

QUALITY, SUPPORT & PREPARATION - YOUTH WORKER BECOMES GROUP LEADER!

ERASMUS + YOUTH WORKER'S MOBILITY



WELCOME TO THE PROJECT!

Our main aim is to organize training to raise the quality of youth exchanges by providing youth workers of partner organizations with necessary competences & tools to train group leader's to support participants in each phase of the project. Training course will bring together 24 participants from 11 countries (Estonia, Italy, Greece, Poland, Cyprus, Portugal, Romania, Bulgaria, Turkey, North Macedonia, Spain) for 9 days in August 2021. Participants will be youth workers from partner organizations actively involved in organization activities and eager to gain new competences about group leading. Project is organized by Estonian organization Seiklejate Vennaskond.



Seiklejate Vennaskond

ABOUT THE PROJECT

Aim and Objectives

Our main aim is to organize training to raise the quality of youth exchanges by providing youth workers of partner organizations with necessary competences & tools to train group leader's to support participants in each phase of the project

Objectives:

- To create a common understanding about good quality youth exchange and the role of group leader among partners
- To give partner organizations competences to train their local youth workers to be able to be group leaders in youth exchanges and support their group in preparation, implementation, follow-up and evaluation of youth exchange
- To exchange good practices how to deal with conflicts and danger situations during youth exchanges and how to mediate them
- To support group leaders to facilitate the learning process of participants
- To create a common understanding of young people with fewer opportunities and give partners and their youth workers with necessary competences to guarantee the inclusion of these youngsters in international projects
- To create an action plan how to support active participation of young people in youth exchanges with focus on inclusion of disadvantaged youth
- To share good practices about digital tools that can be used for preparation and follow up phases of youth exchanges for better support of youth in international projects
- To create supportive materials for organizations to use for group leader trainings and quality preparation of youth exchange participants

Together with the cortisum of our partners we want to improve the quality of youth exchanges by equipping our youth workers and group leaders with necessary set of skills to effectively support & mentor their group of young people in youth exchanges; support their learning process; prevent & manage crisis situations; recognise, support & include young people with fewer opportunities and use digital tools to support their work with young people. We want to create a common understanding of good quality youth exchange and the role of the group leaders so in the future our cooperation will be more effective and youth exchanges with better quality. With our project we want to create materials that will be innovative & accessible for all organizations and youth groups who want to improve their group leader's skills in order to have better quality youth exchanges and better quality support for their youth.



Erasmus+



PROFILE OF PARTICIPANTS

2 participants per country

- youth workers, youth leaders
- motivated to become group leaders
- 18+
- able to participate the whole duration of the project

SELECTION OF PARTICIPANTS

All selected candidates (no exceptions) must fill in **application form**. Selection of participants will be done by partner organizations and candidates need to be confirmed by organizer & trainers. In case participants' don't match the selection criteria or lack motivation, coordinator can reject the candidacy and ask partner to review the selection.



ORGANIZER: SEIKLEJATE VENNASKOND

www.seiklejad.org

Seiklejate Vennaskond is youth and civil society organization, which connects active adventurous people together. We work mainly with young people, but also with youth workers, trainers and teachers and organizations active in non-formal education field and lifelong learning. Our members have participated and organized different youth exchanges, seminars and training courses concerning equality, fight against racism & xenophobia, human rights, mobility and migration, environment protection, healthy lifestyle, no hate speech movement, refugees and other issues. Our volunteers gather every month to take up new ideas and think how to put them into practice. We sincerely believe that young people today can make a difference and we all work for this purpose.

SUPPORTED BY: ERASMUS + PROGRAMME

www.euroopanooored.eu

This project has been funded with support from the European Commission Erasmus+ programme.

Erasmus+ is the EU's programme to support education, training, youth and sport in Europe.

Mobility project for youth workers supports the professional development of youth workers and thereby the development of quality youth work at local, regional, national, European and international level, through non-formal and informal learning experiences in mobility activities.



