

Table of contents

1. "How Are You, Really?"	3
2. KULTURE: Enhancing Environmental Education through Methods and Principles of Permaculture	7
3. HEAL THE EARTH	12
4. SWIM AGAINST THE CURRENT - A Training on Emotional Intelligence	16
5. Our Planet is our only Home	22
6. Secrets of facilitation	27
7. Empowering Youth Changemakers for Eco-friendly Solutions	31
8. Youth Work with the Ukrainian Displaced Youth	33
9. NO BORDERS FOR INCLUSION	36
10. Youth for Climate Action	40
11. We Guide	44
12. Performing Arts And Wellbeing for Trainers	48
13. Go Online	51
14. Next Generation - now it's our turn	55
15. Facilitation Compass	59
16. Music it is	63
17. YOUTH LAB of Fundraising: fresh impetus to develop funding strategies for youth NGOs	67
18. Promoting Diversity and Tolerance Through Media and Information Literacy	71
19. Five steps to risk assessment	74
20. CompetencesLab for Inclusion	77
21. Youth Talk: Make it Meaningful	80
22. Remembrance beyond memory - contextualising remembrance culture in youth work	83
23. A Path to Self Care	86

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

"How Are You, Really?"

Good practice example

Project Coordinator

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Project Information

Identifier 2022-1-AT01-KA153-YOU-000064601
Start Date Sep 1, 2022
End Date Aug 31, 2024
EC Contribution 50,139 EUR
Partners CHARITABLE ORGANIZATION VZAYEMOPOMICH (UA) , Tegyük Együtt az Ifjúságért Alapítvány (HU) , Academy of Innovation (RU) , Yeni Nesil Eğitimciler Topluluğu (TR) , Réseau Professionnel de la Jeunesse en Auvergne (FR)
Topics Physical and mental health, well-being ; New learning and teaching methods and approaches

Project Summary

Objectives

According to HORIZON, the EU Research&Innovation Magazine of the European Commission, in an article published on Jan 2022: "Children and adolescents tend to have more mild disease compared to adults if they catch the coronavirus that causes Covid-19, but they are still struggling to cope with the pandemic. Curfews, closures, and lockdowns have taken their toll on their emotional wellbeing."

So much so that they have been coined "The Covid Generation".

This is a topic we've extensively been discussing among ourselves as youth workers during the last 2 years as we noticed the youngsters we were in touch with were gradually falling into depression, dropping out from their studies, indulging in binge eating, drug use and sedentarity. Some of them even shared with us some episodes of suicide ideation.

We decided to do something about it and gathered a group of specialists on youth projects, nutrition, personal development trainers, a yoga teacher, a sophrologist, a healthy lifestyle coach and a group of youngsters to design a 3 phase project (2 Training Courses for youth workers and 1 Training Course on empowering youngsters to be youth leaders with intermediary phases back home) on Life Balance and Mental Health. We aim to provide a complex learning experience for youth workers and youth so they can better understand the importance of Life Balance and Mental Health in their life and use that knowledge in their daily work.

The main aim of the project is to increase the quality of youth work by providing a complex learning experience for youth workers and young people so they can better understand the importance of Life Balance and Mental Health in their life and use that knowledge in their daily work.

Objectives:

1. Increase awareness about the importance of the continuum between Life Balance and Mental Health among youth workers and young people
2. Develop the professional capacities of young workers in designing and implementing activities promoting Life Balance/Mental Health among young people, based on non-formal education methods
3. Exchange practices and experiences on Life Balance/Mental Health among youth workers and young people from different countries.
4. Develop and disseminate a pocket guide and affirmation cards on promoting Life Balance and Mental Health

Activities

We set the following structure for the implementation:

- Preparation at home
- A1 - Training Course on Life Balance (France) 24 participants
- Local action #1 - use competencies, methods, tools acquired during A1 by the implementation local activities and testing of a pocket guidebook on the promotion of Life balance, in each partner country
- A2 - Training Course on Mental Health (Austria) 24 participants
- Local action #2 - use competencies, methods, tools acquired during A2 by the implementation of local activities and testing of updated pocket guide on the promotion of Life Balance and Mental Health, in each partner country. Support and preparation of young people for the Training Course.
- A3 - Training course on empowering youngsters to be youth leaders on promoting Life Balance and Mental Health (Ukraine) 24 participants

- Local action #3 - dissemination of the project's results (a pocket guide and affirmation cards on promoting Life Balance and Mental Health)

Partners: France, Hungary, Austria, Ukraine, Russian Federation, Turkey

Outcome: pocket guide for youth workers+a set of affirmation cards about Life Balance and Mental Health, which will contain knowledge, tools, resources and materials

The profile of the participants are following:

- Youth workers and persons in other relevant positions in youth work.
- Youth workers or youth who are motivated in upgrading their knowledge on Life Balance and Mental Health.
- Youth workers and youth who are currently working on, or are interested to work on, the topics of Life Balance and Mental Health in youth work context.
- Youth workers working with depressive youth and youngsters who are struggling with social interaction before and since the covid pandemic.
- Youth at high risk

Impact

The results of the project will bring a positive impact on the development of youth work and youth health in general, not only in the participating organisations but on much wider stakeholders as well.

Contribution to the quality development of youth work will be achieved as a complex of the following:

- increased awareness about the importance of the continuum between Life Balance and Mental Health among youth workers and young people
- exchange practices and experiences on Life Balance/Mental Health among youth workers and young people from different countries
- new working methods discovered by youth workers during the project activities (energizers and icebreakers, team building games, reflection, evaluation and feedback, etc)
- improved professional capacities of young workers in designing and implementing activities in general
- better respond to the needs of target groups based on practical experience
- new working tools developed (a pocket guide and affirmation cards) to promote Life Balance and Mental Health
- better confidence in the designing and implementation of own activities, workshops/seminars, etc
- more creative ways to organising activities and their work in general
- community support from peers/experts from abroad working on the same topic
- improved mental health (and hopefully physical) condition both youth workers and their target groups

We are organising this set of one-week life balance and mental health trainings, in order to train youth workers and youth in the use of a structured package of life balance and mental health training materials which they will then adapt and use in their own training courses, workshops, seminars, etc for youth and other youth workers who act as primary information/knowledge providers. The last activity (A3) specifically aimed to empower youngsters to be youth leaders on promoting Life Balance and Mental Health. Thus, it will create the multiplying effect by improving general conditions of the health among youth, on local and regional levels.

The project is designed in a way to trigger positive effects on participants even after the activities in a sustainable manner, both on personal and professional levels improving the quality of youth work they deliver. We are aware that this process can be a long one depending on the person but it is easy to convince people once they have experienced the sense of completeness one can feel when they quit mortiferous lifestyle habits.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

KULTURE: Enhancing Environmental Education through Methods and Principles of Permaculture

Project Coordinator

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Project Information

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End Date Mar 31, 2024
EC Contribution 59,833 EUR
Partners VOG - Villagers of Greece (EL) , ASOCIACION CULTURAL Y MEDIOAMBIENTAL PERMACULTURA CANTABRIA (ES) , VOLUNTARIAT ZAVOD ZA MEDNARODNO PROSTOVOLJNO DELO LJUBLJANA (SI) , VIAJE A LA SOSTENIBILIDAD S.Coop Pequeña (ES) , GAIA (XK) , Moby Dick ETS (IT) , CREATORIUM (NO) , Mòvesi APS (IT)
Topics Environment and climate change ; Green skills ; Quality and innovation of youth work

Project Summary

Objectives

The main aim of this project is trying to contribute to the effort of bridging this gap by offering to organizations in our network and to youth workers theoretical knowledge and practical tools for improving the quality of environmental education efforts by complimenting them with permacultural principles and practices.

The objectives of the project are:

O1: raising awareness among youth workers about the opportunities given by and the effectiveness of permaculture in environmental education and in addressing relevant social, environmental needs;

O1.1: showing how permaculture, with its holistic approach, complies and contributes to 2030 Sustainable Development Goals (SDGs) and in particular to SDG4 which calls for an inclusive and fair education aimed at a sustainable development;

O1.2: showing how permaculture teaching methods promote critical and systemic thinking, interactive and exploratory learning environments, collaborative decision-making, responsibility for future generations and individual and collective action;

O1.3: showing how permaculture represents a framework effective in addressing societal and political challenges at local and global level, how it contributes to community developments;

O1.4: showing how permaculture contributes to respect and promote cultural diversity, indigenous and traditional knowledge, and biodiversity;

O1.5: showing how permaculture provides a framework for educators as effective agents of change;

O2: enhancing competences of youth workers by introducing them to principles, ethics and methods of permaculture (O2);

O2.1: providing an introduction to principles of permaculture and to the ethical framework that informs practical applications by permacultural practitioners;

O2.2: introducing to the conceptual framework of permaculture;

O2.3: introducing to analysis of behaviors and consumption choices, to design thinking in permaculture;

O2.4: introducing to social permaculture and to urban permaculture;

O3: providing skills for designing practical educational sessions for youngsters, inspired by non-formal education, by learning-by-doing methods and by gamification, in order to convey knowledge and methods of permaculture:

O3.1: designing toolkits and methods of environmental education inspired by teaching methods of permaculture that can be useful to youth workers;

O3.2: enhancing competences of youth workers in delivering outdoor sessions, in investigating environmental issues and consumption habits, in transmitting green skills;

O3.3: enhancing competences of youth workers in fostering environmental activism of youngsters within their communities;

O3.4: building skills of youth workers in delivering practical permacultural activities;

O4: enlarging networks between youth organizations and permacultural ones and providing specific tools for the implementation of permacultural practices in educational activities:

O4.1: creating a map of permacultural organizations belonging to the network of partner organizations;

O4.2: promoting permaculture as a fundamental pillar of environmental education;

- O4.3: raising awareness about permaculture addressing youngsters and other youth associations;
- O4.4: creating networks between youth organizations and permacultural ones;
- O4.5: reaching out the general public and strategic actors to promote the principles and methods of permaculture;

From the point of view of youth work the project has two principal aims:

1. enhancing quality and innovation in youth work by a) creating new tools useful in carrying out educational sessions about topics in environmental education with non-formal and practical methods derived from permaculture and b) fostering the connection of youth work with new sectorial areas (in this case permaculture as a set of agricultural practices and principles).

Activities

The project will involve 24 youth workers from 7 different countries (Austria, Italy, Spain, Norway, Kosovo, Greece, Slovenia). Youth workers selected for this project are either:

1. youth workers involved in environmental education;
2. permaculture practitioners;
3. youth workers working on sustainability, environment and community development but far from the world of European mobility projects;

Some of these participants, because of their background and because of linguistic or geographical barriers are to be considered participants with fewer opportunities.

Activity 1 (Austria): Introduction to Permaculture for Youth Workers: Opportunities, Theory and Practice

Main activities of this module will be:

1. team-building activities based on interactive games and methods in order to create positive and fruitful group dynamics;
2. Introduction to the Ethics and Philosophy of Permaculture through group discussion, creative artwork and presentations;
3. Permaculture as a Tool for Changemakers: case studies and relationship between permaculture and environmental policy context;
4. Introduction to Principles of Permaculture: how permaculture understands ecosystem as complex systems, why permaculture is a design tool, difference between eco-system and technosystem, rural areas and cities through case studies and observation lab;
5. Visual tools in permaculture: how permaculture uses maps and visual tools to understand ecosystems, spaces, relationships and how these tools are extremely useful in environmental education;
6. What is sustainability in permaculture: Introduction to Cycles in Ecosystems through observation and discussions;
7. Coursebook for teachers: setting priorities in Environmental Education through Permaculture;
8. Introduction to Social Permaculture: how principles and ethics of permaculture apply to social issues and needs
9. Attitudes and behaviors in permaculture: problem solving in permaculture;
10. Digital tools for Education through Permaculture: how to teach sustainability thanks to visual digital tools;
11. Meetings with local projects: Garteln in Wien;

Activity 2 (Italy): Practical Tools and Methods for Environmental Education through Permaculture

Main activities will be:

1. Sensory Observation Laboratory: how to use senses in order to understand relationships and contrasts in permaculture;
2. Workshop Water Management: how water and energy flow through complex systems;

3. What is a food forest? Design of a complex sustainable system according to principles of permaculture;
4. Workshop for Youth Workers: how to create a session in environmental education through permaculture?
5. How to do a successful dissemination?
6. Collection of materials and tools elaborated during practical workshops into a coherent, user-friendly and immediate educational content;
7. Preparation and distribution of the toolkit;
8. Project Management Workshop and Organizational arrangements for follow-up activities;
9. Meetings with local projects: Giardino Pedagogico, Permacultura Elementare, Semi Vaganti;

System Development and Outreach Activities:

1. three thematic meetings between two mobilities on specific topics within permaculture (to be determined jointly by trainers and participants during first mobility);
2. one meeting with actors of interest to be done after the end of the activities and to be organized in national groups by partner organizations;

Impact

The impact of the project for youth workers is placed at different levels and is both direct and indirect:

- 1) youth workers will improve their competences in terms of environmental education and understand how environmental education connects to broader European and international policy framework on environmentally sustainable development (Green Deal, Agenda 2030, EU Biodiversity Strategy) ;
- 2) youth workers will acquire knowledge about permaculture and understand how it connects to broader European and international policy framework on environmentally sustainable development;
- 3) youth workers will acquire skills regarding permaculture practices and will be able to apply them into educational session tailored for young people;
- 4) youth workers will be able to promote values of diversity, fairness, responsibility and activism through permaculture principles and practices;
- 5) youth workers will enlarge their European network of youth organization and of permaculture projects as well as exchange ideas and good practices with other youth workers with similar interests, passions and with area of expertise;
- 6) youth workers will benefit of new tools in order to make their educational efforts more impactful;

Partner organizations will benefit:

- 1) from a renewed network which includes both permaculture focused organizations and youth organizations and therefore by strategic partnership for fostering both environmental education and permaculture;
- 2) by an improvement of the competences of their teams which will support their effort in the field of environmental education;
- 3) by acquiring competences in the design and management of Erasmus+ KA153 projects (as some organizations are new to this type of project);
- 4) by exchanging good practices within a composite network of partners;
- 5) by enlarging the scope of their actions through visibility and reaching out actions (included in the System Development and Outreach Activities);

Impact of the project:

- the project will bring new skills and competences to youth workers involved into permaculture projects at local level
- the project will support the activities of already existing permaculture projects improving not only the quality of their activities but also their network and their visibility;

- the project will connect local permaculture projects in partner countries and introduce them to the opportunities given by the Erasmus programme, laying the ground for future collaborations and projects;
- project will serve at helping permaculture projects to exit the niche in which they are sometimes closed, as evidenced in the problem analysis;
- the project will help in the creation of a new network of associations and on a new alliance between youth organizations and permaculture projects.
- the project will reach as well, thanks to the dissemination of project outputs, other youth workers and organizations granting a positive ripple effect of project activities;
- the project will positively impact the permaculture movement at large by giving it visibility and by contributing to include it in Erasmus+ projects.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

HEAL THE EARTH

Project Coordinator

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Project Information

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End Date Feb 29, 2024
EC Contribution 23,348 EUR
Partners Asociatia Pas Alternativ (RO) , ACHAIKO INSTITUTO EKPEDEFSIS ENILIKON (EL) , Interaktiva (HR) , SCIENTIFIC AND RESEARCH ASSOCIATION FOR ART, CULTURAL AND EDUCATIONAL PROGRAMMES AND TECHNOLOGY EPEKA (RS) , Associação Nó Górdio (PT) , Youth for Public Health (GE) , Youth Development and Enterprise Association (TR)
Topics Environment and climate change ; Green skills ; New learning and teaching methods and approaches

Project Summary

Objectives

Environment and climate action are key priorities for the EU now and in the future.

In order to successfully transition to becoming carbon neutral by 2050, schools, training facilities, and universities must engage students, parents, and the larger society. This is acknowledged in the European Green Deal Communication 5, which is the continent's new growth plan.

With this project, we'll make an environment where everyone can talk about and learn about environmental challenges, think on what can be done at various levels, and work with organizations to find more eco-friendly ways to carry out project operations.

A group of 24 youth workers and two trainers from 8 different countries are participating in the project and are learning about various workshops and media that are used to spread the message of the value of actively taking part in raising awareness of the protection and rehabilitation of environment of the partner countries.

In order to apply them with their respective young target audiences back home, the project will support youth workers from the participating organizations to build their non-formal education methods and activities as well as measures to assess participants' personal growth and environmental education.

Aim of the project is:

To raise the awareness about climate change, nature conservation and how to use outdoor NFE methods to protect the environment.

The project objectives are:

1. Develop the knowledge regarding climate change , nature, sustainability and environment protection among of 24 youth workers from Austria ,Romania, Turkey, Portugal. Greece, Croatia, Georgia and Serbia ,until the end of the project.
2. Develop the skills to create and implement green strategies, methodologies and outdoor non-formal educational methods for 24 youth workers, until the end of the project.
3. Develop a more positive attitude to raise awareness about climate change and to use outdoor non-formal methods in their daily work with young people, for 24 youth workers, until the end of the project.
4. Promote new youth network initiatives based on NFE methods as tools for social transformation
5. Create space for the exchange of experiences / project ideas.

Activities

Within the project there will be an 8-day-long training course in Klaffer, Austria between the 5 and 12 of May 2023, with the participation of 24 youth workers and 2 trainers/facilitators from Romania, Serbia, Croatia, Georgia, Turkey, Portugal, Greece and Austria. The Training Course "HEAL THE EARTH" will be based on non-formal methods of education.

