



ResponseAbility – 2nd edition

A training course for youth workers about finding a response to the global challenges of the 21st century

6. – 12. November 2016

Antwerp, Belgium - FL



Erasmus+

ResponseAbility

Info Package for Participants

Be a change maker: developing responseAbility for positive change – 2nd edition

**A training course (TC) for youth workers about finding a response to the global challenges
of the 21st century**

Dear participants,

We are happy to send you this info package.

This package covers all you need to know before coming to Antwerp – please make sure to read every line in this document very carefully! If you have any questions or concerns do not hesitate to get in touch with us.

We are really excited to have you on board 😊

Your TC coordinators & trainers

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About the Training course

Trainer Team



Lukas Figge (German, living in Maastricht, the Netherlands) is a passionate pilgrim, who walked three times the Camino to Santiago de Compostela. On those pilgrimages he experienced how self-exploration and introspection can be used for personal transformation and positive change. He is currently finishing a PhD on the [sustainability of globalization](#) at [Maastricht University](#). For [rootAbility](#), Lukas has prepared and delivered various trainings and workshops on sustainability, volunteer engagement, communication and workshop facilitation.

Dominique Verschuren (Dutch, living in Paris, France) is a professional trainer and works with [Connected Elephant](#) (CE). His expertise is Inner leadership and non-formal learning. Dominique believes that awareness and a practical understanding of our one's identity serves all of our relationships, learning experiences and talent development. He delivers high quality trainings using innovative activities and coaching methods trainings, building real commitment with the participants, giving attention to ambiguity. Topics: vulnerability and confidence, powerless feelings and resilience, transition and accountability, timing, curiosity and creativity. He offers quality services to associations, municipalities, schools and companies.



Background and theme of the project

The post-modern world offers all kinds of opportunities but at the same time humanity is facing unprecedented trans-dimensional sustainability challenges. Accelerating and interconnected global changes in the environment, technology, demography and economy threaten our very way of life: Rising sea levels, refugee crises, unstable economies, failed states, biodiversity loss, increasing income inequality. Solutions cannot be solved by the mindsets and skills that created them in the first place. They demand a new set of skills and competencies that are necessary to respond and create transformative change processes.

More than ever before it's necessary that the current generation of young people (or youth: between 15 and 25 years of age) is able to improve the society of tomorrow. The greatest contribution they can make is to find and develop their own individual response based on their passions, talents and potential. A pre-condition for this is to re-connect to our concerns about the world, and the emotions and feelings that arise when we do so. Change Makers need to ground their actions in acceptance, gratitude, hope and compassion in order to develop responses that are powerful, appropriate and resourceful.

Overall aim

With this training course we create a space for building responseAbility through reflection on our concerns and passions as well as becoming more conscious of our personal learning process. We believe that gaining a deeper understanding of who we are and what we can do for others is an empowering process which can lead to positive changes for the future of society. Moreover it is necessary that youth workers know how they can support young people in facing their own challenges and thereby continue to grow as a person. After the training, participants will be able to lead young people in their organisations and communities through a personal learning journey to craft and find powerful and meaningful responses to the sustainability challenges of the 21st century.

Objectives

- to explore the concepts of responseAbility, positive change and inner leadership
- to explore acceptance, gratitude and compassion in order to develop our responses
- to raise awareness of our identity through reflecting on our challenges, concerns, passions and visions
- to nurture mindfulness – the ability to be in the present moment and to connect to the miracle of life anytime and anyplace
- to encourage a learning mindset which realizes that everything is possible
- to stimulate the confidence, vulnerability and resilience of the participants
- to encourage and serve the participants in planning their learning process also after the training course and also implement with their target groups
- to learn more about the Erasmus+ program and its actions, and Youth Pass as a tool of recognition of the key competences

Approach of and mindset for the course

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 the process. The training course will be highly participatory, interactive and experiential. The working methods will include case studies, working in pairs and small groups, meditations, contemplations, team building activities, role plays, discussions, and self-assessment. Some sessions will be complemented by theoretical inputs and all of them will be followed by reflection (in the group or individually).



Participants are...

Youth workers, project leaders and educators involved in youth work. The participants will have a multiplier role, in other words: they will adapt what they learn in this training course to the context of working with young people. In their future projects and daily work they can incorporate tools, methods and theory which they have learned during this TC. They can also use their personal learning and development in their daily work with their own target groups.

We expect from participants at all times to the best of their abilities to...

