



# Eco-centric development for inclusion and empowerment

29 July - 6 August 2019 | Răchițele (near Cluj-Napoca), Romania

## Training evaluation report

Project coordinated by **Dreams for Life** and implemented with the support of the **Erasmus+** Programme of the European Union.



The following information represents the results of the evaluation process realized at the end of the training course. The participants filled in an on-line evaluation form in the first week after the training course.

The content of the report represents qualitative and quantitative data, offered by the participants.

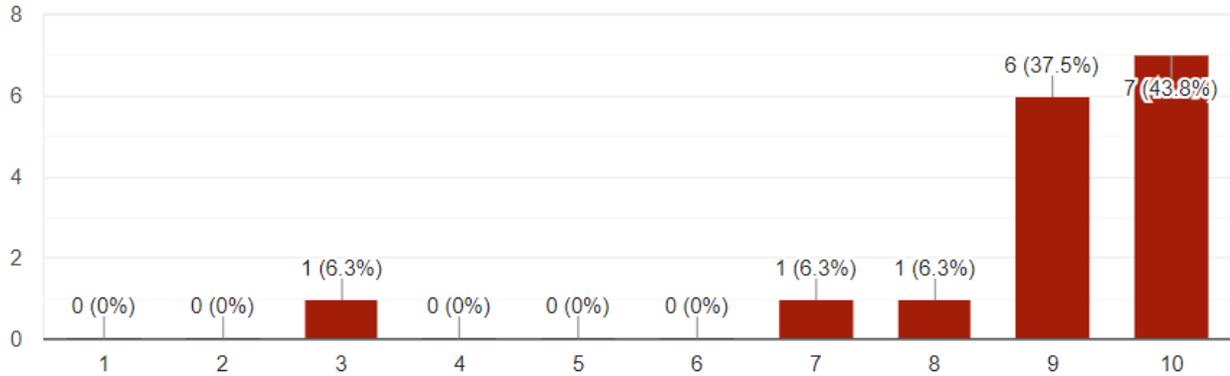
Number of respondents: 16, out of 24 participants.

The evaluation process, data analysis and report compilation are made by **Bogdan Romanică**, the project coordinator and representative of Dreams for Life.

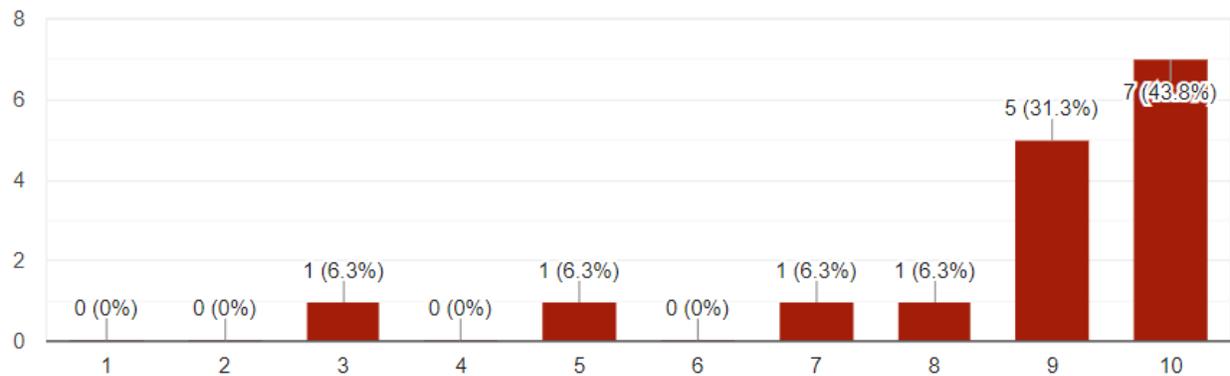
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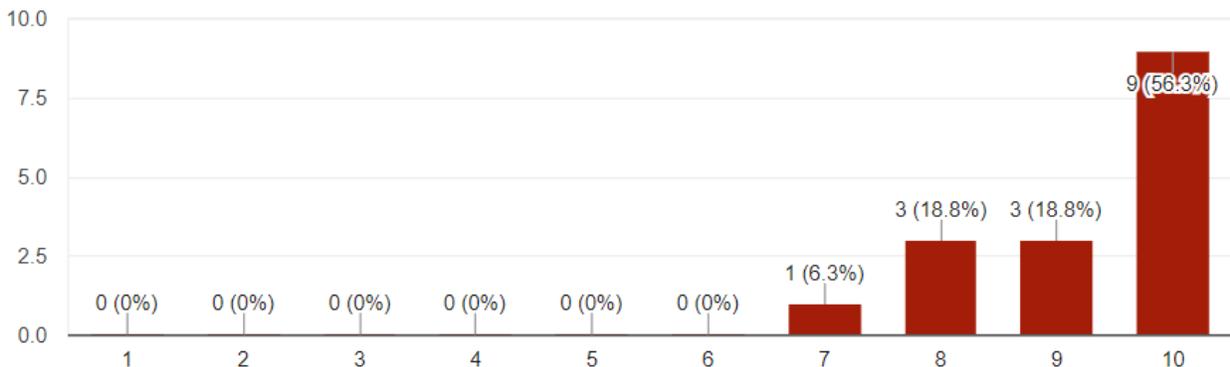
### 1. What is your overall feeling about the training course?



