

TOPIC: FRIENDSHIP

📍 Belgium

📅 9th to 12th of December 2024

WHAT IS THIS TRAINING COURSE ABOUT?

Research has consistently shown a clear relationship between mental well-being and friendship. In 2020, JOETZ conducted a study among young people aged 16 to 25 to understand their perspectives on friendship. The study revealed that young people typically have a small circle of friends, with whom they share varying levels of intimacy and trust. While they communicate frequently through social media, nearly all respondents indicated **a strong preference for face-to-face interactions**. Making new friends can be challenging, but once a friendship is formed, it is crucial for young people to feel that they can be themselves.

Despite the evident need for real-life connections, we cannot ignore the pervasive influence of the digital world. In the digital era, technology plays an integral role in the daily lives of young people. Research highlights both the positive and negative impacts of digital technologies on youth. This gives rise to what is often referred to as the '**digital paradox**'. While young Europeans have more tools for connectivity than ever before—enabling self-expression and access to information—these platforms can also lead to feelings of disconnection, isolation, and a lack of genuine relationships.

This training course is designed to equip youth workers with the necessary tools to effectively support their target audience—young people navigating the complexities of friendships in both real and digital spaces. Youth workers interact with young people on a daily basis and witness firsthand how friendships can significantly influence their mental and emotional well-being. The methods and approaches developed by this training provide **practical solutions to address the challenges faced by today's youth, helping them find a healthy balance between their online and offline lives**. By empowering youth workers with these strategies, we aim to foster environments where young people can cultivate authentic connections and thrive both socially and emotionally.

WHAT ARE ITS AIMS AND OBJECTIVES?

1. educate about the digital paradox: equip youth workers with the understanding of the effects of excessive digital use on mental health
2. promote and foster real connections and friendships: emphasize the importance of face-to-face interactions, real friendships, and community engagement by different activities and workshops.
3. see and use nature as an inspiration of closeness
4. promote physical movement & embodiment
5. train mental health & wellbeing tools: given the linkage between digital disconnection and mental health issues, it's essential that youth workers are trained in basic mental health "first aid" - recognising early signs of mental distress in youngsters, offering timely interventions, and providing platforms for open dialogue about digital-induced stressors.
6. JOETZ creates annual health campaigns focused on specific themes. In 2021, the theme was friendship. From these campaigns, tools are developed specifically for children and young people, with a focus on health. JOETZ translated the findings from the research on friendship into a podcast for young people. Additionally, they created a set of playing cards that youth workers and young people can use in their activities. During a study visit to JOETZ, the organization's approach, the campaign, and the tools are explained in detail

Applicant and coordinating organization: JOETZ



with the support of:



HOW WILL THE PROGRAM LOOK LIKE?

Days	Place	Topics & Activities
09/12	Home - Training centre Hanebos	<ul style="list-style-type: none"> Travel day and arrival Short intro Dinner
10/12 - 15/12	Training centre Hanebos	<ul style="list-style-type: none"> Practical and Erasmus+information session Expectations, contributions and fears Forming and storming Practical exercises Reflection <p>The program is still undergoing final fine-tuning. The planning is subject to the interest and experience of the participants. There is at least one day study visit to the JOETZ office which is located in the centre in Brussels. This study visit is followed by a half day free time in the city. As a participant you will be constantly challenged. Never a dull moment!</p>
16/12	Training centre Hanebos - home	Breakfast and goodbye

100% attendance of every participant is expected from 9/12 to and including 16/12 (cfr. program).

It is not possible to arrive later, to leave earlier or to skip some workshops/day(s).

The training includes overnight accommodation which is arranged and paid for (including meals during project days). We expect everyone to have overnight stay at the accommodation.



AM I THE PARTICIPANT YOU'RE LOOKING FOR?

Do you match with the following participant profile?

- + 18 years old;
- Engagement with children and young people in their **free time**, whether as **professional (paid youth workers)** or as a **volunteer (unpaid youth workers or those paid by a volunteer allowance for instance)**;
- Have experience in youth work;
- Take an active role in your organization (either as professional or volunteer);
- Able to pass on the learned competencies to your fellow youth workers within or outside the organization;
- Open attitude towards all participants and recognizing the value and qualities of everyone present
- Intermediate to advanced level of English (as it is the language of instruction and communication during the youth exchange)

Are you willing to engage in the project as follows?

