intercultural exchange.
- **Address:** Zeesserweg 12, 7731 BG Ommen, The Netherlands ([see on the Google Map](#))



ACCOMMODATION

Holding the Space will take place at **Olde Vechte Foundation**, an international youth education centre located in the peaceful town of Ommen, surrounded by forests and nature. For over 50 years, Olde Vechte has hosted Erasmus+ projects, youth exchanges, and international training courses, providing an inspiring environment for learning, collaboration, and intercultural exchange.

Participants will stay on-site in **shared rooms** with one or two other participants, with all training sessions, meals, and common spaces located within the venue. There is a large cozy living room, two terraces, and access to a **private forest**.



FOOD

You will receive **3 freshly made and nutritionally-balanced meals** per day from our lovely cooking team, according to the diet you specify in another form (filled after your participation is confirmed). Drinks and snacks will be provided in the venue during Coffee Breaks. The food in the venue is provided within the project budget.

If you wish to eat outside or buy snacks and drinks, you need to pay for it yourself, and there are number of supermarkets (*Jumbo, Lidl*) within 10 minute walk from the venue.



INSURANCE

The venue and the event are covered within the general accident and liability insurance of the organizers, but this does NOT cover personal accidents, lost baggage and medical treatment of the participants.

Every participant is obliged to bring their European Insurance Card, or other kind of personal insurance valid for them in Poland. In case of problems or accidents, the organizers will help you with reaching medical facilities, but will not cover the costs of medical treatment.

TRAVEL COSTS

The participants should book their travel and pay for it by themselves, they will receive the reimbursement of travel costs later after the Training.

The maximum cost of the reimbursement is specified according to the DISTANCE in KILOMETERS between your city of departure and the venue in Ommen, according to the [Erasmus Distance Calculator](#) (check by yourself):

DISTANCE	MAXIMUM TRAVEL REIMBURSEMENT for 1 participant both ways	
	GREEN TRAVEL (train, bus, bicycle, car-sharing)	NON-GREEN TRAVEL (Airplane, Ship, 1 person in the car)
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
more	ask the organizers before buying tickets	

If you plan to travel by car, please contact the organizers in advance.

The limits should be enough to travel to the Netherlands and back, please plan your travel carefully, choose economic options if possible.

If you spend less on your travel you will get exactly the amount you spent. If you spend more, you will get the amount from the table.

Please keep all tickets/bills/invoices from your travel. It will be needed to proceed with the reimbursement.

You will receive the travel reimbursement after you complete the 3 following steps:

- fill a Reimbursement Form with relevant tickets attached,
- share your testimonial and provide the link in the Follow-Up Report,
- fill the Participant's Survey in the EU system.

If a Participant attends less than 80% of the Program or breaks the agreement in any way, they may be rejected to receive the reimbursement of the travel costs.

TRAVELING LONGER

If you want to receive the Travel Reimbursement, the date of your Travel must be not sooner than 3 days before the Arrival Day and no later than 3 days after the Departure Day specified in the Program.

If you decide to come to the Netherlands a few days earlier or depart a few days later, you do it at your own expense and responsibility. It is not possible to extend the accommodation in the venue, but it should be easy to find something by yourself in other Dutch cities.

GETTING TO OMMEN

The closest airports are **Amsterdam Schiphol (AMS)** and **Eindhoven Airport (EIN)**. Amsterdam Schiphol offers the most frequent

international connections and the easiest onward travel by train. The entire journey should take around 2 hours from the airport (with 1 hour 40mins on the train plus a 15 minute walk).



From your arrival airport, take public transport to [Ommen Railway Station](#). Dutch trains are reliable and easy to navigate. We recommend planning your journey using www.ns.nl.

Olde Vechte Foundation is located just 1 km from Ommen Railway Station. You can enjoy an easy 10–15 minute walk on flat, paved roads. Detailed travel instructions will be shared with all selected participants before the training.

If you encounter any problems on your journey, you can always call the organizers.

PACKING & WEATHER

The accommodation provides bed linen, a blanket, a pillow, and a pillowcase. Please bring your own **towel**, toiletries, and any personal medication you may need.

We recommend packing:

- **A towel**
- Comfortable clothes for indoor activities
- Warm layers (sweaters/fleece)
- A waterproof jacket
- Comfortable shoes for outdoor walks
- Indoor slippers (optional)
- A reusable water bottle



Early November in the Netherlands is typically **cool, windy, and unpredictable**. Daytime temperatures usually range between **8–13°C**, while evenings can drop to **4–7°C**. Rain showers are common, so we recommend bringing waterproof clothing and dressing in layers.

CONTACTS

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See you in Ommen 