

# COMPETENCES UNPLUGGED

The Journey to Inner Readiness

Erasmus+  
Training Course  
15th -22nd September 2017  
Forres, Scotland, UK

## Call for Participants

“Competences Unplugged” is a KA1 Mobility of Youth Workers activity promoted by the UK organisation Coyote Initiatives. The course is designed for Youth Workers to develop their competences, particularly in regards to youth empowerment and employability.

The course will take place in the Newbold House retreat venue in Forres, near Inverness, Scotland from the 15th - 22nd September 2017. It will involve 24 participants and 5 staff members from 10 European countries (Czech Republic, Portugal, Austria, Belgium, Greece, Hungary, Ireland, Italy, Turkey and the UK).

## About the course

This training course is designed to provide an innovative and experiential approach to competence development - the competences we all need in our lives and especially for work. In a society that seems to consider a competence just as another line to add on our CV, we believe that there is a much stronger human connotation to the whole concept of what a competence is and what it means to be competent.

We will spend the course going on a journey to find out about our inner readiness, that magic ingredient that brings to life the knowledge, skills and attitudes that make up a competence and that allows us to provide ourselves the conditions in which we feel ready to perform at our very best.



Skills



Knowledge



Attitude



Inner Readiness

# WHO IS THE COURSE FOR?

This course is for those who work with young people - youth workers, youth field professionals, teachers, social workers, volunteers, active young people (18+), and students/young people who want to be more involved in the youth work field.

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## WHY?

We feel that Youth Empowerment is at the heart of many issues in the lives of young people: having the self confidence, the belief in oneself that you are good enough, that there are opportunities for you out there, and that you do have the ability to take them and you do have something meaningful to give. When someone is empowered, then the paths that lead to employability, entrepreneurship, engagement and improved life chances - are more clearly visible and laid out to walk upon.

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## OBJECTIVES

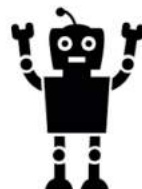
- To explore what a 'competence' is beyond a series of notions and practical abilities;
- To introduce and develop an understanding of the concept of Inner Readiness and provide tools on how to nurture it in young people;
- To inspire and empower young people and youth workers.
- To provide innovative tools and methodologies for those working and volunteering in the youth work field to strengthen their practice.
- To provide methodologies for youth workers to encourage entrepreneurial thinking, develop active participation and strengthen the employability of young people.



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# PRACTICALITIES

## METHODOLOGY

We will be using the inclusive range of non-formal learning methods as usual including group work, reflection time, discussions, games, individual time etc. Some of the course will be conducted outside.

## COSTS

The project has been financed by the Erasmus+ programme. The costs related to accommodation and food will be completely covered by the hosting organisation.

We will refund travel costs 100% up to the Erasmus+ allowance for each country as follows:

- Austria, Belgium, Hungary, Ireland, Czech Republic, UK (500-199km): €275
- Greece, Portugal, Italy: €360 - Turkey: 530€ - UK (100-499km) €180

There will be a time limit on travel bookings. More info will follow for successful applicants!

## PARTICIPATION FEE

The participation fee is on a sliding scale between €60 and €150 according to the possibilities of each participant. Please take into account your personal circumstances, and also the difference in costs and standards across Europe with your fee. We ask for this personal contribution as the Erasmus grant does not cover all the costs of this training and we offer the sliding scale so while people pay more or less, we are able to reach at least a middle ground.

## TRAINERS TEAM

Mafalda Morganti, Steven Gasgarth, Philipp Hausdorfer

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# HOW TO APPLY?

Applications will be via [salto-youth.net](http://salto-youth.net). Please apply via the link below.

<http://trainings.salto-youth.net/6224>

The deadline for applications is 30th April 2017

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# QUESTIONS?

Contact Steve Gasgarth - [competences2017@gmail.com](mailto:competences2017@gmail.com)

