



# Train the Trainers

## Its Up To Me

11th Edition 2026

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# Its Up To Me 11

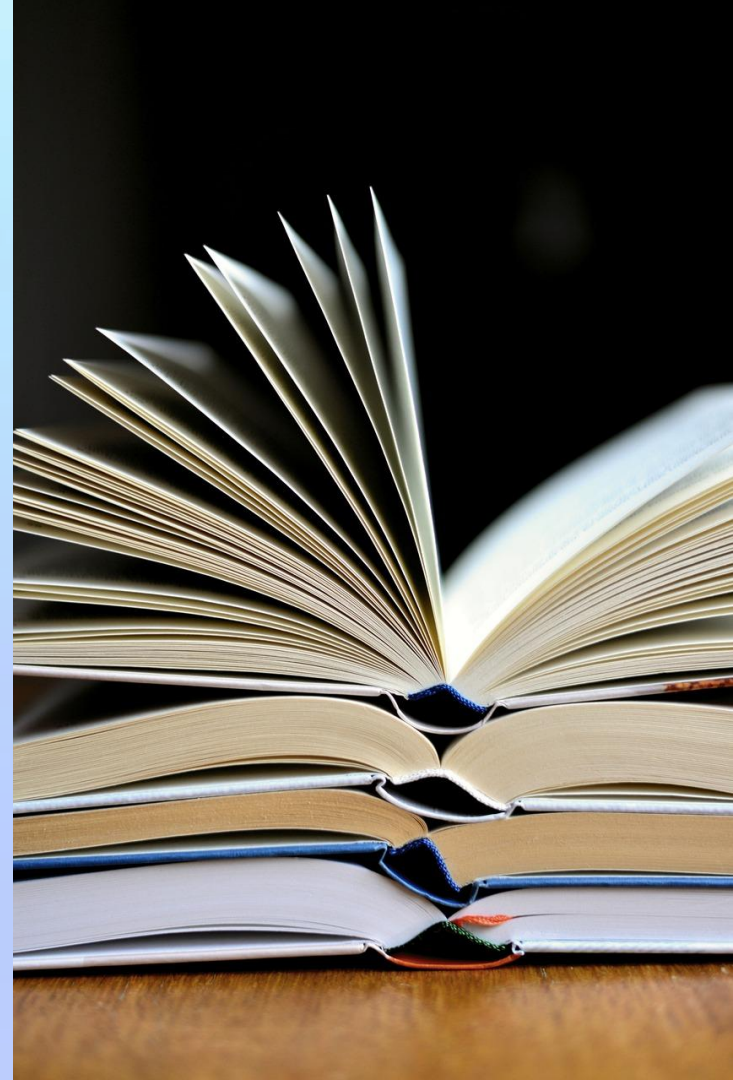
**NaturKultur e.V. Germany** invites you to apply for the eleventh edition of the Training course - "It's Up To Me" from Erasmus + Program Key Action 1 – Mobility of youth workers. In this edition, there are two training activities:

- **Dates:** 15 – 23 June 2026 and 12 - 17 December 2026
- **Age of participants:** 18+ years old
- **Countries:** All Erasmus+ Programme and Partner countries.

The selected participants must attend both training courses to receive a certificate. By completing the process, each participant will receive the EU Youthpass certificate and a Train the Trainers: Its Up to Me certificate.

We will also have an **online kick-off meeting** on the **10th of April at 15:00 CET.**

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## Target group

Youth leaders, youth workers, NGO presidents, ESC coordinators or mentors, project managers, trainers, and people who want to become trainers.

The level ranges from complete beginners to intermediate. The project targets all people responsible (or will be in the future) for transferring knowledge within the organization and, organizing and delivering educational activities and projects, organizing youth exchanges or local youth activities.

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# About the Project

“It’s up to me” is a holistic approach on how to develop quality trainers and youth workers that are going to work on transferring know-how, organizing and delivering high quality projects within the Erasmus + program. This project will contribute towards raising the quality of the Erasmus + projects that will be organized in the future, developing capacity for the organizations, and improving the quality of youth work. Some of the activities involve things that you already know, which we are going to refresh and see different points of view from other trainers, we will go over how to design projects and activities from A to Z, learn about tools and methods available, work on mastering your soft skills – basically, all skills that you need to design and deliver educational activities, projects, and exchanges. The workshops selected are based on the different competences of the Trainers Competence Model (European Training Strategy).

