

## **“Kinetic youth-move to grow” project results**

“Kinetic youth-move to grow” was a training mobility for youth workers on the topic of how to encourage kinetic intelligence in youth work. Our AIM was to train participating youth workers to develop, enhance and foster kinetic intelligence in themselves and the young people with whom they work. By this, we encourage them to build an environment that encourages the development of critical thinking.

The training was initially meant to take place in Slovenia, as a 5-day mobility. However, due to COVID-19 restrictions, we had to carry out the training online.

Even though the topic of dance and movement seems impossible to do through online tools, we managed to create a great learning environment by using both a learning platform and ZOOM online meetings.

The main trainer Goran Bogdanovski established a learning platform with a more than 30 hours program for participants that they can do by themselves at home, during the course of 3 weeks.

In between these 3 weeks, we also met online for 5 days to discuss our individual learning, reflect, evaluate and ask questions. This online group time was also used to learn different tools connected to art therapy and drawing ( which can in itself mimic movement for example physically impaired).

In the beginning, we set out to measure the knowledge and skills of participants and their thoughts on the use of kinetic intelligence in youth work. At the end of the project we compared their start knowledge and skills to their thoughts in the end.

Here is our report!