For the implementation of this project the trainers will use different methodologies such as: case studies, teambuilding, discussions, world cafe, role play and theatre.

The trainers will also apply daily Youthpass methodologies for reflection of the learning outcomes.

The project includes several types of activities:

1. Management activities
2. Preparatory activities
3. Mobility - Learning activities
4. Dissemination activities.

In the management and planning activities, concerns like travel, lodging, meals, purchasing consumables,

monitoring and evaluation, communication between partners and other stakeholders, etc., will be incorporated and handled throughout the project.

The first part of the course activities includes theoretical sessions on: Erasmus + projects, learning areas, learning contexts, planning of learning activities, methods of non-formal learning, types of fewer opportunities, group management in non-formal learning, Experiential learning model - Kolb cycle, learning styles, facilitating non-formal learning methods, types of questions.

The participants will absorb the precise information needed to conduct activities utilizing NFE methods through each of these sessions.

The participants' skills will be developed in the second part using the prior part's knowledge. The goal of the practical workshops is to support participants acquire the skills and attitudes needed to put what they have learned into practice, enabling them to carry out activities included at a higher level of quality when the project is complete.

Participants must be at least 18 years of age and fulfill the following requirements:

- Participant is a youth worker/educator/volunteer for the sending organization and/or is actively involved in that organization's work
- The participant is aware that English is the working language and has agreed to contribute to the training course by sharing his or her thoughts on a particular subject.
- The participant is also willing to take part in dissemination activities and share the training course's outcomes once it has concluded.

There will also be youth workers with fewer opportunities in the program (with cultural, geographical, economic or social difficulties). The trainers are also anticipating that some youth workers will have limited possibilities, and they will assist these participants in engaging fully in all activities.

Impact

The first results of the project will appear during the training course and refer to the learning outcomes. It is about the knowledge, abilities and attitudes developed at the level of the participant ,regarding climate change, sustainability and environment protection and also related to the use of outdoor NFE methods for young people with and without fewer opportunities.

Each project partner will make at least one follow-up event, a local activity which will be organised to the young people from the area where the organisation works. Project partners will organise the local activity within a few months after the training course ended. Participants of the training course will be present on the local activity and they will present outdoor NFE methods and give a deeper understanding upon the topic.

Participants of the training course will post on social media (Facebook, Instagram, Snapchat) about the activity during and after the Training Course referring to Erasmus+ and thus spread the word of the program. Project partners and participants will share the pictures which were taken on the activity on their organisational website and on their personal social media platforms.

Project partners will also write an article about the results of the activity, which will be shared on their organisational website considering their experiences upon the Training Course and the follow-up local activity. Project partners will share this article on the organisational website within the period of the project.

This training course will have a positive impact on the youth workers, because it will equip them with competences for environment protection.

Through the workshops and the new knowledge and skills received, the participants will be acting as multipliers. The participants will implement following the project objectives, activities/projects on non-formal education, enabling their organization to provide further educational opportunities for young people. Young people will have a deeper understanding upon climate change .They will share their experiences to their peers personally and by photos taken on the local activity on the social media sites. Young people will understand why they should protect

the environment. Young people will be much more careful about the nature. They will use green and eco lifestyle in their life.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

SWIM AGAINST THE CURRENT - A Training on Emotional Intelligence

Project Coordinator

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Project Information

Identifier 2023-3-AT01-KA153-YOU-000179847
Start Date Jan 1, 2024
End Date Jan 31, 2025
EC Contribution 24,982 EUR
Partners Association Eudaimonia (BG) , Asociatia de Tineret ONESTIN (RO) , SEIKLEJATE VENNASKOND (EE) , Asociación Creamos Europa (ES) , ASSOCIAZIONE AGRADO - APS (IT) , ASSOCIACAO CHECK-IN - COOPERACAO E DESENVOLVIMENTO (PT) , Growth Hub (EL)
Topics Physical and mental health, well-being ; Creativity, arts and culture

Project Summary

Objectives

Alarming statistics from the World Health Organization highlight a distressing reality: the annual suicide rate surpasses the number of deaths caused by road accidents, with 90% of these suicides stemming from mental health issues.

Studies reveal that approximately 50% of adult mental health disorders originate during adolescence.

This underlines the urgency of equipping youth workers with effective methodologies to enhance the emotional intelligence of young people.

Nurturing Emotional Intelligence (EI) equips individuals to effectively manage challenges and adapt to changing circumstances.

Many scientific evidences underscore the significance of Emotional Intelligence (EI) in empowering both young individuals and their communities.

EI is closely linked to qualities such as resilience, self-awareness, empathy, and mutual support.

In the context of today's circumstances, EI is increasingly valuable not only for educators, social workers, and community members but for everyone.

Its foundation lies in recognizing, comprehending, and regulating one's own emotional reactions in a thoughtful and intelligent manner. It's also about understanding the ripple effect of these emotions on others' behaviors and responses.

To effectively manage these reactions, a critical step is acknowledging our own emotional state, naming it, understanding its influence on our behavioral tendencies, and then consciously adapting and transforming these patterns.

The psychologist Barry Duncan's research underscores that the effectiveness of youth work greatly hinges on the perceived relationship quality between the provider (youth worker) and the recipient (young person).

This relationship carries significantly more weight in outcomes (up to 6 to 9 times) than other factors like methods or techniques employed.

The research also highlights that compassion levels significantly impact this relationship's quality, influencing youth work outcomes.

Another body of research reveals that for social and youth workers, over-focusing their compassion on others can lead to "compassion fatigue," where their compassion diminishes due to burnout.

Consequently, self-care and self-compassion are crucial alongside showing compassion to others.

The ability to be compassionate exists in all of us and can be nurtured, often through Emotional Intelligence training.

Youth workers collectively require the cultivation of Emotional Intelligence.

This includes self-discovery, recognizing needs and limitations, and enhancing resilience to prevent compassion fatigue and burnout. Such development enhances their work quality, improving the relationship with their youth and bringing better results.

Not only the data are driving us, but also a direct observation of the mental health situation between colleagues and local youth from our organisations, and the following concern, motivated us to design this project, based on a

really felt need.

With this Training Course we want to offer a path for youth workers mental health and wellbeing and for that of the youth they work with, discovering and empowering their Emotional Intelligence..

We will work following the pillars of non formal education, using elements taken from different fields: psychology, creativity, art therapy.

Our specific objectives:

1. Empower Youth workers with powerful tools for self-discovery, empathy, self-care, emotional management, self-awareness - for themselves and for the youth they work with;
2. Develop acceptance and non judgemental approach towards our own emotions, learning how to recognise, manage and regulate these (“Emotional agility”);
3. Get awareness of the disfunctional emotional patterns (irrational beliefs, negative self-talk,..) we still use as from childhood and get the chance to change these into functional ones;
4. Learning to embrace vulnerability through compassion and connecting with our trustworthiness and authenticity;
5. Improve the quality of youth work by providing participants with space to reflect on their role as emotional support for young people and to reflect on their own experiences with crisis and resilience;
6. Strengthen participants and organizational competencies in international youth work and cooperation;
7. Enhancing non-formal education methods and promoting recognition of NFE learning (small website).

Activities

This is is a Training Course for Youth workers on Emotional Intelligence, on developing those competences of self-awareness about own feelings and reactions (emotional competences), of empathic listening, self-care, resilience.

It will be a path for gaining awareness also on the non functional part of us, resulting from past traumas/irrational beliefs.

Nowadays we strongly need to empower ourselves on performing our personal self-care and, as youth workers, to be able to support youth facing mental health issues.

The Training wants to enhance the capacity to manage our emotions without being lead totally by these, but understanding the way we act or react, in order to live in a more balanced way

We will discover our own inner sides and strenghts through creative and artistic paths and psychological methods and tools. The project aims also to strengthen the International cooperation, exchange of knowledges, experiences on Youth work value.

It will be held in Klaffer, Austria, from 7th to 14th of April 2024 and the countries involved will be 8: Austria, Italy, Portugal, Romania, Estonia, Greece, Spain and Bulgaria. We will gather a participants group composed by 24 participants (3 from each country) + 2 trainers (from Italy & Portugal) and 2 staff members (from Austria) who support the trainers and the venue with project specific tasks like documentation, transports, preparing and providing material, support in practical sessions and so on.

The youth workers engaged in this project will primarily be motivated youth leaders, educators, trainers, and volunteers from partner organizations or related entities. Their age range will span from 18 to 55 years old.

The Training Course will be hosted in Mühl-fun-viertel in Klaffer/Hochficht, a big house for families an groups for

residential activities and trainings, and the group will live like a big family. This is the spirit of trust and connection that we want to create as a perfect setting and learning environment to such a sensitive kind of learning.

METHODS: The Training will empower the professional and personal competences of Youth Workers on artistic and

psychological methods and tools.

All the methods will be non-formal, based on the will of the learner, who can freely decide how deep he/she wants to go in

the process of self-expression. The used methods and tools speak an universal language, made of images, emotions,

expression through many different technichs and ways.

Such methods foresee: creative writing (cut-up, found- poetry, photo narration), eye-collection, landart, stories from artist's lives, exercises on mindfulness, empathic communication and active listening, outdoor activities,

Evaluation and self-assessment, intercultural activities.

AIMS OF EACH SESSION

The more specific objectives divided by days, are:

DAY 1 - Arrival, get to know each other, name games, first informations, house and project rules

DAY 2 - INTRO AND TEAM BUILDING

Build the group through common poetry, Share learning expectations in the groups and tools to turn into learning achievements. Investigate personal and professional needs. Intro on emotional management and emotions and emotions in art/bodies.- Selfcare and self-assessment times.

DAY 3 - EMOTIONS AND COMMUNICATION

Transactional Analysis theory and put in practice throught theatre pieces- communication and Ego states (emotions in communication). Creative expression of an emotion through poetry: anger. Work on poetry and on meake it visual .Selfcare and self-assessment times.

DAY 4 - EMOTIONS IN OUR LIFE STORIES

Workshop on photo narration- story-telling - reading of stories- Active listening and empathic communication - final sharing in group. Mid-term evaluation.

DAY 5 - OVERCOME NON FUNCTIONAL PATTERNS

Irrational beliefs developed duing childhood: how they prevent to live fully and how to overcome these- Resilience in art - Cultural visit. Self-care and self assessment times.

DAY 6 - EMOTIONS ON THE SHOW

Planning and realizing a show about this week emotions in group. Performance. Debriefing.

Selfcare and self-assessment times.

DAY 7 - EVALUATION and ASSESSMENT: Follow up and dissemination Plan; Collecting ideas for further cooperation-

Self-assessment and general evaluation of the project and activities through questionnaires and activities, .

DAY 8 - Departure, last evaluation round, Youthpass delivery, group picture, networking for future projects

Every day is foreseen one moment for reflection to “harvest” the learning of the day and assess the competencies gained (through different NF and creative techniques, Blob, Feeling Cards, Dixit cards,...). The final evaluation with questionnaire, visual tools and reflection on 8 Key competences will provide us a clearer vision of the flowing of the Training Course.

Impact

We expect a deep impact, due to the methods and tools used and the capacity of these to work inside. The delicate nature of emotional topics will pose a daily challenge, providing us with a context to apply the knowledge and insights gained during the Training Course. Moreover, recognizing our own vulnerabilities as sources of well-being and newfound strength will lead to a transformation from self-criticism/self-judgement towards both self-care and improved self-esteem.

We expect to have these results:

- Capacity to recognize, express and manage own emotions;
- Discover inner strenghts, not functional patterns and blocks;
- Developed capacity of empathic communication with no judgment;
- Capacity to narrate an autobiographic personal story through images rivisiting the life events under a new light;
- Enhanced capacity of introspection, self-motivation and resilience
- Renewed attitude to use creativity in facing life challenges;
- Empowered own Artistic skills.

More connected with youth work:

- Arised capacity to protect themselves from emotional burnout, recognising their own true needs, emotions and emotional patterns;
- Learned new methods of empowerment through art as introspective way - Creative writing technics, methods to unlock creativity, visual technics, free expression and active listening.
- Get a "Toolbox" with practice methods and creative activities to use with youth once at home;
- Learn how to manage a deep emotional activity in group, following the example and the tips of the Trainers;
- Skills on debriefing in deep emotional activity
- Got main awareness on youth mental issues in Europe and the role of Youth work for it.

On Participating organisations we expect the following impact and results:

- Enhanced Workplace Wellbeing: Over the long term, participants will show a shift in attitude within their respective organizations. They embraced a wiser and more reflective attitude and behavior, opting for a more aware approach, done also of inventive problem-solving, instead of succumbing to stress and burnout and to mistaken reactions.

The methods of Transactional Analysis, empathic listening, recognising of irrational beliefs will serve as guidelines for this, and being very practical tools, these will be "easy" to apply in daily life.

- Strengthened International Collaboration: Through the project, participants will engage in a fruitful exchange of experiences and work methodologies on an international scale. They will effectively implement these insights within their own work domains, fostering international cooperation. This collaboration will facilitate an exploration of diverse cultures and various approaches to non-formal education across different countries.

The creative techniques proposed will offer that shift from problem to aware and creative solutions.

- Elevated Work Quality: Participants, actively engaged within their organizations, directly will transmit their newly acquired knowledge and methodologies. Consequently, the overall staff within these organizations will benefit from empowered expertise, quality, awareness, and motivation.

- Establishment of a European Informal Network: The project's success will create the establishment of an

informal European network. This network is dedicated to advancing quality in youth work by fostering cooperation for future projects, endorsing the certification and validation of non-formal education, and advocating for the recognition of the role of youth workers.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Our Planet is our only Home

Project Coordinator

Organisation Green Heroes Austria Umwelt- und Naturschutzverein
Address Lerchenfelder Strasse 44/28 , 1080 Vienna , Wien , AT
Website www.greenheroes.at

Project Information

Identifier 2023-3-AT01-KA153-YOU-000170693
Start Date Mar 1, 2024
End Date Feb 28, 2025
EC Contribution 55,164 EUR
Partners NGO "Step. Forward" (UA) , Let's Do It Georgia (GE) , International Centre for Youth Empowerment & Cooperation IC-YEC (AM) , JUGEND, BILDUNG UND KULTUR EV (DE) , Association MED13 (FR) , Asociatia MasterPeace Ro (RO)
Topics Environment and climate change ; Green skills ; Quality and innovation of youth work

Project Summary

Objectives

The environment, ecology, and climate action are crucial EU priorities today and in the future. The European Green Deal Communication is the European new growth strategy. It recognizes the crucial role of schools, training institutions and organizations to engage with pupils, parents, students, youth workers and the broader community on the changes needed to successfully transition to becoming climate-neutral by 2050.

The objectives of the project Our Planet is Our Only Home are:

- To equip young people with the knowledge, skills, and information needed to take action on UN SDGs 6, 7, 13, 14, and 15.
- To raise awareness among youth workers about environmental issues and the importance of adopting a sustainable lifestyle.
- To take action on environmental challenges and develop an action plan focusing on environmental issues and youth work.
- To establish a strong coalition of individuals, organizations, and communities to lead the movement for change.
- To enhance the sustainability competencies of educators and youth workers.
- To inform our youth workers about the significance of World Clean Up Day and Digital Clean Up Day.
- To empower youth workers through modern nonformal education techniques, workshops, group works and activities as part of the TOT training
- To teach our participants to plan and prepare quality environmental activities that will interest more young people and engage them.
- To increase knowledge of the roles and methods of the professional trainer and the use of modern training theories and responsibilities.
- Assess the need for a training and development program and Identify the various learning principles for different types of learners.
- To strengthen partnership cooperation between European Union and Eastern Partnership countries and empower EECA NGOs.

Therefore, our initiative will be a crucial tool for fostering knowledge, abilities, and attitudes about the environment, climate change and sustainable development both within the European Union and outside of it. Project goals include encouraging the development of competencies, improving job possibilities, and involving participants in topics that are important for the sustainable development of our planet, with a focus on educating and engaging young people.

The project "Our planet is our only Home " has been initiated by a consortium of partners to raise awareness about ecology, climate change and other environmental challenges, empowering young people and youth workers to participate in climate actions and to create a positive impact on the earth.

The objectives of the project from the perspective of youth work practice are as follows:

1. To enhance the competencies and skills of youth workers in working with young people, especially those from disadvantaged or marginalized backgrounds.
2. To improve the quality of youth work by promoting innovative and inclusive practices that are responsive to the needs and aspirations of young people.
3. To increase the recognition of youth work as a profession and to raise the profile of youth workers as key actors in promoting the rights and well-being of young people.
4. To foster closer collaboration and cooperation among youth workers, organizations, and other stakeholders in

the field of youth work and environment.

5. To support the development of a supportive and enabling environment for youth work, including developing policies and legislation that support the sector and the professionalization of youth work.
6. To contribute to the personal and professional development of youth workers, including their intercultural competencies, critical thinking skills, and sense of empowerment.
7. To Provide youth workers with a toolkit for environmental protection and climate actions that will engage and educate their local beneficiaries.

