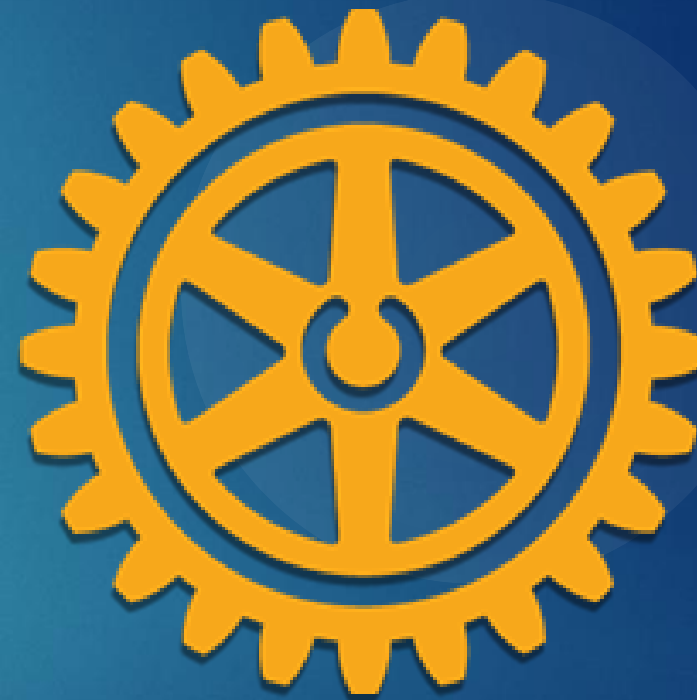




UNIVERSITY OF
PRISHTINA
HASAN PRISTINA

Rotary



ICC Germany - Kosovo

SEMINAR UPGRADE YOUR LIFE – 10 TO 14 JULY 2024

Version 3.00

Extended opportunities!

Under the Patronage of PRI 2024/2025

Stephanie A. Urchick, PRI

- ▶ Thank you for your dedication to our seminar
- ▶ Thank you for your engagement for Kosovo and Albania
- ▶ Thank you for your ideas expressed in your **keynote speech**

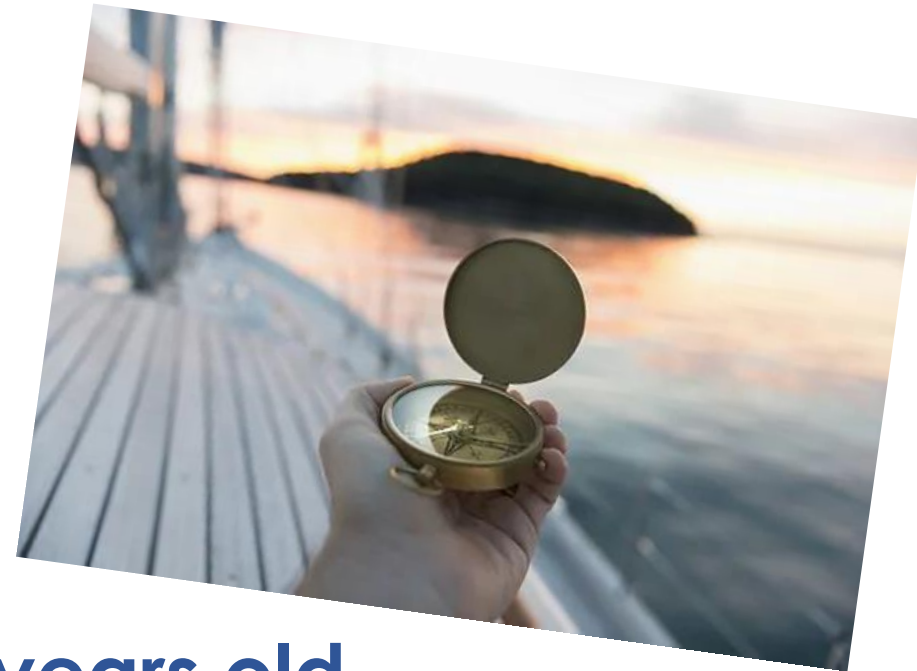


Mission Seminar *Upgrade your life*

Seminar on

- ▶ Personal development
- ▶ Recognition of regional and cultural differences
- ▶ Improving knowledge of yourself
- ▶ Making of friends

for young people between 18 and 25 years old



Personal Development: How to Contribute

- ▶ **The seminar is intended to motivate young people to start their own path in life with**
 - ▶ direction
 - ▶ joy for life
 - ▶ knowledge about themselves
 - ▶ provide answers on following key questions:
 - ▶ How I can live more consciously with emotional intelligence
 - ▶ My personal position in a changing society
 - ▶ How I take responsibility for my individual career

