

••• CALL FOR PARTICIPANTS •••

colours of empowerment

an international training course on how to design, facilitate and evaluate meaningful educational activities in inclusive youth work

Iceland • September 13th - 22nd of 2018 • ERASMUS+ KA1

Dear youth workers, inclusion workers and educators,

the Icelandic peer-run organization “**Hugarafi**” is happy to invite you to apply for participation in our upcoming training course “**Colours of Empowerment**” - an **8-day-lasting international training course on how to design, facilitate and evaluate meaningful educational activities in inclusive youth work**. The training course is targeted at **youth workers, inclusion workers, educators and facilitators**, and will take place from **September 13th – 22nd of 2018 in a sport resort near Reykjavik, Iceland**. Funding is provided by the **Icelandic National Agency for ERASMUS+**: Youth in Action, Key Action 1, Mobility of Youth Workers.

Please read carefully all indications given in this call, especially the eligible countries, conditions of participation and the requested profile of participants, and if you feel you would like to join us **submit your application at**:

https://docs.google.com/forms/d/e/1FAIpQLSems33qke90hs7zKOGncDo5jvvznQ378sud1fSV_hreH3c2lw/viewform

The deadline for receiving your applications is July 24th. Please note that in each eligible country, we have an official partner organization who will be informed about your applications and who also have a say in the selection process of participants (see list below). **You will be informed about the selection results after August 1st**.

••• context and about us

“Hugarafi”, an Icelandic term which translates in english into “Mindpower”, is a **recovery centre for people who have experienced mental health challenges** and who are now working hard on improving their situation, in a spirit of **empowerment and self-determination**. In Mindpower, professionals are working side by side with experts by experience on equal bases and by peer to peer support. The main idea is to avoid the usual victimization and disempowerment of people with mental health issues, by instead truly empowering them for self-determination and equal participation. In Mindpower we have a **strong youth chapter called “Youngminds”**, who has in the past years also developed international activities, often with the support of ERASMUS+.

••• eligible countries

PARTNER ORGANISATION	COUNTRY	PLACES
MTÜ Noored Ühiskonna Heaks	Estonia	2
Hugarafi	Iceland	5
Libra società cooperativa sociale	Italy	2
Youth association Info front - Prilep	Macedonia	2
Active youth	Malta	2
Stowarzyszenie na Rzecz Wsparcia i Rozwoju PROGRES	Poland	2
Gabinete da Juventude CMM	Portugal	2
Asociația Minte Forte	Romania	2
Socialna Akademija	Slovenia	2
Associació Cultural Tabalà	Spain	2
Gaziantep Training and Youth Association	Turkey	3

••• aim and programme elements

We aim at empowering and **building up the competences of educational practitioners to design, facilitate and evaluate meaningful educational activities in inclusive youth work**, especially with and for marginalized youth:

- **exclusion, inclusion, participation:** what groups and individuals are we talking about? What do we want to reach with & for them, and how?
- **learning and non-formal education:** approaches, conditions, models, factors, processes
- **meeting the needs of inclusion groups:** matching of target group ↔ needs ↔ objectives ↔ methodology, how to ensure impact & relevance
- **practical tools and methods** for the design, facilitation & assessment of educational activities
- **creation & testing of own educational modules** with/in front of group
- practice in **feedback, empathy, coaching & communication skills**
- **hot issues, common challenges and best practices** in educational inclusive youth work
- **role(s), context, ethics & competences** of youth workers and inclusion workers in an educational context
- **self-assessment, coaching & professional development plan**
- **partnership-building and the development of follow-up activities**

••• the venue

We will be accommodated in a **lodge in the ski resort Bláfjöll, approximately 30 km away from Reykjavik**. We will have basic seminar infrastructure there, even internet, but keep in mind that it is a skiing lodge, so the **conditions are rather basic (big shared sleeping rooms, shared bathrooms, community kitchen)**. We are totally isolated there, no shops whatsoever are available, but **amazing landscape is surrounding us**. The lodge will be rented only by us so we can really make it our own during our stay there.