Seiklejate Vennaskond



Erasmus+



erasmus+ and
european solidarity
corps agency

ASSOCIAZIONE DI PROMOZIONE SOCIALE KORA, ITALY

UNITED SOCIETIES OF BALKANS, GREECE

FUNDACJA SEMPRE A FRENTE, POLAND

YOUTH DYNAMICS, CYPRUS

TEATRO METAPHORA - ASSOCIACAO DE AMIGOS DAS ARTES, PORTUGAL



ASOCIATIA PENTRU DEZVOLTARE ACTIVA, ROMANIA

GREEN ASSOCIATION, BULGARIA

DIYARBAKIR CEVRE VE KALKINMA DERNEGI, TURKEY

ASSOCIACIO PROSEC (PROMOTORA SOCIAL), SPAIN

ZDRUZENIE NADEZH - HOPE MAKEDONSKA KAMENICA, THE REPUBLIC OF
NORTH MACEDONIA

THE TIMETABLE

THE TIMETABLE IS LIKELY TO HAVE SMALL CHANGES

TIME	Travel Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Travel Day
8.30 – 9.30		ARRIVAL OF PARTICIPANTS Travel to accommodation	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30 – 10.00			Name games	Learning reflection	Learning reflection	Learning reflection	Learning reflection	Learning reflection	Learning reflection	Learning reflection	Goodbye 😊
10.00 – 11.30			Introduction of project, presentation of training goals and agenda Rules	Defining common understanding: non-formal learning	Word café: best practice and experience of partner organizations	Map of digital tools	Support of participants	Debrief your organization	Follow-up and DEOR	Training plan in my country	
11.30 – 12.00			Coffee break	Coffee break		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
12.00 – 13.30			Learning needs, learning plan /Youthpass	Me as youth worker	Discover Estonian culture & heritage	Combining online and offline activities	Group development stages	Risk and crisis prevention	Giving and receiving feedback	Training plan in my country	
13.30 – 15.00			Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.00 – 16.30			Accommodation, getting to know surroundings Health and safety rules	Group building activity	The role of the group leader	Expert input	Inclusion of YWFO	Problem solving /conflict management	Preparation of interactive support materials	Presentation training plans and feedback	
16.30 – 17.00			Coffee break	Coffee break	Coffee break		Coffee break	Coffee break	Coffee break	Coffee break	
17.00 – 18.30			Getting to know each other Namegames	Debriefing and discussion	Problem map – challenges and obstacles	Quality preparation of participants	Feedback	Support of participant learning	Continued session	Learning reflecting & Youthpass	
18.30 – 19.00			Feedback	Feedback	Feedback	Feedback		Feedback	Feedback	Evaluation	
19.00 – 20.00			Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00 – 24.00			Welcome evening	Diversity night	Sauna night	Diversity night	Self-reflection	Erasmus+ new project ideas market	Extraordinary stories	Movie night	Ceremony / Farewell party



TRAINERS



Heleri Alles

Heleri Alles has worked in the youth field since 2003, when she started youth organization Seiklejate Vennaskond. For the last 8 years she has mainly worked as a trainer in the field of non-formal education with Erasmus+ and previous programmes. Her focus topics have been project management, youth participation, human rights, No Hate Speech movement and gender issues. She has been group leader herself and managed the support and mentoring programme of group leaders. Her SALTO trainer profile: <https://www.salto-youth.net/tools/toy/heleri-alles.1691/>



Sebastian Graca Da Silva

Sebastian Graca Da Silva has worked in the field of youth work for the past 20 years and has obtained both his Bachelors and Masters Degrees in the area of youth and community development. As a trainer Sebastian has around 12 years experience, obtaining his professional certificate in adult education and training as well as being an accredited assessor for youth work qualifications in the UK. Currently, Sebastian works for a local government advising and training them in the areas of youth participating and engagement.



Kristi Reilent

Kristi Reilent has been active in the field of international Erasmus+ projects since 2012. Her experience includes being a participant in youth exchanges & training courses and as well a role as a group leader in youth exchanges; support staff of training course; trainer & organizer in multiple training courses & as well supporting young people in their implementation of youth exchange projects. In everyday life she works daily with management of international projects: mainly strategic partnerships but has as well long experience with preparation of ESC (EVS) volunteers, youth exchange participants & group leaders.

WELCOME TO ESTONIA!

VENUE & ACCOMMODATION

INTO THE HILLS OF SOUTH-ESTONIA!



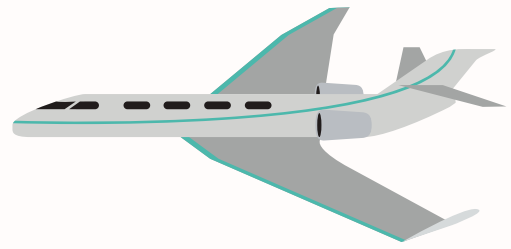
MARGUSE SPORDIBAAS

WWW.MARGUSE.EE

Our accommodation will be Marguse guesthouse near small town of Otepää. Participants will be in rooms of 2-3 people of same sex. The seminar room is inside the house. We will provide 3 meals per day and 2 coffee breaks. Please take into consideration that smoking is not allowed in any place inside the hotel, and only place for smoking is outside.



TRAVEL BUDGET



Please confirm all tickets before buying with us!



4000 - 7999 km
- 820 €



500 - 1999 km
- 275 €



2000 - 2999 km
- 360 €



500 - 1999 km
- 275 €



2000 - 2999 km
- 360 €



500 - 1999 km
- 275 €



500 - 1999 km
- 275 €



2000 - 2999 km
- 360 €



2000 - 2999 km
- 360 €



2000 - 2999 km
- 360 €

Participants should use the cheapest means of transport (economy class plane tickets, 2nd class train tickets etc).