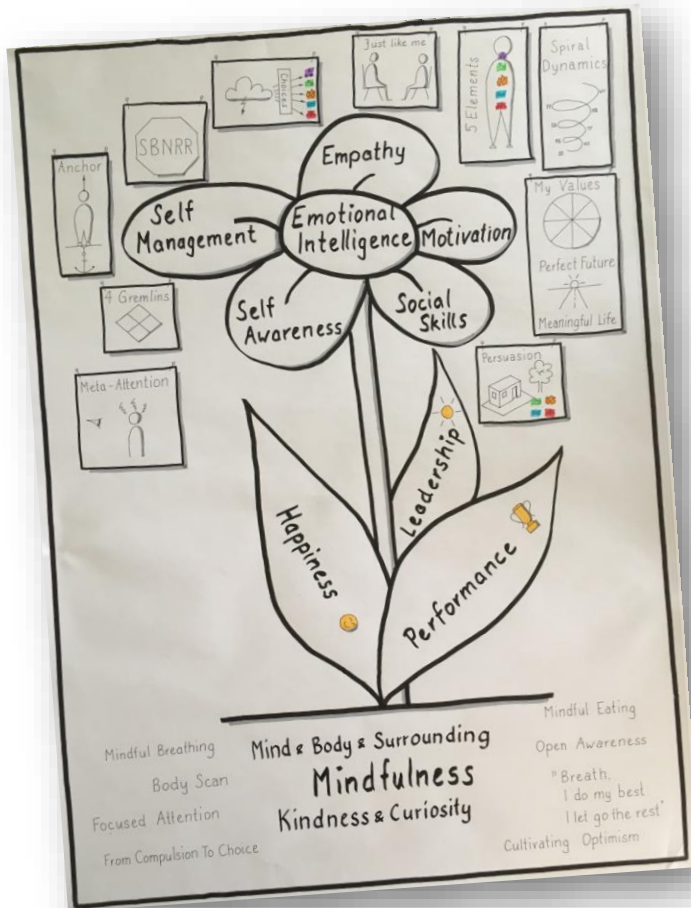
Seminar on *Upgrade your Life* 2024

- ▶ International seminar of ICC Germany - Kosovo, 10. – 14. July 2023 in Prishtina, Kosovo
- ▶ Seminar is part of the well-known PISU 2024, the Prishtina International Summer University
- ▶ Cultural exchange with international people, interests, curious and open-minded persons
- ▶ Present ideas and results back to local press, University and Rotary International
- ▶ **The best: the costs in Prishtina are covered by sponsors!**

You just have to care for the transportation to Prishtina, normally this is worth a question to your local Rotary club (-;).

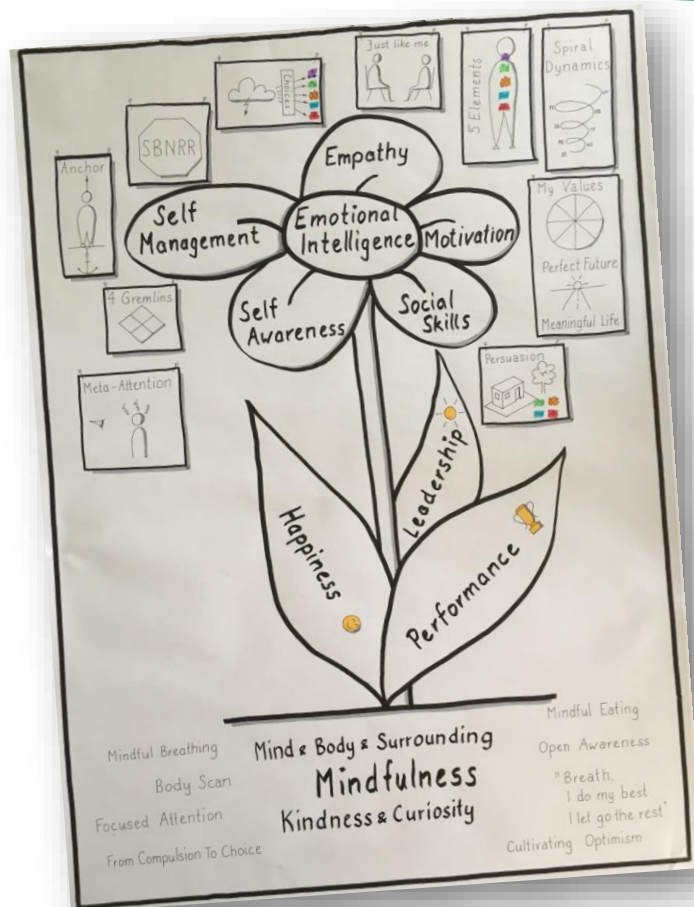


Our Seminar Agenda for 2 days (Day 1)



- ▶ Living more consciously with emotional intelligence: getting to know and training the qualities of self-awareness, self-management, empathy, and mindfulness.
- ▶ How people differ and how I can use my knowledge about them for better interacting with them: an overview of four archetypal characters and their qualities. When person meets person. Convince instead of fight. Get to know three alternatives to reflexive behavior and train them in contact with others.

Our Seminar Agenda for 2 days (Day 2)



- Understanding the changing times and finding my orientation in them: where our society will grow. Where do I stand in society? My individual value system as a compass. I can be different – you can too! Ideal future prospects.
- How I take responsibility for my individual career: My first steps towards the future. How to be prepared to face stumbling blocks. Expecto patronum – certainly in my future!