•●• profile of participants

For participation in the this training course we are targeting **youth workers, inclusion workers, educators and people actively involved in inclusive youth work**. **The most important criteria is that participants be in an educational position** (eg facilitators, work camp leaders, trainers, group leaders, coaches etc). Participants must be aged 18+ and be residents in the country of the nominating partner organisation. Participants should be **fluent in english**, and be willing and **committed to work hard** (about 9 hours per day at least). Participants should furthermore commit to **carry out agreed preparatory tasks** and be willing to **follow-up on the training course** via active youth work, ideally in co-operation with their sending/partner organisation.

We would once more like to underline that participants should be prepared to share rooms with bunk beds with several persons, and to have a **very intensive group and working experience in a beautiful yet basic and rustic setting on the Icelandic countryside**. The programme will be very intensive and **there will hardly be any free time**. Should you wish to do some **tourism, relax, travel around etc**, **be advised that this is NOT part of the programme**, and can only be done on your private costs if you arrive earlier or stay longer after the training course.

•●• impact, dissemination and follow-up

The participants and the partner organisations are expected to ...

- **disseminate and promote** the project and its outcomes,
- **transfer the competences** developed at this training course to further youth workers, inclusion workers and educators, and
- **ensure the wider impact of this project by implementing concrete follow-up activities** and providing opportunities with and for young people in their regions and countries.

Ideally, a special focus should be put on reaching marginalized youth and avoiding radicalization. In any case, it will be necessary to **provide proof of the implemented dissemination, transfer and follow-up activities**.

•●• pedagogic approach

The training course will be based on the **specific needs of the participants and partner organisations**, and will be **highly participatory**. Diversity, e.g. in the group of participants, will be considered as a resource for the exchange and transfer of competences, as well as special attention is paid to the intercultural dimension of the project. There will only be few frontal lectures, the main part of the training course will be delivered in the form of **practical sessions implemented by the participants in a learning-by-doing fashion**, using the full toolbox of **non-formal education and experiential learning**. The trainers will take care of creating a **supportive and safe learning environment**, where participants are encouraged and coached while mastering challenges that contribute to their **personal, professional and organisational development**. The learning takes place both on individual level as well as in **synergetic group processes**. Special attention is paid to making the **learning points of the training course relevant, sustainable and transferable**, eg by producing exhaustive documentation and by providing templates for tailor-made development and action plans. The training course will furthermore be **embedded in a blended online learning and resource environment**.

••• conditions of participation

The training course is taking place from **September 13th to 22nd of 2018 in Bláfjöll, Iceland**. The activity is financed by the Icelandic National Agency for **ERASMUS+**, “Youth in Action”, Key Action 1, Mobility of Youth Workers. Board, lodging, local transports and all course materials are covered for a **participation fee of EUR 50**. You are in charge of **arranging your own insurance for your travel and stay in Iceland**.

TRAVEL COSTS: following the rules of ERASMUS+, the costs of your international travel are covered up to the following total amounts (if you prove that your travel falls into the corresponding distance band). Costs exceeding the indicated amounts have to be borne by yourself. Here is an overview of travel grant per distance band: https://ec.europa.eu/programmes/erasmus-plus/programme-guide/part-b/three-key-actions/key-action-1/mobility-project-for-young-people-and-youth-workers_en

These are the travel grants approved by the Icelandic National Agency based on the submitted funding application:

PARTNER ORGANISATION	COUNTRY	TRAVEL GRANT (per person)
MTÜ Noored Ühiskonna Heaks	Estonia	EUR 360 (km 2000 – 2999)
Hugarafll	Iceland	N/A
Libra società cooperativa sociale	Italy	EUR 530 (km 3000 – 3999)
Youth association Info front – Prilep	Macedonia	EUR 530 (km 3000 – 3999)
Active youth	Malta	EUR 530 (km 3000 – 3999)
Stowarzyszenie na Rzecz Wsparcia i Rozwoju PROGRES	Poland	EUR 360 (km 2000 – 2999)
Gabinete da Juventude CMM	Portugal	EUR 360 (km 2000 – 2999)
Asociația Minte Forte	Romania	EUR 530 (km 3000 – 3999)
Socialna Akademija	Slovenia	EUR 360 (km 2000 – 2999)
Associació Cultural Tabaà	Spain	EUR 530 (km 3000 – 3999)
Gaziantep Training and Youth Association	Turkey	EUR 820 (km 4000 – 7999)