Activities

Our project consists of two mobiles, the first of which will be held in Vienna, Austria, and the second in Bakuriani, Georgia. MOBILITY 1 “Our Planet is Our Only Home” - which will be implemented in Austria 11-19 of May 2024. The project will gather 30 youth workers, trainers and youth with fewer opportunities from seven countries (Austria, Georgia, Armenia, Ukraine, Romania France and Germany). we will have 7 youths with fewer opportunities. Participants will come together to discuss how to engage young people in ecological activities and to learn about various environmental issues. A focus will be placed on promoting eco-awareness and a sustainable way of life as solutions to a variety of environmental issues. The principles and assumptions of informal and non-formal education will serve as the foundation for the entire project's methodology.

The aims of each session, workshop and training during the project are:

- A) Introduction to Environmental Challenges: - Aim: To provide participants with an overview of the major environmental challenges facing the world today, including climate change, pollution, and resource depletion.
- B) UN Sustainable Development Goals (SDGs): - Aim: To familiarize participants with SDGs 6, 7, 13, 14, and 15 and their significance in addressing environmental issues.
- C) Sustainable lifestyles and consumption: - Aim: To explore the concept of sustainable living and its relevance to individuals and communities.
- D) Environmental action planning: - Aim: To guide participants in developing action plans for addressing environmental challenges in their communities.
- E) Youth engagement and empowerment: - Aim: To empower youth workers with the skills and strategies needed to engage and inspire young people in environmental initiatives.
- F) World Cleanup Day and Digital Cleanup Day: - Aim: To promote participation in global clean-up initiatives and raise awareness about the impact of waste on the environment.
- G) Sharing best practices and experiences: - Aim: To create a platform for participants to share their experiences and best practices related to environmental projects.
- H) Sustainability competencies and education: - Aim: To enhance the sustainability competencies of educators and youth workers.
- I) Project evaluation and impact assessment: - Aim: To assess the impact of the project and participants' initiatives.
- J) Planing of future directions/activities: - Aim: To wrap up the project and set the stage for future environmental initiatives.

MOBILITY 2. “TOT Our Planet is Our only Home” - which will be implemented in Bakuriani, Georgia 11-17 of July 2024, The project will gather 30 youth workers, trainers and youth with fewer opportunities from seven countries. we are going to have 7 fewer opportunity participants. The major purpose of this mobility is to strengthen future trainers' and youth workers' knowledge and skills, as well as to explain in detail what youth activities are and what role youth workers play in the development of our societies. The project's entire methodology will be based on the tenets and presumptions of non-formal and informal education.

The aims of each session, workshop and training during the project are:

1. Identify the characteristics of an exceptional trainer.
2. Explain how adults differ from children in the way they learn.

3. understand and identify different behavioral styles and adapt training as necessary.
4. Explain what a well-designed training program looks like.
5. Describe a needs analysis and why it is a necessary step in any training program.
6. explain multiple methods for making lecture-based programs active.
7. develop strategies for handling environmental challenges and disruptive participants.
8. choose seating arrangements conducive to hands-on learning.
9. Present information in a clear, concise, engaging manner.

The main goal of this mobility is to train trainers who are motivated to take part in continually improving the quality of projects under the Erasmus+: Youth in Action Programme. Within the ToT course, participants have the chance to further develop their competencies as a trainer. In line with the European Training Strategy, ToT considers the following competencies as essential when working as a non-formal education trainer within Erasmus+.

After participating in TOT training the project participants will be able:

1. Understand and facilitate individual and group learning processes;
2. Design educational programmes;
3. Direct one's own learning (Learning to Learn);
4. Co-operate successfully in teams;
5. Communicate meaningfully with others;
6. Intercultural Competence;
7. Being civically engaged;

Impact

Results and impacts of the project will be: FROM FIRST MOBILITY IN AUSTRIA:

1. Increased awareness among young people: the project successfully engages with young people, it could lead to an increased awareness of environmental issues and the importance of taking action.
2. Empowering young people to take action on UN Sustainable Development Goals: Providing young people with the necessary information, skills, and knowledge to act on UN SDGs could enable them to contribute to achieving these goals and make a positive impact.
3. Raising awareness of environmental issues and sustainable lifestyles: the project raises awareness among young people and youth workers regarding environmental issues and sustainable lifestyles, it could lead to more environmentally-friendly behaviors and attitudes.
4. Developing sustainability competencies of educators and youth workers: By developing sustainability competencies among educators and youth workers, the project could help ensure that future generations are better equipped to address environmental issues.
5. Strengthening partnership cooperation among organizations and communities: If the project creates a strong coalition of people, organizations, and communities to lead the change, it could foster collaboration and knowledge-sharing, leading to more effective and sustainable solutions.
6. Encouraging participation in World Clean Up Day and Digital Clean Up Day: By sharing information about these events, the project could encourage more people to participate and raise awareness about waste management and environmental issues.

FROM THE SECOND TOT MOBILITY IN GEORGIA

1. Enhanced trainer competence- Participants in the TOT program will gain the knowledge, skills, and attitudes necessary to become effective trainers. They will be better equipped to design and deliver high-quality training programs in youth work and environmental education.
2. Quality youth work and environmental education- Trained youth workers will go on to apply their expertise within their organizations and communities, leading to improved quality in youth work and environmental education programs. This will result in more engaging, effective, and impactful initiatives for young people.

3. Increased youth engagement:- Youth workers and trainers who have completed the TOT program will be more adept at engaging young people in meaningful ways. This can lead to increased youth participation, empowerment, and positive outcomes.
4. Community Impact- As youth workers and trainers implement their newly acquired skills, the positive impact will extend to local communities. This may include enhanced community engagement in environmental initiatives, improved youth services, and stronger community partnerships.
5. Empowerment of vulnerable youth- Through specialized training approaches, the project will empower trainers to better serve vulnerable and marginalized youth, offering them support and opportunities they may not have had access to otherwise.
6. Increased recognition: The TOT program can enhance the recognition and credibility of participating organizations and youth workers, making them more attractive to potential funders, partners, and program beneficiaries.
7. Professional growth: Participants in the TOT program will experience personal and professional growth as they take on leadership roles and contribute to their organizations' success. This can lead to career advancement and greater job satisfaction.
8. Sustainability: The knowledge and skills acquired by trainers and youth workers are sustainable assets that can continue to benefit organizations and communities for years to come.
9. Inspiration and role models: Trained participants can serve as inspirational role models for young people, encouraging them to pursue careers in youth work, environmental activism, and education.

Quantifiable results of the project:

- Trained 28 youth workers who gained valuable knowledge about environmental challenges, climate change, zero waste lifestyle, carbon footprint emissions, youth activism, TOT and youth work.
- 7 NGOs gain new knowledge, and partners to increase networking of prospects for international collaboration and grant-making.
- 28 Participants are aware of the problems that young people with fewer opportunities face today, including issues with inclusion and marginalized groups.
- 28 Youth workers will improve their toolbox for future work with young people.
- 10 New potential projects are created for international cooperation and partnerships.
- At least 600 young people will participate in 30 dissemination and follow-up activities.
- Shared 6 Videos, 2 newsletters and project materials (pictures, posters, stories, etc) for project publicity via different social media channels.
- 120,000 viewers from our digital dissemination activities.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Secrets of facilitation

Project Coordinator

Organisation Verein zur unterstützung und Begleitung für Lehrlinge mit Migrationshintergrund
Address Otto-Probst-Straße 30.2.8 1100 , 1100 Wien , AT
Website www.ciralik.at

Project Information

Identifier 2023-3-AT01-KA153-YOU-000176378
Start Date Feb 1, 2024
End Date Sep 30, 2024
EC Contribution 24,071 EUR
Partners I AND F EDUCATION AND DEVELOPMENT LIMITED (IE) , Stowarzyszenie SEDA (PL) , Roes Cooperativa KOIN.S.EP. (EL) , Irig Moj Grad (RS) , DOMINO CEM (MK) , Kumluca Ticaret ve Sanayi Odası (TR) , Creative Youth Academy Hungary (HU) , Vsl "uMunthu" (LT)
Topics New learning and teaching methods and approaches ; Quality and innovation of youth work

Project Summary

Objectives

In the field of youth work, there is a growing demand for skilled facilitators capable of leading high-quality youth exchanges within the Erasmus+ program. As Europe sees the emergence of new generations of youth workers, a pressing issue arises - many of these youth workers lack the essential facilitation skills required to guide these exchanges effectively. Instead, they often resort to memorization and imitation of activities without a clear understanding of when and how to use them for maximum impact.

Project Idea:

To address this critical need, our project, "Secrets of Facilitation," was conceived. Our central idea is simple yet transformative: to equip emerging youth workers with the essential skills and knowledge they need to become effective facilitators. We understand that the facilitation of youth exchanges is not merely about conducting activities; it's about creating an environment where young people can thrive, learn, and grow.

Project Needs:

The needs driving this project are twofold. First, there is a need for a new generation of youth workers to be well-versed in the art of facilitation. Their role extends beyond being program coordinators; they are mentors, guides, and inspirations for young individuals embarking on their educational journeys. Secondly, there is a need for high-quality youth exchanges within the Erasmus+ program. By empowering youth workers with the right skills, we contribute to the overall improvement of these exchanges, ensuring that they become transformative experiences for young people.

Our project is guided by four clear objectives:

1. **Enhance Facilitation Competencies:** Elevate the facilitation competencies of youth workers and group leaders within participating organizations.
2. **Develop Proficiencies for Youth Exchange Leadership:** Provide youth workers with the competencies necessary to effectively lead and facilitate youth exchanges within the Erasmus+ Youth program.
3. **Equip with Facilitation Tools and Resources:** Furnish youth workers with a toolkit of resources and materials for facilitating various activities within Erasmus+ youth exchanges.
4. **Foster Collaboration and Best Practices Sharing:** Enhance cooperation and promote the exchange of experiences and best practices among participants.

Activities

The primary activity of our project, "Secrets of Facilitation," is a comprehensive training course aimed at enhancing facilitation skills among youth workers and educators. The training course will employ various non-formal educational methods to provide a dynamic and interactive learning experience for the participants.

Number and Profile of Participants:

We intend to gather a diverse group of 27 participants (plus 2 trainers) representing 9 different countries, including Austria, Turkiye, Macedonia, Hungary, Ireland, Lithuania, Poland, Serbia and Greece. The participants will fall within the age range of 18 to 35 and share a common interest in improving their facilitation skills. Our selection criteria ensure that participants are:

- Participants must demonstrate a strong motivation to actively contribute to the strategic development of their NGOs.
- They should have a clear understanding of their organization's interests and needs.
- Effective communication skills, including the ability to provide details and personal viewpoints, are essential.
- Participants should express a keen interest in remaining engaged in youth work or the education sector in the long term.
- If not already facilitators, they should aspire to become facilitators of Erasmus+ youth exchanges.
- Relevant experience in youth work is preferred.
- Commitment to proactive participation in the project is required.
- Participants should be open to incorporating the perspectives of youth, including beneficiaries and younger staff, when planning training activities.
- A demonstrated need for improving facilitation skills in response to changing youth work contexts is expected.
- Proficiency in English, the main working language, is necessary.
- Participants should be willing to act as multipliers, sharing knowledge gained after the training course.

Our project aims to create a dynamic and inclusive learning environment where participants from various backgrounds and experiences can come together to enhance their facilitation skills and ultimately contribute to the quality of youth exchanges within the Erasmus+ program. The training course will encourage active participation, creativity, and the exchange of ideas among participants, fostering a collaborative and empowering atmosphere for learning and growth.

Impact

The "Secrets of Facilitation" project aims to achieve several key results and impacts:

- **Enhanced Facilitation Skills:** We expect that our participants, primarily youth workers and educators, will significantly improve their facilitation skills. They will acquire practical tools, methods, and strategies to effectively facilitate youth exchanges and non-formal education activities.
- **Increased Quality of Youth Exchanges:** By equipping participants with advanced facilitation techniques, we anticipate a direct positive impact on the quality of youth exchanges under the Erasmus+ program. This improvement will lead to more engaging, interactive, and impactful exchanges.
- **Empowered Youth Workers:** Participants will not only gain new skills but also the confidence to apply them in their organizations and communities. This empowerment will help them take a leadership role in fostering positive change and promoting youth participation.
- **Multiplier Effect:** As part of our project's objectives, participants are expected to act as multipliers. We anticipate that they will share their newly acquired knowledge and skills with their colleagues, peers, and youth they work with, thereby extending the project's impact beyond its duration.
- **Stronger Partnerships:** The project will foster stronger partnerships among participating organizations and stakeholders. These collaborations will continue to benefit future youth exchanges and non-formal education initiatives.
- **Increased Access to Opportunities:** By enhancing facilitation skills, participants will be better equipped to access and benefit from Erasmus+ and similar opportunities. This will broaden their horizons and enable them to offer richer experiences to young people.

- Improved Youth Engagement: Ultimately, our project aims to improve the engagement of young people in their communities, fostering active citizenship and a sense of belonging. This impact may not be immediately measurable but is a crucial long-term goal.

The "Secrets of Facilitation" project seeks to produce both immediate and long-term results, including improved facilitation skills, higher-quality youth exchanges, empowered youth workers, and a broader network of multipliers. These outcomes align with the broader objectives of the Erasmus+ program, contributing to youth development, active citizenship, and European cooperation.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Empowering Youth Changemakers for Eco-friendly Solutions

Project Coordinator

Organisation Verein der Akademie für Bildung, Culture, Kunst, Jugend und Sport der Europäischen Union

Address Goldschlagstrasse 135/2 , 1140 Vienna , Wien , AT

Project Information

Identifier 2023-3-AT01-KA153-YOU-000176606

Start Date Jan 1, 2024

End Date Jun 30, 2024

EC Contribution 20,733 EUR

Partners Pursaklar Belediyesi (TR) , Creative Youth Academy Hungary (HU) , Casa Eslava (ES) , Children with special needs (BG) , ASOCIATIA TINERII 3 D (RO) , Somalische Kultur- und Integrationsverein e.V. (DE) , EUROPALMENTE ERASMUS (IT)

Topics Environment and climate change ; Entrepreneurial learning - entrepreneurship education ; Green skills

Project Summary

Objectives

By implementing the training project in the frames of K153, which has such global importance, we want to prepare youth workers to become ecologically responsive and to involve others in making changes, recycling, managing waste, establishing eco-social enterprises, and launching new labels in their companies to recycle the products they use every day. We will empower youth workers to encourage youngsters to change some of their habits and behaviors and make them ecologically beneficial. Youth workers will learn innovative ways to engage and involve young people in recycling initiatives. Our goals require a professional approach and training with competent trainers to achieve these intentions more effectively and make ecologically beneficial changes in our communities.

The project's primary goal is to equip youth workers with skills to inspire other youngsters to manage their waste and teach them how to recycle.

The specific objectives are:

- To raise awareness about recycling and waste management.
- To create more eco-friendly environments through youth workers' and leaders' involvement.
- To popularize DIY methods for eco-friendly purposes.
- To support social enterprises working in the direction of solving ecological problems.
- To motivate young people and entrepreneurs to actively participate in recycling and waste management activities.

Activities

The training course: "Empowering Youth Changemakers for Eco-Friendly Solutions: Recycling and Waste Management" will unite 26 participants from 8 countries, 4 from Austria and Turkiye, 3-3 from other countries. They are active youth workers who have had environmental projects and activities in the past, have education in the ecology field, or work in social enterprises where recycling and waste management policies have significant importance. They are motivated and interested in making changes in the direction of protecting nature and establishing DIY activities in their communities. They aspire to be role models to others as eco-friendly-oriented youth workers.

The training course contains presentations, workshops, case studies, group work, coaching, virtual tours, watching documentary, field trips, interactive lectures, storyboarding, panel discussions, etc.

Impact

Our project will impact local communities and enterprises to become environmentally responsible citizens and workers, gain an understanding of DIY practices, and learn the benefits of recycling processes. It will highlight the human role in waste management and nature protection.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Youth Work with the Ukrainian Displaced Youth

Project Coordinator

Organisation WIENXTRA, ein junges Stadtprogramm zur Förderung von Kindern, Jugendlichen und Familien

Address Friedrich-Schmidt-Platz 5 , 1082 Wien , Wien , AT

Website www.wienextra.at

Project Information

Identifier 2023-3-AT01-KA153-YOU-000177330

Start Date Feb 1, 2024

End Date Jul 31, 2024

EC Contribution 77,800 EUR

Partners Youth Workers' Association of Ukraine (UA) , The European Center for Freedom and Independence (AT) , Executive committee of Palanka village council/Виконавчий комітет Паланської сільської ради (UA) , Fundacja "Stand with Ukraine" (PL) , DESCOBERTA DE MOMENTOS - associacao (PT)

Topics Inclusion of marginalised young people ; Reception and integration of refugees and migrants ; Quality and innovation of youth work

Project Summary

Objectives

This project addresses the challenges faced by thousands of young Ukrainians who have been displaced within the country or forced to seek refuge abroad as a result of full-scale war with Russia in 2022. State institutions and civil society organisations in Ukraine and in Europe currently lack the necessary expertise to effectively support these individuals. This project aims to increase the knowledge base of Ukrainian youth workers about youth work practices in Austria and across Europe. This includes immersing them in the exemplary methodologies of professional open youth work in Austria, particularly in the context of supporting young war refugees from regions such as former Yugoslavia, Afghanistan, Syria and others.

Participants will also develop a comprehensive understanding of the collaborative networks and partnerships that exist between youth workers within the wider youth and social sector. They will engage in reflective exercises to internalise the guiding principles of open youth work.

