

## International Training Course

# “Give Power To Empower”

**"Give Power to Empower"** is a motivational training course designed to empower youth workers in the specific reality of 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.

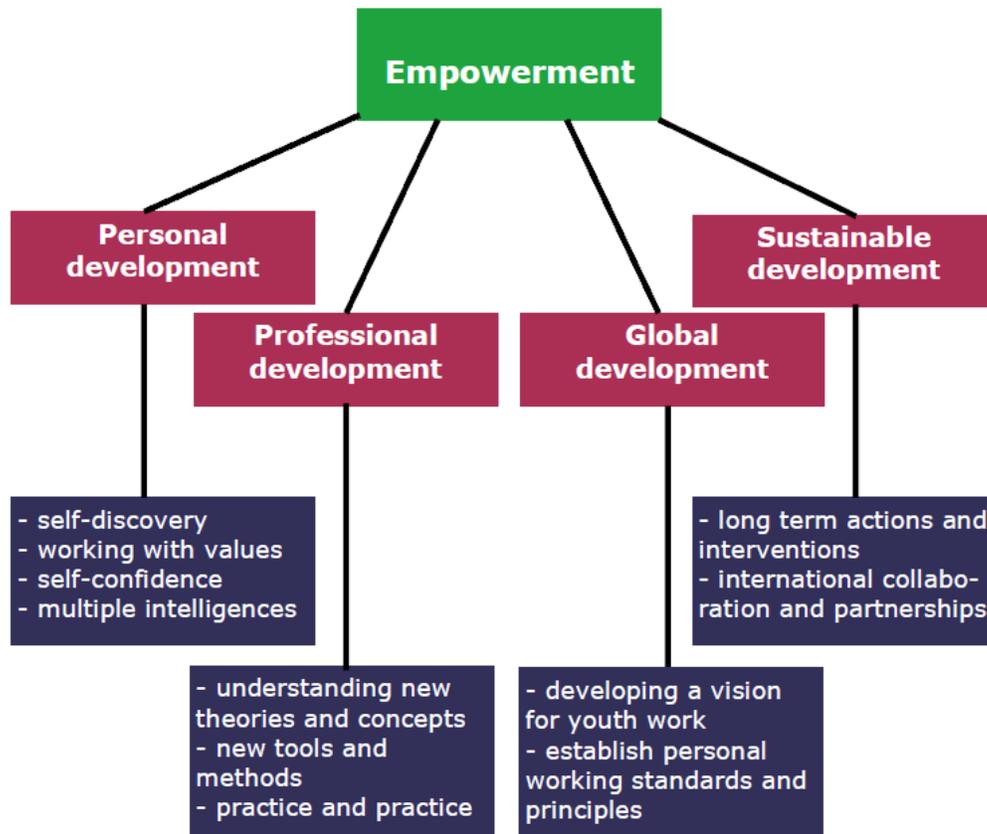
**But this is not an easy job.**

**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 and equip them with tools and competencies, 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 activities can be used for youth empowerment.
- To understand how to create sustainable projects with a long lasting impact.
- To support the creation of empowering and sustainable projects.

## 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.

**Program: GIVE POWER TO EMPOWER**

		<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>		
<b>Subject/ Timetable</b>	<b>Arrival Day</b>	<b>Introduction &amp; Teambuilding</b>	<b>Taste Empowerment</b>	<b>Empowering Yourself</b>	<b>Empowering Vision</b>	<b>New Perspectives</b>	<b>Youthpass &amp; Evaluation</b>	<b>Departure Day</b>	
08.30 /09.30	Arrivals & Welcome	Breakfast							Departures & Good-byes
09.30 /11.00		Official opening Aims/ Program	My values are my behavior	Multiple intelligences	Empowerment in Action	Sharing good practices Discussion corners	Developing project ideas		
11.00/11.30		Break							
11.30/13.00		Expectations Get to know each other	Values based youth work	Self-centered learning	Empowerment in Action	Creative tools for youth empowerment	Exploring Erasmus + and Youthpass		
13.00/15.00		Lunch							
15.00/16.30		Building the group	Socio-cognitive learning	Outdoor for empowerment	Free time	Youth worker plan for empowering interventions	Commitment and Action Plan		
16.30/17.00		Break							
17.00/18.30		Concept of Empowerment	Self-efficacy -	Benefits of outdoor activities	Free time	Developing project ideas	Learning outcomes Final evaluation and closing		
18.30/19.00		REFLECTION	REFLECTION	REFLECTION				REFLECTION	
19.30/21.00		Dinner							
21.00	Welcome evening	Organizational presentations	Intercultural party	Animation Empowers	Free evening	Motivational evening	Good-bye party		