



Erasmus+



International Training Course

“GivePower ToEmpower”

14-21 September, Cyprus

"Give Power to Empower" is a motivational training course designed to empower youth workers in the specific reality of project based–youth work, from different countries. This training course enhances particular competences and provides practical tools and methods for a sustainable youth work and long lasting impact on young people.

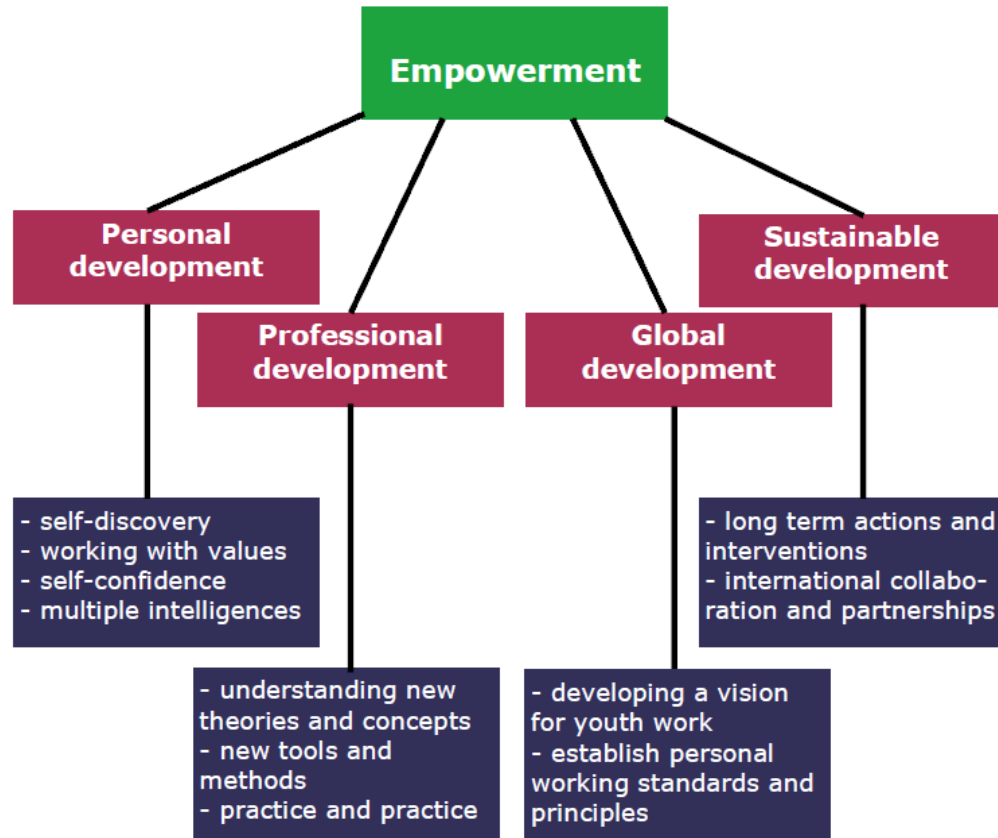
Why "Give Power To Empower"?

Youth work has become more and more important for personal and social development of young people. The interest for this concept is rising, there are more opportunities and the number of those who are experiencing non-formal education methods is growing. Even though there are many reasons to be satisfied, youth work is a big challenge and responsibility for all the actors that are involved in the phenomenon. Socio-economical factors have a great influence on the quality of youth work, but still, the youth worker is the main force responsible for the results and the learning of young people. But this is not an easy job. Before empowering others a youth worker has to be empowered and competent. This is the core reason why we have prepared this TC.

The TC is addressing four specific areas which should concern every youth worker:

- Personal development at individual level.

- Professional development and acquisition of specific competences for youth work field.
- Global development: youth worker's roles and long term vision.
- Sustainable development: long term interventions, partnerships development.



For whom?

- **For youth workers** (youth leaders, coaches, project coordinators, mentors) who want to develop new competences and gain new perspectives upon youth work.
- Participants should be at least 18 years old and should have a **good level of English**.
- Participants should be willing to use their competences after TC in their own realities, through youth work.
- Group size: 25 participants **from YOUTH IN ACTION PROGRAMME COUNTRIES**

Aim and objectives

The main aim of this training course is to empower youth workers in the specific reality of project based–youth work, so they will become multipliers of youth empowerment.

