



## Train the trainers - It's up to me 2

**NaturKultur e.V. Germany** would like to invite you to apply for the Training Course "It's up to me 2" from Erasmus + Program Key Action 1 – Mobility of youth workers.

**Dates:** 5<sup>th</sup> of March– 13<sup>rd</sup> of March 2015.

**Partners:** Croatia, Czech Republic, Turkey, Macedonia, Greece, Estonia, Germany.

**Age of participants:** 18+ years old

**Group size per country:** (all individual applications required)

Croatia – 6

Estonia – 3

Macedonia – 4

Czech Republic – 6

Greece – 6

Germany – 5

Turkey - 6

**Target group:** Youth leaders, Presidents of NGOs, project managers, trainers, people who want to become trainers. Basically the project is targeting all people that are responsible (or will be in future) for transferring the knowledge within the organization.

There only one simple goal for this project and that one is: To create capable trainers on site:

- **Know-how** - To provide the participants with information on how some things are done, why some things are done in particular way, learn things by doing them.
- Improve participants **soft skills** such as public speaking, presentation skills, debating skills etc
- Provide **tools for delivery** of workshops – such as simulations, team building games, brainstorming, creating learning environment, creative environment etc
- Provide hard copy **materials** (guidebooks and written materials)
- Provide **coaching and mentoring** for participant. It is important to understand which things participants can improve and they realize this with our guidance.

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

**Application deadline:** 19<sup>th</sup> of December 2014

The applications are going to be posted on salto-youth and everyone is required to apply for this training. The partner organizations are supposed to promote the project within their organization, but also to other organizations. After the deadline, the selection will be done between trainers, organizers and the partner organization from the country.

**Selection Results:** 03<sup>rd</sup> of January 2015

The selected applicants will be informed by email latest by 27<sup>th</sup> of December 2014. There will be a waiting list created if there are more applicants from some countries for which they will be informed via email. All not selected participants are going to be informed by email.

**Confirmation from participants:** 10<sup>th</sup> of January

Each selected participant has to confirm their participation on the project latest by 10<sup>th</sup> of January 2015.

**Place:** Diepenau, Germany.

It's a small idyllic town in the north of Germany. We are going to be in an old traditional German house managed by old couple that is really friendly and typical Germans. We are going to be away from city or shops and bars because we want the participants to be focused on the training, on the cultural activities and to create good atmosphere among the group. There is beautiful nature, fresh air and landscapes in the surrounding.

The venue is going to be a group house where we will be alone, so the participants should expect simple accommodation.

The closest city is the city of Minden and the closest airport is the airport in Hannover. However, close airports that are nearby where cheap airlines fly to are: Ryan Air flies to Bremen and Dusseldorf, Wizzair flies to Dortmund, and many cheap airlines fly to Hamburg Lübeck.



## Time table:

Time	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30		Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Departure
10:00		Get to know each other	Preparation for workshops and audience	Public speaking Presentation skills	Listening skills	Non-verbal communication and body language	"Spices and visual aids" How to use movies, stories, facts and figures, quotations	Erasmus +, Youthpass info point and future projects.	
11:30	Rules and Security								
12:00	Expectation setting								
12:30									
13-15		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00	Arrival	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	
15:10		Why and which	Methods and tools	Self expression skills	Outdoor trip -free afternoon	Creative training - Problem solving games, Simulations, tasks, quests, outdoor activities	From learning to delivery	How to take the learning to a next step	Departure
16:00	Teambuildings and getting to know								
16:30									
17:00	Personal Goal setting	Reflection	Group discussions					Evaluation	
17:30								Closing Goodbye	
18:00		Discussion	Group leaders meeting	Individual Reflection		Group leaders meeting	Reflection and discussion		
18:30									
19:00	Dinner	Estonian Dinner	Macedonian Dinner	Czech Dinner	Turkish Dinner	Greek Dinner	Croatian Dinner	German Dinner	
20:00	Get to know evening	Estonian Evening	Macedonian Evening	Czech Evening	Turkish Evening	Greek Evening	Croatian Evening	German Evening	
20:30		Traffic light party	Chill out night	Quiz night	Beach party	Local party	Chill out party	Global Village	
21:00									

## Max. travel costs/per person:

Estonia - €275  
 Greece – €360  
 Germany - €180  
 Turkey - €360  
 Macedonia - €275  
 Czech Republic - €275  
 Croatia - €275

## VISA costs

Up to 80€ per person will be reimbursed for VISA application.

## Travel cost reimbursement and booking of tickets

100% of the travel costs are going to be reimbursed when the travels don't exceed the shown amount. Participants must book their travel plans one month before the training start. They are required to send print screen or quotation of the prices of travels to the organizers for approval. Travel cost will be reimbursed 7 days after receiving all travel documents from the participants.

**Costs:** Accommodation, food and all materials are for free. There is participation fee of 25€.

## Contacts:

When you need more information about the project please contact:  
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