By drawing on successful methodologies from youth work with war migrants and refugees in the EU, with a focus on Austria, the project seeks to promote the integration of displaced Ukrainian youth into their new communities. The initiative also aims to establish a network for knowledge exchange and capacity building among youth workers in Ukraine and the EU. In addition, it seeks to introduce and disseminate best practices in youth work with war migrants and immigrants, and ultimately to influence youth policy in Ukraine. Through these efforts, the project aims to provide displaced Ukrainian youth with the support and resources they need to thrive in their new environment.

Activities

The project involves a series of carefully planned activities aimed at providing non-formal learning opportunities for the professional development of youth workers based in Ukraine and European countries who work with displaced youth. The core of the initiative takes place in Vienna, Austria. It will start with a preparatory meeting and afterwards continue with specialised training sessions complemented by study visits. The project will culminate in a dynamic final conference, both in Poland and online, providing a platform for participants to share their experiences and insights for the future.

The project will bring together a diverse and committed group of participants, comprising youth workers from both the public and non-governmental sectors in Ukraine. This dedicated contingent from Ukraine accounts for 19 of the total 40 participants, reflecting a rich mix of experience and expertise. In addition, the project will include displaced Ukrainian youth workers and volunteers who have been actively involved in youth-related activities and have temporarily relocated to Austria, Poland and Portugal since 2022. These dynamic individuals, seven from Austria, five from Poland and five from Portugal, bring a unique perspective and first-hand experience of working with young people in their host countries.

Together, these participants represent a network of five partner organisations, uniting their efforts to empower displaced Ukrainian youth and promote their integration into new communities.

Impact

This project aims to have significant outcomes and lasting impact on youth work with displaced young people.

Expected outcomes include the certification of over 30 Ukrainian youth workers from different European countries, the establishment of a network of over 50 professionals, and the publication of recommendations based on European expertise in youth work with displaced youth. The initiative will enable youth workers to develop targeted strategies and recommendations for applying these principles and practices when working with Ukrainian displaced youth. These efforts aim to facilitate the effective integration of displaced Ukrainian youth into local communities, both within the country and abroad, drawing on best practices in youth work with war migrants and immigrants in the EU. In essence, this comprehensive initiative not only enhances professional capacity, but also increases the well-being of displaced youth, leaving a lasting mark on the field of youth work.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

NO BORDERS FOR INCLUSION

Project Coordinator

Organisation Österreichische Kinderfreunde Region Mühlviertel
Address Gewerbestrasse 7 , 4222 St. Georgen/Gusen , Oberösterreich , AT
Website www.kinderfreunde.cc

Project Information

Identifier 2022-3-AT01-KA153-YOU-000096545
Start Date Jan 1, 2023
End Date Mar 31, 2024
EC Contribution 21,953 EUR
Partners ASOCIACION TEATRAL EL LUGÁ (ES) , ASSOCIATION FOR PROGRESS, EDUCATION AND LOBBYING NEL SKOPJE (MK) , Asociatia Pas Alternativ (RO) , Genclikte Spor Sanat ve Egitim Dernegi (TR) , Growth Hub (EL) , Associazione culturale Effetto Domino (IT) , NGO "Non-formal education for youth" (UA)
Topics Inclusion of marginalised young people ; Preventing racism and discrimination ; New learning and teaching methods and approaches

Project Summary

Objectives

Exclusion and social monoculture lead to the outcome, that single persons or groups are discriminated and excluded in society because of specific attributes. These may be economic, social, cultural attributes, but personal handicaps, like physical, psychic or mental too. According to Eurostat in 2021 95,4 million people in the EU (21,7 % of the population) were at risk of poverty or social exclusion . In 2020, the rate of young people aged 15-29 years at risk of poverty or social exclusion in the EU was 25.4 %, or 18.1 million young people, with women at slightly higher risk than men.

The project is built to support, address diversity and promote the social inclusion of youth at risk of social exclusion such as migrants, refugees, health related condition, female and gender related discrimination. The project responds to the needs identified in the partnership. Partner organizations from Austria, Spain, Romania, Turkey, Ukraine, Greece, Italy and North Macedonia need to develop inclusion strategies, organize local, national and international activities through E + projects. They need youth workers with good skills in using non-formal learning methods and in planning efficient activities. Youth workers need a learning context such as this training course to develop these skills, share experiences and implement what they have learned in a secure environment, then implement their activities at a high qualitative level.

The aim of the project is to develop the level of competences of youth workers in non-formal methods for youth education in fields of social inclusion, active citizenship, self-development, and intercultural learning.

The project objectives are:

1. To develop the level of knowledge about non-formal learning methods, experiential learning and learning by doing as methods improving the youth education, among the 24 youth workers from Austria, Spain, Romania, Italy, Turkey, Ukraine, Greece and North Macedonia, until the end of the project
2. To develop the skills of the 24 youth workers (participants in the project) by creating and developing personal workshops for social inclusion as well as implementing and evaluating it, until the end of the project
3. To design and implement inclusion strategies and new non-formal learning methods that can be used for social inclusion, until the end of the project
4. To promote active citizenship, social inclusion, intercultural dialogue, European values, solidarity, tolerance, human rights, entrepreneurship among youth, until the end of the project
5. To foster cooperation between partners and participants in the field of youth work and providing them space to share experience, knowledge and learn from each other, until the end of the project.

Activities

Within the project there will be an 8-day-long training course at the Mühl-fun-viertel in Klaffer am Hochficht, Austria between the 24.03. – 31.03.2023. The project is designed for 24 youth workers, educators or volunteers of the organisations and 2 trainers/facilitators from Romania, Italy, Spain, North Macedonia, Turkey, Ukraine, Greece and Austria. The Training Course “No Borders for Inclusion” will be based on non-formal methods of education. For the implementation of this project, the trainers will use different methodologies such as brainstorming, teambuilding, art therapy, discussions, world cafe, role-play and theatre. The trainers will also apply daily Youthpass methodologies for reflection of the learning outcomes.

The project includes several types of activities:

1. Management activities
2. Preparatory activities
3. Mobility - Learning activities

4. Dissemination activities.

The management activities and preparatory activities will include and handle issues pertaining to travel, lodging, meals, consumables purchases, monitoring and evaluation, communication between partners and other stakeholders, etc. during the project.

The first part of the course activities includes theoretical sessions on: Erasmus+ projects, learning areas, learning contexts, planning of learning activities, learning objectives, methods of non-formal learning, , types of fewer opportunities, group management in non-formal learning, Experiential learning model - Kolb cycle, learning styles, facilitating non-formal learning methods, types of questions.

All of these sessions will provide participants with the specific knowledge needed to carry out inclusion activities using non-formal methods.

The second part focuses on developing the participants' skills by utilizing the knowledge gained in the first part. The practical workshops aim to develop the skills and attitudes required to put the learned aspects into practice, so that by the end of the project, participants will be able to carry out activities for inclusion at a higher quality level.

Participants must be older than 18 and fulfil the following requirements:

- Participants understand that the working language is English and have agreed to contribute to the training course by sharing their opinions on a particular topic.
- Participants are also willing to participate in dissemination activities and share the training course's outcomes after it has concluded.
- Participants work at the sending organization as a youth worker or are otherwise involved in the work of the sending organization. Participants with less opportunities will also attend the training course (with cultural, geographical, economic or social difficulties).

The trainers are also prepared that there will be people with fewer opportunities in the training course and they will support these people to fully take part in all activities.

Impact

The first visible results of the project will appear during the training course and refer to the learning outcomes. It is about the knowledge, abilities and attitudes developed at the level of the participants, in non-formal methods for youth education in a fields of social inclusion, active citizenship, self-development, and intercultural learning. Each project partner will make at least one follow-up event, a local activity which will be organised to the young people from the area where the organisation works. Project partners will organise the local activity within 2 months after the training course ended.

The training course participants will be present at the local activity, presenting NFE methods for inclusion and providing a deeper understanding of the issue. Youth workers will initiate a discussion about inclusion and possible solutions with participants in the local activity. Youth workers will also share their experiences from the training course.

Participants of the training course will post on social media (facebook, Instagram, Snapchat) about the activity during and after the Training Course referring to Erasmus+ and thus spread the word of the programme. Project partners will share the pictures, which were taken on the activity on their organisational site.

Considering their experiences from the Training Course and the subsequent local activity, project partners will also create an article about the outcomes of the activity to be shared on their organizational website. During the course of the project, project partners will post this article on the organization's website. This training course will benefit youth workers because it will provide them the skills they need to include youth with limited chances utilizing NFE methods.

Additionally, it will give them new abilities that will enable young people to connect, consider, discuss, recognize, and address the issues that young people themselves have recognized. Youth work will play a significant part in implementing NFE methods for inclusion and in creating a space free from prejudice and stereotypes for the

young people. The participants will serve as multipliers as a result of the workshops and the new knowledge and abilities they have gained.

Following the project, the participants will carry out initiatives/projects on non-formal education to broaden the diversity of their organizations. The inclusion of youth will deepen their comprehension. They will talk about their experiences with their peers face-to-face and through social media images of local activity. Young people will comprehend the need of fighting discrimination. Young people are going to be considerably more thoughtful around one another. They will exhibit far greater tolerance and empathy.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Youth for Climate Action

Project Coordinator

Organisation Green Heroes Austria Umwelt- und Naturschutzverein
Address Lerchenfelder Strasse 44/28 , 1080 Vienna , Wien , AT
Website www.greenheroes.at

Project Information

Identifier 2023-1-AT01-KA153-YOU-000135247
Start Date Jun 1, 2023
End Date May 31, 2024
EC Contribution 28,670 EUR
Partners Let's Do It Georgia (GE) , NGO "Step. Forward" (UA) , DRUSTVO EKOLOGI BREZ MEJA (SI) , SAGLAM DUSUNCE GENCLER TESKILATI ICTIMAI BIRLIYI (AZ) , Asociación Xuvenil Arousa Moza (ES) , Socialinis efektas, asociacija (LT)
Topics Environment and climate change ; Quality and innovation of youth work ; Green skills

Project Summary

Objectives

The training course "Youth for climate action " has been initiated by a consortium of partners with the aim of raising awareness about climate change and other environmental issues, and empowering young people and youth workers to create a more positive impact on the earth. The main focus of the project is to encourage young people, especially those with fewer opportunities and marginalised youth at risk, to develop eco-friendly attitudes and become active citizens.

The project objectives are centered around enhancing the personal and professional development of young people through non-formal and informal learning. The aim is to foster the empowerment of young people, their active citizenship, and participation in democratic life. Additionally, the project aims to promote inclusion and diversity, intercultural dialogue and the values of solidarity and equal opportunities among young people in Europe. The project also aims to encourage the quality development of youth work at local, regional, national, European and international levels, and support the professional development of youth workers.

Before the training course, the needs of the participants are identified and it is observed that the special needs of the youth workers are to increase their professional capacities and gain new competencies for implementing successful youth projects that aim at improving young people's environmental behavior. The project tackles these issues by providing both theoretical expert input on specifics and challenges of working with youth at risk of permanent unemployment, as well as practical methods and tools that can be adapted to the local context.

More than half of the participants with fewer opportunities have already been selected, ensuring that the project will have a long-term impact on disadvantaged communities. The project aims to empower young people in EU and EaP countries by teaching them environmentally responsible behavior and giving them the opportunity to start their own activities, develop their forward-looking skills, such as digital and language skills, green competencies, and tackle the challenges of today and tomorrow.

All of the project participants are expected to have prior knowledge on methods of non-formal educational activities, as well as experience in youth projects. Participants are also expected to be actively involved in all project activities, including preparing materials and information, and conducting at least one physical or online dissemination activity, such as a webinar, physical meeting, presentation, or involvement in World Cleaning Day. During the project, the participants will prepare a guidebook and a project-related presentation, which will be used for dissemination activities. After coming home, they will organize workshops and webinars in their organizations and share materials online. An internet-based contact group will be created prior to the exchange, as well as a page for the project, on which participants will share the results with the local community.

In conclusion, TC "Youth for climate action" project is a comprehensive initiative aimed at empowering young people and youth workers to create a more environmentally responsible society. The project focuses on enhancing personal and professional development, fostering empowerment, promoting inclusion and diversity, and encouraging the quality development of youth work. The project provides participants with the necessary tools and competencies to implement successful youth projects that aim to improve young people's environmental behavior and tackle the challenges of today and tomorrow.

Activities

TC "Youth for climate action " project is a training course aimed at 28 participants and 2 trainers from EU and EaP countries, who will come together in Georgia, Bakuriani 01.10.2023 -09.10 2023. The project aims to bring together participants from different backgrounds to discuss and explore new approaches toward environmental issues and the specific needs of young people with fewer opportunities. The focus is on non-formal learning

activities that are designed to enhance the skills and competencies of young people, as well as their active citizenship.

The activities during the training course include a range of different methods, including training, pair-to-pair activities, ice breaking, idea generation, team building activities, discussion, Youth Pass Session, Intercultural evening, and Green deal policy. These activities are aimed at promoting the Erasmus+ priorities, such as developing digital skills and digital literacy, increased involvement in environmental and climate action, more active participation in society, increased quality and recognition of youth work, reinforcing links between policy, research and practice, strengthening the employability of young people, enhanced intercultural awareness, and improved foreign language competencies.

The content of the activities has been discussed and agreed upon by the main organizers and experienced trainers of the project, and all activities are described in the timetable. The project aims to provide a unique and innovative learning experience for participants and to help them develop a range of skills and competencies that will support their future careers and personal development. With a focus on environmental issues and the needs of young people with fewer opportunities, the project is designed to make a real difference in the lives of its participants and contribute to the wider environmental and social goals of the Erasmus+ program.

Developing digital skills and digital literacy to help individuals navigate the digital world and participate fully in society.

Encouraging increased involvement in environmental and climate action.

Fostering more active participation in society.

Improving the quality, innovation, and recognition of youth work.

Strengthening the link between policy, research, and practice.

Enhancing the employability of young people.

Promoting intercultural awareness and understanding.

Improving foreign language competencies.

These priorities are incorporated into the training course in order to meet the objectives and goals set by the Erasmus+ program.

Impact

The goal of the project is to increase knowledge and raise awareness in various areas related to climate change, environmental protection and sustainable development. The project aims to have several results and impacts that will be beneficial to the participants and the wider community.

Result:

Participants will gain a deeper understanding of environmental issues and the importance of climate action.

They will learn about the UN Sustainable Development Goals and the EU Green Deal policies, and become more informed on the issues facing the environment today.

Participants will become aware of the significance of World Cleaning Day and Digital Cleanup Day, and will be empowered to raise awareness about these issues and organize similar events in their own communities.

28+2 youth workers will be taught environmentally responsible and sustainable behavior, and will be equipped to raise awareness about the impact of mobility activities on the environment.

All participants will receive the Youth Pass certificate, which acknowledges their participation in youth work practices and the acquisition of various competencies and skills.

The project will promote environmental activities such as environmental education, outdoor activities, and sustainability, and inspire others to become involved in these areas.

Impact:

Participants will develop their foreign language and digital competencies, making them more equipped to navigate today's globalized world.

The project will contribute to reducing the carbon footprint on the earth and help mitigate the effects of climate change.

Participants will gain a better understanding of the interconnections between formal, non-formal education, vocational training, and the labor market.

The project will raise awareness about the importance of reducing and compensating for the environmental impact of mobility activities.

Participants will be able to network and connect with young people from European Union and Eastern Partnership countries, creating opportunities for collaboration and the sharing of best practices.

Participants will become more informed about the challenges and solutions related to youth unemployment and develop important competencies, such as public speaking, presentation skills, intercultural competencies, and teamwork.

Participants will learn about sustainable management methods and be empowered to undertake investing initiatives according to EU policy, and also be informed about the environmental policies of other European countries.

In conclusion, the project aims to have a wide-reaching impact by raising awareness, developing competencies, and creating opportunities for collaboration and growth in the areas of climate change , environmental protection and sustainable development.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

We Guide

Project Coordinator

Organisation MOVE to Be You
Address Tauchen 125 , 7421 Mönichkirchen , Niederösterreich , AT
Website <http://movetobeyou.org/>

Project Information

Identifier 2022-3-AT01-KA153-YOU-000097930
Start Date Feb 15, 2023
End Date Feb 14, 2024
EC Contribution 58,039 EUR
Partners VEGA OMLADINSKI CENTAR (RS) , Roes Cooperativa KOIN.S.EP. (EL) , 21 Nap - Fiatalok a Tudatosabb Életért Egyesület (HU) , Smokinya Foundation (BG) , Avrasya Genclik Gelisim Dernegi (TR) , Brno Connected z.s. (CZ) , ASOCIATIA POINT OF VYOU (RO) , YOUth Connect (IT) , CET PLATFORMA SKOPJE (MK) , ZDRUZENIE ZA KULTURNA SORABOTKA INTERKULTURA SKOPJE (MK)
Topics Entrepreneurial learning - entrepreneurship education ; Quality and innovation of youth work ; Youth employability

Project Summary

Objectives

Together with the project partners we found out that youth workers need to be trained to design non-formal activities in the topic of leadership for their target groups, and specifically for those who face different disadvantages. Under 'leadership' in this project we mean the ability to take initiative, to be responsible, accountable for a group of people, being regularly and actively engaged in the local society.

Therefore we created this project that brings together 31 youth workers from 11 organisations to work on this topic and together create non-formal learning activities and projects for their target groups to support them in gaining leadership skills.

