CURRICULUM VITAE - Yuliia Dem

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QUALIFICATION
2017 - Adult educator, level 6 - Estonian National qualification, professional certificate 127296
2019 - Youth worker, level 6 - Estonian National qualification, professional certificate 152266
2021 - Mindfulness instructor
2021 - Embodiment practitioner
2022 - Adult educator, level 7 - Estonian National qualification, professional certificate 180335
2023 - Mindspring trainer (Work with refugees though peer to peer approach)

EDUCATION
2008 – 2012 – Dnipro National University, Faculty of Social science and international relations, BA in political science – *Dnipro, Ukraine*
2024 – 2026 – Tallinn University, Educational Innovation and leadership, MA

TRAINING
2012 – Study tours to Poland, student programme - *Poland*
2013 – Training course «New methods – new opportunities» - *Riga, Latvia*
2014 – European Voluntary Service (Kindergarten Sädemeke and NGO VitaTiim) - *Narva, Estonia*
2015 – Training for youth exchange organisers "Keep it real" – *Vilnius, Lithuania.*
2015 – Training for trainers "It`s up to you 2" – *Dipenau, Germany*
2015 –Training for project managers "European Youth Work Academy – *Belgrade, Serbia.*
2016 – Training for trainers "European Youth Work Academy " – *Belgrade, Serbia*
2016 – 2017 – Andragogy\Adult education course – *Narva, Estonia*
2017 – Training for trainers "COMETS integrating a political dimension into the trainers' work" – *Dresden, Germany*
2017 – Training for facilitators «Passion for learning» - *Sigulda, Latvia*
2018 – Training for adult educators «Working with international groups in adult education» - *Split, Croatia*
2019 - Trainers Skills workshop: ART to reflect - *The Netherlands*
2020 - Design effective meetings with sociocracy - *Crete, Greece*
2021 - Mindspot Mindfulness Instructor Training - *Odessa, Ukraine / online*
2021 - Basic Embodiment training - *online*
2021 - Mindful education - *online*

2021 - Capacity building activity 'Empower inclusiv-ability' - *Keflavik. Iceland*
2022 - Embodied Facilitator Workshop - *Brussel, Belgium*
2022 - US State Department program - IVLP International Visitor Leadership Program "21st Century ChangeMakers: Engaging Youth in the Battle Against Disinformation" - *USA*
2022 - Trainers skills workshop 'Sustainability in European Training activities' - *Ireland*
2023 - Training course 'Inclusion & Diversity in the Youth work' - *Ireland*
From 2024 - SOMATIC EXPERIENCING® - Somatic Perspectives Oy Ltd and Somatic Experiencing International - *in progress*

WORK EXPERIENCE
2012 – 2013 – Air-club „Majskoje" , administrator – *Dnipro region, Ukraine*
2013 – 2014 – Business incubator «Happy Farm», coordinator – *Kyiv, Ukraine*
From 2014 – 2016 – NGO VitaTiim (http://vitatiim.ee/), open youth space coordinator, **from 2016** - non-formal learning specialist/educator, **from 2021** – **organisational development manager** – *Narva, Estonia*
From 2015 – Erasmus+ ja Euroopa Solidaarsuskorpuse agentuuri noorteprogrammide keskus (https://euroopanoored.eu/), adviser/ trainer – *Estonia*
From 2016 - Adult learning centre «Vestifex» (http://vestifex.ee/en) – project manager, trainer/educator – *Narva, Estonia*
From 2019 – Youth magazine *Narvamus (*https://narvamus.ee/*)* - co-founder and manager, writer
2022–2024 – NGO Mariupol's Friends - family curator/supervisor and communication manager in Narva (voluntarily) - work with Ukrainian refugees.