The training course will start with dinner on September 13th and end with breakfast on September 22nd. The selected participants **are free to arrive to Iceland some days earlier or stay some days longer**, as long as the total amount of your extra days outside of the programme activities is not more than three days. **The costs of the potential stay in Iceland outside of the period indicated above have to be borne by the participants themselves** and are not covered by the organisers. Full participation in the programme from evening of September 13th till the night of September 21st is mandatory to be eligible for the reimbursement of travel and subsistence costs.

••• team and contact

We are happy to hear from you! Contact Fjóra Kristín Ólafardóttir at colours.of.empowerment.2018@gmail.com



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(project manager)



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MarCus Vrečer - AT
(trainer, concept)



Marco Santos – BR/PT/EE
(trainer)

	Thursday, September 13th	DAY 1 bees	DAY 2 lions	DAY 3 monkeys	DAY 4 bacteria	DAY 5 rats	DAY 6 owls	DAY 7 giraffes	DAY 8 dolphins	Saturday, September 22nd	
	WELCOME!	I+I+I = V	PRACTICES & CHALLENGES	METHODS & STRATEGIES	X-PEERIMENT: PREPARATION	X-PEERIMENT: ACTION	X-PEERIMENT: CONCLUDING	FRAMEWORKS & COACHING	HARVESTING & MAKING WAVES	CIAO CAUCAU!	
08:00-09:15	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:30-10:00		Course Opening	Morning Ritual	Morning Ritual	Morning Ritual	Morning Ritual	Morning Ritual	Morning Ritual	Morning Ritual	Departures	
10:00-11:30			Getting to Know Each Other	Inclusion Forum	Experiential Learning, Debriefing and Facilitation	Enter X-PEERIMENT	X-PEERIMENT: Participant-led Workshops	X-PEERIMENT: Participant-led Workshops	Learn, Facilitate, Educate & Empower: Styles, Spaces, Models and Roles		Making Waves: Follow-up on all Levels
11:30-12:00		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break		
12:00-13:30		Inclusive Team-building	Our Civil and Educational Activism as Inclusion Workers	Toolbox of 1001 Methods	X-PEERIMENT: Preparation by Participants	X-PEERIMENT: Participant-led Workshops	X-PEERIMENT: Participant-led Workshops	Life Cycle & Impact: Needs - Deeds - Evaluation - FollowUp	Golden Harvest & Rain of Empowerment		
13:30-15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
15:00-16:30		Consensually Committed Contractualisation	Communication & Facilitation Skills	Cooking an Agenda	X-PEERIMENT: Preparation by Participants	Excursion to Reykjavik	X-PEERIMENT: Lessons Learned	the ABC of Coaching & Empowerment	YOUTHPASS, Learning Audit & Final Evaluation		
16:30-17:00		Coffee Break	Coffee Break	Coffee Break	Coffee Break		Coffee Break	Coffee Break	Coffee Break		Coffee Break
17:00-18:30		Non-Formal Learning, Competences & Youthpass	Group Dynamics & Challenging Cases	Public Speaking	X-PEERIMENT: Guidance and the Art of Feedback		X-PEERIMENT: Reporting	Coaching in Action: Individual Development Plan	Farewell Rituals		
18:30-19:00		Family Groups	Family Groups	Family Groups	Family Groups		Family Groups	Family Groups			
19:00-20:30		Dinner	Dinner	Dinner	Dinner	Dinner		Dinner	Dinner		Dinner
20:30-☠☠☠		Welcome Reception	Intercultural Evening (I)	Intercultural Evening (II)	Passion Night	Prep Night	Icelandic Night	Relaxation Time	Free Time		Farewell Evening