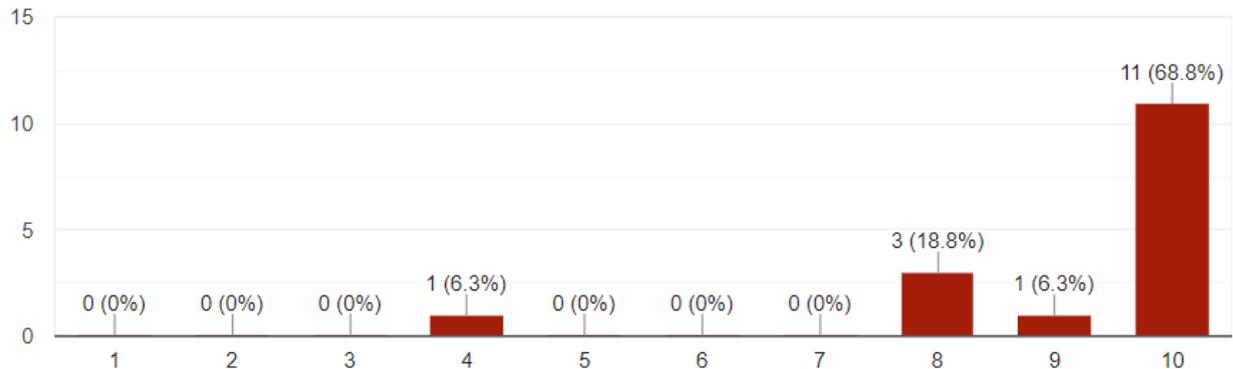
### 2. To what extent your personal expectations regarding the course were satisfied?



### 3. How do you evaluate the atmosphere in the group?



## 4. How do you evaluate the work of the trainers' team?



## 5. What suggestions do you have for the trainers?

- They could be little bit more enthusiastic and lively.
- I really appreciate Your work and engagement in the whole process, the atmosphere that You created for the group to grow. Your knowledge about the topic and the easiness with which You shared it with us was impressive. It was also a pleasure to observe how open You are to talk with everyone, ready to help with solving some personal issues, even if it was in Your free time. There is maybe one thing that was challenging for me about the way the training was leaded - it was the energy from Yours- trainers side. I felt that even if Your energies in daily communication are completely different from each other, during the training I found them very similar and sometimes too similar. Like all the time very calm and slow way of talking, explaining everything in similar, very descriptive way etc. It helps me a lot to have this contradistinction, dynamic, that gives a chance to be sometimes more energised, sometimes more peace. As a result I felt all the time like being in slow-motion mode.
- I like the work of Bill Plotkin, but focusing on one man doesn't give a "good image", because it's not neutral. Maybe mixing his work with the work of other philosophers/psychanalyst and referring to other cultures (native american) would have given a broader perspective. Because Plotkin doesn't came out of the blue, he also got inspired.  
I would also have liked "case study": how can we, in practical terms, apply it to various projects and our professional life. Maybe you are too much in the future, because the labour market now, as for my opinion, doesn't value enough things like emotionnal intelligence. So maybe mixing self development and holistic activities with more practical and "labour market" oriented. It could be anything: like including us into preparing one training day, learning how to make photos, videos, things that are very much search by employers. Mixing hard skills with soft skills and not only "soft" skills.
- I would have loved spending more time on how to pass the knowledge to others :)
- I have been very much happy with everything actually. Maybe some small suggestions will be to do a personal evaluation with each participant - especially since you have been also taking notes during the training. I am sure this have been done in past but is probably really difficult with such a big group and that's way we had clans...Also one whole day on the hike in nature with you all trainers would be a really powerful connection and a cherry on the top of the cream.

