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Prevention++ Let's make prevention great forever!

**23 September – 01 October 2021,
Online**

Developed and organized as part of the Erasmus+ project
2019-1-R001-KA205-062605, financed by the Romanian
National Agency for Erasmus+ Programme.



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Non-formal education and prevention work



Erasmus+

Dear YOU,



We are happy to meet YOU! It is not by chance this file reaches you. As you have been recommended as a person dedicated to the community, which values non-formal learning (NFL) and, especially, preventive education, we invite you to participate in an online training course, where you will learn how to deliver preventive education activities on addictions for the youngsters you work with. This being said, let's see what we prepared for this experience!

What you will learn in this training course:

- ✓ To design NFL activities on topics related to preventive education;
- ✓ To facilitate NFL activities on preventive education in an online & offline setup;
- ✓ To incorporate better digital tools in your work on preventive education;
- ✓ To transfer all you learn about preventive work on addictions in your organization.

This event is part of the Erasmus+ Project "Prevention++", so we're happy to warmly welcome all of you on board!



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The context of Prevention++ project

Prevention++ is a project developed by IPTA Romania, MARTA Centre Latvia and Watergratt Estonia, initiated in July 2019 and scheduled to be finalized by the end of 2021. The project promotes preventive education against addictions through NFL, with two main outcomes:

(1) Equipping a functional network of youth workers with competences and methods on preventive education in the partner countries, and here is where this TC and you as participant could contribute at. These series of learning events are dedicated to youth workers who are active in their communities and organizations, be it NGOs, youth clubs, schools, public institutions, social services etc. The previous training courses are:

- **The first TC** was organized in Arad, Romania, in October 2019, when we explored the basics of preventive education, facilitation and creativity in delivering methods for youngsters. We had a great experience that needs to be followed-up with local activities in the participants' organizations, and further trainings like this one.
- **The second TC** was organized online, in April 2021, and we took prevention to the next level with multiple non-formal methods facilitated in an online context and ready to be delivered to youngsters!
- **The third TC** (this one) warmly welcomes you on board! You'll find all the details on the next pages.

(2) A manual of preventive education that contains approx. 40 methods suitable for both offline and online facilitation, and this is our contribution.



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Let's make prevention great again forever!

This TC is designed for learning, exchanging and creating. The goal of this event is to enable the participants as promoters of preventive educations in their organizations. We will focus on:

Addressing social exclusion through delivering prevention work

Importance of the methods' accessibility

The role of a prevention ambassador in local community

Enhanced motivation to conduct prevention work in the community

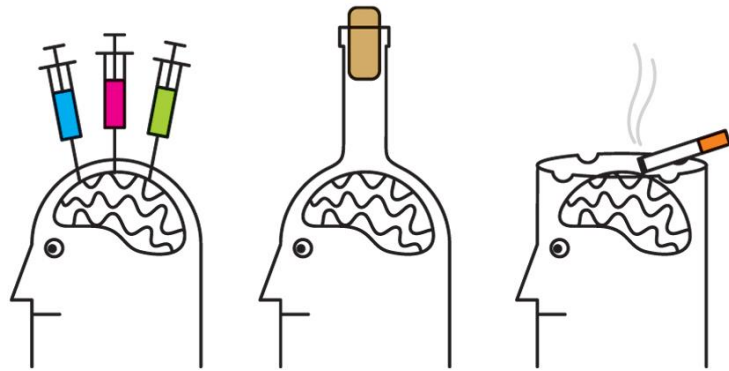
Engagement with local stakeholders

Deepened understanding of the link between addictions, social status and employability

Enhanced cohesion among partners and future joint work

Thursday, 23 September (16:00-19:00): Mandatory

- Virtual hugs & smiles: let's play a bit with each other. Introduction to the project.
- Importance of prevention work. My community and prevention work.



Friday, 24 September (16:00-19:00): Mandatory

- Reflection on local realities: me and my social life.
- Teenagers' brain and addictive substances.

Saturday, 25 September (10:00-13:00): Mandatory

- Vulnerable youngsters and difficult topics: harmony in communication.
- Resilience, self-esteem. Peer pressure & consent.





Sunday, 26 September (10:00-13:00): Mandatory

- Impact – results – sustainability. Cross-sectoral cooperation for transferability.
- Prevention and other topics in my community.

Monday, 27 September (16:00-19:00): Optional, self paced

- Own planning: participants are asked to test the methods from the first days with the youngsters who they work with.



Tuesday 28 September (16:00-19:00): Optional

- Open discussion about the importance of local stakeholders about transferring the concept of preventive education in their organizations.