Organisational Setup

► Team: about 35 Young People

- from different countries, mainly from the Balkans, but also from Turkey, Ghana, and Germany as well
- age range of students, no student card necessary
- preferably, but not restricted to Rotaract members - like students of University of Prishtina and others

► Speakers:

- Daniela und Matthias Feil (Moderation)
- NN, University of Prishtina

► Infrastructure and local Organization

- University of Prishtina
- RC Garden Prishtina



An impression from our last seminar in 2019

The Key Players: Our Speakers and Moderators

► Daniela und Matthias Feil



- Based on their character as a philanthropist, numerous further training courses in experiential, art and environmental education, coach, systemic advisor for families and groups as well as mother and father, they provide a safe and trusting framework for short lectures, reflections, group work, exchange, meditations, yoga and time-out to give even more joy in life.
- Daniela Feil's profession is nature education and experiential education
- In his professional life Matthias is working for about 30 years at SAP SE, actually as Chief Customer Advisor and as SAP Internal Coach

Steering Committee and Organisation

- ▶ **Steering Committee:** Wolfgang Uebel (RC Radolfzell-Hegau, DE), Heiner Grönewald (RC Quickborn, DE), Erik Mackinlay (RC Garden Prishtina, KOS)
- ▶ **Organisation:** Cornelia Bambini-Adam (RC R-H) , Dietmar Ertmann (RC Karlsruhe-Schloss), Matthias Feil (RC R-H), Heiner Grönewald, Erik Mackinlay, Uwe Nowatzki (RC GP, KOS), Manfred Raupp (RC Lörrach), Wolfgang Uebel, Egzon Boshtrakaj (RAC Prishtina Ulpiana, KOS)
- ▶ **Venue of seminar** at classrooms of University of Prishtina
- ▶ **Housing and catering** by University of Prishtina (Thanks for sponsoring!)
- ▶ **Lodging, Food, Festival, local Transportation** (University of Prishtina and members of RC GP)

Supporting Bodies

Thank you for sponsoring:

- ▶ University of Prishtina
- ▶ RC Istanbul-Şişli (TR), RC Garden Prishtina (KOS), RC Radolfzell-Hegau (DE), RC Quickborn (DE)...

List hopefully to be extended



Publication of Seminar Impressions (DRAFT)

- ▶ Press conference/article after the seminar at University Prishtina
- ▶ Conference Paper published by the University of Prishtina
- ▶ Resume booklet by Manfred Raupp and Dietmar Ertmann
- ▶ Result presentations during the national ICC meetings
- ▶ National RC press releases

Upgrade of *Upgrade* your life

Our Seminar is part of the well-known PISU 2024, the Prishtina International Summer University.

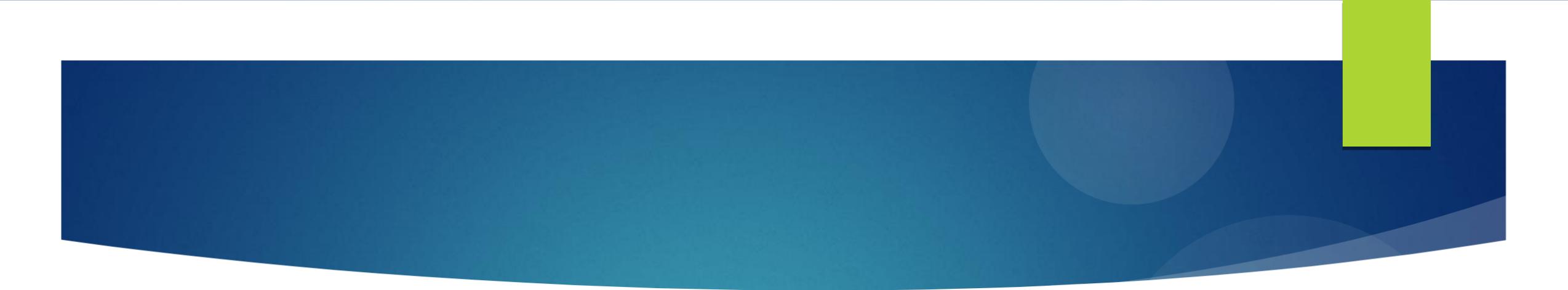
- ▶ If you like, you can participate in the whole PISU 2024.

(to give you an idea about PISU 2023: <https://10iw.hmu.gr/wp-content/uploads/2023/05/Prezantimi-UVP-2023-ne-Krete.pdf>)

- ▶ The University of Prishtina invites you to be part of the whole event, it is for free!
- ▶ You get 4 ECTS from the University for attending the two weeks!



Hurry up with your booking! Many Kosovans will be returning home in the summer, causing ticket prices to rise.



Thank you for supporting the ICC Seminar
Upgrade your life
in Prishtina

Please contact me, if you need more information or if you are eager to participate:

ICCDK@groenewald.com