Logistically sometimes didn't make sense to meet inside if we were continuing outside - i felt sometimes we lost a lot of valuable time.

And maybe someone will write that it was not professional for you deciding on the spot with

each other - for me was how to be a human :)

If something else come to my mind I will let you know, but in general I was just so in love with the whole training and I would not want to change anything! Thank you so much, there is no word to express all the gratitude!!!!

- The first days I had the feeling that wasn't so close to us. So I didn't feel so comfortable. It would be better-for me-if they participated more in the activities.
- 1) to take into consideration that there are different levels of knowledge/skills/attitudes at the beginning of the training among the participants,  
2) to present the schedule of the day every day, with the names and short description of activities, so as that the participants can plan their distribution of energy from the morning till the evening,  
3) to put a bigger emphasis that there is always time for deep sharing but also to encourage the participants that if they do not feel ready to share, then they are totally OK not to share.
- I both suggest and encourage them to give detailed or sensitive examples from everyday life when they describe and talk about some patterns, such as they told and gave-that apparently insignificant one one with bumping into a hole or getting your elbow hit after you feel very confident or satisfied for doing something :) it was really interesting that even this one happens not randomly but as a consequence of a behavior or thought.
- I guess I do not have any particular suggestions - as everything were organized on very high level. Thanks for that!
- You were great! I really don't know what could be improved. Of course, I would like to get to know you a bit more, but time is limited and we all need to rest, so I can't think of something I would change.
- With having in mind that there is always just little time, you were mostly using this "time excuse" when there was a difficult (or very unclear) question you were not sure how to answer. I understood why those questions or comments were difficult to answer since they often weren't very much to the point of what we were discussing, or difficult to understand what is meant by them. I would just suggest to find another way how to close it. The time thingy kept repeating, therefore I perceived it disturbing.

In general I very much liked your attitude and the way you payed attention to the participants, so keep going in developing this your (each of you) personal approach towards working in such setting!

- To continue doing this in the same approach and attitude
- We talked about deep listening but I was a bit confused when I said that I expected to have more exercises/topics on young adults from disadvantaged groups and then none of the trainers came back to me asking for more details. Finally I asked the trainer Alex if he had a moment to talk about it, thankfully we could have this conversation and he understood my frustration.
- Everything was perfect.
- More individual feedback regarding the self-development process;
- You've made a great job.

## 6. Which were the most valuable parts (activities, methods etc.) of the course for you? Why?

- Drawing, journaling, wandering.
- I really like the 4 windows of knowing model and how it was delivered. I'm more than sure that I will use it for my purposes. All the wanders were very pleasant and needed, thanks for giving

me the chance to be more in the nature in this way - I will change their length, to be even 2 times longer (at least one of them 5-6 hours long). I also really like all the ceremonies - the first one with stone circle and our council sharing circles. There was a lot more small things that were hidden and worked really well. Thanks for bringing this special magic in the whole experience. =)

