EUROPEAN
PEER
TRAINING
ORGANISATION

24 - 30 August 2014
Wexford, Ireland



Cultivating capacities for quality peer training: Quality peer training for well-being

CALL FOR PARTICIPANTS

This activity is made possible by the generous support of the Council of Europe.

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A place to learn how to live a meaningful life, fully accessing one's own resources of knowing, doing, being, and living in harmony with one's self and the world around us.

A moment to reflect and engage young people in a systemic change towards a well-being for all.

A stimulating learning experience integrating the physical, emotional, mental and spiritual aspects of the human being.

The European Peer Training Organisation (EPTO) is pleased to invite peer trainers, as well as trainers and social workers from the youth sector, to explore further and acquire more skills in well-being, risk and lifestyle education to participate in the **Quality peer training for well-being** organised as part of the project **"Cultivating capacities for quality peer training"**.

OUR CONTEXT

In EPTO, we believe in the power of peer education as a tool to empower youth as actors in social transformation and to contribute to the creation of inclusive societies ensuring the well-being of all.

In the context of the promotion Campaign "Together We Learn-Together We Change" (www.peertraining.eu) promoting peer education and youth activism in Europe, we've started a formal discussion about increasing the impact of peer education.

Now, our aim is to improve the quality of peer training within and beyond the EPTO network. By reviewing EPTO's pedagogical programmes, updating materials, integrating new relevant approaches, extracting quality standards of delivery and testing out new seminar formats, we will cultivate capacities of EPTO's peer trainers and new potential trainees and partners, in order to foster and mainstream quality in peer education.

WHAT'S THE OBJECTIVE?

A 5-days pilot training aiming at fully integrating and mainstreaming a quality approach of well-being into a cohesive peer education program. The training will be based amongst others on the "Learning for well-being" (L4WB) framework and "Risk and Lifestyle"educational program. It will propose a process for learning to fully access one's own resources of knowing, doing and being as well as to tackle issues of health, risk, sexuality....

During and after the training, participants will cultivate capacities to encourage the exploration of one's inner processes and to better understand mental, physical, emotional and spiritual aspects as related to self, others, and the environment.

HOW WILL WE WORK?

The approach will be highly participatory and interactive, using non formal education methods. Some sessions may also include meditation, visualizations, indoor and outdoor collective sports sessions, build up trust in the group and safely experience issues related to risk-taking.

WHAT'S YOUR BENEFIT?

- Mainstream a quality-oriented strategy of fostering well-being through peer education;
- Acquire theoretical frameworks, facilitation tools, pedagogical methods and activities in the areas of well-being and risk education;
- Increase your awareness of your own inner process in a holistic way (mental, physical, emotional, spiritual aspects) and develop capacities to encourage others to explore theirs;
- Increase your awareness of perception and communication patterns as well as systemic processes;
- Learn how to expand your communication capacities.

PRACTICAL INFORMATION

When?
You are expected to arrive on August 24th before 6.00 pm and expected to leave on August 30th after 10.00 am. Event days will be from August 25th until 29th 2014.

Where?
Wexford, Ireland.

Language?
The working language will be English. However, considering the European spectrum amongst participants, other languages will be understood and translated if necessary.

CRITERIA FOR PARTICIPATION

The training targets young people and professionals working or wanting to work with peer education (in their) projects.

We are looking for 25 participants aged 18 – 30.

Eligible countries are: Belgium, Luxembourg, France, Netherlands, Germany, Slovenia, Hungary, Romania, Albania, Croatia, Iceland, Latvia, Lithuania, Poland, Turkey, Ukraine, Ireland, Estonia and Czech Republic.

If you are interested to participate, but you are not living or working in one of these countries, please contact us separately.

PARTICIPATION FEE AND EXPENSES

We require a participation fee of 150 ECO per participant. To calculate this fee, we use Ecorates, which is an alternative currency system designed by European Youth for Action to give people with different living standards equal access to events and subscriptions.

150 ECO is equivalent to:

Country	Participation fee in Euro	Participation fee in Euro with discount*
Belgium	150	120
Luxembourg	150	120
France	179	143
The Netherlands	164	131
Germany	150	120
Slovenia	121	97
Hungary	136	109
Romania	86	69
Albania	71	57
Croatia	136	109
Iceland	207	166
Latvia	114	91
Lithuania	114	91
Poland	121	97
Turkey	121	97
Ukraine	114	91
Estonia	121	97
Ireland	179	143
Czech Republic	136	109

*EPTO members receive a 20% discount on the participation fee. EPTO has recently introduced a membership structure to create ownership on both sides and provide its members with concrete benefits. For more information on the EPTO membership, go to www.epto.org.

These amounts are calculated assuming Belgium 150 ECO = €150, in reference to "Youth in Action guide 2013" - volunteer's allowance per month of voluntary service abroad.

TRAVEL COSTS

EPTO, thanks the support of the European Youth foundation of the Council of Europe will cover 60% of your travel costs, which will be reimbursed after the seminar. The remaining 40% will be on your costs.

Maximum travel costs per person:

Country	Maximum travel costs in Euro
Belgium	150
Luxembourg	250
France	150
The Netherlands	150
Germany	150
Slovenia	300
Hungary	200
Romania	300
Albania	420
Croatia	350
Iceland	350
Latvia	350
Lithuania	180
Poland	150
Turkey	500
Ukraine	550
Estonia	350
Ireland	50
Czech Republic	150

APPLICATION DEADLINE AND PROCESS

The deadline for application is on Friday, June 20th at 12:00 pm. Responses will be provided on Friday, June 27th the latest. After your acceptance we will ask you to transfer the participation fee upfront, in order to finalise your application. You will then receive an information package with the specifics for the event.

Please apply by filling in the online application form: http://bit.ly/forwellbeing

For any questions about the event or EPTO, please contact cathy@epto.org.