

B1 – CZ

18.8.2024 – Training for youth workers – Emotions and how to work with them when working with animals

Place of implementation: Droždín, CZ

Lecturers:

Anna Félixová

Alžbeta Lišková

Topic of training:

To use animals to work with humans, it is necessary to thoroughly know both sides – the animal and the needs of humans.

- Evaluation of animal characteristics – dog, goat, parrot
- Biological specifics
- Human needs that we want to solve
- Communication methods – revealing needs
- Controlling emotions during stress and possibilities for its solution

Result and significance for participants:

At this training, youth workers became comprehensively familiar with the need to know the nature of the animal and its needs for the possibilities and use for working with humans.

Cooperation with farmers who raise animals for their benefit – products, food – is important in order to create the most suitable conditions for animals to live.

Connecting the needs of humans and animals is a primary condition for mastering the content of the training.

Therefore, the choice of methods by the lecturers ensures an individual approach, a sequence of acquiring skills and attitudes that youth workers need to acquire. For their future work with youth.

The lecturers worked so that each participant acquired the needs of approaching animals and the possibilities of their influence on a person who needs to relieve stress, change their perspective on life and being in it.

Mrs. Anna Félix is a veterinarian and farmer who works with animals every day and at the same time her daughter needs an individual specific approach, so her animals do therapy every day and all the time.

In her presentation, the participants were able to imagine and verify the necessary information and transfer it to their future work with youth.

Alžbeta Lišková – physiotherapist – directed the participants to the correct breathing techniques and options for working with the body and its own weight to improve our health and the feeling of how to relieve stress.

All these parts of the training could be divided into small partial activities, which we then implemented in the form of workshops for the widest possible range of participants. We focused on youth who are interested in meeting animals, being with them as much as possible, but do not know how to approach them.

Adults – who can subsequently be further trained to work with youth, or even work with youth, but do not have the skills to connect youth and animals. They often completely separate these two areas because they do not know the connections.

Seniors – it might seem that this group is not suitable for our activities, but their approach and interest are often a role model and source of wisdom and experience for young people. Presenting their skills to young people in front of seniors gave them a sense of thoroughness and responsibility, because they wanted to do their performances as well as possible.

Significance for the organization

By implementing this training, Prorok, the association gained trained youth workers who subsequently actively participated in the preparation of workshops for all age categories that individual participants have in their area.

The best connection was when participants from several age categories participated in the workshops, because their scope was much broader.

Since Prorok completed the implementation of such a training for the first time, the training was also attended by representatives of the Gulôčka Association, who are close to this topic and have been working in it for a long time.

The subsequent implementation of activities took place in the vicinity of Droždín and Štěpánkovice, because the connection of activities and activities of young people after establishing a partnership was beneficial for both areas. For Prorok, this is also a more active connection to Permakultúra cz, with which the Slovak partner actively cooperates and actively uses products for the education of active people - Lipka, cz, Farmářská škola.

Training program

9.00 – 10.00 Introduction of lecturers, training content

10.00 – 11.00 Importance and forms of informal education in youth work

11.00 – 11.30 break

11.30 – 12.30 Emotions and stress in our lives, how to recognize and deal with them

12.30 – 13.30 Lunch

13.30 – 15.00 Practical demonstrations of working with animals. Movement and animals – in groups

15.00 – 16.00 Discussion with participants on the method of presentation for young people

16.00 – 17.00 Feedback – preparation of materials for workshops

Selection of training participants

The organization sent out information about the implementation of the training for youth workers, who will receive ongoing training for the implementation of other activities and work directly with youth.

The selection was carried out in the Community Center of Droždín, Secondary Schools in Olomouc and Opava with which we regularly cooperate.

The selection was carried out according to the interest of the applicants and their willingness to work with young people with animals and at the same time educate themselves.

The training was attended by 15 participants from Olomouc, Opava and the surrounding area.