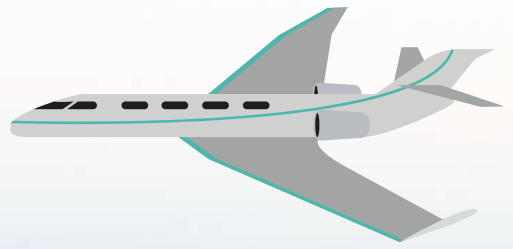
WHERE TO COME?

FLY TO TALLINN! (TLL)

Depending on your arrival time we will give you instructions how to arrive either directly to Otepää or first Tartu and then Otepää.



BUYING TICKETS



Travel cost reimbursement limits depend on starting point of the participant!



- To check your distance please use European Commission [distance calculator](#) (adding your city and as destination “Nüpli küla” in Estonia).
- We encourage participants to buy all the tickets online (do not use travel agencies, cash payments are not allowed!) and always make online check-in where possible. This will speed up the reimbursement process and is more environmentally friendly.
- Participants are allowed to stay up to 5 days longer in Estonia if they want, but they need to pay for their own accommodation/food.
- If you are European Union citizen, please make sure that you have the [European Health Insurance Card](#) or temporary certificate.
- Additionally it's obligatory to make **travel insurance** (for people coming outside Estonia), this is your own contribution and will not be reimbursed. Travel insurance should include medical insurance (with covid-19 protection), trip protection and luggage insurance.

Extra travel day

As participants need to arrive to Estonia before 14.00 on 20th August, we recommend to start travelling on 19th August, which is official travel day for this project (does not apply for Estonians). In case needed and requested beforehand organizers will book basic hostel in Tallinn/Tartu for the ones arriving on 19th August. On departure day (29.08) please select flight after 12.00.

REIMBURSEMENT



REIMBURSEMENT OF TRAVEL COSTS CAN BE DONE AS SOON AS WE HAVE ALL ORIGINAL DOCUMENTS FROM PARTICIPANT AND PARTICIPANT HAS CARRIED OUT FOLLOW-UP ACTIVITIES AND SHARED IT WITH US.

We will make bank transfer.

Documents which are needed:

- Original invoice of the flight ticket, it should be in English and amounts in euros (if possible). Please book your tickets in travel site where you can get the documents in English and in Latin alphabet!
- Bank statement of the payment or credit card slip
- Boarding passes (very important) from your journey to Estonia and from your journey back
- Flight tickets with travel times (English! Latin alphabet!)
- Bus/train tickets
- In some cases we will need some statement if you travelled by uncommon routes
- If luggage is not included in plane tickets, try to add it right away while buying the tickets online (separate luggage receipts are not subject to reimbursement)
- Use of taxi is only justified if there are no other means of transport
- Use of personal car is allowed in case it is pre-approved by organizers

FOR COMMUNICATION PLEASE USE THIS EMAIL:

seiklejate.vennaskond@gmail.com

COVID-19 SAFETY



ENTRY TO ESTONIA

You can enter Estonia without quarantine or testing:

- if you are fully vaccinated (usually 14 days after 2 shot)

- if you have recovered from covid-19 in last 6 months

Or:

- if you come from country in "green" list. This is updated every week on Friday and can be found [HERE](#).

If your country is under 150, no quarantine or test needed.

If none of these apply, we will discuss solutions.

TESTING

If you are not vaccinated/recovered, we will provide antigen test on-arrival.

HEALTH DECLARATION

Before arriving to Estonia, you need to fill this declaration: <https://iseteenindus.terviseamet.ee/>

GENERAL SAFETY:

We will take extra measures to ensure safety and avoid unnecessary contact with people outside of our training course.

WHAT TO BRING?



CHECK LIST!

- Summer clothes, but something warmer for the evening
- Rain jacket / coat
- Swimming suit /swimming clothes
- Towel for sauna
- Personal medicine, cosmetics, sun cream, mosquito repellent
- Hand sanitiser / mask
- Earplugs (in case your roommate is snoring)
- Shoes/slippers for inside - so we keep our room clean if it is muddy outside
- Some materials/flayers/contact sheets from your organization
- Information on Erasmus+, if you need it in your language
- Laptop (if possible)
- Some food, drinks or other things of your country for intercultural night
- Please prepare some energizer or bring some games
- Positive attitude and open-minded attitude

IMPORTANT!



Please bring a coffee mug - we will use our own coffee mugs and exchange them with each other in the end ;)

SEE YOU IN ESTONIA!

QUESTIONS?

CONTACT US:

SEIKLEJATE.VENNASKOND@GMAIL.COM