PROJECT MANAGER EXPERIENCE:
ERASMUS+ : KA1 (youth exchanges, mobilities of youth workers), KA2 (strategic partnerships, transnational youth initiatives), KA3 (youth participation projects), Accreditation for youth organisations, Adult Education projects.
European Solidarity Corps: Solidarity projects, Volunteering projects, Group volunteering projects.
NORDEN - Ministry of Nordic countries - cooperation between NGOs.
Open Estonian Foundation - NGO developmental project
Cross Border Cooperation Programme 2014-2020 - Social cooperation project
U.S. Embassy and alumni grants - Youth and educational projects
German Embassy grants - Youth and educational projects
European Social Fund - Educational projects
Other programmes experience: European Youth Together, CERV, Creative Europe.
About projects: https://www.vitatiim.ee/projects
TRAINER/ FACILITATOR EXPERIENCE:
2015 - 2017 - KA2 «SPREAD!» (topic: project writing and management)
2015 - 2016 - KA3 Project «Sinu Mõju» (Your influence) (topic: civic education and engagement)
2016 - International project «Take it different» (topic: critical thinking)
2016 - 2017 - School for adult learners, course «Learning to learn»
2016 - International project «In-learning: reflection tools for supporting individual learning path of adults» (topic: reflection)
2016 - KA1 International training course «Non-formal learning methods for supportive learning environment»

From 2016 - Training «From idea to the project» (topic: project writing)
2017 - KA1 International training course for youth workers and teachers «C.O.D.E for youth» (topic: youth empowerment)
2017 - Training course for youth workers «Value-based youth work»
From 2017 - Course «Adult education/andragogy» (topics: methodology, digital tools in education, mindfulness)
2018 - International training course for teachers «Access to disadvantaged students in Non-Formal Education via the implementation of creative drama»
2018 - KA2 After 2020 (topic: competences of the future, career)
2018 - Transnational Youth Initiatives for V4+EaP for *Slovak National Agency*
2019 - KA1 U-LEARN: supporting learning in the youth work, trainer
2019 - KA1 Baltic-Arabic seminar, facilitator
From 2021 - KA1 trainings for school, VET and adult education staff (topics: non-formal learning methods, assisting adults to learn, person-centred approach, holistic approach, mindfulness, digital skills, etc.)
2021 - KA1 International training course 'In (out) side' (topic: support and mindfulness)
2022 - KA1 International training course 'Restore. Transform. Flourish' (topic: transformation and mindfulness)
2022 - Training for youth workers 'Methods for decreasing tension and preventing enmity among youth'
2022 - 'Social inclusion of young refugees' - for *Polish National Agency*
2023 - KA1 'Embrace resilience;' (topic: resilience and mindfulness)
2024 - KA1 'NurishNest - creating supportive and nourishing spaces for young individuals'
Adult education projects:
2020-2021 - KA2 project 'E-learning for 2035', project result - https://competences2035.eu/
2022-2023 - KA2 project 'Hybrid learning for disadvantage adults' - https://www.hybridlearningforadults.com/
Adult educator portfolio (in estonian) - https://www.vitatiim.ee/juliadem

PUBLICATIONS:
Handbook «Reflection tools for supporting individual learning path of adults»: https://goo.gl/b68rUh
Handbook «Delivering youth project writing course»: https://goo.gl/pJepdM
Handbook and the App 'Reflector': https://www.vitatiim.ee/reflectorapp
The New Refugee Crisis and Youth Work: Global Challenges and Global Solidarity - https://mihus.mitteformaalne.ee/uus-pagulaskriis-ja-noorsootoo-ulemaailmsed-valjakutsed-ja-globaalne-solidaarsus/
Talking about war and peace. Facilitating learning in times of crisis (contributor) - https://hop.salto-youth.net/courses/talkingaboutwar
YOU(th) in the moment - https://www.vitatiim.ee/youthinthemoment

ADDITIONAL ACTIVITIES:
2015 – The victory in the nomination "The spark of society», Ida-Viru county, Estonia
2020 - The Adult educator 2020, private nomination , Estonia
2023 - Volunteer of the year 2022 - Narva City council - recognition of contribution to work with Ukrainian refugees

SKILLS:
Mother tongue: Ukrainian/Russian

Other languages: English - C1, Estonian - B1
Digital skills: MacOS, Design, AI tools.
Other: visual facilitating, graphic recording