

ILONA OLEHLOVÁ

Trainer



Country: Czech Republic/ Republic of Macedonia

Contact information: olehlovai@gmail.com;
<https://www.salto-youth.net/tools/toy/ilona-olehlova.2245/>

Education: Master in Political Science, Bachelor in Media Science and Journalism

Fields/topics you work in: Creativity (creative writing), media, communication, campaigning, intercultural learning, human rights, peace education and conflict management

Experience as a trainer: Please check out my SALTO profile (<https://www.salto-youth.net/tools/toy/ilona-olehlova.2245/>)

WHY DID YOU BECOME A TRAINER?

I had the opportunity to be an EVS (European Voluntary Service) volunteer in Skopje, Macedonia for one year. During my EVS time, my perception on my future job changed and I realised that I would like to continue to be active in the field of non-formal education. At the same period, I had the opportunity to get involved in several trainings so I grabbed the opportunity and step by step became a trainer.

WHAT IS YOUR FAVOURITE PART ABOUT BEING A TRAINER?

I would say the fact that the job is never the same. Even if you work on the same topic the group will make it again new and unique.

Also, in this period of my life I am enjoying to be a freelancer and being a trainer fits to my current lifestyle perfectly.

DO YOU CONSIDER YOURSELF AN ENVIRONMENTALLY-FRIENDLY TRAINER?

I try to be environmentally-friendly. Sometimes it is easier because the environment

of the training itself is environmentally friendly, sometimes it is really challenging because I work in an environment where ecological awareness is not very high and you simply do not have an opportunity to recycle or use recycled materials.

In any case, I always try to use minimum materials, if possible. I try to recycle and do not waste any resources. In the future, I would like to also fly less and travel more by trains because I need to admit that I am flying quite often and it is not really environmentally-friendly.

DO YOU HAVE SOME TIPS FOR YOUNG PEOPLE WHO WANT TO BECOME TRAINERS?

Try it out. Many times, we are afraid to try new things. Maybe, we do not believe in our own competencies or we are afraid of the reactions but in way to become a trainer you need to try it out and see if it is something that you could enjoy doing.

Never stop learning and working on yourself. When I look back on my trainers' beginning I was a completely different trainer. I had a different attitude. I worked on different topics. I think, as a trainer, it is important to keep challenging yourself and keep learning new methods, tools, techniques that you can after share with the group.



WHAT DO YOU WISH SOMEBODY TOLD YOU WHEN YOU WERE STARTING AS A TRAINER?

What worked once does not need to work for second time.

Once you became a trainer I think you quickly realize that the wonderful activity that the participants found interesting at one training can become very quickly a 'nightmare' activity in case of the other one. Each group has own dynamics, specifics and I think it is important that you have always few plans in your head. So in case that plan A does not work you can use plan B or C.

You do not know everything and it is totally OK to admit it.

I do not have answers on every question that the participants ask me and I learn that the best way how to deal with this fact is to admit and try to find an answer together with them.

HOW DO YOU PREPARE FOR FACILITATING A TRAINING COURSE?

I am looking everywhere. I have my training 'diary' with notes on activities, methods that I experienced by myself as a participant or I already used at some training. It helps me in the situation when I need to get some new idea quickly. After I am taking part in online courses connected with the topics that are interesting to me and I am always saving and downloading everything what I think can be used later – interesting TED talk video, examples of some campaigns, articles tackling the issue on which I am working.



In case of preparation I would like to point out that a training course is not an individual job. Often you work together with a team. It means that during the preparation you work with other trainers and it is important to make sure that contributions of each member of the team will fit together as puzzle.

The project "Meet your Trainer" was created by Youth and Environment Europe for young people who would like to become trainers in non-formal educational field.



www.yeenet.eu

Funders:

