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Foreword



Dear colleagues!

I congratulate you to the "Teacher and Mentor-Holiday". I wish you success in your professional work, humanity and energy!

This summer was particularly busy due to various major events. During July 24-30 a Basic Leadership Development course was conducted for leaders of organizations working in AE in Kyrgyzstan. The Course was organized by ASPBAE and its topic was «Leadership in advocacy for Adult Education». 28 participants from the Adult Education Associations of Tajikistan, Uzbekistan and Kyrgyzstan, as well as representatives of AE organizations from India, the Philippines, Mongolia and Vietnam came together to discuss lobbying strategies in Adult Education. In this issue you will be able to learn more about this course and new AE lobbying tools that participants took with them back home.

The next event was the Central Asian Summer Academy, which took place from August 27 to September 3 in Kyrgyzstan in the «Meridian» resort; the topic was "Psychological aspects of Adult Education". The Summer Academy was attended by 32 people (trainers and teachers) from Kyrgyzstan, Tajikistan and Uzbekistan, as well as one representative from Ukraine, Belarus and Moldova. The main outcome of this event was the establishment of a trainers' network during the event. In the social network Facebook an AE Net group (provider of knowledge) was created, which stands for A - Adult, E - Education, Net - Network: a community of Adult Education professionals and experts on the Internet. Information on how this group was created and what «trainer's chest» participants took with them that you will also find on the following pages of this newsletter.

We hope that you will enjoy this issue. This newsletter and other news of the Representative office can be found on our website www.dvv-international.uz

Romy Lehns,
Head of Representative office
dvv international in Central Asia



Course on Leadership in advocacy for Adult Education

General Information on the Course

The Programs of the Asia-Pacific Association for Basic Education and Adult Education (ASPBAE) on Leadership Development are based on the organization's commitment to Education for All and Lifelong Learning in the Asia-Pacific region.

These programs are part of a long-term multilevel ASPBAE strategy for training and increasing the number of leaders in the Asia-Pacific region, who will be committed to the expansion of the right to education and promotion of the needs and interests – first of all, of the most marginalized groups in education.

The Basic Leadership Development Course (BLDC) entitled «Leadership in advocacy for Adult Education» was organized by ASPBAE in cooperation with the Representative office of German Adult Education Association (*dvv international*) in Central Asia in 2012. This course was adapted to the Central Asian context to improve conditions for lobbying the ideas and principles of AE in the region.

The course consisted of two phases:

- Structured training on lobbying for Adult Education (6 days)
- Organization of events on lobbying for Adult Education at the national level (Fall 2012)

BLDC was held during July 24-30, 2012 in the resort «Rainbow» at Lake Issyk-Kul, Kyrgyzstan.

Participants:

The Course «Leadership in advocacy for Adult Education» gathered 28 participants from the Adult Education Associations of Tajikistan, Uzbekistan and Kyrgyzstan, as well as members of the associations on lobbying AE principles from countries with similar conditions.

Objectives:

The main objectives of the Course on «Leadership in advocacy for Adult Education» in Central Asia consisted of the following:

- Set up regional groups on lobbying the principles of AE in Central Asia
- Increase perception of Adult Education issues in terms of human rights
- Develop the skills necessary for planning and the implementation of national strategies for lobbying the ideas and principles of Adult Education and Lifelong Learning
- Develop the ability to reflect the principles of Adult Education and Lifelong Learning in lobbying activities
- Strengthen contacts between ASPBAE and Adult Education

organizations in Central Asia

Content

- Basic lobbying concepts and skills;
- Approach for lobbying AE principles and principles of social integration from the human rights point of view
- Adult Education for Sustainable Development and Lobbying principles policy in a changing climate
- Co-development of a National Plan on Lobbying in Adult Education

Methods

In line with the ASPBAE's commitment of learning with the involvement of representatives of different countries and regions, the course was based on the participants' experiences and special attention was paid to their training needs and priorities. A combination of popular education methods, short lectures and group discussions were used during the course.

Lecturer:

Romy Lehns



Since 2010 Mrs. Lehns is the Regional Director of the Representative office of *dvv international* in Central Asia. She has been coordinating Adult Education projects in Uzbekistan, Tajikistan and Kyrgyzstan.

Romy Lehns studied geography, biology, social anthropology and cooperation for development. She has extensive experience in project management in the field of agricultural development and environmental protection. In recent years, the promotion of Lifelong Learning for various groups has become her earnest desire.

Mrs. Lehns participated in international seminars and conferences on Adult Education. Together with local partner organizations she draws attention to the importance of Adult Education and institutional development in the region. The planned training on lobbying for Adult Education aims at expansion of the network of partners and establishment of closer relationship between South Asia and Central Asia.

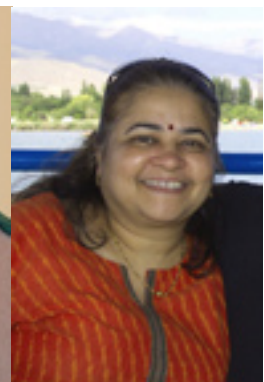
Dominic M. D'Souza

Dominic is a member of the Executive Board of ASPBAE, representing South Asia. He has a Master's degree in Social Work from the Tata Institute of Social Sciences in Mumbai and worked for 7 years at the College of Social Work at the University of Bombay. Later, he and one of his students conducted a case study on tribal communities of Eastern India.

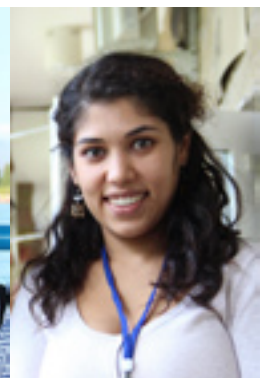


Dominic M. D'Souza worked in the Indo-German Society for Social Services in New Delhi, which took part in supporting and promoting the involvement of young people across India. He then returned to Andhra Pradesh as the assistant Director of the NGO "Laya", which he founded 17 years ago. Since then, Dominic has been active in Adult Education in the fields of agriculture, health and climate change

Trainers were: Anita Bokar - ASPBAE Training Team Member and Helen Dabu - ASPBAE Policy Team Member.



Participants of the 2010 BLDC seminar including Nasiba Mirpochoeva - ASTI Office Manager and Mahbuba Saidahmedova - Project Coordinator the Representative office of *dvv international* in CA, worked as consultants.



Ravshan Baratov
Public Relations Manager.
Representative office of *dvv international*

Course Diary

Dear readers,

In this article we will try to recall key training events.

Day 1



By tradition, there was the opening of the course. The Course Directors - Dominic D'Souza and Romy Lehns - wished the participants successful work. Dominic spoke of leadership courses on lobbying that had been conducted by ASPBAE since 1993 and stressed the importance of cooperation with *dvv international* and partners from Central Asia. And most importantly, he presented ASPBAE membership certificates to the two AE associations of Uzbekistan and Tajikistan.



Participants then «revived the map of their country»: they selected maps of their countries, took markers and painted territory in different colors. In addition, they had to answer the questions

that were designed to familiarize the participants with culture and language of the countries, organizations and the participants of the training. A “Common map” was developed, which became a constant reminder that **we all come from different parts of the world and we will take good care of each other.**

Acquaintance continued through the presentations of *dvv international* and ASPBAE, which reflected the scale of the AE activities in South-East Asia and Central Asia.

Day 2

The first session of the day was called: «Approaches to lobbying AE and social integration based on human rights».

Participants were asked to work in groups and think up and formulate qualities that define a human being and to answer the question on what you need to protect, promote and to develop these qualities.



Then the importance of the use of international documents by governments and non-governmental organizations in their activities was determined. These include the Universal Declaration of Human Rights, the International Covenant on Economic and Social Rights, the International Covenant on Civil and Political Rights and other international documents ratified by the countries.

The “4 A”-Principle was presented during the training, allowing considering education in terms of human rights:

- **Availability**
- **Accessibility**
- **Acceptability**
- **Adaptability**

The «**social integration**» concept was introduced and one could think about who or what social groups have limited access to education and what you need to do in order to ensure that access.

After this session Jesco Weickert made a presentation about the *dvv international* activities in South East Asia and West Africa.

The next session was devoted to Education for Sustainable Development (ESD) and Millennium Development Goals (MDGs).



Then there were presentations of the Vietnamese Coalition on Education for All, made by Nguyen Thi Kim Ann and the Mongolian Coalition "All for Education», made by Tunglag Dondogdulam. Participants talked about their activities and difficulties they face in their work. The presentations of the guests turned into the experience exchange among the participants.



The day ended with the «Public Speaking» session, held by Badzhargal Batkhuyang from Mongolia. The trainer began a discussion aimed at identifying participants' experience in working with the public; participants discussed the fear and risks of public speaking. The structure of public speaking was determined: purpose, introduction and conclusion of the speech and the role of non-verbal communication. At the end, the participants watched a short video of a successful performance.

During the training, there was a discussion on the mechanisms of relationship between social and governmental organizations; the existing problems in the area were voiced and solutions were discussed.

The day ended with the Evening of Cultures. Participants brought costumes, sweets, gifts, music and videos from their countries. Without leaving the room it was possible to take a fascinating journey through the countries.

Day 4



The Topic «Lobbying for vocational education (VET) and life skills» was presented by trainer Mary Helen Dabu.

The following definitions were accepted as basis:

Life skills:

- Are a broader framework in which the VET is located;
- Cover a wide range of aspects of the development of knowledge, skills and attitudes that are important for human development and only partially considered by VET.

Life skills are the competences that help people to productively function in the living environment. They are characterized by 4 Hs:

- Head – competences of knowledge, thinking and creativity
- Hand - professional/civic competences
- Health - health/physical competences
- Heart - personal/social competences

VET was defined as the provision of training or contribution

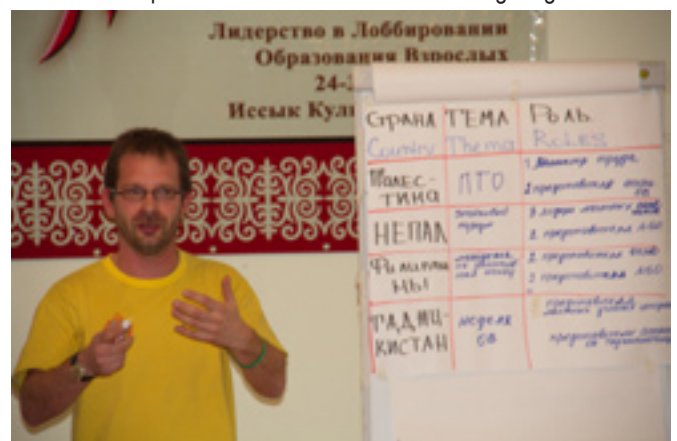


aimed directly at the expansion of economic potentials.



The Session «Gender Equality in Education» conducted by Anita Borkar began with practical work. Each participant presented one most desired change in AE that could be implemented within 5 years. In conclusion of the practical work, following desired changes were formulated: adequate funding of education, accessibility, breaking stereotypes and AE support. The Trainer told about the situation of education in South Asia with gender considerations and compared it to the situation in Central Asia, paying attention to the different historical context of the regions. Considered definitions of «gender parity» and «gender equality» allowed understanding the current level of access to education in the South Asian region. The need to address gender equality in gender issues provided, is important for our region. Anita Borkar told about various tools to measure gender equality offered by the UNESCO, which can be applied considering the conditions of various countries.

The Topic «Budget Tracking as a Tool» was disclosed by Tungalag Dondogdulam. Through presentation she introduced tracking tools for costs allocated for education. This topic was closed by a practical task; cards describing a number of activities for the development, approval and implementation of the budget for education were presented. On this basis the participants prepared a structure of phased activities on education budgeting.



The Session «Working with video» prepared by Jesco Weickert was conducted in the form of practical activities aimed at promotion of project ideas in different contexts. It was based on the videos on organization activities in different countries. The viewing of every video was concluded with a role-playing game where the participants tried to promote project ideas presented in the videos.

Conclusion of the practical session: to promote the ideas one should fully know the subject of discussion, study their partners, know about being able to express goals and objectives.

Day 5

The Morning was devoted to the feedback. Dominic Marian D'Souza asked the participants to give their observations, comments and recommendations on the training. Based on the general discussion, recommendations to improve the interaction between trainers and participants were developed.



Then Dominic Marian D'Souza presented following topics: «Education for sustainable development» and «Lobbying AE in a changing climate». Using different true examples the trainer demonstrated how improper attitudes towards resources affect people.



There are political, scientific and ethical approaches to problem solving. Thus, in 1993, a special Convention was adopted, which approved uniform pollution rate standards and defined responsibility for the excess.

At the end of the fifth working day, the trip by boat and visit of the museum «Ruh Ordo» were taken as a part of the cultural program.

Day 6

The Training began with presentations prepared by the course participants. In this presentations they defined target groups of their organizations, the issues/problems they face and the availability of necessary resources. Joint work revealed the impact of Adult Education on changes of the conditions in a global scale and «transformative adult education» was considered as the continuous medium of education.



In the session «Place and role of the organization in lobbying for AE» hosted by Mary Helen Dabu, participants identified opportunities for their organizations in the field of lobbying for AE.



The sixth day of the course was completed by a farewell dinner, where participants received certificates.

Day 7

The last working day of the course began with a speech by Jose Roberto Guevara, ASPBAE President, in which he expressed his hope for the development of fruitful cooperation between Adult Education institutions of the two regions.

The Participants again remembered material they received



during these days and discussed the most interesting topics. As a final task, the organizers asked the participants to reflect their impressions on the course with paint and markers on a shared canvas. As a result, a «common picture» was ready after a few minutes, which displayed the mood and feelings of the participants. After that, they could take part of the canvas as a postcard, leaving each other wishes as a remembrance.



Feedback of Course Director, Mr. Dominic M. D'Souza

I was deputed by the Asia South Pacific Association of Basic and Adult Education (ASPBAE) to be the co-Course Director of the 'Leadership in Adult Education Advocacy in Central Asia', which was a collaborative effort of 'dvv international' and ASPBAE. I felt privileged to be a part of the process of ASPBAE's engagement with Adult Education organizations in Central Asia, yet again. I had earlier attended on behalf of ASPBAE the 'International Conference on Quality Assessment in Adult Education,' organized in Bukhara in September 2010 by dvv international.

The Course, though enabled by highly experienced resource persons, especially Helen Dabu and Anita Borkar of ASPBAE, was a challenge for all: the course directors, resource persons as well as the participants. All of us had to grapple with contextual relevance and the medium of communication. However, the translators were excellent and the need based choice of how and when to translate



helped in the rhythm of the communication both for the resource persons as well as the participants. This was evident from the vibrancy of the participation in almost all the sessions! Also, the meticulous translation of the relevant resource material by dvv personnel was immensely helpful.



Yet, it was the contextual relevance that turned out to be a real challenge. So much so that based on informal feedback we chose to restructure the programme schedule to make the planned inputs match with the felt needs of the participants. I took on the task on behalf of the course directors and the resource persons to express the need to revisit the context and the learning needs of the participants.



To meet this goal, I reluctantly expressed my willingness to cancel my planned sessions: 'Education for Sustainable Development' and 'Advocacy Education in a Climate Changing World'. However, it just happened that we had just enough time to highlight the important aspects that needed attention in a truncated version of these sessions.

In the end, the outcome of the course was very impressive. I appreciate the willingness of all, including the participants, to engage in making the course relevant. I was happy to converse with almost all the participants, in spite of the language barrier. The venue was comfortable and the climate cool and invigorating, which helped in lifting my energy levels.



*Dominic D'Souza,
Executive Council Member
ASPBAE*

Feedback of the participant from Vietnam



"I'm still full of emotion and impressions after the training in Kyrgyzstan from both its professional technical aspect and from the cultural, personal exchanging opportunities that it has created. I'm highly appreciate all the work that ASPBAE and DVV has invested to make this course possible. I'm now using the ASPBAE Gen. equality tool to track and discuss the questionnaire developed by NAAE for their coming assessment."

To specify, I can say that the course has helped to confirm some basic knowledge concerning adult education, how it links to human rights and provided important tools to measure/evaluate life skills programs, gender equality in education. I've learnt a lot about

the situation of education in general and adult education in particular in Central Asia, its similarities and differences with the situation in my country. I've got to know some specific TVET programs of DVV and find them very interesting and practical. The diversified experience shared by participants coming from different organizations and countries added to the success of the course. Other parts of the training such as communication, budget tracking, education for sustainable development, were also enjoyable. All trainers were well prepared, flexible enough, knowledgeable on the area they were speaking about and using appropriated methods.

Logistical/organizational arrangement for the course were well-done. Perfect location, good food, wonderful side events (cultural show, lake cruise, cultural exchange night, ...). This course really opens my eyes to Central Asia's richness culture and lovely people. I made new friends and I even recalled some of my Russian by the end of the course. The course is such a wonderful experience.

If you insist on one point for improvement, I wished we had one more afternoon to go out of the Raduga resort to explore the life of the farmers in the neighborhood. But I understand one course cannot cover every purposes.

*Ngien Thi Kim Ann,
National Coordinator
Vietnamese Coalition for Education for All*

Only geographically we are far

The cooperation of ASPBAE with the Central Asian region began 9 years ago. The first steps toward such a cooperation were made in 2003, when ASPBAE began to invite representatives from Central Asia to the annual training on the fundamentals of leadership for non-governmental organizations of the region.

In September 2010, representatives of the ASPBAE (Dominic D'Souza - Member of the Executive Board, Head of South Asia Department and Sumedha Sharma - ASPBAE Coordinator) in return, were able to participate in the International Conference «Quality assessment in Adult Education» held in Bukhara, where they had the opportunity to make a presentation on the ASPBAE activities.

In November 2010, in Jakarta, the capital of Indonesia, a workshop named «Indicators of Quality in Adult Education» was held, which was organized for the members of ASPBAE and was participated by guests from Central Asia: Romy Lehns - Head of *dvv international* in Central Asia and Tatiana Zaichenko - Project Coordinator. Now they had the opportunity to talk about the activities in the region. A meeting of ASPBAE representatives and visitors from Central Asia took place at the same time. Following the meeting's progress, it was decided that the first stage of cooperation would be the participation of representatives of both sides in training programs, workshops and major international events.

In summer 2011, representatives of ASPBAE were able to participate in the V. Central Asian Summer Academy of Adult Education, which took place from July 25 to August 1 in Kyrgyzstan.

The guests of the Academy were Aung Myo Min - ASPBAE Founder and Executive Director, Member of the Executive Board, Helen T. Dabu - ASPBAE Regional Coordinator and Dr. Kaustuv Bandiopadhi - Director of the Company on a participatory research in Asia (PRIA). ASPBAE's presentation "Development and building of the institutional capacity of PR campaigns and the promotion of RH, LLL and EFA ideas in different countries» and PRIA's "Strengthening networking for the development of democratic processes in society. Experience of Asia» demonstrated that there is some potential for the effective exchange of experience between the regions.

In 2012, in cooperation with the Representative office of *dvv international* in Central Asia during July 24-30 the Basic Leadership Development Course (BLDC) entitled «Leadership in advocacy for Adult Education» was organized for leaders of organizations working in AE.

According to a survey, assessment questionnaires answers to the question «What did you learn during the training?» often read as follows:

- Obtained information on the approaches to Education for All (EFA) and life skills
- Obtained information about other countries. I learned that there are still many problems in AE
- Obtained a package of knowledge and skills to lobby for EFA and Adult Education.
- Learned about new tools to analyze the performance of organizations in EFA and AE.

On the question regarding the degree of interest in working with ASPBAE, the following responses were received:

- I would like the ASPBAE representatives to visit Central Asia again and conduct trainings for members of Adult Education Associations.
- Assistance in the process of lobbying, long-term cooperation, exchange of experience, expertise and participation.
- I would like to take part in other ASPBAE trainings to further explore the topic and learn from the experience of foreign colleagues.

Has the course reached its goal? I think so, and this photo confirms it.



*Tatiana Zaichenko,
Deputy Head of Representative Office
dvv international*

Seeds are planted

I do not remember where I first read this quote and who the author is but I was struck by the depth of the thought: «Every trip to a country equals to reading a book and a life can be a lot more fun depending on how many of these informative books – travels – you will have». I completely agree with this statement. This summer was very interesting and full of pleasant events and trips for me. Before coming to Issyk-Kul to participate in the "leadership course in advocacy for Adult Education", I spent two months in Arizona, USA, where I taught Tajik language and culture to American students. I admit that for me every trip is not only about getting to know different culture, terrain and language, but also meeting interesting people, exchange ideas, knowledge, experience, and most importantly – get new contacts and friendships that promote new perspectives, ideas and cooperation.

Prior to my arrival at Issyk-Kul, I was fascinated by the impressions of my friends about this place and seeing firsthand the beauty of the lake. I was in awe of this wonderful climate and the landscape, which nature has generously endowed Kyrgyz land. But the most amazing thing I discovered was that all the peoples of Central Asia have one similar culture; they are very hospitable, good-natured and generous – without any exception.



This course was doubly interesting for me because I was fortunate enough to meet and work with amazing people that I have previously read about in the issues of *dvv international* newsletter; to learn about their success and activities, as well as their experience and the difficulties they face in promotion of Adult Education in the region. During the group work and discussions with other participants of the courses I was interested to hear the opinions of each participant, as in the light of different views you can see new ways and solutions to a particular problem and exchange ideas.

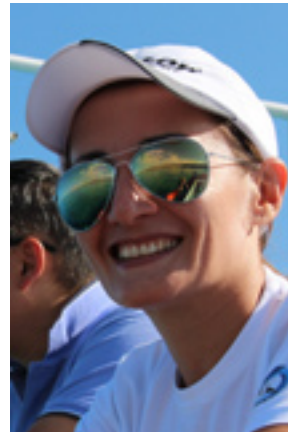


It is worth mentioning the work of an experienced team of ASPBAE trainers, for whom this course was the first in Central Asia and they, as «pioneers in Central Asia», were able to get to know the context of the region, to get to know participants and their activities and share experiences. Along with good organization during the work process it was possible to feel the positive working atmosphere; all the participants were open to the exchange of information, experience and knowledge. The training was informative and interesting. The Course made a good impression on the participants and trainers overall, and it is hoped that they will soon be able to apply the knowledge and skills acquired during the training in real life. Most importantly, this course was the first of the kind and, as they say, «soil is fertilized and seeds are planted», but what will be the «shoots» time will tell; and I dare to say that «shoots» will come up soon and will be quite promising.



*Nasiba Mirpochoeva,
Employee of the Public Organization
«Association of Scientific and Technical
Intelligentsia of Tajikistan»*

Essay on the course «Leadership in advocacy for Adult Education»



When reading very attentively the name of the event, you unwittingly highlight the word «LEADERSHIP».

The question arises: why do you need to demonstrate leadership in lobbying?

And what kind of leadership qualities plays a role in promoting the idea of Adult Education?

To understand this, we need to determine what is lobbying.

Lobbying (Advocacy) is a broad program to promote the idea of which is to make up decisions on the governmental level.

It can include all stages of the project cycle: setting goals and objectives, research, planning, PR, working with communities and peers, building networks, lobbying, and, of course, control and monitoring. But in contrast to the project, advocacy involves a wide scope of activities as well as transparency and a comprehensive approach to the issue.



Accordingly the leader of the lobby campaign should have huge personal potential, be an excellent speaker, has to have knowledge and experience of the ideas promoted as well as the ability to communicate with a variety of people at different levels in order to get them involved in the partnership and also has to have management skills. All these concepts were included in the sections of the course by the organizers.

Equally, and perhaps also of primary importance are individual human qualities of the leader, such as tolerance, with full conviction in his/her concept, the combination of inner goodness with external rigor culture of public behavior, charisma, the ability to resolve conflicts and desire to learn and improve.

Lobby campaign is a system that works for the promotion of ideas, and in the center is the leader, i.e. ideological conviction, confrontation resolution style, the way to promote initiative and effectiveness of the system depends on the leader. And the leader by his/her qualities determines the composition of his/her adherents - like calls to like.



Based on these thoughts, I would like to stress the importance of a 7-day leadership course on lobbying for Adult Education, organized by the partner tandem consisting of ASPBAE and dvv international.

I think all the leaders of the organizations working in Adult Education effectively used this event as an opportunity to demonstrate their leadership skills and test themselves during practical sessions. The course provided an opportunity for us - the participants to find like-minded people, not only at the country and regional level, but also internationally. The Course helped the participants to give an honest answer to the question: «Can I lead the people along whether I deserve it or not and if I am ready to gain new knowledge and change in order to develop the society in which I live?»



«If you want to change the world you live in, change yourself first»

Mahatma Gandhi

*Malika Khakimjanova,
Director,
NGEO «ATLASKO-EDU», Tashkent*



VI Summer Academy

General Description of the Summer Academy

The VI. Central Asian Summer Academy was entitled «Psychological aspects of Adult Education». Academy was held from August 27 to September 3, 2012 in Kyrgyzstan in the resort «Meridian» located on the northern shore of Lake Issyk-Kul. The event was attended by trainers and teachers working mainly in non-formal education.



Key objectives of the event were identified as follows:

- To upgrade trainers skills in Adult Education to improve the quality of non-formal education in Central Asia
- To improve trainers' skills
- To create the conditions for the organization of an informal network of AE trainers/teachers to exchange experience and information and promote the ideas and principles of AE and Lifelong Learning



Participants were suggested the following program:

- Specifics of perceptions of adults and types of problem students
- Methods of psychological work in groups, icebreakers, games and discussions
- Creation of a psychological portrait of adult participants during the learning process
- Training Stress Audit
- Stress management and development of selfdirection
- Identification of the training style and trainer's psychological profile
- Types of Psychotherapy: Laughter and Art Therapy



24 participants from Kyrgyzstan, Tajikistan and Uzbekistan, as well as one representative from Ukraine, Belarus and Moldova were invited to the event. Also representatives from the head office of *dvv international* in Bonn including Levan Kvachadze and Nazareth Nazaretyan participated in the Academy.



Three trainers from Uzbekistan and Kyrgyzstan provided the training:

- Boboer Turaev - Trainer and Consultant, Negotiations Laboratory at the University of World Economy and Diplomacy, Uzbekistan
- Elena Sorochaykina - Senior Lecturer at Kyrgyz - Russian

University named after Boris Yeltsin, Kyrgyzstan

- Marat Rakhimov - Trainer and Consultant, Head of NGO, Medical Center «Aesculapius», Uzbekistan

The Academy program included both theoretical and practical sections. The format of the Summer Academy itself meant informal learning, which includes innovative approaches, presentations, discussions, role play, group work and viewing photos and videos. The experience of the participants was actively used. Participants were particularly interested in the following sessions: «Types of problem students» and «Defining training style and trainer's psychological portrait» which allowed the participants to look at their work from the outside, explore the possibility of using the potential of «problem students» and to make a conclusion that the problem is sometimes not with the student but with the trainer.



The great interest of the participants arose by the sessions «Stress management and self development» and «Types of therapies» where they learned the techniques of stress management and in practice were convinced that it is possible to use the elements of various types of psychotherapy, both for themselves and for their students. The culmination of the Academy was the creation of a network of trainers. After long discussions, a group on Facebook was created. It is called AE Net (provider of knowledge), that stands for: A - Adult, E-Education, Net – Network; the community of professionals and experts in Adult Education on the Internet. It's address is the following: www.facebook.com/groups/AENet2012

Below are some of the results obtained from the participants' survey:

What have you learned?

1. Psychological aspects of AE
2. Preventing trainer's burnout
3. Methods for dealing with problem students; overcoming audience resistance; laughter therapy; art therapy; career planning
4. Methods of improving understanding and interaction with the audience, new energizers and classification of problem students; aggression and its control methods; causes of aggression, etc.

5. Many methods of working with adults as well as different groups (age, social), difficult participants, stress audit and laughter therapy as well as art therapy. The training provided an opportunity to analyze (introspection) a personal portrait of a trainer and to identify the components and features that must be developed.

6. Definitely (!) expanded self vision as a trainer and for me this is much more important than just a set of exercises.



How do you plan to use the information and knowledge acquired at the Academy?

- In the future, I plan to use the techniques in my work. I will finalize and use them as a manual materials received.
- I will apply some of these techniques as a tool in my training programs.
- I will start / write / develop a program for adults on protection from being manipulated.
- When I come home, I will revise the NGE0 schedule and organize a test training; I have new ideas.
- I plan to write at least two programs for social projects; develop the existing business area and bring to market one new business product.



• I will improve the training modules that I use. Especially in facilitating the digestion of new information and skills.

• First I will unscramble and then pass this knowledge and information to colleagues; improve training and courses.

• I will conduct training programs and teach, i.e. share my "chest" with other people.

Dear members of the Academy, thank you all! Your initiative allowed trainers and organizers to flexibly respond to the problems; the usage of various techniques and your experience made the learning process interesting. In conclusion, I would like to mention one comment: «I do not want to evaluate the Academy. There's definitely a room for improvement for everyone. The most important thing: do not despair, love your work, analyze, draw conclusions, believe in the goodness of people and improve.»



*Tatiana Zaichenko,
Deputy Head of Representative Office
dvv international*

From theory to practice

Dear colleagues and friends! The title itself "Central Asian Adult Education Summer Academy" says a lot but my expectations were surpassed. First of all it relates to the organization of the event, the place (fairy tale), trainers and participants. Fortunately for us, the whole week we had perfect weather, and training was scheduled the way we could combine useful and pleasant. Subject of the Academy was «Psychological aspects of Adult Education». The program was schedule by the minute. I learned a lot of things I had not used in my practice: methods of communicating with the audience and training techniques. After returning to Samarkand I took out my duties at the Institute and tried to implement what I took in my «trainer's chest». You cannot imagine how the audience was interested and curious. In the near future I will have a presentation of the Academy at the faculty meeting. Hope to inspire my colleagues with new ideas.



I especially liked the topic «Psychological aspects of learning», «Trainer's personal style and types of trainers» and «Stress and trainer's emotional burnout».

And I can talk endlessly about energizers and exercises that were conducted by both trainers and participants. I came from the Academy as a different person, and made the conclusion that I miss that interaction. There were so many wonderful people around me with great experience that they shared from the heart, without a trace.



Cultural events in which we participated – Acquaintance party and Festival of Traditions – were held in a friendly and warm atmosphere.

The brainchild of our overall effort to date is the AE-Net (provider of knowledge) group where we all communicate without boundaries in real time, and I think this is most important. We continue to talk; we have new ideas and plans, which we share.

*Firuz Ganieva,
Deputy Director of NCEO «Intellect - Invest»,
Senior lecturer of «Management» faculty
Samarkand Architectural Institute*

Education has no boundaries!

After participating in the VI. Central Asian Adult Education Summer Academy 2012, which was held in the Kyrgyz Republic, I want to share my experiences. The training program was planned so well that we did not even notice as the days ran by. Sessions on the psychological aspects were of great interest and much of what was shown to us, I began to practice in my trainings.



I especially want to mention the high class trainers: Boboer Turaev - Trainer-consultant and Helen Sorochoykina - Psychologist. I liked the relaxation techniques, such as art therapy and «Wheel of Fortune», which were demonstrated by the trainees. I also took a variety of energizers to my «trainer's chest». I want to say that the methods of recovery after «trainers' burnout», which we have learned, now help me in training and everyday life, which doesn't always indulge us. Mastering the different training approaches on such topics as working with problem students, the level of preparedness of the participants and how to address to them, mood of the audience, as well as knowledge of the trainer's psychological profile already produces results in my training activities.

I thank the organizers of the Summer Academy for high professionalism and interesting leisure. This I have not seen anywhere else. Thank you for giving joy to acquire new knowledge and meet like-minded people working in our area. I gained new friends and realized that boundaries exist only on the map. I wish us all new achievements in training activities and meetings – only on the pages of Facebook - AE-Net.

*Otashehov Ahad,
Teacher of special disciplines
Adult Education Centre in Tajikistan*

Fairy tale therapy

Fairy tale therapy is one of the methods that belongs to such an area of psychology as art therapy and is used in work with children and adults. The value of the fairy tale therapy for adults is that it provides an opportunity to return to the initial state of the perception of the world as a whole. It allows extending beyond the ordinary life and better understanding the world of feelings and emotions; it stimulates creativity. Fairy tale in the psychology of creativity is a «connecting bridge» between the conscious and unconscious worlds, reflecting the relationship between events occurring in the fairy tale and the behavior in real life. During the Summer Academy this method was presented by trainer Elena Sorochaykina. Today, she shares impressions with newsletter readers of the Summer Academy using a fairy tale format.

(Editor's note)

Keeping in mind the purpose, be patient, because change is something that comes immediately, but as if naturally.

Lao-Tzu: «The Book of Path and Power».

Butterfly Dance

On the shore of magic lake, famous for the beauty and grandeur, multicolored butterflies gathered. The wings of these butterflies in the light of the warm tender sun were iridescent, dazzling eyes of everyone who happened to be in this strange place. «What unusual and interesting going on here?» - You ask. And the thing is that for the past many years, gathering at the lake, butterflies danced to the sound of the surf and the enchanting sounds of music that flowed from the shells ejected from the depths of the lake. This dance made butterfly wings even brighter and more beautiful, and light sea Breeze, watching what is happening, endowed colorful butterflies with power and energy.

Butterflies from different regions flocked to this magical place to get new sensations and feelings. So this year the butterflies - bright and showy, playful and fun, energetic and measured, strong in appearance, but with a warm twinkle in the eyes, extremely tactful and delicate, with charming serenity and wisdom, those flying for a long time and just taking their first steps – were getting ready to share the dance. «Can such dissimilar butterflies gracefully dance together?» - You ask. «Yes» - I will answer with confidence, because they all share love for what they do in their everyday life. And they do, believe me, a lot, by carrying pollen of Light to different flowers, helping to break out - sometimes even in a very dry and barren at first glance soil - sprouts of Knowledge.

Sea wave threw awaited shell to the shore; it opened and, as if from a fairy box, sweet music poured. Rays of the sun reflected in the skyblue water, danced to the music, inviting butterflies to dance. Gradually moving on the general rhythm and at the same time

creating a unique pattern in the dance, butterflies turned in the fairy circle. And, surprisingly, when touching each other's wings, butterflies quietly changed the tone of the original color, becoming brighter and more attractive.



General pattern of the dance changed every day, because there was so much to discuss during this action: why flowers that butterflies circling over sometimes show needles and pins; what to do to avoid injury; how to spread wings, when there is no energy left... Many butterflies generously shared their flying experiences, showing the personal achievements and technology. Butterflies while spinning in the dance, drew, laughed a lot, watched and discussed interesting movies, sang, sculpted from clay, carved the future out of the paper, listened to the stories and even created their own professional network!

Renewed and full of strength and energy butterflies scattered to their homes. There is a different music on their Path but the echoes of that magic melody that was played on the lake, helps - I'm sure - to change, «after all - this is what comes immediately, but as if naturally».

*Sorochaykina Elena,
Associate Professor at KRSU,
PhD*

Summer Academy - a palette of colors

This is a picture I see, when I think about the Summer Academy. But the palette didn't come out immediately.

This is the story of how tubes of paint gathered on a blank sheet of paper. Gradually opening the lids, they left paint on the paper. The lines, spots and fancy shapes appeared. Tubes first moved stiffly and cautiously, then more free and relaxed. They shared paint, mixed it, creating unusual colors. The process stopped only when it was late at night; and with sunrise the tubes came to life, took new worksheet and all repeated. Although the patterns were different every day, they were always bright, rich and wonderful. As a result, they have created a unique picture that looks like a beautiful palette of colors blended

harmoniously. A few days later they had to leave. Parting, they found that, despite the fact that they gave most of the paint, they were filled, but now with quite different new beautiful colors.



This was born out of the impressions I got from our training. For me, it was a very bright and useful event. Psychologists say that there is nothing accidental; the whole life is a chain of consistencies. I don't even want to think about it. Maybe I got there by accident, or maybe not. I'm glad it happened in my life. Many thanks to all: organizers, trainers and, of course the group. I wrote «group» but this is wrong. I want to call everyone by name, because in the meantime we have a very warm and trusting relationship. I left with the feeling that I had known all these people for a long time. It was an interesting weave of thoughts, experience, personalities, knowledge and ideas. It was very fruitful work, which is fully consistent with the name of the training. And the results are stunning. We're all together again – only on the Internet.

My wonderful namesake Tatyana Pozdnyakova wrote, looking at our group picture «it was recently ... it was a long time ago», but I have a feeling that this is still going on.

*Tatiana Kondrakova,
Director of NCEO «AVANTA ego»*

My new friends

My participation in the VI. Central Asian Adult Education Summer Academy 2012, which took place in the resort on Lake Issyk-Kul, was useful and informative.

When I think about the Academy, I get excited, because I was in Kyrgyzstan for the first time; for the first time saw the Issyk-Kul; for the first time swam in the lake and for the first time flew on such a large airplane.

The nature of Issyk-Kul captivated me with its beauty and purity. Training seemed very interesting to me.

Training topics were very important for my daily work as a trainer. To me, as a trainer, knowing the psychological aspects of training

participants is necessary because it helps a lot for the training in being efficient. I found the answers to many outstanding questions. Several new games were introduced and interesting exercises were conducted.

And most importantly - I made new friends. It was good to talk to them, to share the experience with them. After the completion of the Academy, I communicate with many of them on the internet. The training has given me a lot and it makes me glad.

On Issyk-Kul, I rested both mentally and physically and regained my health.



I am very grateful to the organizers of the Academy. In the future, I plan to hold similar events in Penjikent.

*Malika Dodoeva,
Trainer
Women's Resource Center «Women of the East»
Penjikent*

Seven days of happiness

Seven days filled with the blue Issyk-Kul, happiness, lots of skills, communication with enthusiasts and simply charming people, this altogether for me is the VI Summer Academy 2012, entitled «Psychological aspects of Adult Education».

Now, like it was: trainers due to different experiences and different views on the psychological aspects of adult interaction (and training is only a part of human interaction – and we had the opportunity to consider these aspects much wider), were able to give us a whole range of knowledge starting with classical to the most advanced and modern theories, such as «Laughter therapy», «Dance Therapy», etc.

It is believed that personal experience is impossible to convey, but the exercises that are more like a game than a job, allowed us to feel the effectiveness of psychological methods and run them through. In

addition, these exercises are means of diagnosis and management of the emotional state of the group. These tasks, games and energizers that help people better understand, and at the same time, learn something new about each other, so tightly stuffed our «Trainer's Chest» that these reserves will last a long time.



Very interesting training structure and creative and friendly environment enabled the participants sincerely and wholeheartedly share their valuable practices and experiences in the field of psychology. And some enthusiasts managed – even after sessions and additional ethnographic cognitive-dance entertainment, which, thanks to the organizers, made our every day and night special - to continue to have fun (for example, play «Mafia» or swim in the lake).

I was surprised by the fact that for six days of continuous work, I did not even feel tired and I was not bothered by sessions.



I'm sure of this great diversity of knowledge everyone took something for him/herself. They say that a person can take from an infinite diversity of the universe only that s/he is willing to take at this point, only that s/he can see and perceive.

And the Summer Academy created the conditions so that we could take the best out of each of the thirty universes presented by the participants. And besides, within these days, we were able to create our own universe that is very joyous, open and giving knowledge easily. Parts of this universe we then settled on Facebook.

And now, even though we are in different countries, we have a common platform on which we continue to communicate and share what we know and learn.

It is impossible to tell about all the things I learned but I want to share one - that is the information about the Great Man - Nick Vujcic, who, not having hands and feet from birth plays soccer, golf, drives a car, jumps on springboard and does a lot more.

Lecturing around the world, he gives strength and hope to thousands and millions. Here is just one of his quotes: «Sometimes, just to get up, I make 100 attempts, and do you make one hundred attempts before saying «I did not succeed!?»»

I was fortunate to participate in the VI. Adult Education Summer Academy and this place, and these people for me will probably always be the embodiment of happiness and good cheer. And the memories of those days even now give me pleasure.

*Aleksey Kobzev,
Project Coordinator
Ecoforum of Uzbekistan*

[We are online!](#)



The VI. Central Asian Adult Education Summer Academy was held in Kyrgyzstan on the shore of the scenic Lake Issyk-Kul from August 27 to September 3, 2012. The academy was devoted to psychological aspects of Adult Education and was supported by *dvv international* and KAEA (Kyrgyz Adult Education Association). Participants of the Academy were representatives from Germany, Uzbekistan, Kyrgyzstan, Tajikistan, Ukraine, Belarus and Moldova. The main purpose of this event was not only to improve skills of professionals working in AE but create partnerships between the member countries of the Academy. The Summer Academy program included a large number of topics, including following:

«Methods of Teaching», «Specifics of adult perception», «Types of problem students», «Overcoming group resistance», «Non-verbal aspects of communication», «Trainer's individual style», «Stress and

trainer's emotional burnout» and «Career planning». In addition to the training program, participants were given the opportunity to take part in cultural activities and to demonstrate the national traditions of each country participating in the Summer Academy.



I personally, as an expert in training programs was interested in new methods of Adult Education and psychological aspects of the interaction with the adult audience. In addition I had the opportunity to share experiences with professionals from other countries. I would like to highlight the high level of expertise and flexibility of the organizers during the training. The program of the training provided for active involvement of each participant, which became apparent during the exchange of experience on the training tools and techniques, approach to training and the use of various types of energizers. With this following goal was achieved: increased knowledge and improved skills of each trainer that can be applied in future work with the adult audience.



*Oydin Azamova,
Educational Program Specialist
NGEO «ATLASKO-EDU»*



The logical conclusion of the VI. Summer Academy was the creation of AE.Net - a knowledge provider webpage on facebook.com. Members of this group are now able to not only communicate, but also share the daily news, inform one - another of the innovations in Adult Education and share experiences.

Thus, we can say that the VI. Central Asian Adult Education Summer Academy reached its objectives and made positive contribution to the development of AE ideas.