Objectives of We Guide project are:

- To improve personal and professional skills of youth workers with a special focus on leadership and facilitation skills
- To raise the quality of non-formal learning programs offered by our partner organisations
- To promote awareness of European principles and values
- To promote active citizenship and participation in democratic life between youth workers and especially their target groups
- To promote awareness of European principles and values

Activity 1 'We lead'

Objectives

- To improve professional skills and competences of youth workers to be able to design non-formal learning activities for young people with fewer opportunities in the topic of leadership
- To foster social inclusion of young people with fewer opportunities through non-formal learning activities
- To create an educational tool for the public, that contains a set of non-formal learning activities in the topic of leadership

Activity 2 'We facilitate'

Objectives

- to improve professional skills of coaches, mentors, facilitators and trainers, working directly with young people and youth NGOs in designing and guiding non-formal learning sessions and long-term support processes
- to improve interpersonal, entrepreneurial and participation competences of young people and youth workers
- to inspire the creation of new international projects among local, grassroots NGOs, working with young people facing challenges

Activities

We plan to implement 2 activities in this project

Activity 1 - We Lead

A 9 days long training course on leadership.

Activity 2 - We Facilitate

An 8 days long training course on facilitation

31 participants are involved in the project, from 11 organisations and from 10 countries.

With our project we target youth workers, leaders, facilitators, volunteers of youth associations who work with young people with fewer opportunities. We expect youth workers who are already active and have project ideas, and/or who established their NGO already and they need support. In our network there is an expressed need for innovative

methods, our partners want to apply new methods in improving leadership skills of disadvantaged young people and to improve their own organisations as well, therefore they are going to send their staff members. In the trainings we put focus on how to apply the method with different target groups so we aim to select the ones who have the possibility to use the methods during and after the training in the context they are working in.

We expect the same youth workers to participate in both activities, and we are aware that there will be exceptions. In case new participants need to be recruited for the second activity, we will use the same criteria for selection.

Impact

Participants of the We Guide project learn innovative methods of non formal learning what they implement directly on their target groups with fewer opportunities, when developing leadership skills. This phase is still part of the project, trainers and sending organisations give full support to the participants to tailor the activities to their specific target groups.

In this project youth workers are involved who work with young people with fewer opportunities, young people who come from disadvantaged background.

Impact of the youth workers activity on the daily work of participants:

-Youth workers (=participants) raise the quality of their learning programmes due to the project. They get trained and educated to lead sessions, interactive games and to use non-formal elements. They reach better quality of their learning programmes by making proper survey of learning needs of their target groups, they will better understand their challenges and motivations. The program design of the youth workers will be based on the needs of their target groups, the activities will be shared and led in a way that there is special focus on reaching different communication and working styles, so everyone have the chance to be included and to fully understand the processes.

-Participants of the project gain more self-confidence and self-awareness, and this general well-being has a positive impact on their daily work in their organisations and with their target groups. They more likely to stay in the youth field and create more successful quality projects in the future.

-Youth workers promote Erasmus+ and its opportunities between young people with fewer opportunities, so more of them will participate in European non-formal programs in the future. By doing that they educate themselves, they improve important life skills, that creates more opportunities for them in the labour market.

-Youth workers of our project become leading examples for their target groups

-Young people living in geographically isolated places discover non-formal learning methods, they understand better their learning and working styles which enables them to continue their learning lifelong. They will improve their communication skills in English and they enter international education with more confidence in the future.

IMPACT ON PARTICIPATING ORGANISATIONS

- The participants apply their knowledge in their organisations and communities, organize workshops and present the methods learned and their project ideas to their colleagues and plan how to integrate them into their work. This multiplies the effect of the activities and enables sharing the ideas from the project with larger audience.
- The organisations expand their capacities through expected active involvement of the participants in organisations' activities. This bring new innovative tools and methods into their work, with the focus on youth empowerment.
- The participating organisations become able to reach and involve more young people and new target groups. Participation and mobility of young people and the accessibility of non-formal competence development activities will increase and the recognition of non-formal education will grow. This happens through online tools – sharing of photos and testimonials from the training through FB and website, with the aim to motivate more young people to join international non-formal education programmes.
- The involved organisations become more interconnected as a result of a network created in the project, they will get a chance to cooperate on future projects together and to support each other in the work they are doing.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Performing Arts And Wellbeing for Trainers

Project Coordinator

Organisation JumBo-Jugend mit Bock
Address Färberweg 10 , 4202 Hellmonsödt , Oberösterreich , AT
Website www.jumbo-jugendmitbock.at

Project Information

Identifier 2023-3-AT01-KA153-YOU-000180885
Start Date Jan 1, 2024
End Date Aug 31, 2024
EC Contribution 16,250 EUR
Partners Asociatia MA .centru holistic (RO) , Associació juvenil de creació Kunstant (ES) , Lidojuma režīms (LV) , Udruga za savjetovanje MORE COACHING (HR) , Project XX1 (IT)
Topics Inclusion of marginalised young people ; Creativity, arts and culture ; Physical and mental health, well-being

Project Summary

Objectives

PAAW is a mobility project that is focused on non-formal education and mental health. Its main goals are to promote youth workers' personal and professional development while also helping their respective organizations. The project's main objective is to raise participants' knowledge of mental health and wellbeing while providing them with the tools and resources they need to address these vital issues. Through engaging activities that emphasize the value of appreciating everyone's uniqueness, this program also intends to promote the exchange of interactive strategies for engaging young people. The primary goals of the initiative include: changing how people view mental health and working to change ingrained beliefs. Encouraging participants' cultural sensitivity and enhancing their intercultural learning opportunities. Giving participants a methodologically planned approach using tools focused on creativity to increase the impact. Sharing techniques for social education and artistic approaches that encourage young people's social inclusion. Establishing favorable learning environments to foster original concepts and creative methods. Actively boosting participation in and awareness of the Erasmus+ program among participants and stakeholders. Through its many goals, PAAW aspires to strengthen youth workers, increase public awareness of mental health issues, and foster an inclusive and creative culture in the field of non-formal education.

Activities

This project, which consists of a training course that will take place in Neu-Nagelberg, is ready to provide a dynamic fusion of non-formal methods. Experiential learning, creative inquiry, community involvement, and the promotion of wellness will all be included in the PAAW project. 20 youth workers who are deeply interested in both artistic techniques and mental health as effective tools for promoting wellbeing will be welcomed to this initiative. The main goal is to train young people to use creative methods to work with people with mental health issues. Each participant will take the approaches they have learned and adapt them to their own local situations in order to address particular wellness issues in their communities. Personal and professional development is a major focus of this training program, which is closely aligned with the advancement of young professionals in this field. Participants will develop their unique, artistic, and wellbeing-related techniques for use in community development and socio-educational animation. Through non-formal activities, the training will provide participants with a platform to hone their skills in intercultural communication and group collaboration. All participants, 18 years of age and older, will be chosen based on the following standards: They are youth workers who are devoted to the project's concept and who are ready to expand their knowledge while actively adding to the training with their experience. They are equipped to carry out future initiatives focused on particular social rights or underprivileged groups inside the project's partner association or within non-governmental organizations, local governments, or youth centers. Furthermore, they demonstrate drive and skill when creating initiatives for and in partnership with underprivileged youngsters. They are eager to share and duplicate project results locally, nationally, and internationally, and they are totally committed to active engagement in all project phases.

Impact

Participants will develop and improve useful abilities and talents centered on creativity and the arts as the training course is put into practice. Their jobs as youth workers will be enhanced by these newly acquired skills. Additionally, by establishing an inclusive approach to youth work, these talents will be directly put to use in regional initiatives. This will be especially advantageous for marginalized young people. As a result, the project's effects will spread throughout the local communities of the participants, impacting youth groups in six different

countries. The project will also act as a springboard for the creation of fresh international cooperation projects within the Erasmus+ framework, thereby growing the network of cross-border partnerships and boosting their impact. Distributing the project's findings within our social media, along with training course materials and other multimedia tools. Collaborating with local government and youth organizations to spread awareness of the PAAW project and its achievements. Along with these results, the initiative will also lead to: the dissemination of useful contacts to stakeholders, which encourages more networking opportunities. A final visit will be made during the training to a local mental health center to analyze the methods used by the worker in this structure.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals

Action Type: Mobility of youth workers

Project Title

Go Online

Project Coordinator

Organisation	Plattform Generation Europa
Address	Tauchen 125 , 7421 Mönichkirchen , Niederösterreich , AT
Website	www.generationeuropa.eu

Project Information

Identifier	2023-1-AT01-KA153-YOU-000134040
Start Date	Sep 1, 2023
End Date	Aug 31, 2024
EC Contribution	26,158 EUR
Partners	Eduplus (LT) , ASSOCIACAO INTERCULTURAL PARA TODOS (PT) , Fundacja Innowacyjnej Edukacji (PL) , Culture Clash4U (NL) , KURO HRADEC KRALOVE ZS (CZ) , United Equality / Förenad Jämlikhet (SE) , Tegyük Együtt az Ifjúságért Alapítvány (HU) , ASSOCIACIO GLOBERS (ES)
Topics	Digital skills and competences ; Digital youth work ; Creativity, arts and culture

Project Summary

Objectives

With the digital transformation, we must radically alter both how we learn and what we learn. This is because digital skills have become a fourth key competence alongside reading, writing and arithmetic. Unfortunately, due to the fact that the majority of youth workers and educators are still “digital immigrants” it’s a big challenge for them to go digital as there are different rules which apply to digital learning. Whether this involves digital platforms, virtual or augmented reality, online libraries or webinars – digital media make possible a host of new and innovative forms of teaching and learning in schools, vocational institutions and universities as well as in youth work, corporate training and development programs.

This project initiative - Go Online aims at building competences of youth workers and educators in designing, implementing and evaluating digital and online education programmes taking into account principles of non-formal education.

Objectives:

To discover digital and online education, their perspective, principles, and types;

To develop participants’ competencies in designing, planning, implementing and evaluating digital education activities

To learn how to create and design content for digital education activities which is visually attractive and engaging for the learner

To learn about and practice in using various tools, which can be used in content-creation of digital education activities, including AI tools

To reflect and discover the methodological background of distant learning activities to learn about various platforms which can be used in online learning and practice in using them to define the peculiarities of using digital education while working with diverse groups especially with young people from rural areas

To discuss ways of making digital education activities accessible and inclusive

To promote networking and cooperation between experienced youth workers/trainers to raise awareness about digital youth work in the framework of Erasmus+ programme.

Thus, the training course will allow participants to build participants’ skills and competences in 2 main areas: generic competences in conceptualising, designing and implementing the distant learning activities taking into account non-formal education principles

develop skills in content creation for distant learning using appropriate modern toolbox (using modern platforms, Infographics, MindMaps, Posters, WhiteBoard Scribing, Stop Motion Videos, Interactive Presentations, AI tools etc.).

After the TC, participants will be expected to utilise their competences in organisation of distant learning initiatives with their target groups.

Activities

Go online is an 8 working days training course , which will take place 02-09 December 2023 in Tauchen, Austria. Participants from 9 countries will take part in the training: Austria, Hungary, Poland, Sweden, Spain, Lithuania, Portugal, Czech Republic, Netherlands. For the activity we foresee a special venue - Blue Whale Education Centre, which provides all the necessary facilities for learning and located in the centre of the town with a easy access to pharmacies, supermarkets and can be easily reached by public transport.

The training will gather youth educators (volunteers, youth workers, teachers etc) working at all level with young

people and who want to confront own creativity barriers, learn new techniques and start educating young people to nurture personal development, to actively contribute to social development, to critically assess the content they consume.

We also involve youth educators working with young people with fewer opportunities, in particular with social, economical and geographical obstacles.

The activities of the project will include interactive non-formal education sessions, getting to know each other activities, team-building activities, sharing programme expectations and contributions, NGO fair, introductory activities on digital and online education, its importance, background and perspectives, sharing good and not so good practices in relation to personal digital and online learning as well as personal experience in relation to organising and implementing such activities, getting to know and testing various ways of organising digital content using such instruments like Infographics, MindMaps, Posters, WhiteBoard Scribing, Stop Motion Videos, Interactive Presentations. Participants will also have sessions on specific online and digital tools which can support content creation such as Canva, Photoshop, Illustrator, Piktochart, StopMotion, JotForms, AI tools and practice a lot in using them through interactive learning exercises. Besides that, there will be activities on NFE and experiential learning in the online space, ways to facilitate reflection in online space as well as ways of supporting group dynamics process in online courses. Participants will have the chance to discuss the technical aspects of building online courses, reviewing various platform which can be used for course building (e.g. MOODLE, learn dash etc.) They will also have, open space activities, self-assessment and evaluation activities, small group work activities, whole group discussions and debates, individual reflection etc.

Impact

1. Participation in this activity will have a direct impact on participants' daily work with young people, as such mobility will develop youth workers' competences and influence the work they do. Development of their knowledge skills and attitudes in the online/digital education will motivate educators to develop learning opportunities online or blended mobilities which will make learning more accessible for young people and, in case of forced lockdown, allow to continue educational process and youth work in the online mode. The acquired competences will help educators to make online learning process engaging and motivating for young people. It'll impact on more qualitative approach towards young people from different minority groups (especially cultural), as online learning is more accessible for diverse groups of youth.
2. It'll impact educators in having bigger confidence with digital tools and work online which will empower them to experiment and create innovative practices online
3. It'll impact the quality of work in organisations, as participants will develop their skills in online education, which will result in more efficient working process which can lead to positive results as well as bigger resilience of organisations and their sustainability
4. Youth workers themselves, by participating in this international seminar, will develop their intercultural competence, as this experience will contribute to breaking stereotypes through direct contact and reconsidering personal patterns of thinking and behaviour, which is extremely valuable for youth workers' personal development.
5. Learning from good practices in partner organisations will inspire youth workers to initiate new projects for youth locally/ nationally and internationally in the online space or in a form of blended mobilities.
6. Another impact after this seminar will be a better quality of educational activities organized by youth workers in online space
7. After this intense 6 month period youth workers themselves will develop their competences, get inspired and motivated for further work, as one of the strongest motivation for work comes from learning something new, exchange of experience with the colleagues as well as creating new contacts the space for which we are going to

provide with this seminar. We expect at least 7 online courses/modules will be developed from scratch as a result of this TC which will be run in local communities the participants get back home.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Next Generation - now it's our turn

Project Coordinator

Organisation Grenzlandcamp Kinder-&Familienfreizeitzentrum Klaffer gem. GmbH
Address Vorderanger 16 , 4163 Klaffer/Hochficht , Oberösterreich , AT
Website <http://www.muehlfunviertel.at/>

Project Information

Identifier 2023-3-AT01-KA153-YOU-000172395
Start Date Jan 1, 2024
End Date Dec 31, 2024
EC Contribution 22,779 EUR
Partners SDRUZHENIE WALK TOGETHER (BG) , ASOCIACION JUVENIL INTERCAMBIA (ES) , KINONIKI SINETAIRISTIKI EPICHERISIPELLINIKI SYMMETOCHI NEON (EL) , Változás Mentálhigiénés Egyesület (HU) , Erasmusplus Hannover (DE) , Albanian Society in Development (AL) , ASD A.M.E.C.E. BAITY APS (IT)
Topics Quality and innovation of youth work ; Promotion of alternative forms of participation ; New learning and teaching methods and approaches

Project Summary

Objectives

Youth Exchanges are a great opportunity for young people from all over Europe to get to know peers from other cultures and countries, to break down prejudices, to deal with certain topics using methods of informal and non-formal education, to build networks and to strengthen their identity as Europeans. This requires a certain knowledge of organizational and administrative procedures, as well as an appropriate repertoire of methods, in order to carry out such a youth exchange successfully and to the general satisfaction of the participants. Within the framework of this training course, future leaders will be provided with the necessary knowledge. Keeping the quality of a youth encounter at the highest possible level also requires special knowledge about planning, organization and implementation, both methodologically and didactically.

For this purpose the following elements are offered:

- Knowledge about the Erasmus+ program and its specific actions, especially the youth exchange.
- Knowledge about organizational and administrative procedures in the preparation, planning and implementation of a Youth Exchange.
- Methods to carry out a youth exchange. For this purpose, methods from the fields of social pedagogy, gestalt pedagogy, experiential pedagogy and theater pedagogy are primarily offered in order to enrich and expand the participants' repertoire of methods
- safety and legal issues in the context of the implementation of youth exchanges
- intercultural competences and strengthening the awareness of a European identity
- diversity management, democratic leadership and basics of inclusion
- feedback culture and methods of evaluation
- dealing with conflicts and crises
- public relations and possibilities for further dissemination of results from the youth exchanges
- theoretical and practical basics of group dynamics and psychology of groups

The participants are able to guide young people to carry out high quality youth exchanges themselves. They have learned and adopted the idea of inclusion, democratic leadership and participation in all phases of a youth encounter. This not only increases knowledge and skills, but also self-confidence and experienced self-efficacy among participants, but subsequently also that of those young people with whom a youth exchanges will be conducted in the future.

Furthermore, networking between the participants is aimed at and an exchange of experiences is promoted. The participants as well as the participating organizations will be given the opportunity to form networks for future cooperation. The self-image of a European identity is thus strengthened, prejudices are reduced and stereotypes are modified.

Informal and non-formal learning is strengthened in its importance. Through the Youthpass, this form of learning is also given official recognition, which makes this aspect of learning more important than formal learning. The value of informal and non-formal learning within Erasmus+ projects is recognized and can be passed on to the young people with whom the participants are involved in their respective contexts.

