**CALL FOR PARTICIPANTS**

Training course For Key Action 1 – Learning Mobility of Individuals:

by all partner organisations for mobility actions in the youth field

***“IDENTIFY (WITH) YOUR WELL-BEING”*A training course for youth workers to explore their well-being and sexual identity**

Killarney, Ireland, 9-15 October 2016

Hello everybody,

In 2016 Dundalk Outcomers from Dundalk, Ireland, will organize a training course on *“Identify (with) your well‐being - training course for youth workers to explore their well‐being and sexual identity.”* Trainers will be Sandra Gojic from Dundalk Outcomers (Ireland) and Dominique Verschuren from Connected Elephant (Belgium). Training course will take place in Killarney, Ireland, between 9th and 15th of October 2016 and will involve 25 participants.

**Background and theme of the training course**

For most of us there is a gap between the life we are leading and who we really are. We are living in a world based on who we ‘should be’ and what we ‘should do’, and therefore we are losing connection to our true identity and our unique potential. This is damaging our well-being. We believe that gaining a deeper understanding of ‘who we are’ is an empowering process which can lead to positive life changes. Empowering young people through this process could, for instance, lead to increased participation in society, or in democratic life, or to increased employability. We believe that each individual is unique and by embracing this diversity, we can enrich ourselves and indeed society.

Within the context of this diversity we take into consideration one’s sexual and gender identity and societal norms that define and set up the limits of acceptable behaviour and ways of being and expressing. Sexual and gender identity is a complex issue, influenced by culture and the social environment in which people live. It is often seen as something that should not be discussed openly and it still provokes a lot of controversy and shame.

In order to live a wholesome and more meaningful life, we need to understand social, cultural and personal aspects that influence our identity, challenge the norms, and take actions which lead to a more congruent life. We can learn how to create a space for living a more authentic life, by fully accessing our own resources of doing, being and living. In this way we are also more capable of sharing our gifts with our environment. We encourage the

interaction with the outside world. Well-being depends not only on the inner truth, but also on the interaction from outside. Only in this interaction with your environment – you give, receive and accept - you can empower yourself fully as you really are. In this training course we want to emphasis on this process by mingling participants with different gender background. Moreover we focus on the interaction with the outside world during the TC and anticipating on the learning process after the journey with impulses which leads to positive change in the world of the participants. Changing the world not by dictating or forcing things, but by positive impulses.

**Overall aim**

The aim of this training course is to enable participants to cultivate capacities in their own environments that encourage and empower young people to discover, understand and express their authentic self and inner diversity. We will do this by bringing participants themselves on an active journey of self-discovery. We invite participants who are open to experiencing this personal journey and who are in a position to apply their learning to their work with young people after the training course.

**Objectives**

* To increase awareness of our own inner processes and capacities in a holistic way (mental, physical, emotional, spiritual aspects) and explore how they are contributing to our well-being.
* To understand social, cultural and environmental aspects that influence our sexual and gender identity.
* To provide space for participants to understand and overcome blockages related to expressing our inner self.
* To stimulate the curiosity, vulnerability, confidence and resilience of the participants.
* To support participants in developing capacities that are transferable to their own environment.
* To cultivate growth mindset and lifelong learning attitude and approach when supporting young people.
* To provide space for sharing and exchanging good practices around sexual and gender identity and well-being.
* To learn more about the Erasmus+ program and its actions, and Youth Pass as a tool of recognition of the key competences

**The approach and methodology**

This training course will be based on non-formal and informal education with a self-directed learning approach. That means that the participants are responsible for their own learning and the facilitators provide activities and guide the participants through their own learning process. The training course will be characterised by highly participatory, interactive and experiential methods. The working methods will include case studies, working in pairs and

small groups, visualizations, sensory awareness activities, contemplations, team building activities, role plays, discussions, and self-assessment. Some sessions will be completed by theoretical inputs and all of them will be followed by group reflection or self-reflection.

**Target group**

Youth workers, project leaders, mental health professionals, individuals and organisations who are already working in the area of sexuality and/or want to learn more about good practices around sexual and gender identity and topic of well-being. We are looking for participants who are willing to go on an intensive journey about their identity. The participants will also have a multiplayer role, in other words: they will adapt what they learn in this training course to the context of working wth young people.

Because of the nature of the topic and the importance of the flow, trainers would like to bring **your attention** to the fact that: ***“Identify (with) your well-being”*** is **NOT** a youth exchange, but is meant as a serious and intrinsic learning process with a designed flow. This journey stands and falls with the motivation and active contribution of the participants. ***“Identify (with) your well-being”*** is a serious TC for motivated participants who are willing to look into themselves and reflect on their professional and private life during an intensive and unforgettable journey.

We want to emphasize that we are looking for serious participants who are eager to learn, who are coming to the venue only for the training course learning process and who are ready to reflect, share experience and participate in all activities. We encourage our partner organizations to be critical in making selection of your participants.

The group experience is essential. This project can only be successful if every participant and the trainers accept and live up to the responsibility of doing it all together and with full attention and motivation during the whole training flow. We recommend you to send participants from the **minimum age of 23 years old**. By experience we are convinced that this TC will reach a deeper impact on participants with more life experiences. There’s no limit of maximum age.

We thank you very much for respecting these pre-conditions! ☺

**The partner organizations…**

* … want to invest in a better and more clear dissemination of information about personal topics to young people.
* …will select the participants for this training course, support the participants with booking travel and other practical issues.
* …will disseminate the gained knowledge in their local communities.

**TC Language**

English

**Organizers**

Dundalk Outcomers from Dundalk, Ireland

**Financial conditions**

The food and accommodation will be provided and paid by the organizers. Visa costs will be covered for participants coming from Russian Federation (up to €90).

**Participation fee**

There will be participation fee of **70 euros**. This amount will be deducted from the travel expenses during the transfer of the reimbursement.

**Travel costs**

Travels costs will be covered according to the rules of European Commission and reimbursed by bank transfer after the course. The participants will have to **pre-finance** their transport arrangements. Therefore they must collect and keep all original tickets, bills, invoices in order to be reimbursed at the end. Without these documents, Dundalk Outcomers **will not** be able to reimburse the travel expenses.

**Reimbursement**

Travel costs can be reimbursed maximum up to the following amounts:

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| --- | --- |
| Russian Federation | 460 € |
| Bulgaria | 290 € |
| Slovakia | 205 € |
| Portugal | 205 € |
| Czech Republic | 205 € |
| Romania | 205 € |
| Italy | 205 € |
| Ireland | 110 € |

**How to apply?**

Each participant individually has to fill the application form enclosed with this call and email it to [gojic.sandra@gmail.com](mailto:gojic.sandra@gmail.com) . Deadline for applications is **Thursday 22nd of September 2016, 23:59 CET.**

After we received the registration forms and confirmed your participation, we will send a more detailed info-pack to the participants.

If you have any questions don't hesitate to contact us!

We are looking forward to meet you on our amazing learning journey!

Sandra and Dominique – the trainers team

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