



Youthpass

TRANSNATIONAL TRAINING AND COOPERATION ACTIVITIES

Valters MELDERIS

BORN ON **25/01/1985** IN **Riga, Latvia**

PARTICIPATED IN A PROJECT

**Training of Trainers for European Erasmus+: Youth
in Action Projects 2014/2015 Austria, Poland, Italy.**

THE PROJECT TOOK PLACE FROM **28/09/2014**
TO **28/06/2015** IN **CONDOFURI (RC), Italy.**

TRANSNATIONAL TRAINING AND COOPERATION ACTIVITIES

Transnational Training and Cooperation Activities foster the competence development of professionals in youth related fields. Through the projects, transnational cooperation is enhanced within the youth field as well as with the stakeholders of related sectors. The projects contribute to strengthening the role and quality of youth work and youth policy in Europe.

Erasmus+ is the European Union's programme for boosting skills and employability through activities organised in the field of education, training, youth, and sport. Youth activities under Erasmus+ aim to improve the key competences, skills and employability of young people, promote young people's active participation in the society, their social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.



Giacomo D'Arrigo

The Head of Italian National Agency for Youth

The ID of this certificate is ZD3G-T6P9-8K3P-5D9C.
If you want to verify the ID, please go to the web site of Youthpass:
<http://www.youthpass.eu/qualitycontrol/>

Youthpass is a Europe-wide validation system for non-formal learning within the Erasmus+: Youth in Action Programme. For further information, please have a look at <http://www.youthpass.eu>.



Youthpass

This document certifies that **Valters MELDERIS** took part in a project called **Training of Trainers for European Erasmus+: Youth in Action Projects 2014/2015 Austria, Poland, Italy**. It was a training course. The project was organised by **Agenzia Nazionale per i Giovani**, in cooperation with **SALTO Training and Co-operation Resource Centre and the National Agencies of the Youth in Action Programme**.

Within Erasmus+, a training course is a project where youth workers and youth leaders come together for several days to develop their knowledge, skills, and attitudes on a certain theme. The daily programme of the course is based on learning objectives and facilitated by experienced trainers. The training courses promote the initiative and creativity of participants and have a direct impact on their future youth work or youth policy activities, such as organising quality projects and providing intercultural and non-formal learning experiences for young people.

Altogether, **24** people from **Austria, Belgium, Bulgaria, Czech Republic, France, Germany, Greece, Hungary, Italy, Latvia, Poland, Portugal, Spain, Turkey, and United Kingdom** took part in the project.

The overall aim and specific objectives of the project:

The major aim of the course is to train trainers who have the competences and motivation for the improvement of the quality of projects-Erasmus+: Youth in Action Program.

Specific objectives:

The competence to understand and facilitate individual and group learning processes.

The competence to design educational programmes

The competence to direct one's own learning

The competence to co-operate successfully in teams

The competence to communicate meaningfully with others

Intercultural competence

Main contents and activities of the project:

The course is offered over a period of 1 year, in 3 seminars, one practical project being implemented by the trainees between the 2nd and 3rd seminar and ongoing E-learning. The course is designed to give participants the opportunity to experience, and reflect upon, being a trainee and a trainer and as a mutual learning situation where participants can learn from each other and from the experiences during the course. Acting as a responsible self-directed learner is a key feature for the course

Trainer/s:

- Hazel Low(FR)

- Peter Hofmann(AT)

- Paul Kloosterman(IT)



Roma, 02/03/2016

Alessia Cecchini

Person in charge of the project



Valters MELDERIS participated in the project **Training of Trainers for European Erasmus+: Youth in Action Projects 2014/2015 Austria, Poland, Italy**.

This part of the certificate is a self-assessment of learning and competence acquisition completed by the participant during the project. It is based on the Key Competences for Lifelong Learning defined by the European Union, and the specific competences tackled in the course of the project.

SPECIFIC COMPETENCES HIGHLIGHTED IN THE PROJECT

Learning outcomes evaluated according to European Training Strategy competence model.

1. Understand and facilitate individual and group learning processes

I practiced observing group dynamics and adapting methods according to group learning needs.

I developed my variety of methods, using clowning as a method when talking about engaging the audience, as well as coaching methods ("Walk the line", "Talking chairs", etc.) for gathering participants learning outcomes. I also enlarged my list of methods by experimenting them as a participant in all 3 seminars.

I'm able to give and receive constructive feedback in educational/training context.

As a trainer and participant I am motivating and inspiring to other team/group members by following my principles (practice what you preach)

2. Learning to learn

I developed skills of setting my own learning objectives in a training context.

I enlarged my "toolbox" of different methods that can support participants learning in the training context.

I am open for feedback that can help me in my personal development.

I practiced offering and receiving peer to peer support in a self-directed learning environment. I practiced asking help in difficult situations and appreciating when receiving it.

I set one of my principles as a trainer and learner - follow your dream!

3. Design educational programmes

I have the understanding and I am able to explain to others the key concepts of non-formal learning (learning by doing, learning to learn, learning to be, learning to be with others).

I am able to take advantage of the offered environment for the training, for example, by organizing clowning session in the center of Budapest.

I am able to choose from different methods and tools and prepare the training based on the needs of participants.

I practiced developing training concept from the beginning, starting with setting the objective the training, discussing "do-es" and "don't -s" with my colleagues and developing the training programme step by step.

4. Cooperation in international team

I am taking responsibility for tasks assigned and I trustworthy that they will be done.

I had a chance to test in practice one of my trainers principles "Spend enough time for developing human connections between participants - it will benefit to the learning process" and I understood that I should follow it even more when working in a team - spend enough time to get to know the colleagues.

I have knowledge of methods and tools that can contribute to the team. I also have ability to take different roles in the team, if it is needed.

5. Communicating meaningfully with others

I am able to listen actively.

I can express my emotions and feelings in English, Latvian, Russian and Romanian.



I am an emphatic person.
I have a sensitivity to diversity.

6. Intercultural competence

I am able to understand and accept different perspectives and opinions.

I follow the human right principles in my work.

I am working on being an authentic trainer and I'm developing my identity as a trainer and as a person, and I allow space in the training programmes for participants to do it as well.

Valters MELDERIS

Participant

Roma, 02/03/2016

Further information and original documents on the Key Competences for Lifelong Learning:

http://europa.eu/legislation_summaries/education_training_youth/lifelong_learning/c11090_en.htm

Further information about the Erasmus+: Youth in Action Programme and Youthpass:

<http://ec.europa.eu/youth/programme> and www.youthpass.eu