Each year, “It’s up to me” has an underlying topic that addresses some burning issues in our societies. This year’s theme of “Its up to me,” will focus on the **International Year of Volunteering**. Most workshops, different tools and examples, tasks, and simulations will incorporate this theme, adding value to the whole program.

The main method used during this training will be **learning by doing**. The participants will be given tasks and short deadlines in order to achieve their tasks. They will be guided by the trainers. After the tasks, they will receive feedback and suggestions for improvement.



# The objectives of the training course

- **Know-how** - To provide the participants with information on how some things are done, why some things are done in a particular way, and what is behind the scenes of a well-organized training/project to peek into the decision-making process in the team management and preparation.
- Improve participants **soft skills** such as public speaking, presentation skills, self-expression skills, listening skills, emotional intelligence and others. **Attitudes, values** and **behaviors** are also part of the mix.
- Provide **methods and tools** for delivery of workshops – such as different types of simulations, team building games, role-playing, visual expression, feedback, coaching, creating a learning environment, and managing group dynamics.
- Provide **hard copy materials**. We will use a [Trainers library](#) with more than **350 articles** for self-directed learning that will address all the trainers competence areas, which you will use in the 9 months between the two training courses to develop your competences as a trainer.
- **Provide feedback** to the participants. It is essential for you to **receive feedback** and do it again so we can see the growth of the participants during the project.





## The objectives

- Showcase **different styles of trainers**. We will have three trainers from different backgrounds and professions with different working styles. This will help the participants see different approaches and ways of working which would then lead them to finding their own unique style in the future.
- **Coaching and mentoring**. Apart from the mentoring and feedback during the main activities, we will have a 12-month mentoring process for all participants until their first/next training experience.
- **Self-assessment**. Sometimes, young trainers are unaware of their qualities and things they know. The self-assessment will be made according to the European trainer's competence model, and each participant will develop a **learning plan** they will follow in the next 12 months.
- **Critical thinking** – The participants can analyze everything and develop critical thinking skills. After each workshop, we take off the "participant hat" and put on the "trainers' hat" and analyze why we did this or that.
- To offer **opportunities for quality training experiences and project development**. Organizing joint projects, creating a pool of trainers, and getting shadow-trainer opportunities.

# Place and venue

[KulturHaus](#), close to Bremen, Germany (Garlstedt).

Garlstedt is a small village/suburb in the surrounding of Bremen in Germany. We are going to be accommodated in a NaturKultur seminar/youth house.

**We will be far away from the city**, shops and bars because we want the participants to be focused on the training and cultural activities and create a good atmosphere among the group. There is beautiful nature, really nice forest and places to have long walks and activities outside, yoga or meditation in the morning, to go for a run or bike ride and see the landscapes in the surrounding.

The venue is a youth center (KulturHaus) in a forest where we will be alone as a group, so the participants should **expect simple accommodation**. Several seminar and break-out rooms are available for us to work in; the bedrooms are for 2 to 4 people. There will be showers and toilets in most of the rooms (or just outside the room).

**Our own cooking team** will prepare the food and coffee breaks and take care of our health and nutritional intake so we can completely focus on the activities. Please note that we cannot provide fruitarian and HALAL food.

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# Timetable for the main activities

