



## Training Course Draft Programme

24th to 29th of May 2023 (travel days included) | North of Portugal - Viana do Castelo District

	Arrival Day	1st Day	2nd Day	3rd Day	4th Day	Departure Day
		Slow Start				
1st Morning Session		Getting to know each other	Emotional Adventure Pack	Basics of Mediation	Opening the gates: creation of hotspots	Departures
2nd Morning Session		Intro to the training	Dr. Emotion's team of researchers	Let's practise - Mediation in youth field, Erasmus+ and ESC	Exploration of the hotspots	
1st Afternoon Session		Basics of Communication	What is conflict?	Visit to Local Youth Center	Planning next steps - Follow up	
2nd Afternoon Session	Arrivals	What influences communication in Youth Work, Erasmus+ and ESC?	The conflicts we are facing in our field? ---- Non violent communication steps	Free for Walk & Talk	Youthpass & Evaluation	
		Slow end (Time for reflection and self-assessment)				
Evening Session	Welcome In	Team Building	Optional Game Night	Local community dinner time	Farewell Party	

Note: This programme can change according to the needs identified.