Informal and non-formal education can also help to gain a faster and better foothold in the labor market, especially if these forms of education are also recognized through the Youthpass or other certificates. The constant use of English as a common seminar language will improve the use of English as an everyday language.

Activities

In the run-up to and in preparation for the training course, participants are given the opportunity for an initial exchange via a WhatsApp group. In addition, the participants will be given tasks to prepare them as optimally as possible for the training course in terms of content. The training course itself will be attended by 24 participants from eight different countries/organizations.

When selecting the participating organizations, care was taken to ensure the best possible mix in terms of experience in holding youth encounters. The aim is to bring together experienced leaders with inexperienced or less experienced leaders for a common exchange of experience and knowledge.

The minimum age of the participants is 18 years. No upper limit has been set.

Regarding the selection of participants, the partner organizations are reminded that the command of the English language for everyday conversation is necessary to participate meaningfully in the seminar. In addition, it was pointed out that the gender ratio should be as balanced as possible. All participants are involved with youth in either volunteer or full-time work.

Each day of the course begins with a group dynamic warm-up to create the best possible working atmosphere.

These warm-ups are designed alternately by the participants themselves. In the course of the training course, all participants should have participated in the design of such an exercise at least once.

The training course itself is very practically oriented. The participants will work out the contents themselves under the supervision of the trainers. The highlight will be a simulation day, during which the course of a youth exchange will be simulated. For this purpose, the participants will be divided into small groups and given various leadership tasks to be solved during the course of the day. The other participants then simulate the group of young people.

Within the framework of individual, small group and large group work, methods of social, Gestalt, experiential and theater pedagogy will be applied and conveyed to the participants in this way. Extensive reflection and feedback rounds will enable participants to question and examine the respective contents in terms of their own applicability. The course concludes with a stock exchange game and the Step-By-Step exercise, a transfer exercise.

In the stock exchange game, the participants develop creative ideas for the development of a youth exchange and reflect on the knowledge they have acquired. The Step-By-Step transfer exercise involves a practical project that is to be implemented within the next six months after completion of this training course using the knowledge acquired.

This will be roughly outlined, using project management methods, and put on paper in a letter to themselves in which participants write to themselves about what they have accomplished. This letter is then sent to the participants by mail six months after completion of the training course, thus providing the opportunity for long-term self-evaluation.

Impact

The participants learn about administrative, organisational and methodical basics for to execute a youth exchange themselves or to supervise young people who want to do so within the framework of Erasmus+. For to do so the participants will receive a vast variety of knowledge and methodical competences out of social-, Gestalt-, theatre- and experiential pedagogics. Using this knowledge and methods they will be able to organize, execute and lead a youth exchange on a high quality level. The participants learn about their own possibilities and resources. That will enhance their selfawareness and lead to a higher feeling of self-value. This specific learning-outcome bears improved leading-competences too.

The international and broad selection of participants offers the opportunity for a maximum learningoutcome out of the meeting itself. There will be a knowledge- and competences-transfer, that allows everyone to learn. The newly learned knowledge and the newly gained skills and competences will be used both, in youth exchanges

and in daily life. So, the kids and adolescents, with whom the participants are in touch will stand to benefit from this training-course too.

The meeting and personal exchange of the trainers, the participants of the organisations will provide profit to them and to their organisations. They will be able to execute a youth-exchange of high quality.

Especially the concept of active participation of the adolescents themselves – as it is part of the Erasmus+ program – will help, that the young participants of a youth exchange will be involved more active and will earn a higher outcome. The participating organisations will get a deeper understanding about that fact, that a youth exchange is not a mere event, but a process, where young people are actively involved, guided by qualified leaders.

Within the frame of this training course there will be a debate about different cultural and daily-life manifestations. The participants will get the opportunity to modify their own stereotypes and reduce their prejudices. They will learn about different cultural habits and learn to respect local and regional idiosyncrasies. They will get a higher level of awareness and mindfulness in regard to differences of origin, religion, social milieu, education and other signs of differentiation.

The participants will learn about conflicts and crises that may occur during a youth exchange. They learn how to deal with that and how to lead the participating adolescents through these undesired moments. This knowledge will help the participants in a lot of other situations asides of a youthexchange too. So, the participants will be more firm in cases of crises and conflicts.

After all the participants and the participating organisations will receive a quality-handbook. So, they will be able to pass it over to other further leaders of youth exchanges too.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Facilitation Compass

Project Coordinator

Organisation Plattform Generation Europa
Address Tauchen 125 , 7421 Mönichkirchen , Niederösterreich , AT
Website www.generationeuropa.eu

Project Information

Identifier 2023-3-AT01-KA153-YOU-000175940
Start Date Apr 1, 2024
End Date Mar 31, 2025
EC Contribution 31,333 EUR
Partners "Barekamutyun" Educational Cultural NGO (AM) , FUNDACJA MŁODZI DLA EUROPY (PL) , Institutul de Instruire in Dezvoltare "MilleniuM" (MD) , Tegyük Együtt az Ifjúságért Alapítvány (HU) , Sdruzhenie s nestopanska cel v obshtestvena polza za mladezhki iniciativi, evropejska intergacia i grazhdansko uchastie v publichnia zhivot (AGORA) (BG) , YOUTH UNION OF PEOPLE WITH INITIATIVE ASSOCIACAO PARA O DESENVOLVIMENTO SOCIAL E COMUNITARIO (PT) , YOUTH ASSOCIATION DRONI (GE) , SAGLAM DUSUNCE GENCLER TESKILATI ICTIMAI BIRLIYI (AZ)
Topics Quality and innovation of youth work ; New learning and teaching methods and approaches ; Initial and continuous training for teachers, trainers and other education staff

Project Summary

Objectives

The main idea of this Training course is to equip youth workers with competences in facilitation (including intercultural facilitation) and to equip youth educators with innovative tools in order for young people to fully benefit from youth work, realising their potential, developing both hard and soft skills and to be empowered to take active role in addressing social and societal issues.

Training course objectives:

- to support youth workers in their competence assessment and self-reflection regarding their professional development
 - To develop essential facilitation competences
 - to train the youth worker's competences in a safe training environment;
 - to equip youth workers with a toolbox of up-to-date holistic and engaging learning methods
 - to build a necessary set of competences for adequate use of NFE methods for youth empowerment at local level
 - To discover diverse facilitation techniques and tools for inclusive youth work
 - to build youth workers' competences in self expression (considering the use of voice, intonation, body language, gestures, positioning, use of space, mimics, graphics etc.) and about own communication patterns in various (learning) settings
 - To develop graphic facilitation skills
 - to promote networking and cooperation between youth workers and support follow-up initiatives
- After the training course we expect participants to become more confident with their facilitation style as well as become more skilled in the usage of non-formal education methodology and tools. We expect participants to utilise the skills and knowledge they learnt in creating engaging, participative and inspiring learning spaces for young people where they as youth workers serve as guides and skilled facilitators rather than using direct approach. We expect participants to learn how to use the variety of facilitation tools during lessons, lectures, meetings, sessions, training activities they organize – giving more freedom and responsibility to learners); besides that we expect participants become more confident in their self-presentation as youth educators as well as become advocates for non-formal learning.

Activities

Title: Facilitation Compass

Type: Training course

Dates: 09-18 August 2024

Venue: Tauchen, Austria

Countries: Austria, Azerbaijan, Hungary, Poland, Portugal, Armenia, Georgia, Moldova, Bulgaria

Number of participants: 27

Number of team: 3

Total amount of participants and team: 30

Working language: English

The profile of participants: youth educators, youth workers, career counsellors, youth leaders, youth trainers,

Structure:

- Preparatory activities (online preparation by trainers, offline preparation by partners)
- Training course - mobility of youth workers 09-18 August 2024
- Follow-Up activities (online module, local follow-up activities, evaluation of follow-up and impact assessment).

This training will offer insight into: a) development of facilitation competences of youth workers b) NFE and its principles, c) foundations of learning, d) theories behind learning, e) ways to structure debriefing, f) SMART objectives g) skills building in facilitation (active listening, usage of various facilitation techniques, giving and receiving feedback, giving instructions, asking powerful questions etc.) h) self-presentation skills (body language and voice) i) self-assessment as youth workers, using the ETS Competence Model for youth Workers
All the methods will be equally accessible for everyone's participation and will be adjusted to the learning needs and styles.

The education will be based on the experiential learning meaning that the participants will be learning by doing, and later will reflect on the experience.

Impact

Impact in terms of quantity:

1. "30" participants trained how to facilitate the group learning process in youth work activities and apply it to local community,
2. Every partner's organisation involve a different number of young people: from 20 up to 65. If we take an average amount of 30 young people 9 organisations we will reach a number of 270 young people.
3. "145 persons via informal communication between each other - If each youth worker will share the ideas and key principles of intercultural facilitation with at least 5 of his / her colleagues we could reach at least "145" educators
4. "9" organisations from different geographical regions of Europe involved in cooperation and followup.
5. 9 new methods on NFE created by participants when practicing their facilitation skills

Some of the impacts in terms of quality:

On participants (youth educators, youth workers):

- learner-centered approach towards youth work
- raised awareness on intercultural facilitation
- raised motivation to continue doing youth work
- empowerment to develop new inclusion tools
- raised awareness about personal facilitation style as well as self-expression
- raised quality of the youth work
- more qualitative approach towards young people from different minority groups (especially cultural)
- raised level of self-confidence
- raised level of presentation skills
- development of intercultural competences
- more engaging and inspiring youth work practice
- raised creative confidence
- more conscious and sustainable approach in youth work sphere
- increased motivation and satisfaction from the work they do

On Organisations:

- Increased capacity to operate at EU/international level:
- Improved management skills and internationalisation strategies;
- Reinforced cooperation with partners from other countries;
- Increased quality in the preparation, implementation, monitoring and follow up of EU/international projects;
- Improved qualifications of youth workers, volunteer group leaders;
- Improved processes of recognition and validation of competences gained during learning periods abroad;
- More effective activities for the benefit of local communities, improved youth work methods and practices to actively

involve young people.

- Open to synergies with organisations active in different social, educational and employment fields;
- Improved quality of the activities they provide
- Raised capacity in implementing NFE activities in a qualitative way

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Music it is

Project Coordinator

Organisation Plattform Generation Europa
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Website www.generationeuropa.eu

Project Information

Identifier 2023-3-AT01-KA153-YOU-000182079
Start Date Jan 1, 2024
End Date Dec 31, 2025
EC Contribution 33,632 EUR
Partners Brisa Intercultural (ES) , Vamos! (PL) , SAGLAM DUSUNCE GENCLER TESKILATI ICTIMAI BIRLIYI (AZ) , "Barekamutyun" Educational Cultural NGO (AM) , Non-governmental non-profit organization of research and social diplomacy "International Center "FALCOGROUP " (RU) , Witness Center for Citizen Rights and Community Development "Shahed" (PS) , Piano Piano (IT)
Topics Creativity, arts and culture ; New learning and teaching methods and approaches ; Physical and mental health, well-being

Project Summary

Objectives

The aim of the “Music It Is ” project is to popularize the use of music and songwriting in youth work. Our partner organization, Fundacja Vamos!, use a songwriting method that does not require formal musical education or instrument-playing skills from participants and is easy to transfer in the form of a workshop. Project partners, after getting acquainted with the results of previous musical initiatives in which the method was used and numerous studies showing the positive impact of music on young people, decided that they want to acquire the skill to use it in their activities.

The “Music It Is” project responds to the needs of partner organizations such as:

- Desire to learn how to use music and songwriting in educational projects on a variety of topics, not only related to music and art
- Desire to learn songwriting as an innovative method used in non-formal education, to enrich the competences of organizations and youth workers and to improve the quality of musical and educational activities
- Designing and implementing new activities that will help young people to increase their self-confidence, express their thoughts, needs and personality by creating their own music
- Desire to learn about tools that will increase youth involvement and youth empowerment and encourage young people to actively participate in social and entrepreneurial activities
- The partners want to provide new tools and methods to music teachers in formal and non-formal education
- Organizations want to learn how to effectively transfer musical knowledge to young people in an understandable and accessible way
- Partners want to influence the local labor market, in particular the poorly appreciated and paid creative sector, and increase young people's opportunities for professional development and finding employment
- They want to discover music as a creative process that is a method for making decisions and solving problems and develop a number of soft skills thanks to it
- They want to learn how to implement musical initiatives without buying instruments or paying for music lessons
- They want to learn new tools to promote national culture
- They want to learn how to use songwriting to disseminate results
- They also want to expand their contact networks so that in the future they have space to carry out further musical initiatives and more.

The main target group of the "Music It Is" project are therefore educators who want to learn new ways to use music in youth work, carrying out activities on a variety of topics, not necessarily directly related to music or art, such as mental health, increasing youth involvement (youth involvement) or inclusion.

Activities

The training will be attended by 32 youth workers (including trainers) from 8 organizations who want to learn new ways to use songwriting and music in youth work. Among them there are both people professionally dealing with music (about 35%) and educators who have no formal education in this field (about 65%). The training program is designed to be tailored to the level of knowledge and needs of both groups and prepares all participants to effectively use songwriting and music in youth work. During the training, amateur educators will learn about new tools and musical issues, and professional educators will learn how to teach their students music by selecting the appropriate vocabulary, issues and training materials.

As we cooperate with partner experienced in the implementation of music projects, we will ensure the appropriate quality of training by preparing a program that meets the needs of participants and project assumptions, selecting appropriate methods and activities, providing a qualified partner and providing a specific songwriting method that is easy to transfer in workshop conditions . We will also provide the equipment necessary to organize the program, such as instruments, midi keyboards, stands and microphones.

During the training, participants will learn about: basic principles of music composition - selection and construction of chords, recognizing sounds by ear, creating and playing rhythm. They will also work with the DAW program (Ableton), and learn the basics of creating music in electronic form. They will also learn techniques for recording, working with a microphone and using an audio interface. They will also learn how to combine individual tracks (loops, beats, chord sequences, solo effects and vocals) to create full-scale compositions. They will also learn proven writing techniques. Educators participating in the training will go through the entire process of songwriting (from the idea for a song, through writing the melody, lyrics, arrangement, to production and recording) so that they have full experience of the songwriting process and can then pass it on to young people in a similar form.

The program, in addition to music workshops, also provides a space for organizations to get to know each other and establish cooperation, both related to the implementation of projects using music and other initiatives close to their organizations. To this end, we have planned activities such as NGO Fair, partnership planning and group work on disseminating the results.

The program will use elements of informal education, maximally engaging participants in each of the activities and stimulating independence, creativity and initiative of participants. Each workshop will end with group exercises, so that participants can cooperate with each other and immediately apply the acquired knowledge in practice, creating their own structures based on the learned elements. The exchange program is designed so that participants can start composing their own works as soon as possible and without unnecessary theory.

The program will use methods such as the Derrington songwriting scheme (2005), Pauline Oliveros' deep listening method, rhythmic exercises, time perception exercises, psychomotor development and analysis of popular entertainment songs. In addition, we will also use a variety of non-formal education methods, e.g. art methods, discussions and brainstorming, reflection cards, the clock method and numerous integration games and activities, also outdoor ones.

Impact

Participants of the “Music It Is” project will learn about a new tool of non-formal education, which is songwriting. Thanks to the knowledge and skills gained during the training, they will learn the songwriting process from scratch, starting with the idea for a song, through writing the melody and lyrics, arrangement, and finally production and recording. They will then be able to use the tools they have learned in working with youth in their organizations and projects at the local and international level. This will help partner organizations to strengthen their competences and improve the quality of their activities and respond more fully to the needs of young people cooperating with them.

Participants, and thus also partner organizations, will also learn new ways to use music in non-formal education and youth work. They will learn how to use music and songwriting not only in projects strictly related to music and art, but also in the implementation of other topics close to the profile of their activities, such as: counteracting violence and discrimination, care for mental health, inclusion, youth involvement and youth empowerment. The project will create ready-made tools - plans for thematic activities for young people - which they will be able to use in their daily work as well as transfer and promote among other organizations. Such activities will contribute to the

overall development and improvement of the quality of youth work. By participating in the training, participants will gain hard skills related to music workshop, music composition, songwriting, use of music production programs and sound recording. They will also learn how to use songwriting to implement projects and activities on a variety of topics and to disseminate the results of these initiatives.

The mere promotion of songwriting and music as a tool for working with young people will bring numerous benefits to young people. According to numerous studies, music is a tool that allows young people to express their feelings and thoughts in an effective and creative way, which relieves stress, helps treat certain diseases and contributes to improving general well-being. Dissemination of the project results and further promotion of educational methods using songwriting will therefore contribute to the activation of young people, increase their self-confidence, greater involvement in social issues and the process of their education. Many of them will also have the opportunity to pursue a hobby and create their own music without the need to purchase equipment, specialized software or expensive music lessons, which will be a real revolution in the daily work of our partners with young people and will open up a whole spectrum of possibilities for them.

Songwriting is also not only a way to creatively implement the right activities in the project, but also an original element of dissemination of the results. By creating a catchy song, participants and organizations will be able to reach a wider audience more effectively and communicate the issues raised during the project and the learning outcomes of the participants in an original way.

