

*We add Wings* 

SYNCHRO  
SYNCHRO FOUNDATION  
KAMPEN, THE NETHERLANDS

**PDA ERASMUS+**

**ELEVATE**

**INFO PACK**

Co-funded by the  
Erasmus+ Programme  
of the European Union



# ABOUT THE PROJECT:



Elevate is a project for youth workers which has the purpose of supporting them in developing and fine-tuning a working method of sustainable inclusion of the youngsters with fewer opportunities, increasing employability and enabling them to go back in the labor market while guiding them in a one-to-one or in a group settings.



Elevate is dedicated to youth workers who are at the beginning of their path in guiding youngsters with fewer opportunities either in ESC volunteering programs, youth exchanges, workshops, events, and projects organized in their community.

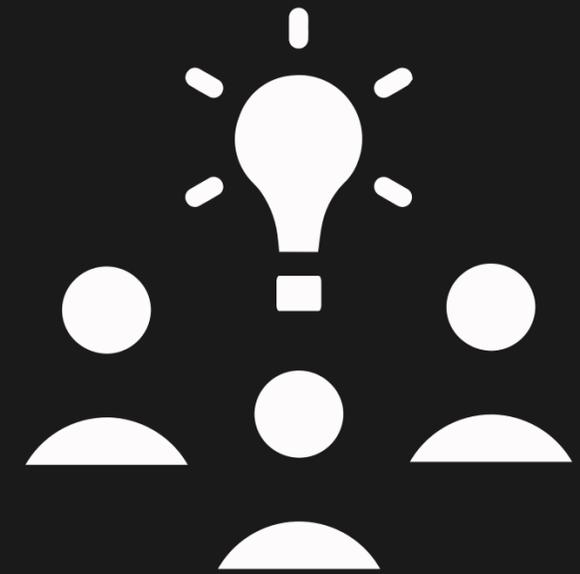


# AIMS AND LEARNING METHODS

**The aim** is to equip youth workers with the necessary tools, techniques, educational activities, working principles and confidence so they can also support youngsters on a daily basis and on a community level (especially when it comes to ESC programs and reinventing certain activities) and for their future projects.

**Main tools and topics** during the Professional Development Activity: coaching, critical conversation techniques, needs analysis (on an individual level and organizational level), reinventing/rethinking gathering (events, professional development activities, exchanges, ESC programs) according to the new normal and new norms.

**The results** of the PDA will be translated into a Methodology guideline that is tailor-made for working with youngsters with fewer opportunities, both one-to-one and in groups. The guideline will contain the following elements: how to create a connection with the target group, how to create step-by-step opportunities for these individuals within the organization, and how to guide them through the whole learning path.



# Timeline of the project



**Assignments and  
participants'  
recrutation**

**June - September  
2023**



**Training Course in  
Zwardoń, Poland**

**23 September-  
01 October 2023**



**Outputs and  
dissemination**

**October - December  
2023**

# Requirements as a Participant:

You are 20+;

You are a youth worker (or youth leader, coordinator, ESC mentor, NGO staff or similar position);

Have upmost 2-3 years of experience in youth work;

You and your target group is represented by people who have a vulnerable background and fewer opportunities in life (eg. either facing social, geographical, economic obstacles – they live in isolated/rural areas, NEET, separated family, little access to education, etc.);

Have curiosity and interest in how to work more efficiently with youngsters with fewer opportunities, you're open to learning new tools and develop a sustainable working method which supports in guiding the target group;

Desire to participate in an intercultural environment and work with people from around Europe;

You are motivated and committed to participate in all phases: Online Assignments, the training and Local Action Phase/Follow up of the project.



## **Youthpass**

After the project, you will have the opportunity to complete your Youthpass certificate: a recognized instrument for non-formal and informal learning, used within Erasmus+ projects. You can find more information



# Facilitators



**Agnieszka Zawiślak**

Graduated Educational Cultural Studies and Coaching Academy in Katowice, Poland, and is the Co-founder and Vice President of Association in the name of Children and Youth "We add wings", in Poland. Some of the areas of her work are coaching, pro-health education, particularly mental health and well-being of youngsters, entrepreneurship and global education. She enjoys bringing creativity, art and playfulness in all the projects she creates and supports in the development of various communities.



**Cristina Pavel**

Has extensive experience in Psychology and Occupational Health and she is an accredited Coach recognized by International Coaching Federation. She has been mentoring and coaching groups of youngsters with vulnerable backgrounds through ESC programs and has been active in coordinating Erasmus+ programs in the past 5 years. Her main professional passion is coaching and her new professional love is systemic work. She enjoys shifting paradigms through stories and language and designing educational programs for youngsters and adults.

# Partner organisations and number of required participants:

**Poland** - "UKRZYDLAMY" - 3 participants - uskrzydlamyngo@gmail.com

**The Netherlands** - "Synchro" - 4 participants -  
info.synchrofoundation@gmail.com

**Portugal** - "Teatro Metaphora" - 3 participants - tmetaphora@gmail.com

**Romania** - "ANDCTR" - 3 participants - andctr@yahoo.ro

**Bulgaria** - "Young, Active, Creative NGO" - 3 participants - makngo@abv.bg

**Slovenia** - "Ljudska Univerza Ormoz" - 3 participants -  
ana.kaucic@lu-ormoz.si

**Hungary** - "Compass Egyesulet" - 3 participants -  
exchange@compassegyesulet.hu

**Spain** - "Intercambia" - 3 participants - info@intercambia.org

**North Macedonia** - "Zdruzenie izvidnicki odred Mirko Mileski Kichevo"  
" - 3 participants - kicevoscouts@gmail.com

**Greece** - "Inter Alia" - 3 participants - giannouli@interaliaproject.com

# Travel reimbursement

If you travel from Bulgaria, Romania, Slovenia, Hungary, North Macedonia, The Netherlands - we encourage you to use green travel options (train, carpooling).  
**Green travel for Bulgaria, Romania, North Macedonia, The Netherlands** - up to 320 euro (traditional travel up to 275 euro)  
**Green travel for Slovenia and Hungary** - up to 210 euro (traditional travel up to 180 euro)

## Traditional travel and its reimbursement:

Greece - up to 275 euro  
Spain - up to 360 euro  
Portugal - up to 530 euro  
Poland - up to 23 euro

The travel will be reimbursed after the completion of the training course via bank transfer based on the provided documents (KEEP the invoices, tickets, boarding passes etc.)

# Training location:

Training Location: **Zwardoń** ( <https://en.wikipedia.org/wiki/Zwardoń>) a small mountain town, very popular in the wintertime, located close to Slovak border and quite close to KATOWICE. It is surrounded by nature and mountains and we hope you will have the chance to discover its beauty and charm during training time (and especially during your free time ;).

The exact location of the training course is a rented guest house "Janosik" placed on the hill with a separate training building, which will be exclusively at our disposal.

There is internet available at the location but only wireless- there is no extra computer to be used (so be aware of that).

The food will be diverse, but based on the Polish cuisine.

# How to register

If you want to register to the training you can complete the application form here <https://forms.gle/ibWV7YuXVTHm7ayM8>, and come from one of the following countries: Bulgaria, Hungary, Poland, Portugal, Romania, Slovenia, Spain, the Netherlands, Greece, North Macedonia either as a citizen or resident.

If you are selected, you will further receive more information about your participation in the phases of the project, practical information and next steps.

**Good luck and see you in Poland!**