



Youthpass

MOBILITY OF YOUTH WORKERS

Gvantsa Mezvrishvili

BORN ON **08/02/1991**

PARTICIPATED IN A LEARNING MOBILITY PROJECT

Art of development

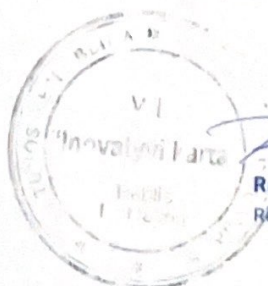
THE PROJECT TOOK PLACE FROM **27/01/2022**

TO **04/02/2022** IN **Trakai, Lithuania.**

MOBILITY OF YOUTH WORKERS

Learning mobility projects of youth workers support the professional development of youth workers by enabling them to acquire new skills and professional experiences. The projects may include transnational activities such as seminars, training courses, contact-making events, study visits and job shadowing periods abroad. The projects also contribute to strengthening the quality and the role of youth work in Europe.

Erasmus+ is the European Union's programme for boosting skills and employability through activities organised in the field of education, training, youth, and sport. Youth activities under Erasmus+ aim to improve the key competences, skills and employability of young people, promote young people's active participation in the society, their social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.



Raminta Rusovičiūtė

Representative of the organisation

The ID of this certificate is H6L6-6ABB-RH5H-7VNS.
If you want to verify the ID, please go to the web site of Youthpass:
<http://www.youthpass.eu/qualitycontrol/>

Youthpass is a Europe-wide validation system for non-formal learning within the Erasmus+ Youth in Action Programme. For further information, please have a look at <http://www.youthpass.eu>.



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With this document we certify that **Gvantsa Mezvrishvili** took part in a project called **Art of development**. It was a training course. The project was organised by **VšĮ "Inovatyvi karta"**, in cooperation with **"Vsl "Inovatyvi karta", Subtiluship C.I.C., BALTIJAS REGIONALIS FONDS, Stowarzyszenie Sztukater, Oriel, COLLECTIU LA VIBRIA DINICIATIVES CULTURALS PER LA TOLERANCIA I LA INTEGRACIO**.

Within Erasmus+, a training course is a project where youth workers and youth leaders come together for several days to develop their knowledge, skills, and attitudes on a certain theme. The daily programme of the course is based on learning objectives and facilitated by experienced trainers. The training courses promote the initiative and creativity of participants and have a direct impact on their future youth work or youth policy activities, such as organising quality projects and providing intercultural and non-formal learning experiences for young people.

Altogether, **21** people from **Italy, Latvia, Lithuania, Poland, Spain, and United Kingdom** took part in the project.

The overall aim and specific objectives of the project:

The aim of the project is to improve the quality of how youth educators work: using body movement as a tool for personal development and using the benefits of coaching to reflect, absorb and purify the information.

Main contents and activities of the project:

With project activities we were seeking:

- to give participants the tools of self-development through body movement;
- to learn how to use coaching methods for the reflection;
- to stimulate self-development process;
- to develop professional skills of youth workers and increase their efficiency;
- to share the best practice in experimental learning;
- to share the tools of body movement, art and theater;
- to build future cooperation on the basis of this project under Erasmus+.

Trainer/s:

Raminta Rusoviciūtė;
Gvantsa Mezvrishvili

Among the results of the project are the following:

The results of the project are:

1. a booklet with methods created, learned and adapted during this training course;
2. follow up activities planned by participants.



Raminta Rusoviciūtė
Raminta Rusoviciūtė
Person in charge of the project

Trakai, 03/02/2022