- The mind mapping of Bill Plotkin is helping me to see clearer into human interactions and psychology. Yesterday I went to see a movie in cinema (the lion king), and I realised I have mind mapped all the protagonist in the movie! This is psychology and I very much rely on it to feel more comfortable in my brain and in my social interactions. It raises awareness. And I will use this extra tool even to write cover letters or interact and plan future trainings in the association I volunteer.
- The 4 direction activity writing out own story and embodying it with the 10 words, councils
- The most important for me were the wonders and understanding all the four facets as well all the subpersonalities. For me were also very important additional questions that either came from trainers, other participants during the course, also in clans....the questions helped me to get deeper into my own journey.  
But in all the ways, there was no activity that would not have a good purpose so I would say that they were all important and they were on the right spot and in the right timing as well. The evening circle of committee was an interesting and special experience as well. The questions, circles and all really helped me to explore my own deep listening and practices it. Is just difficult to express in what all ways was the training really powerful for me. It was definately in my personal development, but has a great value to my professional life, maybe even to the extend that I am not able to imagine right now.
- All of them was great and helpful. But in that time of my life mostly was the mirroring, which helped me to forget myself about the car accident and also the story of my life, which helped me to realise that I have in my heart all the people and the places that I had to leave in the past.
- It's really difficult to choose one or two the most valuable parts! :) All the parts (activities, methods, how the things were combined and how they beautifully logically flow one after another) were needed, well-designed, valuable and useful.
- All of them were very inspiring and evocative. It really meant a lot starting the day with relaxing exercises such as the morning dance or walking barefoot on the wet grass. I tried this in the morning in my home now and I really felt like I was still there with all of you three and the other ones. Last but not the least the fact that their way of speaking was so helpful to open, their way of putting the theory in practice was empowering.
- For me the most valuable method was mirroring and counselling. Even though I already knew them, but I think during this training course I deepened my understanding of it also regarding the connection with nature. For me personally wonders were one of the most valuable activity and journaling.
- I really enjoyed the content of the training, as well as the dancing in the morning, the outdoor activities and the clans. It was nice to have the personal wonders as a method. The clans were also very nice, since I bonded with some members more, as well as one of the trainers, and I could share more freely my experience, feelings and thoughts. One of my favourite activities in general, was the one we had outdoors with the eye contact and the hands. I also enjoyed creating art.
- The Wonders I guess. It was time for us on our own to use the way we managed. Open and unstructured. The clans afterwards were important.
- The whole concept was new for me, I could integrate it within existing knowledge about other concepts and psychological paradigms.
- I liked the part with subpersonalities which helped to explain our reactions and our childhood as well.
- The suggested techniques and methods are very useful for me. The atmosphere in the group was fantastic.
- Wonders&Walks; dance&movement, embodiment; the way of council; the Clans, dialogues and connection with nature

- The most valuable parts for me was the nature exploring and sharing our stories.

## 7. What did you dislike in the training? What was missing for you? What could have been better?

- Too much sharing of boring stories, starring in the eyes, embodiment and touch each other. Trainers could be more lively, not so dreamy.
- I strongly feel that the main aims of the training weren't fulfilled. We were all the time focused on our personal development, but not really interested in inclusion and empowerment of other people. As You wrote in the description - "the aim of the project is to increase the capacity of youth workers to improve the social and professional access, participation and learning outcomes of young people from disadvantaged groups." I really couldn't find this focus during the training. In this case I think the name of the training and content of Infopack were misleading. In this case the content of the training didn't meet my expectations. And it's a big thing for me, because I came for some special reasons for this training and don't really feel it was about what I came for.  
I also didn't like the scale of time limitations and specified instructions for wanders. For me being in the nature in my own - full and pure way is the best that I find for myself. Time in the nature was so limited and shredded that sometimes I couldn't find my way to fit in it and a pleasure of doing it.
- It's difficult for me to criticise because I'm thankful, but like I previously said, the training lacked some "hardskills". Youth from disadvantaged groups and even us that made long studies, struggle with lack of hard skills competencies.
- The application to the school system
- Maybe the introduction of the modules - specially the last ones could be presented in more interesting and understandable way.
- It would be great if we had more time; like 5-7 days more...
- Besides the issues I mentioned in the point "What suggestions do you have for the trainers?", there is nothing I want to add.
- In my opinion I do not think that this kind of trainings are better or worse because I think it very much depends on the thoughts and level of openness I come to attend the training. The training might be well prepared and organised but the participant isn't eager to get into it more sincerely or profoundly because of many reasons. I encountered it many times during this training and I knew it was my fault because I couldn't open up from the very first days. I knew that the moment I open up myself/my soul I can peacefully and joyfully open and involve myself into all the schedule.
- Probably it would be nice to have in the beginning also a bit more information what exactly participants do in professional life.
- Constantly sitting on the floor was a bit uncomfortable.
- I don't think there was something I especially disliked.
- I would like the training to be enriched with some follow up activities/chats
- I expected the activities to be more linked with young adults from disadvantaged background, to be more adapted to their needs. Also I was a bit shocked by how the programme Erasmus + was described, in my opinion it was not very respectful towards the programme and EU funds. For instance half of the people did not know about the Youthpass which is a very important tool for young people with fewer opportunities and we did not take time to explain this document to the one who did not know about it.
- I can't find anything missing. Certainly everything could be better because there is no limit.