Organizations by participating in the meeting of youth workers from 8 organizations and 8 countries will also be able to develop their activities by establishing new, interesting partnerships. Since the project involves organizations that use art and music in their activities on a daily basis, the project is an opportunity to exchange experiences and good practices and to work together to improve the quality of work with youth in the field of music and art, and more.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

YOUTH LAB of Fundraising: fresh impetus to develop funding strategies for youth NGOs

Project Coordinator

Organisation TüGem – Türkische Gemeinschaft in Österreich
Address Schlachthausstraße 1 , 6850 Dornbirn , Vorarlberg , AT
Website www.tuegem.at

Project Information

Identifier 2023-1-AT01-KA153-YOU-000145716
Start Date Jun 1, 2023
End Date May 31, 2025
EC Contribution 32,326 EUR
Partners Udruga za promicanje pozitivne afirmacije mladih u društvu "Impress" Daruvar (HR) , ASSOCIACAO INTERCULTURAL PARA TODOS (PT) , Navissos (RS) , NATSIONALNA ASOTSIATSIA NA RESURSNITE UCHITELI (BG) , Association for Education and Sustainable Development BRIGHT (MK) , Stowarzyszenie Projektow Miedzynarodowych "Logos Polska" (PL) , Asociatia Nationala Mutuala Romania Franta "Louis Pasteur" Dej Filiala Braila (RO) , Oyuncak Kutuphanesi Dernegi (KalpAnkara EvGM) (TR) , SEIKLEJATE VENNASKOND (EE)
Topics Development of training courses ; Quality and innovation of youth work ; Employability

Project Summary

Objectives

The "YOUTH LAB of Fundraising" Project will be held by Tügem in Ankara / Turkey between the dates of 13.10.2023 - 23.10.2023 (Including 2 Travel Days). We have partnerships with 9 different European Union Member Partners (Turkey, Bulgaria, Croatia, Estonia, Macedonia, Poland, Portugal, Romania, and Serbia) The sending organizations have been explained in a detailed way in the Time Table. Each partner will provide 3 participants. The project will host 30 young leaders without age limits.

The objectives of the project are as follows :

- O1: Supporting youth leaders to be more productive in a financial way. Equipping youth leaders with fundraising techniques;
- O2: Supporting NGOs in order to get more funds and financial sources;
- O3: To understand Project Cycle Management as a fundraising tool;
- O4: Discovering Funding Opportunities and Alternative Financial Resources;
- O5: To learn and experience Crowdfunding.

Activities

The activities and Training sessions of the project are team buildings activities, learning activities through self-study, board game - as a learning activity, movie night as a starting point for a debate, info and orientation sessions, and study visit.

These are:

- Mission Impossible - Team Building
- Individual Initiatives and entrepreneurship aspects
- General Principles in Fundraising and Trends
- Legal Procedures and Ethic Values
- Team Building Activity - Determination of the need
- Communication on Fundraising
- Team Building Activity - My First Campaign
- NGO Market
- Methods of the Fundraising
- The First Step & Creating the Strategy
- Movie Night - as a starting point for the debate on fundraising best practice
- Turkish Education Association (TED) Study Visit
- Technical Support and Online Tools
- Project Cycle Management as a tool of Fundraising
- Technical Support and Online Tools
- Skillset of the fundraiser, doubled by a board game

Each partner will provide 3 participants. The project will host 30 young leaders without age limits. Each partner will select the participants on gender balance, which means we will not accept the same gender from one partner.

The participants suppose they have knowledge in the following areas:

- * Project management experience. As a tool for fundraising project writing and management experience
- * Able to lead an NGO in fundraising. Working or willing to work in NGOs in source management or fundraising
- * Strong social and digital skills. These skills are required to be a successful fundraiser
- * Volunteering mindset and strong motivation. Volunteering is a must in this field in order to get the results that might appear in a respectful time.
- * Collaboration and teamwork specialist. There are many ways to create the fund but this is not a one-person job, teamwork is necessary.

Impact

At local, regional, and European levels, we expect that as a result of our project, youth organisations will become active in the fundraising sector and find this method as constant funding support, which will help to maximize the effort and work they put into their causes and missions.

As a youth organization, our association provides numerous of training opportunities to young people. In this project, we specially develop young people's skills and knowledge (expecting that the participants will be equipped with these skills and knowledge at the end of the project) that are explained below:

- Social media marketing skills
- Audience segmentation (through the “Communication on Fundraising” session)
- Communication and Networking skills
- Critical thinking
- Creative thinking
- Applied creativity
- Team building

Approaches/behaviors that will be acquired/improved through the “YOUTH LAB of Fundraising” project’s activities:

A) Soft Skills. With reference to the YouthPass Key Competencies:

- Communication in foreign languages
- Digital competences
- Learning to learn
- Social and civic competences
- A sense of initiative and innovation
- Cultural awareness and expression

B) Attitudes and values:

- Being responsible and creative
- Promoting social causes
- Raising the involvement/engagement of young people, with a specific focus on following a social mission and creating and implementing strategies for fundraising

- Knowledge regarding communication on Fundraising
- Knowledge regarding fundraising campaign management (campaign ideas, strategies, implementation, evaluation of the result, target groups/audience, usage, fundraising tools such as social media, telemarketing, e-mail, SMS, commercial enterprise)
- Knowledge regarding the concept of Crowd Funding
- Knowledge regarding determinations of needs and objects using the SWOT and SMART matrix/analysis
- Knowledge of digital storytelling methodologies

- Knowledge regarding trust building in the community

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Promoting Diversity and Tolerance Through Media and Information Literacy

Project Coordinator

Organisation TRANSFORMATION Österreich - Förderverein zur Unterstützung Jugendlicher bei der Integrierung, Orientierung und Kommunikation in Österreich

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Project Information

Identifier 2023-1-AT01-KA153-YOU-000144673

Start Date Jun 1, 2023

End Date May 31, 2024

EC Contribution 26,836 EUR

Partners ASSOCIATION FOR SUSTAINABLE DEVELOPMENT SFERA INTERNATIONAL BITOLA (MK) , SDRUZHENIE EVROPEYSKI PROEKTI V BALGARIA (BG) , ANKA Gençlik Derneği (TR) , EKOLOSKO UDRUZENJE ZA ZASTITU I UNAPREDJENE ZIVOTNE SREDINE (RS) , Asociacion Cultural Somos Europa (ES)

Topics Development of training courses ; Initial and continuous training for teachers, trainers and other education staff

Project Summary

Objectives

The project 'Promoting Diversity and Tolerance Through Media and Information Literacy' aims to contribute to inclusive growth by enhancing the competencies of youth workers in using media as a tool for addressing social exclusion and discrimination. The project will provide youth workers with an opportunity to increase their knowledge and understanding of the concepts of social exclusion and discrimination, experience media tools that uncover the process of social exclusion and discrimination, and develop their competencies to build constructive dialogues and interactions between socially excluded and discriminated groups and young people.

The primary objective of the project is to enhance the competencies of youth workers to use media as a tool for addressing social exclusion and discrimination.

The project objectives are as follows:

- a) to raise awareness among participants of the power of media in constructing reality, develop a critical and selective approach to media products, and use media tools to create powerful messages that contribute to building socially inclusive societies;
- b) to deepen participants' knowledge and understanding of social exclusion, discrimination, and the realities and challenges faced by socially excluded and discriminated groups, as well as to develop new approaches based on using media tools to foster greater tolerance and create socially inclusive societies;
- c) to improve the quality of activities that address issues faced by socially excluded and discriminated groups;
- d) to increase the engagement of young people in building more socially inclusive communities and reflect on new ways of delivering activities that result in improved levels of awareness towards the roots of social exclusion and discrimination;
- e) to provide participants with an opportunity to share good practices in the field of youth work regarding issues of social exclusion and discrimination and media that have contributed to building greater understanding and acceptance, encourage greater cooperation between different members of their communities, and reflect on common challenges to creating new contacts and networks for future cooperation;
- f) to enhance participants' knowledge about the Erasmus+ Programme and its Key Actions and encourage participants to develop new project ideas and foster future cooperation under the Erasmus+ Programme.

Activities

"Promoting Diversity and Tolerance Through Media and Information Literacy" project incorporates a mobility activity in the form of a training course for 28 youth workers and educators hailing from the following Programme countries: Austria, North Macedonia, Serbia, Bulgaria, Spain, and Turkey. The training course is scheduled to take place in Rettenegg, Austria, from November 20th to November 26th, 2023.

The training course aims to equip youth workers and educators with the skills necessary to effectively address issues pertaining to social exclusion, and discrimination and build socially inclusive societies, as well as leveraging media tools to facilitate these goals and engage young people in the process. Prospective participants must possess a strong desire to develop these competencies and should have prior experience in tackling issues related to social exclusion, and discrimination, and working with young people or communities on these issues. However, experience in the field of media is not a prerequisite, as the activities of the training course are designed to provide participants with an opportunity to acquire a comprehensive understanding of these concepts

through a range of non-formal education tools, methods, and techniques. In the selection of participants, we will place particular emphasis on their ability to apply newly acquired competencies and knowledge to their work with communities and young people.

Impact

The project "Promoting Diversity and Tolerance Through Media and Information Literacy" is expected to have a significant impact on several key target groups. Firstly, the participants will gain a deeper understanding of media, social exclusion, and discrimination, and will enhance their practical competencies and skills. This will include active problem-solving, teamwork, leadership, creativity, communication, and management, as well as creating actual media campaigns that can be used in their work with communities and young people. Additionally, participants will become more aware of issues in other countries, develop cultural sensitivity and awareness, and gain a better understanding of the Erasmus+ Programme and its Key Actions. Finally, participants will advance their competencies as youth workers and educators, enabling them to design and deliver quality activities that respond to the needs of their target groups, taking into consideration local realities.

Secondly, participating organizations will benefit by strengthening their networks and obtaining new contacts, which will be useful for new cooperation possibilities and the development of new international projects under the Erasmus+ Programme. Capacity building of their staff will also be improved, resulting in better quality youth and community services, especially in the field of media, using media tools to address social exclusion and discrimination. The training course also explicitly focuses on the development of new project ideas, stimulating the creation and implementation of new projects in partner organizations.

Finally, communities, especially groups facing social exclusion and discrimination, and young people served by the participating organizations and their delegated participants of the training course, will benefit from this project. The quality of services provided to them will be improved, and new projects will be created, bringing in new approaches, solutions, and perspectives that will help to address community issues more effectively and provide the target groups with new opportunities for their development.

The key project results will be increased capacities of youth organizations directly involved in the project or reached through dissemination activities in the field of social exclusion, and discrimination, and using media tools at their work. Additionally, advanced competencies of youth workers and educators will be developed to address social exclusion and discrimination and engage young people in the processes leading to creating socially inclusive societies.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals

Action Type: Mobility of youth workers

Project Title

Five steps to risk assessment

Project Coordinator

Organisation TRANSFORMATION Österreich - Förderverein zur Unterstützung Jugendlicher bei der Integrierung, Orientierung und Kommunikation in Österreich

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Project Information

Identifier 2023-1-AT01-KA153-YOU-000142800

Start Date Jun 1, 2023

End Date May 31, 2024

EC Contribution 25,984 EUR

Partners ANKA Gençlik Derneği (TR) , FONDATSIYA KURAZH (BG) , EKOLOSKO UDRUZENJE ZA ZASTITU I UNAPREDJENE ZIVOTNE SREDINE (RS) , Asociacion Cultural Somos Europa (ES) , EUducation Italy (IT) , Meraki (HR) , Zdruzenie MREZA EDEN SVET Struga (MK)

Topics Development of training courses ; Initial and continuous training for teachers, trainers and other education staff ; Key competences development

Project Summary

Objectives

While it is impossible to ensure a completely smooth operation, a thorough risk assessment can provide a comprehensive overview of potential issues and how to handle them effectively. In keeping with the fundamental principles of the Erasmus+ programme, the safety and protection of all participants are paramount to ensure maximum personal and professional development opportunities in a secure environment that upholds the rights of all individuals.

While many organizations already have guidelines and policies in place to safeguard young people in accordance with national and international youth work protocols, the project team recognizes the need to address the topic of risk assessment and prevention on an international level. The aim of the "Five Steps to Risk Assessment" project is to provide youth workers with the necessary competencies to deal with crisis situations and offer support and assistance to young people and communities.

This project goal was chosen to ensure that young people are provided with a safe and supportive environment, while organizations and youth workers support each other in challenging times. By creating guidelines and checklists for youth organizations, the project seeks to increase capacities to manage risks and emergencies, prevent social exclusion and discrimination, and support the creation of new projects at the local, national, and international levels.

Through this unique learning mobility training course, the project aims to raise the understanding and knowledge of participants on risk and safety issues in youth projects, address the role of youth workers in their communities during challenging times, and develop their competencies in problem-solving and conflict management. The ultimate objective is to create a safe and supportive environment for all participants to realize quality projects and provide support to vulnerable groups during uneasy and unstable times.

Activities

We will host a training course for 27 youth workers, including 10 with fewer opportunities, from Sweden, Turkey, North Macedonia, Denmark, Serbia, Bulgaria, Poland, Latvia, Italy, and Spain. The course will focus on risk assessments, the safety of international youth mobility, and the engagement of youth workers during emergencies. Participants should be aged 22-35, have a strong interest in the topic, be open-minded, and be willing to actively participate. The 7-day course includes team-building, analyzing policies and practices, sessions with experts, and creating checklists and action plans.

Impact

The training course will enable participants to enhance their competencies in effectively addressing various risky situations and creating a supportive and safe environment for young people with diverse backgrounds and learning needs. Participants will also develop 'checklists' on safety and risk management, and the role of youth organizations during emergency situations. Furthermore, they will gain a deeper understanding of the Erasmus + Programme and generate innovative project ideas. The training course will also facilitate the development of personal competencies such as teamwork, communication, and problem-solving, as well as key life learning competencies including digital competence and sense of initiative.

Participating organizations will develop their capacities in risk assessment and safety, improve their guidelines and policies, and enhance the capabilities of their youth workers to handle risky situations during international youth projects. They will also be better equipped to create a safe and supportive learning environment and act as members of their communities during emergency times. Special attention will be given to vulnerable groups to prevent social exclusion and discrimination. Additionally, participating organizations will increase their knowledge of the Erasmus + Programme and benefit from new project ideas developed by participants.

The training course will also have an impact on individuals and organizations interested in the topic of risk assessments and safety, as they will benefit from the final products of the project. These include 'checklists' for youth organizations with practical steps to reduce risks during international projects and clarify the role of youth organizations in emergency situations. Additionally, a minimum of five video tutorials on relevant issues will be published on YouTube and spread through social networks, networks of participating organizations, and the SALTO youth website.

Overall, this project will enhance the quality of international youth projects and have a positive impact on youth workers, leaders, and organizations working with youth. They will be better equipped to organize safe projects, prevent potential risky situations, and undertake an active role in their communities.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals

Action Type: Mobility of youth workers

Project Title

CompetencesLab for Inclusion

Project Coordinator

Organisation	Plattform Generation Europa
Address	Tauchen 125 , 7421 Mönichkirchen , Niederösterreich , AT
Website	www.generationeuropa.eu

Project Information

Identifier	2023-1-AT01-KA153-YOU-000125575
Start Date	Jun 1, 2023
End Date	Sep 30, 2024
EC Contribution	27,301 EUR
Partners	Asociación de Directores y Monitores de Castilla la Mancha "Arkhe" (ES) , HORS PISTES (FR) , ASSOCIAZIONE CULTURALE EUFEMIA APS (IT) , Creativity Works Europe (PL) , Uluslararası Genç Arayış Derneği (TR) , Puentes Hungary Közösségi Szolgáltató Nonprofit Korlátolt Felelősségű Társaság (HU) , Nodibinājums Radošā apvienība COLORIZE (LV)
Topics	Disabilities ; Key competences development ; Inclusion of marginalised young people

Project Summary

Objectives

This project will involve youth workers from 8 different organisations, creating a mixed abilities group where, through a non-formal education based training, participants will acquire the knowledge and skills needed to creating accessible and inclusive activities for those with diverse abilities and/or in social exclusion risk. The main tool for this accessibility will be universal design: the design and composition of an environment so that it can be accessed, understood and used to the greatest extent possible by all people regardless of their age, size or ability.

Furthermore, this project is also directly related with the development of the ETS competences on youth workers, supporting the recognition of their learnings through Youthpass, and promoting a more inclusive European youth work.

The objectives set for this project are:

- To develop competences on participants on designing educational activities and/or programmes with an inclusive

approach for those with diverse abilities and/or in social exclusion risk, based in universal design principles.

- To raise awareness on the importance of needs analysis and needs centred approach when planning educational activities

for this target group, in order to create inclusive and accessible learning environments, leaving behind their own bias.

- To understand the learning processes in mix abilities groups, as well as when working with youngsters in social exclusion

risk, and develop knowledge, attitudes and skills to facilitate the learning process and the interaction between participants.

Activities

The training course will be hosted in the "Blue Whale Educational Center", in Tauchen, Austria. Will involve a total of 29 people from 8 European partner organisations. The participants group will be a mixed abilities one, having participants with and without diverse abilities, having the support of the professionals assistants for those who need it.

Impact

The project is based on developing ETS competences on youth workers and trainers with an inclusive approach, with a special focus on 3 of them: facilitating individual and group learning, designing programmes and communicating meaningfully. Setting and inclusive approach, developing knowledge of the different tools to create more accessible learning activities, basing this tools in universal design, will provide youth workers and trainers with such a knowledge and attitudes that will make real changes within their organisations' activities and beyond, creating around them a more inclusive community, more understanding of other individuals needs.

