



Empowering U 2 lead Uth

Training Course on empowerment and youth leadership

9th–17th April 2011 – Solothurn, Switzerland

Do you want to make a difference in young people's lives?

Are you ready for an inspiring discovery of your leadership capacity?

Would you like to understand better how you can empower young people?

Do you want to create new opportunities for yourself and for young people in their local community?

If your answer to these questions is *Yes*, then our “*Empowering U 2 lead Uth*” training course may be for you. This course will be facilitated by a team of international trainers. It is designed to empower participants to get to know more about their leadership qualities and discover how they may, in turn, empower other young people.

The overall aim of the training course is:

To develop the potential of participants to become aware of their leadership capacity, and to empower them to be effective leaders when working with young people in a non-formal environment.

The objectives of the training course are:

- To assist participants in the personal self-development of their leadership competencies
- To explore participants experience of leadership through using a range of creative methods.
- To enable participants to understand and trust their own ability to inspire young people
- To provide participants with good communication and group dynamics skills
- To explore the participants' organisational skills and explore how these can be used to support young people in becoming more involved in extra-curricular activities in their community
- To discover the value of the Youth In Action programme as a tool for the development of young people
- To identify the participants' strengths and explore how these can be used to motivate young people to become more involved in extra-curricular activities, participate more actively in their community and in the Youth In Action programme.

Methodology:

The course is based on the principles of non-formal education and will favour a holistic approach using participants' needs, motivations and experiences as the starting point of the programme.

Methods will include both individual and group work, indoors and outdoors using small and large group discussions, simulation games and role plays, workshops, individual reflection, presentations and lots more...

Intercultural learning, peer to peer learning, experience exchange will be the basis for the learning process.

Venue: Solothurn, Switzerland

To optimise the effectiveness of this training, the course will take place in two locations: the youth hostel in Solothurn and in a mountain hut nearby.

Who can apply?

- Youth workers, volunteers and youth leaders who are working directly with young people and are motivated to take the next step as an inspiring leader.
- Candidates should be actively involved in some local youth work as volunteers or as starting professionals.
- Priority will be given to applicants who are newcomers in the youth field or have only little experience as youth workers and/or youth leaders.

We aim to have participants from at least 6 European countries. We aim a maximum of 4 participants per country, preferably not more than two participants per association/youth group.

Costs: All meals, accommodation, programme and material costs will be included for the duration of the course. Participants should contact their national agency in relation to travel costs and participation fee.

Working Language: English

If you are interested in applying for this course, please complete the application form online before 1st March 2011: <http://www.salto-youth.net/find-a-training/1980.html>