More specific objectives:

- To empower youth workers
- To understand and facilitate the empowerment process of others.
- To explore principles of non-formal education and experiential learning in order to make them more efficient and applicable in youth work.
- To explore new educational theories, tools and instruments which can lead to youth empowerment.
- To understand how nature and outdoor spaces can be used for youth empowerment.
- To support the creation of empowering and sustainable projects in the frame of next Youth program and other funding opportunities.

Training content and methodology

The TC consists of 6 full training days, which form a progressive learning process. Each day has specific dynamic and specific themes. The participants will have the chance to experience and explore different theoretical concepts, educational tools and methods connected with youth empowerment, which can be transferred and applied in different realities. The course is based on non-formal education principles and methods, thus the participants will play an active role in the learning process. Outdoor activities represent an important spot in our program, in order to experience and analyze the theories and concepts, from more perspectives and frames. After empowering the participants we will focus on creating empowering projects. The last days of the TC are dedicated to sharing good practices and creating common



projects which can be more sustainable and empowering. Self-directed learning is an important aspect of this training, so the participants will be challenged to take responsibility and initiative for their own learning and development.

Trainers team

The team is made out of 3 experienced trainers: **Bogdan Romanica** from Romania, **Eleni Michail** from Cyprus and **Ognian Gadoularov** from Bulgaria. The trainers have complementary competences and experiences, at local and international level. One important characteristic of them is that they are also experienced youth workers.

Practical information

Financial conditions/COSTS: This project is financed by the Erasmus + Youth in Action Programme. Being selected for this course all costs relevant to participation in the course will be covered by the NAs or SALTO involved in this project - except a participation fee which varies from call to call and country to country. Please contact your NA to learn more about the financial details, and how to arrange the booking of your travel tickets.

Organizer: This training course is organized by National Agency of Cyprus and co-organized by the Spanish National Agency

More information: Details on how to get to the venue will be offered only to the selected participants. Contact for questions: Stella Rousou, E-Mail: stella@youth.org.cy Phone: +357-22402641

Application procedure

Participants have to apply online via SALTO-YOUTH application system. Direct link to the application form is available at the following link:
<https://www.salto-youth.net/tools/european-training-calendar/training/give-power-to-empower.4318/>

(If you do not have a SALTO profile yet, you will have to create it first in order to be able to access the application form. Creation of the SALTO profile is free and will only take a few seconds.)

Before applying please contact the [NA of your residence country](#) to check if it is involved in this concrete project and committed to cover travel costs. NB! Learn about possible participation fee and other relevant rules.

Application deadline: 11 July 2014
Date of selection: 31 July 2014

Training program is presented on the next page

Thank you,

Trainers' team

Daily Programme: GIVE POWER TO EMPOWER, 14-21 September 2014

	Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
Subject/ Timetable	Arrival Day	Introduction & Teambuilding	Taste Empowerment	Empowering Yourself	Empowering Vision	New Perspectives	Youthpass & Evaluation	Departure Day
08.30 /09.30	Arrivals Dinner	Breakfast						Breakfast
09.30 /11.00		Official opening Aims/ Programme	My values are my behaviour	Multiple intelligences & Spiritual intelligence	Empowerment in Action	Creative tools for youth empowerment	Developing project ideas	Departures & Good-byes
11.00/11.30		Break						
11.30/13.00		Expectations Get to know each other	Values based youth work	Self-centred learning	Empowerment in Action	Youth worker plan for empowering interventions	Exploring Erasmus + and Youthpass	
13.00/14.30		Lunch						
14.30/16.00		Building the group	Socio-cognitive learning	Outdoor education for empowerment (tools and methods)	Exploring local realities	Sharing good practices for project based youth work	Commitment and Action Plan	
16.00/16.30		Break						
16.30/18.00		Questioning The Youth Worker	Self-efficacy Understanding empowerment	Benefits of outdoor activities	Exploring local realities	Developing project ideas	Learning outcomes Final evaluation and closing	
18.00/18.30		REFLECTION	REFLECTION	REFLECTION		REFLECTION		
19.30/21.00		Dinner	Dinner					
21.00	Get to know each other	Breaking stereotypes	Fun is Power Animation Empowers	Free evening	Evening in the town	Motivational evening	Good-bye party	