During this project the participants will acquire and develop knowledge and competences which will result in a tools box that will increment the success of their daily work, being able to involve youngsters that, otherwise, they would not be able to reach and engage. The participants will also develop a more confident attitude when working with this specific target groups. At the same time they will be more aware, reflective and skilled in their own work. By acquiring knowledge and skills in the inclusion of groups at social exclusion risk, these youth workers will be able to facilitate and accompany the youngsters with whom they carry out their work.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals
Action Type: Mobility of youth workers

Project Title

Youth Talk: Make it Meaningful

Project Coordinator

Organisation Austrian Association for Cultural Relations
Address Lindenplatz 1 , 3441 Freundorf , Niederösterreich , AT

Project Information

Identifier 2023-1-AT01-KA153-YOU-000144161
Start Date Jun 1, 2023
End Date Mar 31, 2024
EC Contribution 24,558 EUR
Partners Armenian Centre for Cultural Relations and Development (AM) , Association for Cultural Relations ry (FI) , Georgian Association for Cultural Relations (GE) , Association des Relations Culturelles (FR) , EMINA Pályáorientációs Alapítvány (HU) , Asociaia pentru Relaii Culturale (RO) , Cultural Relations Society (TR) , Organisation «social unity and international relations «Kristal» (UA)
Topics Physical and mental health, well-being ; Key competences development ; Quality and innovation of youth work

Project Summary

Objectives

“Youth Talk: Make it Meaningful” is an international project developing competencies to practice and embrace communication in a nonviolent way – observing and acknowledging own and others’ needs, recognising and expressing emotions, building peaceful relations with other young people, and co-workers. The aim of the project is to prepare youth workers and leaders, facilitators, project coordinators, to deal with situations of conflict, tension or misunderstanding in their work environment. Where meaningful communication is a way and means to reach a compromise, and are essential for the common good, growth and harmonious coexistence. As much as conflicts are natural for human relations, our concern is that they are perceived entirely as “bad” and in this way we are not able to learn from them, and we risk allowing them to affect our basic sense of safety. A negative attitude towards conflict, very often, leads us to violent defensive reactions. In this moment we lose the resource and potential that conflict situations contain and carry in itself.

Competencies that cover an awareness of ones own needs, and to be able to communicate them clearly to others, are especially valuable. Multinational and cross-cultural groups, youth at risk and migrants, whose backgrounds and culturally defined understandings are shaping the world around us. They are very often qualitatively different from one another and frequently lead to the inappropriate misinterpretations of each other's behaviours and words. Further on, this then leads to frustration, disharmony and destruction in society.

Our training program will involve 27 youth workers from various different countries in and around Europe. Many of them will come from a region or community with a certain level of disadvantage be it a social, economic or geographic limitation. They may also have experienced violence, radicalisation, aggression in digital or physical context and lack of tolerance of youth in their communities. All of these things contribute to making youth more vulnerable. Now is the time to fuel understanding and competence in non-violent communication.

Project activities consist of an online module and a residential training course aiming to have impact in two main areas:

- Develop an empathic attitude, by building a group ready to support each other, where participants will share their challenges, become aware of their emotions and needs, go through experience related frustrations, and approach them as a resource for learning
- Provide a learning experience for participants to acquire the knowledge and skills in non-violent communication and mindfulness elements, in order to use them as tools to deal with similar situations in the future.

Through a combination of NVC methods and mindfulness practice we hope to improve the capacity of youth to process and bring about positive changes in their community. Dealing with conflict competently in their personal lives, their workplace and with the youth they work with. The benefits of this training course will extend far beyond youth workers.

Activities

This is a single intensive workshop run over the period of seven days. The aim of the training course and the individual activities it comprises of is to practice Non-Violent Communication and mindfulness.

To competently use these skills in the workplace, as youth workers or in their communities generally. Participants will discover the meaning of needs and emotions in order to reach a satisfactory compromise in situations of

conflict. Using these approaches, they will practise the skills to form observation free from opinions, recognise and express needs, and to construct compromises in order to move forward in a peaceful way.

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Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals

Action Type: Mobility of youth workers

Project Title

Remembrance beyond memory - contextualising remembrance culture in youth work

Project Coordinator

Organisation OSTERREICHISCHE KINDER UND JUGENDVERTRETUNG VEREIN
Address LIECHTENSTEINSTRASSE 57/2 , 1090 Vienna , Wien , AT
Website www.bjv.at

Project Information

Identifier 2022-3-AT01-KA153-YOU-000097551
Start Date Mar 1, 2023
End Date Aug 31, 2024
EC Contribution 28,171 EUR
Partners Council of Youth Movements in Israel (IL)
Topics Bridging intercultural, intergenerational and social divide ; Democracy and inclusive democratic participation ; Preventing racism and discrimination

Project Summary

Objectives

There is a need for exchange and mutual understanding on the topic of remembrance and how it can be translated into action today between two countries - Austria and Israel - whose young people have ancestors whose histories are connected but no chance for interaction in creating common memory. This project shall create space for exchange and mutual learning and contribute to youth workers' ability to contextualise and live remembrance and translate it for application today with young people in their impact areas.

This project provides non-formal and informal learning opportunities for educational and professional development of youth workers regarding remembrance, the understanding of it and its application into action with young people today, contributing to high-quality individual practice as well as to the evolution of youth work organisations and systems

The project furthermore fosters developing local youth work practices and contributes to capacity building for quality youth work of the participants and their organisation on the topic of remembrance and application into action today, having a clear impact on the participating youth workers' regular work with young people on these topics.

The project contributes to the priorities outlined in the Erasmus+ framework by fostering participation in democratic life, common values and civic engagement through its focus on equipping youth workers with the necessary knowledge, tools and methods to inspire young people to take an active role in citizenry as agents for rather than target groups of remembrance culture and by actively shaping inclusion, diversity and peaceful co-existence in their communities and societies.

The project furthermore intends to meet the following objectives:

O1: Gaining a better understanding of the missions and work of both hosting organisations

O2: Reflecting on common history, current challenges and the role youth organisations can play in living remembrance culture and building inclusive communities

O3: Enabling youth workers' abilities to contextualise remembrance culture with and for young people today through non-formal education

Activities

There are two main activities that this project consists of. The two activities will take place in the form of study visits of youth workers to Israel and to Austria respectively. In these study visits, participants will be able to experience, learn and contribute to three thematic areas that should fuel their work on remembrance culture and civic empowerment of young people: memory, understanding and action.

Regarding memory, participating youth workers will learn and experience where visible memory can be found in Austria and in Israel. They will discuss how memory can look like, what forms it can take and visit remembrance monuments and people that deal with remembrance daily through their work.

On understanding, participants will discover what meaning memory has for their life and society at large today.

They will discuss and see how values of democracy, anti-racism, anti-semitism, reduced inequalities and intercultural dialogue are connected to making memory count and how this especially concerns young people.

Concerning action, participants will be able to see how memory is translated into action through youth projects, youth movements and youth organisations today and how they can use this for their own organisations. They will

discuss and define the role of youth work in contributing to fostering understanding and living memory today and how to promote these agendas and set concrete actions with and for young people as agents.

Both activities are intentionally designed in a similar way as they should offer a mutual learning experience contextualising the same topics in two different countries and hence realities of youth work practice. Thus, also the participants involved in the project are intended to be the same ones throughout the whole project. Adding to the two study visits there will be a number of virtual components to this project to insure participants will be able to stay engaged with the project and to maximise it's impact throughout the project's timespan.

There will be around 20 participants involved, half from Israel and half from Austria. Participants should be youth workers, active in their organisations and will be chosen by the two partner organisations CYMI and OJV. They will consist of organisational staff, organisational chairpersons and members of member organisations of OJV and CYMI. They will be aged 18+, a strong and specific interest in or experience with the topics of the project as well as a clear commitment to dissemination of the project outcomes and engagement with the project throughout all activities. Participants will be chosen following the principle of gender parity. Special attention will also be given to the diversity of the participants in terms of organisational background and participants with fewer opportunities.

Impact

The project will contribute to strengthening the relations of the two partner organisations BJV and CYMI, particularly concerning their work on remembrance culture and allow development of further and future cooperation. The organisations will be able to learn from each other and the respective member organisations and carry these learnings into their own activities and contexts to build on them.

Especially in Austria remembrance work in Youth work will gain a boost and will profit from new methods and an insight in Israeli reality today. Israeli participants will experience first hand how remembrance work is handled in Austria when joining the liberation day celebrations in Austria. This experience will have an impact on the youth work delivered in Israel as youth workers can adjust their methods taking the perspective of Austrian Youth work into consideration.

The project furthermore directly impacts the involved youth workers' skillset by specifically contributing to skills outlined in the ETS competence model, such as facilitating learning, displaying intercultural sensitivity and being civically engaged. It will furthermore enable youth workers' (participating youth workers and those reached through dissemination activities) to contextualise remembrance culture with and for young people today through non-formal education.

The project will indirectly also have an Impact on young people themselves as youth workers will apply their skills in working with them on remembrance culture and citizenry, aiming to make young people active agents of change.

Link to project card: [Show project card](#)

Key Action: Learning Mobility of Individuals

Action Type: Mobility of youth workers

Project Title

A Path to Self Care

Project Coordinator

Organisation Plattform Generation Europa
Address Tauchen 125 , 7421 Mönichkirchen , Niederösterreich , AT
Website www.generationeuropa.eu

Project Information

Identifier 2022-3-AT01-KA153-YOU-000096460
Start Date Apr 29, 2023
End Date Apr 28, 2024
EC Contribution 23,728 EUR
Partners SAGLAM DUSUNCE GENCLER TESKILATI ICTIMAI BIRLIYI (AZ) , Institutul de Instruire in Dezvoltare "MilleniuM" (MD) , CHARITABLE ORGANIZATION VZAYEMOPOMICH (UA) , FUNDACJA MLODZI DLA EUROPY (PL) , YOUTH ASSOCIATION DRONI (GE) , Autism Praxis Infinity Solutions (APIS) Ltd (CY) , ORIEL APS (IT)
Topics Physical and mental health, well-being ; New learning and teaching methods and approaches ; Quality and innovation of youth work

Project Summary

Objectives

The Coronavirus outbreak has tested Europe in ways that would have been unthinkable only a few months ago. Various measures were taken by authorities on different levels in order to stop the outbreak and support the economies of the states. While the economic losses are being calculated at the moment, it's extremely hard to estimate the impact the COVID-19 has had and will continue to have on the mental health of people. Since the outbreak in Europe, levels of stress and anxiety have risen substantially due to various reasons, starting from grief and fear related to the disease, continuing with the anxiety related to financial challenges many people are facing at the moment and finishing with the consequences of social distancing, lockdowns in apartments with limited access to fresh air and sunlight and they will continue to raise in the coming months. The armed conflict in Ukraine contributed even more to constant feeling of anxiety, helplessness and fear of the unknown among young people and educators.

Therefore we believe that it's a burning issue at the moment and with this project we'd like to address the issue of stress among youth workers and focus on development of their well-being in order to address the quality of educational activities they organise. Furthermore, we would like to train youth workers on usage of stress-management tools in their work with young people in order to create a balanced learning environment for them and provide ready-to-use copying mechanisms for challenging life situations.

Objectives:

- identify the stress factors which influence youth workers in partner countries

- equip participants with the theoretical knowledge on the nature of stress

- provide educators with the stress-management tools for personal everyday use (physical tools, art tools)

- to learn how mindfulness can contribute to eliminating stress and learn about MBSR (mindfulness based stress reduction) techniques

- to acquire concrete skills in time-management and learn how it can contribute to dealing with stress

- to learn about stress-management tools which can be used in work with young people in order to address their study-related

- stress and develop their emotional intelligence;

- To train youth workers in using stress-management tools in youth work in different contexts

- to share good practices in stress management in education and youth work

The project contributes to the following specific objectives of the Erasmus +:

- foster quality improvements in youth work, in particular through enhanced cooperation between organisations in the youth

- field and/or other stakeholders;

Activities

The training course is planned to be organized on 22-28 July 2023 in Tauchen. Austria. For the activity we foresee a venue in Tauchen, next to the nature, which will ensure the right learning environment for participants in this topic. The project team consists of representatives from Austria, Poland and Ukraine. They will contribute their competences and knowledge to the implementation of the project. Generation Europa is an applicant organization, responsible for general project coordination, application and reporting as well as for administrative issues. Generation Europa will be hosting organization responsible for all administrative and logistical issues. The programme of the project was developed by Generation Europa with a valuable contribution from all project partners. There are 8 partners in total coming from 8 countries (Austria, Poland, Moldova, Ukraine, Georgia,

Azerbaijan ,Italy, Cyprus) who also contributed their ideas to the project development and preparation of the grant application form.

The main activity of the project is a training course which would involve 26 educators, youth workers youth leaders, social workers coming from 8 partner countries.

There are several considerations behind the methodology and activities that are planned for this TC: non-formal education is used as a basic approach in structuring the programme of the activities we structure the TC programme in a way to make participants understand the logical steps based on the learner-centered approach and experiential learning cycle theory, all the methods we used are experience-based. The training course will involve a lot of practice. As a general approach we want youth workers first to experience stress management techniques and tools for themselves and then be able to adjust them for work with diverse youth groups active involvement of participants and recognition of their expertise and experience in certain topics, active sharing and participation in the discussions will ensure diversity and complexity of learning process. Moreover, as described in the programme of the activities we will try to valorise the experience of participants in everyday practices and encourage participants to contribute to facilitation of morning (yoga, sport) and evening practices(meditation). permanent learning process awareness, trainers will organize daily reflection space groups where participants will share the most striking moments of the days, ask questions, write down important information, give and receive feedback. Moreover, during this particular course there will be enough space for self-reflection and self-exploration through daily rituals. Besides that, many of the tools offered will focus a lot on internal processes which are often underestimated. group dynamics process that is found at such kind of activities which means a lot of emphasis should be put on the creation of a safe and friendly environment, providing the space and time for people to get-to-know each other personally and professionally in order for them to enter the intensive group learning process.

Impact

* Participants:

- A significant increase in knowledge of foreign languages, especially English, the main language used during the project
- Raise awareness and knowledge of other cultures and countries
- The creation of new international contacts enabling active participation in social life and development of European citizenship and identity
- Knowledge on the nature of stress, causes and effects of stress in daily life and youth work, knowledge on the main factors producing stress as well as emotional and physical response to stress, knowledge on the local realities with stress-affected educators and stress-management in the local communities of partner countries involved in the project, knowledge on burn out as a extreme consequence of stress as well as symptoms of it.
- to support initiatives of youth workers and regarding to conflict handling, stress management and healthy lifestyle, as well as intercultural dialogue, including young people with fewer opportunities
- to support the role of youth workers in social responsibility and capacity-building activities that contribute to living together in dignity and dialogue through a network of specifically exchange experience of youth workers who strengthen the presence and promote the values of diversity in the community.
- to create and use a knowledge bag of non formal education tools, including meditation for stress-management, conflict transformation and creating better life chances for those facing with obstacles
- to freely use gained techniques (meditation, relaxation, non-violent communication, stress management, conflict transformation, active listening) in everyday life with the positive influence on inner peace, private and professional life.
- To support participants in gaining competencies (knowledge, skills and attitudes)

* Participating organizations and the applicant organization:

- Greater ability to act at international level
- Better management skills and strategies for the international dimension of the youth
- Increased cooperation with partners from other countries
- Better quality of preparation, implementation, monitoring
- Increase the youth workers capacity to work and provide key tools for young people with fewer opportunities' integration, intercultural dialogue and youth unemployment.
- through the experience of their participants, partner organizations will discover new ways how to engage youth in the activities in the local community,
- organizations will create contacts with other youth organizations which they can establish long-term partnership and cooperation in future activities,
- organizations will get new ideas for project which will be developed by the participants on the training course
- The innovative and better action on the target groups: increasing attractive programs for young people, apprentices, volunteers, according to their needs and expectations
- More modern, dynamic, committed and professional environment within the organization
- Readiness of the organization to enable the good practices and new methods for daily operations and activities; openness to the synergy resulting from the collaboration with other organizations
- Strengthen the synergies and the transition between the process of formal education, non-formal employment and entrepreneurship

In a long term perspective, the plan to achieve a multiplier effect and sustainable impact:

- Increase values of respect and responsibility for community development among young people with fewer opportunities based in partners countries.
- Improve the life condition of young people and to promote mental health by experiencing meditation
- to offer new ways of dealing with and managing stress to young people
- Greater efficiency and breadth of ability in the work with youth workers focused on the full social integration by having deep knowledge of conflict handling, stress release and effective communication
- Create space for youth workers and organizations share and build joint projects for the benefits of young people with few opportunities
- Develop joint actions and chained to social development, from working with a group of youngster with fewer opportunities.

The main goal of our project is to create an environment in which people gather, young leaders, volunteers working for social change. Creating the basis and framework for the functioning of their organization, for the good and for the benefit of the main target groups of young people with fewer opportunities. It is they who are responsible, through their motivation, commitment and action for creating an informed and active civil society. Together they created the project will give them the opportunity to develop and learn new tools, methods and knowledge, in addition to creating the ground for the exchange of best practice in an international environment. Developed knowledge will be extremely useful in their daily work.

Link to project card: [Show project card](#)