

Erasmus+ Course Information



Inclusive and empowering methods for adult learners

20 -24 July 2026

Heimvolkshochschule Konrad-Martin-Haus gGmbH

Bad Kösen, Germany

General Information

Training Institute and venue of training:

Heimvolkshochschule Konrad-Martin-Haus

Am Rechenberg 3-5
06628 Naumburg OT Bad Kösen
Germany

<https://konrad-martin-haus.de>

Erasmus + OID: E 103 105 10



Course framework:



It is a 5-day course for trainers in adult education programs.

The start is **20.07.2026, 09:00**.

The course ends **24.07.2026, 13:00**.

The **daily work schedule** is from 09:00 to 13:00, with two afternoon activities from 15:00 to 18:00.

Fees:

The course fees: 400€

Accommodation fees (single bedroom with own bath, 3 meals a day): 112€ per day

Early bird discount on accommodation fees: 90€ per day

Course coordination and contact person for bookings:

Dr. Gisela Winkler
+49 1573 3868 554

gisela.winkler@konrad-martin-haus.de

More about the training

The **Heimvolkshochschule Konrad-Martin-Haus** or **KMH** for short, is a Catholic adult education center. It has been involved in adult education since 1950. Currently we offer seminars and courses in the area of general adult education. We are also a popular conference location situated in the winelands near Naumburg in the region of Sachsen-Anhalt in Germany.

Based on the Danish folk high school model, we offer a wide range of residential courses in the non-formal education sector. These are intended to broaden general, social and democratic competencies for an inclusive society.

Many of our seminar rooms offer easy access for people with disabilities and thanks to our up-to date equipment our groups can work in analog, digital and hybrid formats. We offer overnight stays and home cooked meals as part of our community orientated educational philosophy – *living and learning under one roof*.

Over the years we have developed an expertise in inclusive and empowering community-based adult education. We offer courses and process facilitation for advocacy groups. We also support ordinary citizens to explore their needs and take a more active part in shaping their own communities.

The **Erasmus+ teacher training course *Inclusive and empowering methods for adult learners*** draws on this experience. It is a residential course, with site visits to community partners. The general aim of the course is to help you develop more inclusive learning opportunities for learners with fewer chances.

Together we will explore methodologies and strategies for both formal and informal learning. The course will give you a direct experience of these methods and equip you with both a theoretical foundation and practical skills to develop participatory learning opportunities for adults who traditionally are not catered for in the mainstream system.

Knowledge and skills focused on in the course:

Knowledge:

- ✓ European policies with regard to inclusion
- ✓ Concepts of empowerment in adult education
- ✓ Strategies for community-based approaches to adult education

Skills:

- ✓ Methods for analyzing learner needs with regard to inclusion and empowerment
- ✓ Strategies for dealing with diversity in adult education
- ✓ Design considerations for inclusive and empowering adult education opportunities
- ✓ Methods for using problems as learning opportunities

Detailed Program

Day 1 Clarifying key concepts

- Working towards a working definition of inclusion and empowerment
- Taking a systemic view of diversity and discrimination in Europe
- Identify and analyze theoretical assumptions about disability
- Understanding European policies with regard to inclusion
- Afternoon activity: exploring cultural inclusion in a hands-on way

Day 2 Welcoming and managing diversity

- Reflecting own experiences and challenges with regard to diversity
- Strategies and methods for dealing with diversity in adult education
- Methods to analyze and visualize systemic disempowerment of marginalized communities
- The power of dialog

Day 3 Engaging with processes of empowerment

- Methods for analyzing learner needs with regard to inclusion and empowerment
- Meeting local advocates for inclusion
- Reflection on challenges and opportunities of advocacy work
- Empowering use of language
- Afternoon activity: using an inclusion checklist to evaluate a cultural institution of your choice

Day 4 Engaging with the whole person

- Identifying emotional issues related to empowerment and inclusion
- Understanding resistance to change and development
- Creating safe and positive environments for change
- Practical activities supporting changes in perspective
- Dialogical methods for checking on pace and growth

Day 5 Designing inclusive and empowering adult education opportunities

- Reflecting on own work context with regard to inclusion and empowerment (including network partners)
- Identifying key challenges
- Develop design criteria
- Experiment with program designs



Course Registration:

The course follows the Erasmus+ guidelines. Please secure Erasmus+ funding with your sending-organization as soon as possible.

The course is open for registration from 01.02.2026. If you want to register for the course, please write to gisela.winkler@konrad-martin-haus.de.

If you register **before 30. 04.2026** we will give you an **early-bird discount** of on the accommodation price.

Once the course is confirmed, we will send you a booking confirmation with the relevant pricing group (early bird or standard), as well as information about the cancellation fees. At this stage we will also send our account details and **request a full payment of the course fees** to secure your place.



Destination:

Heimvolkshochschule Konrad-
Martin-Haus

Am Rechenberg 3-5
06628 Naumburg OT Bad Kösen
Germany

<https://maps.app.goo.gl/7ExN9N1M4fAxcxKaA>

From **Berlin airport** take the intercity train to Halle or Leipzig and from there continue with the regional train to Bad Kösen (not Naumburg main station)

From **Frankfurt airport** take the intercity train to Erfurt and from there continue with the regional train to Bad Kösen (not Naumburg main station)

Online train bookings: <https://www.bahn.de/service>

It is a 15-20 minute walk from Bad Kösen station to the Konrad-Martin-Haus.