Before

- Organize your own **travel plans and transportation** (if necessary with support of your sending organization);
- Pay the **travel cost** yourselves or have your sending organization arrange payment¹ (reimbursement after participation);
- Check your **mail/Whatsapp** regularly regarding the practical organization;
- Be present during a **(online) pre-departure meeting** organized by your sending organization;

During

- Attend all the workshops with an **active and motivated attitude**;
- Share your knowledge and experience** with the other participants;

After

- If necessary, be present and take an active role during (online) post-project meetings organized by your sending organization;
- Be **committed to sharing the insights and learning experiences gained during the project with your own network** (family, friends, fellow students, colleagues, professional network, etc.), whether individually or with other participants.
- We request you to demonstrate your commitment afterwards.
- Check on your emails/Whatsapp regularly regarding the further practical/ financial handling and follow-up of the project.

If the answer is yes, then you should keep reading...

¹ Please contact your sending organization. Financial barriers should not be the reason for you not to apply!

WHO IS ORGANIZING THIS TRAINING COURSE?

Applicant, coordinating organization: JOETZ

JOETZ is a **recognized national youth association** by the Flemish government. JOETZ's mission is to be a **health promoter for children and young people** (3-30 years old) in Flanders and Brussels.

JOETZ wants to achieve this mission through **various health projects** (healthy workshops, online and offline health content, health campaigns), activities (children's and youth holidays, playground activities, children's events) & training (animator/youth leader trainings, training courses, peer to peer education) and does this for, by and with children and young people. This happens locally, supra-locally and internationally.

As a health promoter, JOETZ wants to have an impact on children and young people, always starting from its youth work DNA: in a fun and playful non-formal way.

Contact:

Liselotte Bekaert, coordinator international youth work JOETZ

www.internationaaljeugdwerk.be

 [instagram.com/joetzinternational](https://www.instagram.com/joetzinternational)

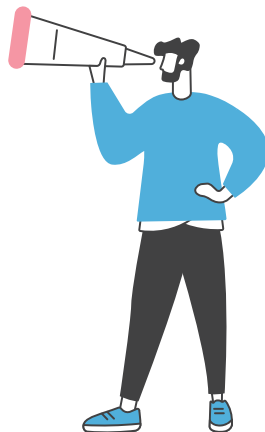
Team on the spot

Trainer: Lorena Chamorro

Lorena Chamorro is a poet, writer and translator and is dedicated to the world of youth work from a creative vision through a multidisciplinary approach combining vocal and corporal expression, non-violent and assertive communication and methodologies based on nature as a center of study. She has extensive experience with youngsters at risk of social exclusion, especially with groups of migrants and Roma people. As a trainer and facilitator she has worked in several Spanish and international associations. Coordinator of her own association A fil de vent, she combines her work as a social educator with the creation of community and artistic projects with the aim of promoting the connection between people from compassion, vulnerability and authenticity to build a more conscious and fairer society. Have a look at [A fil de vent on Instagram](#).

Trainer: Filip Knazek

Filip is a trainer, facilitator, coach, self-development guide who loves to encourage people to get to know themselves and others better through effective communication, connection with nature, emotional intelligence, stress management, mindfulness and embodiment techniques. Find out more about him and his work: <https://www.filipknazek.eu/en/>.



WHO ARE THE OTHER PARTICIPATING COUNTRIES?

The number of participants varies per partner organization.

Organization	Country
JOETZ	Belgium
Cassero	Italy
Scouts en Gidsen Vlaanderen	Belgium
Progresas	Lithuania
Mojo de cana	Spain (Canarian Islands)
Baze	Latvia
Fundacja Semp	Poland
a Frente	
Asociación Sociocultural Grupo Cinco Cuenca	Spain (mainland)
POJAT	Austria
Lifeshaker Association	Portugal

!!!! We are looking for new partners!!!

Apply here as a partner:
<https://forms.gle/urZbXFnvoPnChggd9>

WHAT WILL IT COST ME TO PARTICIPATE IN THIS TRAINING COURSE?

The project is funded by the Erasmus+ program so reimbursement will be done according to the most recent rules of this program. Erasmus+ provides a **fixed budget for transport** with tram, bus, train and plane according to the travel distance calculator indicated by the EU.

If your transport to and from the project stays within this budget, you pay nothing. If you go over the budget you will have to pay for the difference.

REIMBURSEMENT IS ONLY POSSIBLE WHEN:

- **100% attendance** of every participant is expected from 9/12 to and including 16/12 (cfr. program)
- **JOETZ is in possession of your personal details and copies of your tickets/boarding passes as proof of transport costs incurred.** Therefore a google drive folder will be used.
- You completed the **EU survey**.
- We are in possession of your **follow-up activity, in which you show us what you have done to share your experiences and inspire others in your (professional) network.**

Reimbursement takes place **after the end of the project and from the moment we are in the possession of what is asked for here above..**

Food, accommodation and transportation are included only during the project dates. Overnight stays outside this period is at your own costs. There is **no participation fee**.