- ... be fully committed to the process - to reflect, share, experience and participate in all activities
- ... keep a clear mind, that is neither intoxicated nor distracted
- ... have taken care of important personal and professional matters beforehand, so that those do not intervene with the TC
- ... be on time for all of the deadlines, sessions and appointments
- ... challenge themselves to step out of their comfort zones
- ... be willing to look into themselves and reflect on their professional and private life
- ... join us on an intensive and unforgettable journey



Timetable

| | Day 1 Sunday 6 November | Day 2 Monday 7 November | Day 3 Tuesday 8 November | Day 4 Wednesday 9 November | Day 5 Thursday 10 November | Day 6 Friday 11 November | Day 7 Saturday 12 November |
|---------------|---|--|--|----------------------------------|--|--|----------------------------------|
| Theme of day | Arrival & Welcome | Get to know each other & My identity | My inner world | Ambiguity | Inconvenient feelings | Me back in the world | Departure |
| 7.00–8.00 | | Mindfulness/Meditation | Mindfulness/Meditation | Mindfulness/Meditation | Mindfulness/Meditation | Mindfulness/Meditation | |
| 7.30-9.00 | Travel Arrival of participants Room allocation 18.00 Welcoming | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 9.00-9.30 | | Introduction and framing | Reflection in pairs Vulnerability I | Reflection in pairs Gratitude | Reflection in pairs Inconvenient feelings | Reflection in pairs Erasmus+ & Youthpass Networking | Departure & Travel back home |
| 9.30-11.00 | | | | | | | |
| 11.00-11.30 | | break | break | break | break | break | |
| 11.30-12.45 | | Team building Sustainability and me | Vulnerability II | Compassion | How to deal with ambiguity? | Transition | |
| 12.45-14.30 | | Lunch Break | Lunch Break | Lunch Break | Lunch Break | Lunch Break | |
| 15.00 - 16.30 | | Learning Mindset | Free time | Passion | Sharing Methods | Accountability | |
| 16.30-17.00 | | break | break | break | break | break | |
| 17.00-18.30 | | River of life | Free time | Vision & Action | Sharing Methods | Evaluation Closing session | |
| 18.30-19.30 | | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 20.00-22.00 | Welcome evening | Game evening | Intercultural evening | Movie evening: Planetary | Free evening | Farewell party | |

Content preparations



Sustainability and positive change

There are many global challenges in the 21st century – it is important to note that this course is NOT primarily about those, but rather about how participants relate and respond to those – consciously and un-consciously. While the challenges are all interconnected in some way or another, different people will emphasize different issues (e.g. climate change, inequality, poverty, migration, military conflict, to name just a few). We do not expect expert knowledge on all or even one of those issues, what is much more important is that participants have at least some basic awareness and knowledge of (some of) those global challenges – ideally those that they are most passionate and concerned about. It is even better if those have a direct link to the local conditions of your organizations, projects and youth.

We assembled some content material in terms of movies, videos and books.

Watch (some of) the following documentaries on sustainability – of course there are many more, but this is a good list to start with (click on linked titles – some are freely available – you can find others on Netflix):

Movies on the challenges:

- [Home](#)
- [Cowspiracy](#)

Movies on positive change

- [Disruption](#)
- [The Shift](#)
- [Crossroads](#)
- [How to change the world](#)
- You can find more here: [The Top 100 Documentaries we can use to change the world](#)



Two lists of suggested TED talks on ecological sustainability:

- http://www.ted.com/playlists/151/earth_appreciated
- <http://blog.ted.com/12-talks-to-watch-this-earth-day/>

Suggested books – if you have more time and like to read:

- [The more beautiful world our hearts know is possible](#) by Charles Eisenstein
- [Active Hope](#) by Joanna Macy and Christ Johnstone

Meditation & Yoga

Please note that the meditations / yoga sessions in the morning are optional, yet highly recommended. This part of the TC is a little bit more open and strongly depends on the demands and inputs from participants. Please note that guided meditations will be part of the methodology and prior experience is highly recommended. If you have no prior experience or want to dive deeper into this we recommend you to read up on it and do at least 5 guided meditations in the 2-3 weeks before the TC

Material:

- Introductory
 - Read: [How to meditate: 10 important tips](#)
 - Video: [All it takes is 10 mindful minutes](#)
- Many guided meditations can be found [here](#) – we suggest the following:
 - 20 min body scan
 - 15 min loving kindness
 - 15 min mountain meditation
 - 20 min seated meditation
 - See which one works best for you 😊



Things to bring

Sharing Methods

Those sessions are open for the participants to share methods, which are relevant for the topics covered in the TC. You can share your ideas already before – see communication section below, but it is also sufficient to let us know during the TC.

Inter-cultural evening

There will be an **intercultural evening**, organised by you.

- You are invited to bring food or drinks from your country. Not too expensive, just something typical and which would allow you to give us an idea of your culture. Bring also some traditional games, songs, stories, everything you want to share! We don't have access to a kitchen, so we can't prepare any food! Keep that into consideration.
- There's also time to present **shortly (MAXIMUM 5 minutes!)** your country and organisation. Try to explain one core thing. If people are interested they will find you and you can explore more afterwards. If you don't want to present, that's perfectly fine! We don't want to make this an obligation, but a relaxing evening for all of us! :-)
- You can bring general information about your organization (leaflets, brochures, etc). There will be a corner in the working room where you can leave them for everybody to have a look.