- More personal guidance and mentoring, especially in helping/advising how can I use my present resources and abilities with the gained knowledge from the training in my future work ideas.
- Everything was great for me. What I missed maybe was the campfire and some music in the evening.

## 8. What are the most important things you have learned during the course?

- To follow the path which I started before the training and use some techniques from training as well.
- Mostly about my own emotions and having a chance to observe them very carefully (I usually do this, but not with such a big mindfulness). I felt like being on emotional rollercoaster (the map of feelings helped me to name all of them) when trying to follow the whole training process. Because I found it not needed for me to participate in all the elements of the training, I found my own way to deal with it and be more focused on my own needs for those moments. I also experienced how to be in the nature in a completely different way than I usually am. With guidance and special tasks, what was hard for me in a sense of having some control on it, but I arrived ready for new experiences.
- I now know better what are my goals, I'm feeling fiercer and more motivated, less fragile and uncertain like before. I got the huge chance to be in contact with full nature, and to get energy from it, and now I know I want to protect it even more and more than before. I also had the chance to work my own personal traumas, and having a safe place to do so. Human life is approximately 4000 weeks on earth, I realised that I was very important to focus on the important things: listening to our inner voice or intuition, realising our desire and not others' desires. So now I know clearer what I want for my professional orientation. You selected the participants very well! Because I had the chance to talk to them, to reflect and mirror with them, and all together we improved and tried to find not only our own path but to seek for bigger perspectives all together!  
I will use the knowledge and experience of this project for a project we develop in my work place. We want to include young people from a disadvantaged group in our perspectives by creating young environmental leaders. The tools I got from the training were interesting for their personal development, I realised political involvement goes hand in hand with emotional intelligence and nature based practices. We need both the sensitive, the sensory and the mind to make a decision or to get developed and fulfilled in a task or a job.
- To make time for myself and to long for the connection with nature
- I have learned a lot about myself! I have explored myself in many different ways, however I have very much recognized myself in all the facets but there are some subpersonalities as well that are affecting me as well. I have been wondering though if the fact that maybe I am quite balanced between all of these facets is actually affecting me in the way that I can somehow be part of any kind of group of people, with very different views, ways of living and etc...which is somehow really good but in the same time is affecting me being spreaded all around and not explore deeper connections or is giving me bigger perspective but I am sometimes not sure what to do with it :D...right now I am exploring that and how can maybe that be taken care through wholeness - but I do feel that is a long way to go :D Also, I think the biggest learning is to befriend my subpersonalities. I am working intensively on that right now.  
I have learned that even if I always felt I am connected with nature, I was actually only "using" nature for my body wellbeing (exercise) or to deal with my emotions, but never explored nature in other and wider ways..It is now amazing to be aware and notice all the facets of nature in daily life and how is actually answering my life situations as well as well it helps me so much more present. So my view at the nature completely changed!

Again, I also explored a lot through movements - there is still a lot of to explore but especially when it came to family situation it kind of presented a good way of remembering and going back to the wounds.

