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# CALL FOR PARTICIPANTS

## Volu.M.Empower: Mentoring Through Twists and Turns

**23/02/2027 - 01/03/2027, Terrassa (Spain)**
***Travel days included***




**Apply now by the 20th of December 2026 via https://forms.gle/4bzzbiqW2ARHKfa48**

We will inform all applicants after 8th of January 2027.

*What if Wonderland had mentors?*

Imagine arriving in a world where everything feels unfamiliar. The language, the people, the rules, even the simplest everyday situations. Exciting? Definitely. Confusing? Quite possibly. A little overwhelming? Sometimes.

**But what if Alice had a mentor?** Someone to help her navigate the unfamiliar, make sense of unexpected experiences, discover her strengths, and find her own way.

**Volu.M.Empower - Mentoring Through Twists and Turns** is a five-day international training course for European Solidarity Corps (ESC) mentors who want to explore, question, and strengthen their mentoring practice. Guided by the Mentoring Competence Framework, we will dive into the different dimensions of mentoring, from building meaningful relationships and supporting volunteers' adaptation and integration to facilitating learning, navigating challenging situations, and encouraging personal growth.

And because mentoring is something we learn by doing, expect a hands-on, creative, and sometimes unexpected learning experience!

## What will we explore together?

- Your mentoring identity: Reflect on your role, strengths, challenges, and personal mentoring style.
- The art of supporting volunteers: Explore practical tools to support adaptation, integration, well-being and learning throughout the volunteering journey.
- Learning along the way: Discover how to recognise, facilitate and reflect on volunteers' learning experiences, including through Youthpass.
- Navigating the unexpected: Experiment with approaches to challenging situations, changing needs and the occasional Wonderland moment.
- A shared mentoring toolkit: Exchange practices, test new methods and collect ideas and tools you can bring back to your ESC projects.

All this through non-formal learning, real-life situations, creative experimentation, peer exchange, reflection and, of course, a little bit of play.

Ready to explore mentoring from a different perspective?

*Volu.M.Empower is an initiative of La Vibria Intercultural (Terrassa, Spain) and Pro Vobis (Cluj-Napoca, Romania), and it's part of the VoluME series of The Constellation.*

## What to expect:

Five days of learning, experimenting, sharing, and discovering new perspectives on mentoring. No magic potions or talking rabbits required, just curiosity, openness and a willingness to see familiar things in new ways!

Here's what awaits you:

- **24 curious minds:** A diverse group of ESC mentors, bringing different experiences, perspectives, questions and practices to explore and learn from each other.
- **3 experienced trainers:** Corina (RO), Di (RO), and Ailen (ES) will accompany you through an interactive learning journey, creating space for exploration, reflection, experimentation and plenty of shared discoveries.
- **5 days of hands-on learning:** From 24 to 28 February 2027, with arrival on 23 February and departure on 1 March, in Terrassa, Spain. Expect non-formal learning, practical exercises, peer exchange, creative challenges and tools you can actually use in your mentoring practice.

And yes, there will be room for laughter, unexpected turns and a little bit of wonder along the way!

## Our shared objectives:

- **Empowered to Empower:** Build confidence and strengthen your capacity to support volunteers in finding their own way, overcoming challenges and growing through their ESC experience.
- **Make Learning Visible:** Explore practical ways to guide volunteers' reflection, help them recognise their learning, and turn Youthpass into a meaningful process, not just a certificate.
- **Discover Your Mentoring Powers:** Reflect on your strengths, explore the Mentoring Competence Framework and identify your own paths for further development.
- **Navigate the Unexpected:** Develop practical strategies and tools to respond to diverse needs, challenging situations and the everyday surprises of mentoring.

## Participants profile:

This training course is for ESC mentors, whether you're just starting your mentoring journey or already have some experience under your belt. Ideally, you've already supported at least one or two volunteers and are eager to grow in your role.