## Timetable "Its up to me 11.1"

Time	15.6.	16.6.	17.6.	18.6.	19.6.	20.6.	21.6.	22.6.	23.6.
	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE
	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Departure
		<b>Recap, reconnect &amp; group building</b>	<b>Recap, reconnect, Deepening 1</b>	<b>Deepening 2</b>	<b>Deepening 3</b>	<b>Deepening 4 &amp; Preparation</b>	<b>WS delivery</b>	<b>Next steps, evaluation, closing</b>	
08:45-09:15	8:30-9:00 Breakfast	8:30-9:00 Breakfast	8:30-9:00 Breakfast	8:30-9:00 Breakfast	8:30-9:00 Breakfast	8:30-9:00 Breakfast	8:30-9:00 Breakfast	8:30-9:00 Breakfast	Breakfast
09:15-10:00	9:00-9:30 Breakfast cleanup	9:00-9:30 Breakfast cleanup	9:00-9:30 Breakfast cleanup	9:00-9:30 Breakfast cleanup	9:00-9:30 Breakfast cleanup	9:00-9:30 Breakfast cleanup	9:00-9:30 Breakfast cleanup	9:00-9:30 Breakfast cleanup	Breakfast cleanup
	9:30-10:00 Opening	10:00-10:10 Intro to the day	10:00-10:15 Intro to the day	10:00-10:15 Intro to the day	9:30-9:35 Intro to the day	10:00-10:05 Intro to the day	10:00-10:05 Intro to the day	10:00-10:15 Intro to the day	
10:00-11:30	10:00-10:30 Get to know each other	10:10-11:00 Intro to group dynamics	10:15-11:00 Giving and receiving feedback	9:35-11:10 Cooperation in teams and Trainers team Q&A	10:05 - 11:45 Self-Expression Skills	10:05-11:30 Delivering Workshops	10:15 - 11:30 Civic engagement - what is my role as a trainer?		
11:30-12:00	11:30-12:00 Break	11:00-11:30 Break	11:00-11:30 Break	11:10-11:25 Break	11:45-12:15 Break	11:30-12:00 Break	11:30-12:00 Break	11:30-12:00 Break	
				Ethics & controversial issues				12:00-12:30 Reshuffle Teams	
12:00-13:30	12:00-13:00 Expectations, concerns, contributions Code of Conduct	11:30-13:30 Introduction to creating educational programmes	11:30-13:30 Public speaking and presentation skills	12:45-13:15 ICL in international teams	12:20-13:30 Self-Expression Skills	12:00-13:30 Delivering Workshops	12:30-13:30 Practicalities for next steps		
				13:15-13:30 Reflection on LMS					
13:30-15:30	13:00-15:00 Lunch	13:30-15:30 Lunch	13:30-15:30 Lunch	13:30-14:00 Lunch	13:30-15:30 Lunch	13:30-15:00 Lunch	13:30-15:30 Lunch	13:30-15:30 Lunch	
15:30-17:00	15:00-17:00 - Team Creation Process	15:30-17:00 Facilitation skills, methods and tools	15:30-17:00 Non Violent Communication	Leaving house 14:10	15:30-16:30 Self-regulation and Stress	15:00-16:30 Delivering Workshops	15:00-16:30 Erasmus + NGO market, designing future projects	15:30-17:00	
17:00-17:30	17:00-17:30 Break	17:00-17:30 Break	17:00-17:30 Break	Afternoon in Bremen:	16:30 Flexible Coffee Break	16:30-17:00 Break	17:00-17:30 Break	17:00-17:30 Break	
				Tour in Bremen					
17:30-19:00	17:30-19:30 Trainer's competence model and learner path	17:30-18:30 Group Dynamics	17:30 - 18:00 The language of the body	Free time in Bremen (Delegation meeting)	16:30 - 19:00 Preparing Workshops in Teams	17:00-18:30 Learners Path (in a forest)	17:30-18:30 Evaluation		
		18:30-19:00 Daily LMS Reflection	18:00 - 19:00 Non-verbal expression			18:30-19:00 Debriefing about the experiences	18:30-19:30 Closing		
19:00-19:30	19:15 - 19:30 Daily LMS reflection	19:00-19:30 Delegation meeting	19:00 - 19:30 Daily LMS reflection	19:30 Meeting at Hbf	19:00 - 19:30 Daily LMS reflection	19:00 - 19:30 Daily LMS reflection	19:00 - 19:30 Daily LMS reflection		
19:30-20:00	Dinner	Dinner	Dinner	Dinner at 20:30	Dinner	Dinner	Dinner		
21:00	Welcome night	Evening activity	Evening activity	Evening activity	Evening activity	Evening activity	Evening activity	Farewell party	

Arrival (buses from Bremen Burg every hour from 06:09 till 22:09 - except 21:09)

Departure (buses every hour starting at 5:34)