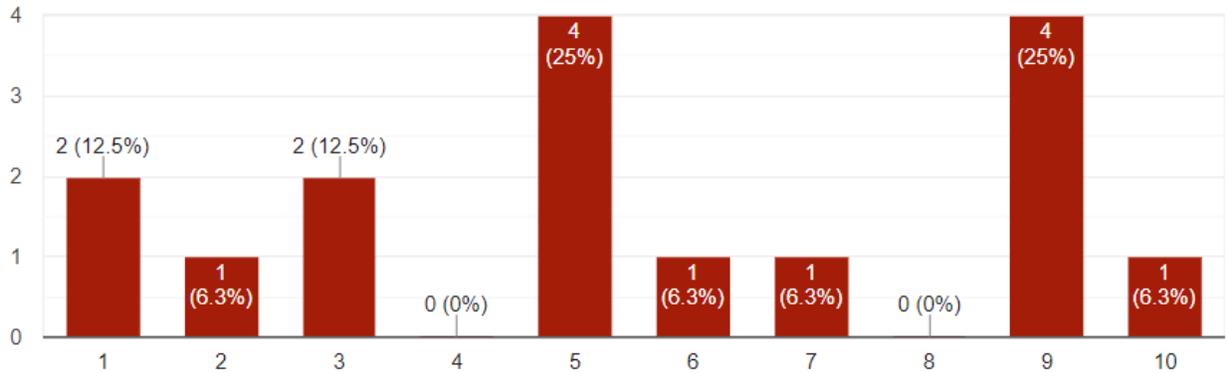
- I learned so much... Everything was -is- so important. The community... the fairies of the river... and myself... - my best friend told me today that I have deeply changed; to my better version.
- I have learnt about Plotkin's model, I have gathered many ideas for my professional life (which I will include in my projects), I have learnt more about the group dynamic processes. I have learnt that what is "already natural" and for me is not obvious for most of the people, so it gave me more ideas about how to approach the nature-related topics in my professional life.
- Opening myself by verbally discharging my soul from what thoughts and anxiety was filled with, by talking to the nature or if needed to somebody, one of the trainers or anybody who you feel secured with; requesting for additional details if necessary or for repeating the task; i also learned that nature answers back when in deep /honest connexion with it; people tend to be open/vulnerable/let their ego lower a little bit when feeling secure, when feeling /seeing that others like him are in the same situation like him/her. I also saw that things that people are made fun of/or are mocked at or even judged or discussion subjects that are treated with a kind of fun maybe, can become seriously debatable especially when deep digging inside them and discussing them maturely and openly. This is so precious.
- I open for myself the power of storytelling and body movement.
- Reconnecting with nature, learning a few methods of discovering and being closer to myself, a few realisations I had, the peaceful feeling I got during the week.
- I deepened what was already there. But I dont feel like writing in now. For sure, I have learned a lot, the activities in the training were offering me a lot of space to learn.
- About my personal issues and ideas for developing trainings for authentic self
- I learned about myself, about spirituality and about being more respectful towards other and the fact that a lot of people can suffer from hidden wounds.
- I found that I can live perfectly without mobile and Internet and I started better communication with the nature. I learned plenty of new techniques, useful information.
- That everything, what happened in my life had got a reason and wasn't by coincidence. Only I have the ability to change my life/world and make it better for me and or other beings. The nature is a part of us. We are the nature and we need to exist fully engaged with it. Also, the map of wholeness and Soulcentric stages of Human Development were the eye-opening blessings.
- How beautiful and relaxing it is to walk barefoot in the grass

## 9. How would you describe the training with one word?

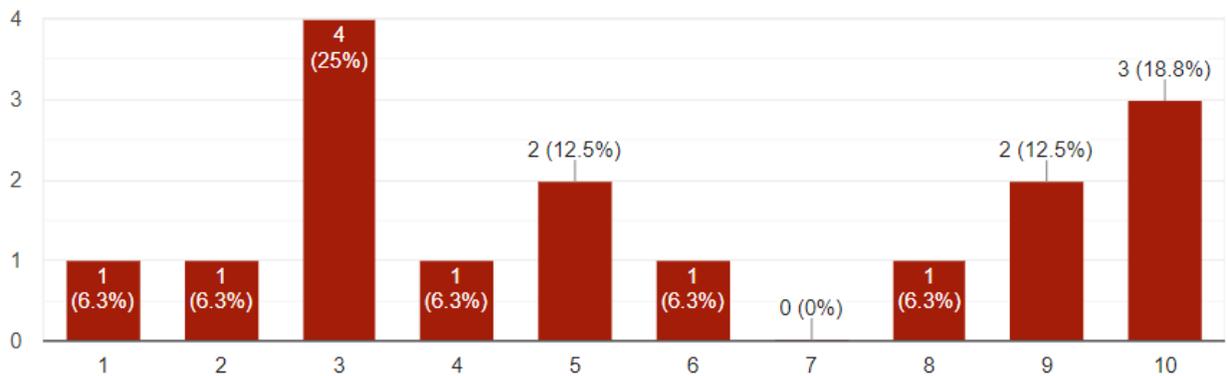
Therapy  
 Dreamy  
 Empowering  
 Multi-faceted  
 Wow!  
 Self and Global-deepening/disc  
 Reecounter  
 self-discovering  
 Journey  
 Nedeed  
 Adventure  
 peaceful  
 "I" - "já"  
 Reinforcing  
 Natural  
 unique