Game evening

Bring a passion object that tells something about you and/or your cultural background – this can be...

- ... related to your national, regional, local context
- a rather personal or a more general item
- ... funny or very serious
- ...about something you really love, but also something that you dislike, but is still considered typical for your cultural context
- just be creative!

Practical & Travel information

Venue

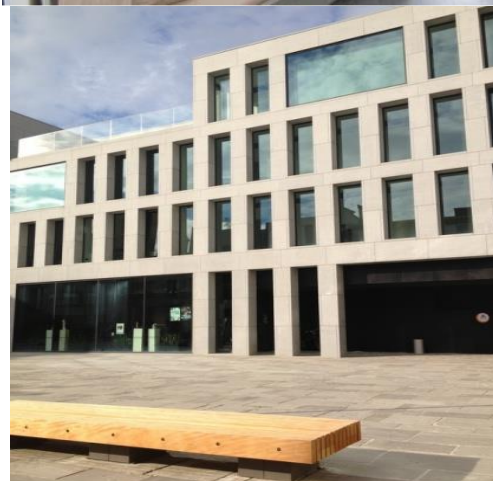
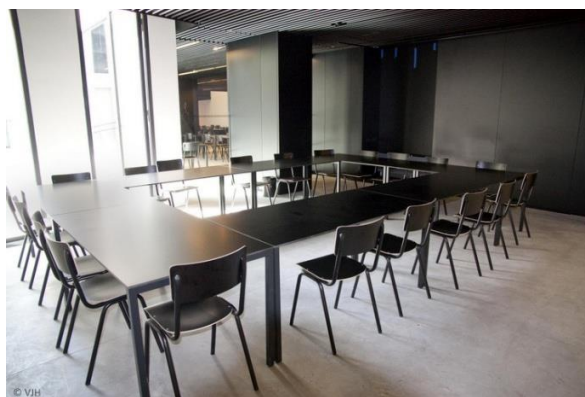
The TC takes place at youth hostel '[Pulcinella](http://www.jeugdherbergen.be/en/overview-antwerpen)', Bogaardeplein 1, 2000 Antwerpen, Belgium.

T: +32(0)3 234 03 14 / F: +32 (0)3 234 10 67 / antwerpen@vjh.be

For more information, visit: <http://www.jeugdherbergen.be/en/overview-antwerpen>

Meals: Breakfast, lunch, coffee and dinner will be served in the restaurant building. If you have not informed us of special diets and allergies in the registration form, please do it a.s.a.p! The kitchen staff prepares special food only for those who has ordered it in advance.

IMPORTANT!!!! Bed linen is provided by the hostel, but you will have to bring your own **towels and toiletries** (soap, shampoo, toothpaste, etc). The hostel can provide you with towels, with an extra charge of 1.5 euros per day per towel.



When & how to get there

Participants are responsible for booking their own travel – it's up to the partner organizations to support them in the process.

Please make sure to book your travel so that you **arrive at the venue before 18h00** on Sunday 6 November and **depart after 9h00** on Saturday 12 November. We request you to pay attention to this because of the group experience. So we can start on Sunday at 18h30 all **together**. Thank you for respecting this request. ☺

For a good overview of options on how to get anywhere see Rome2Rio.com

To Antwerp

Getting to Antwerp By Plane:

Arrival at Zaventem "Brussels National airport" From there, every hour (and on the hour) there is an "airport-bus" to Antwerp Central Station and back. Cost: 10 euro.

You can also take a **train** from Brussels Airport (Level -1) to Antwerp Central Station. Price max: 11,20 euro. <http://www.belgianrail.be/jp/sncb-nmbs-routeplanner/query.exe/en>

Arrival at Charleroi Airport (Brussels South) If you fly to Charleroi Airport, you have to take an airport-bus to Brussels train station and from there a train to Antwerp Central Station.