## Timetable "Its up to me 11.2"

Time	12.12.	13.12.	14.12.	15.12.	16.12.	17.12.
	SAT	SUN	MON	TUE	WED	THU
	Day 0	Day 1	Day 2	Day 3	Day 4	Departure
08:30-09:15		Breakfast	Breakfast	Early Breakfast 7:30-8:00	Breakfast	Breakfast
09:15-10:00		Breakfast cleanup	Breakfast cleanup	Bus to Bremen at 8:15	Breakfast cleanup	Breakfast cleanup
		10:00-10:30 Opening and expectation setting	10:00-10:45 Individual self-assessment	9:30-12:30 Workshops in Bremen	10:00-10:30 Reflection on the workshops in constellations	Breakfast cleanup
10:00-11:30		10:30-11:30 Gallery of Achievements	10:45-11:30 Learning Circle Competence self-assessment	Nord School	10:30-11:00 Closing the competence model	
11:30-12:00		Coffee Break	Coffee Break	Coffee Break	11:00-11:30 Coffee Break	
12:00-13:30		12:00-13:30 Team Building - How is my Team	12:00-13:30 What is my trainers style? Strengths and weaknesses, values and trainer symbol	9:30-12:30 Workshops in Bremen Nord School	11:30-13:00 Trainers real world	
13:30-15:30		Lunch	Lunch	Lunch packages	13:00-15:00 Lunch	
15:30-17:00		15:30-17:00 Preparation and Technicalities for Monday	15:30-17:00 Buddy system - support and supervision tools and Alumni support community	13:00-17:00 Free time in Bremen	15:00-16:30 Creating a learning path	
17:00-17:30		Coffee Break	Coffee Break	Coffee Break	16:30-17:00 Coffee Break	
17:30-19:00		17:30-19:00 Open Space	17:30-19:00 Fine tuning of workshops and final preparation with mentor	17:00-19:00 Dinner in Bremen	17:00-18:00 Evaluation and Closing	
19:00-19:30		Daily LMS reflection	Daily LMS reflection	Daily LMS reflection	18:30-19:30 Preparation for ceremony	
19:30-20:00		Dinner	Dinner	Dinner	18:30-19:30 Trainers inauguration ceremony	
21:00	Welcome night	Chill Out Night	"Time to Sleep" Night	19:30 Train back to KulturHaus	Dinner	
				Dancing and Celebration Party	Farewell Party	

Arrival

Departure

# Travel costs and transportation

- Travel costs will be reimbursed according to the distance bands allowances from Erasmus+. You need to calculate the distance from your residence to Bremen, Germany. Here, you can calculate the distance:

[Erasmus+ Distance Calculator](#)

- The travel cost will be reimbursed within 30 days after receiving all documents from the participants:
  - Documentation about a workshop, “Bring back TTT,” that will be delivered by the participants in their local community/project and posted online (Facebook, website, blog, etc.).
  - Dissemination of the project, which includes an article, blog, or report with photos published online (your sending organization's website, local youth portal, local newspaper).
  - Boarding passes, flight bookings, train tickets, etc.
- Costs: Accommodation, food, and all materials are free. A participation fee of €100 will be deducted from the travel costs (€50 for the first course and €50 for the second).

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

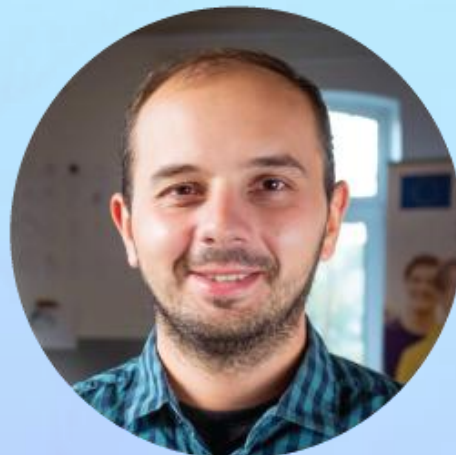
# The trainers team



Darko Mitevski



Dagna Gmitrowicz



Aleksandar Čičković

**Contacts:** If you need more information about the project, please contact [sasha@naturkultur.eu](mailto:sasha@naturkultur.eu)