## 10. Achievement of the training objectives

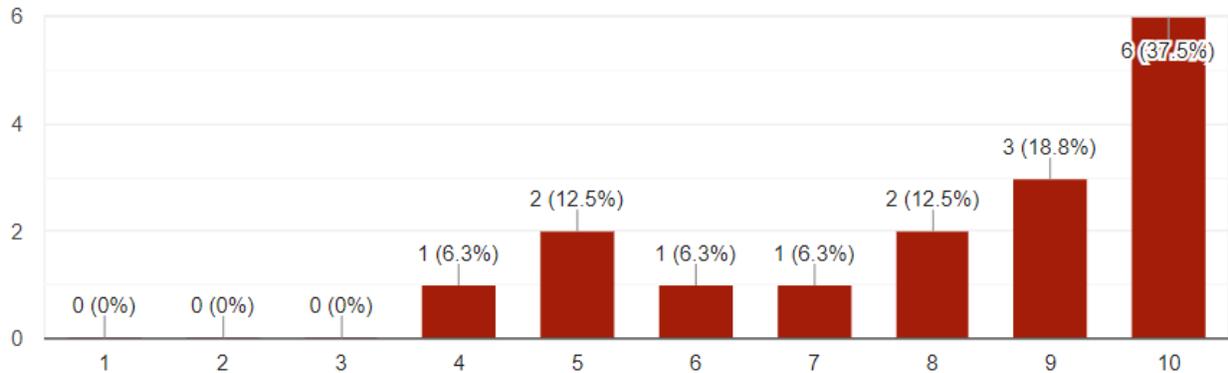
**Ob. 1 - Increasing the understanding of the specifics and characteristics of young people from disadvantaged groups.**



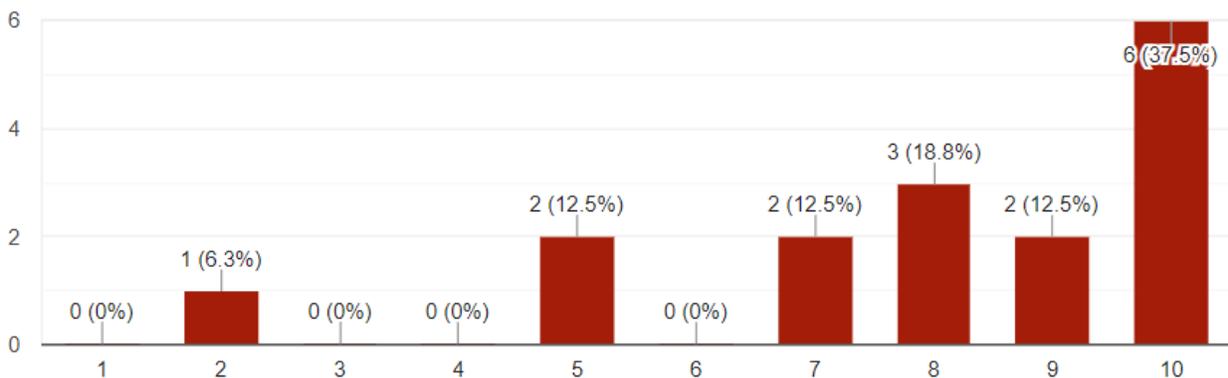
**Ob. 2 - Increasing the understanding of the social, professional and cultural access of young people from disadvantaged groups.**



**Ob. 3 - Equipping youth workers with professional skills to use effective and quality educational tools, methods and concepts, in order to work with young people from disadvantaged groups.**



**Ob. 4 - Increasing the personal and professional motivation of youth workers from 9 countries to work with young people from disadvantaged groups.**



## 10. Practical/Logistical aspects

### a. How do you evaluate the accommodation?

- It was more than perfect! Ideal place for this kind of the training, beautiful surroundings, very cosy and comfortable place to sleep.
- A DREAM for life ^^
- Perfect
- Location - perfect, however would be really good if there would be even less tourists and people around
- rooms - perfect

spaces - perfect

surroundings - I wish I could reach to some pick and see it from above :) No, but perfect! :)

- It was so warm. From the first day I felt home...
- Excellent! I cannot imagine a better location for this training!
- Cosy, good protection from the heavy waterfalls/storms etc., spaces were very friendly and cosy, especially because the accommodation and training room were all closely surrounded by mountain and forest, mountains were embracing the two chalets.
- Fantastic
- The location was really nice. I didn't mind that we didn't have access to a shop in case we needed something, as my needs were covered, but it might be something to consider. The bed could be a bit more comfortable, as well as the pillow. The shower was a bit uncomfortable with water getting out of the curtain, and unfortunately in the morning there was not warm water.
- Very good and comfortable.
- Excellent
- Perfect !
- It was very good.
- Everything was perfect. Maybe except the awful smell in the evenings from the bathroom tubes in the old house :)
- Very good. I loved the surroundings, the forest and hills.