Arrival at Eindhoven Airport (Netherlands) You can take the bus from Eindhoven to Antwerp. Less regularly, but still a couple of times each day. It takes 1,5 hours. Please notice that bus doesn't stop at Central station, but close to Berchem Station. You can take from there a bus or train to central station. Find here more info: <http://www.airexpressbus.com/>

Make sure to carbon offset your flight using Atmosfair

By Train:

You can take the Eurostar or Thalys, directly to Antwerp Central Station (1.8 km from the hostel)

In Antwerp

Getting from Antwerp Central Station to hostel by tram:

- Take tram number **9** or **15** towards "Linkeroever" or "Zwijndrecht".
- Get off at "**Groenplaats**".
- Walk into the "Nationalestraat" and turn the 5th street left "Sint-Antoniusstraat" till the "Bogaardeplein" where the hostel is (see map):

<https://maps.google.com/maps?saddr=Nationalestraat&daddr=Bogaardestraat&hl=en&ll=51.217187,4.400035&spn=0.004536,0.011362&sll=51.216468,4.40091&sspn=0.002268,0.005681&geocode=FdeIDQMdjCdDAA%3BFWp9DQMdGiVDAA&dirflg=w&mra=ltm&t=m&z=17>

By bus: (From Antwerp Central Station to hostel)

Take bus **nr. 17** (direction UZA - Central Station - Rijnkaai) from Central Station to "**Rijnkaai**" and then - **nr. 9** (direction Rijnkaai - Fruithoflaan) to "Oudaan" and walk about 400 meters to the "**Bogaardestraat**"

Practical Details

- Participants will be accommodated in shared rooms.
- There is a wireless internet connection available at the venue
- The weather in November is around 5 - 10°C. Don't forget your umbrella, as there might be rain. You can follow the weather forecast here: <http://weather-finder.com/Belgium/Antwerp/>
- The currency is Euro. If you need to change money: Please use the Airport Exchange Office.
- **Insurance:** Insurance is each participants responsibility. We strongly suggest you to have a travel insurance and the European Health Card.
- **Working language** Working language of this training course is English. Don't be afraid, your English doesn't need to be perfect, neither is ours! It should be good enough to actively participate, that is enough!
- **Contact details in case of emergency** If you are ever in any trouble, you can call: +33/611331567

Financial conditions

The **food and accommodation** will be completely provided and paid by the organizers.

Travel costs: for the travel costs there will be a participation fee of 70 euros.

Reimbursement

Travels costs will be counted by distance calculator provided by European Commission and reimbursed by bank transfer after the course. The reimbursement is determined by the Erasmus+-guide. That means that the participants will be maximum reimbursed for the following amounts.

We reimburse any travel cost minus 70 euro: with a maximum reimbursement of 205 euro (UK: maximum 110 euro), the Belgian participants pay 70 euro.

| | |
|----------------|---------------------|
| Belgium | 0 euro |
| Czech Republic | 275 – 70 = 205 euro |
| Germany | 275 – 70 = 205 euro |
| Italy | 275 – 70 = 205 euro |
| Poland | 275 – 70 = 205 euro |
| Romania | 275 – 70 = 205 euro |
| Spain | 275 – 70 = 205 euro |
| Moldova | 275 – 70 = 205 euro |
| UK | 180 – 70 = 110 euro |

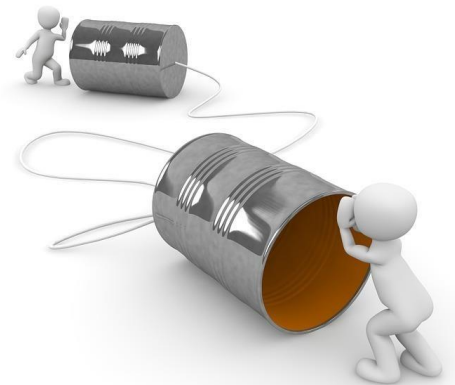
The maximum amount of reimbursement they can get is 100% from the accepted travel costs according to the sums written above. For example: for the Italian organization the sum for travel costs per person is 205 Euro. If the participants have a total travel cost of 300 Euro per person, the participants will be reimbursed with 205 Euro. If the participants have travel cost of 200 Euro, the participants will be reimbursed 200 Euro.

1. The reimbursement will definitely go faster if you mail us the **invoice of your ticket as soon you have booked your flight**: deadline is: **1st of October**.
2. The participants have to show the receipts for the travel costs to the organizers. The reimbursed will be made through bank transfer after the training course after Connected Elephant have received *all* the travel tickets.

Communication & Coordination

Please follow these principles

- Contact us anytime if you have any questions, concerns or feedback
- Communicate any changes that are relevant for the running of the TC as soon as possible to your organization and the TC coordinator(s) – this concerns
 - Your (non-)participation in the course
 - All travel related issues, including costs and the exact itinerary
 - Your contact details
 - Anything else we need to know for a smooth functioning of the TC – all information will be treated confidentially
- Choose the way of communication that is most suitable
- Always respond within a suitable time-frame
- If you do not get a respond within a suitable timeframe call the respective person
- If you cannot reach the primary coordinator make sure to reach the secondary one



Social Media

- (Request to) join the Facebook group to connect with other participants already beforehand
<https://www.facebook.com/groups/1155272404565402/>
- There you can introduce yourself and your organization with a few and precise sentences to the participants and trainers
- Feel also free to share material that you think is relevant for the TC