Wednesday, 29 September (16:00-19:00): Mandatory

- Prevention badge – me as prevention ambassador.
- How I disseminate my results? Working with informal leaders in community.



Thursday, 30 September (16:00-19:00): Mandatory

- Transferability in my community: plans.
- Presentation and feedback on the plans.

Friday, 01 October (16:00-19:00): Mandatory

- Questions & Answers on prevention work. Recommendations.
- Feedback, evaluation & let's see what's next.



The participants



Some few lines about You 😊

- Youth worker actively engaged with young people in NGOs, schools, public institutions, support services, etc.
- Highly motivated to develop professional competence related to preventive education in general, and substance addictions in particular.
- Have the support of you organization to organize activities on preventive education and to transfer the methodology used in the TC.
- Committed to fully attend the mandatory working days.
- Your command of English is at least good.
- Already know how to use basic online tools in education and facilitation.
- Good experience with NFL programmes.
- Familiar with the EU educational strategies.
- Very positive and energetic person, with some good jokes ready to share with others!



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The methodology



The working methodology addresses multiple concepts and activities related to preventive education on substance addictions. “The Online” offers many resources for a NFL setting, so expect to be part of a very interactive experience. We will use Zoom for the plenary (registration link to be provided after you confirm your participation).

We will work mainly with individual and group tasks, research and experiential learning. Be ready to share, give and reflect throughout the whole TC, be it in the plenary, by chat, private messaging or even face to face, if possible. We will encourage a tri-dimensional approach: acquiring knowledge, practical experience and reflective evaluation.

Expect to have an intense working program with a wide range of methods, from research-based tasks to art-based sessions, interactively guided. We will mix theoretical input, methods, tips & tricks on facilitation, practice from your organizations and some legal provisions. Anyway, the floor is not only ours, the facilitators and organizers, but yours as well, hence feel free to consider your participation as a co-creative contribution.

It’s very important to understand one very important aspect of this TC, and actually of this whole Prevention++ project: we don’t own the truth of preventive education on addictions, we just promote one educational approach that acquired good results so far. And this will be the baseline of our contribution. The final outcome will definitely incorporate your contribution.



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Tasks & Homework



During the TC, one of the optional individual tasks consists of testing as many methods as possible presented in the TC. We know that most of you are engaged with different groups of youngsters in your organizations. In the first four days of the TC, we will work together. In the next two days, we invite you to test the activities with your groups and to explore the topic with the stakeholders. During the TC we will permanently ask for your feedback, as it will be incorporated in the final version of the methodology used in the event.

As a homework, we kindly ask each participant to design a file which presents the main campaigns on preventive education in their communities, and if applicable, to describe their role in it. This homework won't be presented during the TC, but it is a very helpful resource to understand how to deliver some of the sessions. Each participant is in charge with preparing this before attending the TC.

During the TC, you will experience a wide typology of activities. After the third working day of the TC, you will all be granted with full access to the raw version of the methods proposed for the Prevention++ manual, hence our intention is to get you familiar to the outline and goal of each method.



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The TC will bring together a minimum of 27 participants from Romania (9), Latvia (9) and Estonia (9), plus the team of facilitators.

We kindly ask each one of you to register via the following link, otherwise we may not consider you as participant in the TC. Deadline for signing in it's 18 of September.

<https://forms.gle/o6FSygnU5ooKASkq9>

Logistics



Technical & functional requirements for attending the TC (please consider these details as mandatory):

- Full availability to attend the mandatory working sessions: please make sure that you are not disturbed by other tasks during the sessions (we know what home-based work means, so we are not absurd regarding the unexpected events, but please do not schedule other activities during the sessions).
- Stable internet connection.
- PC, Laptop or tablet that allows you to download and install various tools (please make sure that you don't have any administrator rights conflicts). For some of the tools, we will not use the browser versions, but the installed ones.
- Access to a smartphone, as an additional gadget to some tasks.
- Functional webcam and microphone. Please test them before.
- In case you plan to test the methods during the TC, make sure you can schedule them testing sessions with your groups before.

Each participant will be awarded a Youthpass certificate at the end of the TC as a recognition of the learning outcomes.



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About the coordinating organization

IPTA (Projects and Ideas for Active Youth) is a non-governmental organization with seven years of experience in working with Romanian youth using both formal and non-formal tools and methods. Our activity is focused on designing and delivering of educational programs and is conducted at both local and international levels, for a wide range of beneficiaries. The topics that we address most frequent are preventive education against addictions, violence and unhealthy relationships among youngsters, with an emphasize on social inclusion and community development.

For any questions, please send us a message either by email, contact form or through our Facebook/Instagram page:

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