We're looking for participants who:

- **Are curious about mentoring** and eager to explore new approaches and improve their practice.
- **Are open to reflection and exchange**, willing to share experiences, questions and learn from others.
- **Are ready to put learning into practice**, with opportunities to apply new tools and approaches in their mentoring work.
- **Are 18 or older** and able to communicate in English.

## Why join?

Because even the most experienced mentors don't have all the answers. Sometimes, all it takes is a fresh perspective, a new tool, or a good conversation with fellow mentors to rediscover what makes mentoring meaningful.

Come as you are, bring your questions and experiences, and let's explore together!

## Draft programme of the event:

| Arrival<br>23/2/2027 | Day 1<br>24/2/2027 | Day 2<br>25/2/2027 | Day 3<br>26/2/2027 | Day 4<br>27/2/2027 | Day 5<br>28/2/2027 | Departure<br>1/3/2027 |
|---|---|---|---|---|---|---|
| | *breakfast* | | | | | |
| Arrival Day | Connecting to the place and to each other | Mentoring and me + The players in ESC | Youthpass - Why and How? | Mentors' powers | Tool Fair | Departure Day |
| | *lunch* | | | | | |
| | Discovering the context | Mentor and mentoring + Dealing with learning | Migrant Tour in Barcelona + free exploration | Challenging times LSD | Personal Plan + Evaluation | |
| | Reflection | Reflection | | Reflection | | |
| | *dinner* | | | | | |
| Welcome Evening | Free evening | Evening Surprise | Free evening | Free evening | Tapas Night | |

## Logistical Information

The training will take place in Terrassa (a city near Barcelona). The participants are expected to stay in the Alberg Vallparadis and will be accommodated in shared rooms of maximum 4 people separated by gender. All the meals will be covered taking into consideration all the diet requirements.

## Travel information

We will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, economy class flights etc., within the provided limit, from place of residency to the venue of the activity and return, based on the rates of the "distance calculator" of the European Commission https://erasmus plus.ec.europa.eu/de/node/2626 and related regulations as follows:

- 10-99 km: 28,00 EUR / Green travel: 56,00 EUR
- 100-499 km: 211,00 EUR / Green travel: 285,00 EUR
- 500-1999 km: 309,00 EUR / Green travel: 417,00 EUR
- 2000-2999 km: 395,00 EUR / Green travel: 535,00 EUR
- 3000-3999 km: 580,00 EUR / Green travel: 785,00 EUR

## About VoluME

*Volu.M.E – Volunteering Management Enhanced* - is a series of international training courses designed to strengthen the people and organisations behind the quality of international volunteering experiences.

Born from over 10 years of cooperation and hands-on experience in European volunteering programmes, the series brings together mentors, youth workers, volunteer coordinators and other professionals to explore, exchange and improve their practices.

Through practical learning, peer exchange and international collaboration, Volu.M.E aims to build stronger competences, better volunteering experiences and a community of professionals who keep learning from and with each other.

Volu.M.E is an initiative of The Constellation, an informal European network of organisations committed to quality in youth work and volunteering.

## About The Constellation

"The Constellation" is a consortium of organisations collaborating to develop learning activities that enhance the quality of volunteer management. It is a living, informal network of professionals and organisations connected by trust, friendship, and a shared commitment to quality in European Youth Work.

We aim to inspire agency, participation, and long-term engagement in the European educational dimension and beyond.

The members of the constellation are EJBW (Weimar, Germany), La Vibria Intercultural (Terrassa, Spain), Politistiko Ergastiri Ayion Omoloyioton (Lefkosia, Cyprus), Pro Vobis - National Resource Center for Volunteering (Cluj-Napoca, Romania), Terzo Millennio (Lecce, Italy), Hors Pistes (Marseille, France), Team for Youth (Baia Mare, Romania), Cluj-Napoca Volunteering Center (Cluj-Napoca, Romania), Esplora (Itri, Italy).

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**Legal notice:**

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