## b. How do you evaluate the food?

- Delicious, super great.
- Delicious, balanced, prepared with love by two beautiful and engaged cooks. Eating was my one of the top moments during the days. ;)
- Amazing cooks: Thank you Ale and Ildi!!!! It was beyond anything I knew before, they were "FORMIDABLE"!
- Tasty
- Outstanding, amazing, made with love, nutritious and healthy!!!! Loved it. I felt there was some issues from beginning with amount of food but it got quite figured out during the course and thank you so much for that. Love you girls, thanks so much for your precious work and love that you have put in the food!
- Every foodtime was an amazing delicious discovery...
- Beyond words! :)) Excellent!
- Quantity perfect, quality - extremely delicious. A true feast, a true celebration of all the senses, not only the taste.
- Wow
- The food was really good! I was very happy to receive dessert now and then, and I really appreciate that our food was healthy. Everything was amazing, except for one or two meals that could have been a bit better for me, but it was still okay.
- Very good of course.
- Amazing
- Marvellous
- The food was perfect!!! I've never eaten such a delicious food.
- The food was the great pleasure and heavenly delicious. It awakened in me the need of well self-nutritioning and put my attention on what I'm giving to my body. Quantity and meals schedule was appropriate.

- Very tasty and enough.

### c. What do you think about the preparation phase?

- It was OK.
- Very helpful, clear and kind way of communication. I was really happy to received e-mails from Bogdan. Thanks for this smooth and pleasant experience which is also very important for me and gives me a picture of the person that I'm going to work with. Good job B.! =)
- Perfect, Bogdan was very caring, cristal clear and thoughtful for every participant.
- Very good
- All good! :)
- It was very prompt and helpful.
- The communication and preparation were excellent, nothing could haev been better.
- I consider it was well-prepared, inspired, practical, very close to us, the team was constantly communicating with us about details and made sure we are always informed.
- Very good
- It was generally good. The communication before the training was great. The only point that could be improved is the list of things we were advised to bring. It would be better if we were aware of it earlier.
- Clear and on-time communication.
- Totally exhaustive
- Very well prepared
- Everything was organized in a perfect way - fast reaction, good communication between everybody.
- Very professional and kind. I hadn't got any problems with communication regarding the travel.
- Excellent, very good contact with Bogdan.

## 11. Any other comments or suggestions?

- A little more life in a training and lectures and less interjections as hm, mm, mhm etc. It made me sleep.
- One more time - big Thank You for these 7 enriching days!
- We would be happy if you could guide us to get deeper into our wild minds :) But I will just say a big THANK YOU, love you guys!!! I have a huge hope and commitment to really work on myself and hopefully, when I am ready, bring it to other people, communities and groups and help them to reconnect with nature as well. After all, that's what we have, each other!
- Thank you! Really thank you... for this new soul adventure...
- Thank you so much for all the effort you have put in organizing this training! :) I am very grateful for your eagerness to share knowledge, skills and attitudes, for your excellent preparation, for your kindness, warmth and so much enthusiasm to "spread the word" about and through the nature-based approaches.

I was in awe with your work, I was in awe with your courage to do "the Erasmus+ project" differently, to go off the beaten tracks and to be so grounded in all these encounters.

Wish you all the best, in all aspects of life! :)

Wild greetings:)

Weronika

- People from every social class needs this, even if they do not realize it. Deep and intense mind and soul work are hard but very rewrding. Humakind needs more of the sensitivity and openness that were always present in this training course.
- Thank you!!!
- Thank you!
- 
- Thank you!
- Thank you for the very good work you have done ! But next time maybe remove the formula "understanding of the specifics and characteristics of young people from disadvantaged groups" and so this training is maybe not linked with Erasmus + values ?
- 
- Please do this kind of workshops more often and spread this knowledge to the world! It would be wonderful experience - especially for people from disadvantaged, excluded groups - not only for youth workers which are more priviledged to participate in Eramus TC projects.
- Thank you very, very much :-)