MAXIMUM TRAVEL REIMBURSEMENT

Country	Standard	Green travel
Belgium	23 Euro	-
Italy	275 Euro	320 Euro
Lithuania	275 Euro	320 Euro
Spain (Island)	530 Euro	610 Euro
Spain (mainland)	275 Euro	320 Euro
Latvia	275 Euro	320 Euro
Poland	275 Euro	320 Euro
Austria	275 Euro	320 Euro
Portugal	275 Euro	320 Euro

GREEN TRAVEL

We highly recommend to take in consideration our ecological footprint. We understand that there are often very long distances. However, we encourage you to consider using at least public transportation or carpooling from your home base to the airport.

- In order to count on the green travel budget, all transport must be done in an ecological manner.
- If you prefer 100% green travel, you are entitled to 2 extra travel days.



CAN I PROVIDE PROOF OF MY PARTICIPATION IN THIS PROJECT?

Youthpass is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programs. So this also counts for your participation in this project. Further explanation about this will be provided during the training course.

WHERE WILL THE PROJECT TAKE PLACE?

The training will take place in training centre 'Hananbos'. This centre is located in the green outskirts of Brussels, in the Zenne valley, at a stone's throw from the Belgium capital. In Hanenbos, you can stay in peace and quiet and enjoy maximum comfort. The Hanenbos accommodation and training centre is located in the middle of nature and far away from the classroom, work or home.

In the centre we will have a complete floor at our disposal with the training group. Sleeping is in shared bedrooms. Rooms will be divided according to same gender and different nationalities.

🏠 Address: Lotsesteenweg 103, 1653 Beersel

🌐 Google Maps link: <https://g.co/kgs/eRjBxbL>

CAN I VISIT BELGIUM BEFORE OR AFTER

THE PROJECT?

Arrival and departure

Please note that reaching the training center involves a challenging route, including a steep uphill walk. To assist with this, we will provide **a shuttle service from Halle train station**. It is essential that all participants reach this station on their own.

We kindly ask that you **adhere to the specified arrival and departure times in order to make use of the shuttle service**. We also expect everyone to be **at the training center by 18:00 at the latest**, as dinner will start in the restaurant at that time.

- **Arrival Time:** On Monday, 9th December, we expect everyone to arrive at Halle train station between 16:00 and 17:30. During this time, a shuttle service will be available to take you to the training center.
- **Departure Time:** On Monday, 16th December, departures will take place shortly after breakfast (between 07:30 and 09:00). After a joint breakfast, we will arrange shuttles back to Halle train station. If you need to leave earlier to catch a flight, please note that you will need to arrange and cover the cost of a taxi on your own.

When booking your tickets, please consider the following travel times:

- **From Brussels Airport to Halle Train Station:**
Approximately 1 hour by train, with at most one transfer.
- **From Brussels Charleroi Airport to Halle Train Station:**
Approximately 1 hour and 45 minutes. Take the Flibco bus to Brussels South train station, then a train to Halle train station.
- **For those arriving by train at Brussels South Train Station:**
Approximately 15 minutes by direct train to Halle train station.

Further detailed travel information will be provided in a technical information pack once participants have been selected.

Possible travel days

Participants can use up to **2 extra travel days**. These days are NOT covered by the project regarding food and accommodation.

Arrival	Departure
09/12	16/12
08/12	16/12
07/12	16/12
09/12	17/12
09/12	18/12
08/12	17/12

WHAT ABOUT MY PRIVACY, SAFETY AND HEALTH?

Privacy

Please note that all the partner organizations in this project may use audiovisual tools (pictures, videos, livestream, project movie) for the purpose of dissemination of the project results. If you do not wish to appear in these digital materials, please inform us.

Well-being and integrity

JOETZ attaches great importance to guaranteeing everyone's well-being and integrity before, during and after a project. We see it as the task of all parties involved to create a safe space for everyone involved during the project (being the trainers, facilitators, participants, etc.). We therefore do not accept any form of transgressive behavior.

Transgressive behavior refers to a specific form of physical, sexual, moral or psychological conduct that goes beyond your own or someone else's boundaries (for example: aggression, sexually transgressive behavior, bullying, discrimination, peer pressure or pressure carried out from one person, etc.).

If you have a question, comment or complaint regarding (sexually) transgressive behavior or physical and (sexual) integrity you can address the Integrity Contact Person during the project which is the facilitator. You can also contact the Integrity Contact Persons of JOETZ on our website. Therefore visit our page on www.internationaaljeugdwerk.be. The Integrity Contact Persons will listen to your question or story, provide advice and refer you if necessary.

Health

Use of **drugs** during the project cycle is **strictly forbidden**.

It is necessary for participants to have **travel and health insurance (not covered by project!)**. We will ask prove of having this.

You have to be responsible for your health, **bring your own first aid kit and necessary medicines**.

