

Youth Activator in Harmony 2.0

TRAINING COURSE
February 27th - March 4th 2025
Poronin, Poland

LABORATORY
April 01-04, 2025
Wrocław, Poland

Erasmus+
Enriching lives, opening minds.



if



you want to practice your facilitation skills

you need practical experience

you seek for confidence as facilitator

you want to explore your ability to apply appropriate measures

your interest is youth mental health situation

problems and challenges that young people face are important for you

you want to implement workshops for young people's well-being

you want to share your approach towards youth work

apply!

About the project

Project **YOUTH ACTIVATOR IN HARMONY 2.0** was created with the main aim to raise the potential of young people and improve their well-being by using creative, inclusive and innovative non-formal methodology.

We want to reach the main goal by providing space for youth workers coming from partnering organisations to learn, experience and share.

Project contains 2 mobilities for youth workers: the Training Course and the Laboratory Meeting.

Following objectives of the project:

- to equip participants with experience, knowledge and competences on using creative, inclusive and innovative methodology to work with youth, with focus on youth with fewer opportunities (improvisation, singing and moving, nonviolent communication, mindfulness, body percussion, outdoor activities);
- to adapt new tools/methods to the needs of the target groups participants work with on daily basis;
- to increase participants self- esteem and self-confidence, bring motivation and integrate with the local community;
- to raise capacity of partnering organisations by selecting their newcomers to participate;
- to promote Erasmus+ Programme and European Union values



PARTNERS AND TRAVEL BUDGET

- **YOUTH SUPPORT CENTRE (E10114794, PL) Poland**
Applicant Organisation Foundation
- **Lidojuma režīms (E10067294, LV) Latvia**
Partner Organisation Foundation
- **PLATFORMA GIA TIN EKPAIDEUSI KAI KATARTISI POLITON - ELLAS**
(E10171729, EL) Greece
Partner Organisation Non-governmental organisation/association
- **ASSOCIAÇÃO NOVO MUNDO AZUL (E10019754, PT) Portugal**
Partner Organisation Non-governmental organisation/association
- **Karaman Genclik Kulubu Dernegi (Karaman Youth Club Association)**
(E10083576,TR) Türkiye
Partner Organisation Non-governmental organisation/association
- **CET PLATFORMA SKOPJE (E10172936, MK)**
The Republic of North Macedonia
Partner Organisation Non-governmental organisation/association

TRAVEL BUDGET

309 EURO - LATVIA, GREECE, NORTH MACEDONIA, TURKIJE

395 EURO - PORTUGAL

56 EURO - POLAND



Training Course Poronin, Poland



The first activity of the project is a training course for people working with youth with little experience in facilitation. It will be hosted in Willa Austryjok, Poronin, Poland – nearby Zakopane in Tatra Mountains.

Each group will be represented by **3 participants.**

6 working days: 27.02.2025 – 4.03.2025

We will start with the 1st session on 27th of February 2025 around 4pm therefore it is important to arrive to Krakow Airport before 2pm. If there is no morning connection participants are invited to fly a day before. Their night stay 26/27.02.2025 will be covered by hosting organisation within the travel limits. All details must be agreed before buying the tickets with the coordinator.

It is also possible to arrive 2–3 days sooner/departure later than working days but your stay must be arranged and covered on your own.

TIMETABLE for days 28.02-04.03.2025:

9:00 breakfast/ 13:00 dinner/ 18:00 supper

9:30 -11:00 workshops/ 11:00-11:30 break/ 11:30-13:00 workshops

14:30-16:00 workshops/ 16:00-16:30 break/ 16:30-18:00 workshops

Evening activities are free, might be self-organised by participants. There is a chance to go for mountain trekking/ hot spring SPA - covered by participants.

AGENDA:

27.02.2025 - 16:00 dinner/ 16:30 opening with breaking the ice, creating safe space and building trust, sharing more info about the project, Erasmus+, Youthpass

28.02.2025 - getting familiarize with new methodology, getting ready for the new experience, getting more information about mental health and mental disorders, becoming more open for sharing experiences, learning factors of well-being that can be applied with youth to raise their awareness on this topic and help them to communicate their needs and problems, learning how to act when young people we work with face crisis: learning about mirror neurons in calming practices and how to use it in real life.

01.03.2025 - learning the difference between leader and facilitator, exploring what is creative facilitation and places of a facilitator and leader in the group, finding the definition of meaningful leadership and facilitation,

02.03.2025 - meeting individual and group potential, building flexibility and inter-dependence approach, teaching tuning through listening, cooperation and working on creating harmony, teaching activation tools; improve skills like listening in the bigger group, playing with the form of the traditional song, tuning through the voice and movement; develop basic body consciousness, develop observing skills and give experience of stress and relax self-regulation.

03.03.2025 - learning tools for boosting the diversity, inclusion and power of cooperation and engagement when working with youth,

04.03.2025 - self-reflection, debriefing the learning process and evaluate the training, plan the preparation for the laboratory, promoting the project online

05.03.2025 - departure after breakfast (7-8 am)

Laboratory Wrocław, Poland



The second mobility was created for the same group of participants in order to give time and space for practical learning.

Main aim of this meeting is to give participants the opportunity to facilitate their own workshops, design the tools and methods based on their experience and the Training Course. Participants will be getting feedback from the group and facilitators/ trainers.

Each group will be represented by **3 participants**.

4 working days: 01.04.2025 – 04.04.2025

Please have a look for the flights on 31.03.2024 to arrive to Wrocław because we will start working from 9 am on the 1st of April 2025.

You are free to departure on 4th of April 2025 only after 4 pm.

In case you cannot find the proper connection you must inform us in advance so we might extend your hotel room till 5th of April 2025.

It is also possible to arrive 2-3 days sooner/departure later than working days but your stay must be arranged and covered on your own.

TIMETABLE AND AGENDA OF THE MEETING:

8:30 breakfast /12:00-13:00 lunch/ 18:30 dinner

9:00-12:00 and 13:00-16:00 workshops

01.04.2025 - getting ready to work, final work with scenarios, gathering needed materials and preparing the space, 1st group facilitating the workshop and feedbacks, discussion panel for volunteers

02-03.04.2025 - facilitation in practice, raising experience, self-confidence, learning how to facilitate and manage the group, improving according to received feedback, giving constructive feedback, creating worksheet

04.04.2025 - creation of a booklet draft, preparing contact lists for follow ups, reflection, looking for your strengths and weaknesses, evaluation, reporting, collecting results and uploading online all materials

PARTICIPANT PROFILE

We invite to participate **youth workers, youth leaders** and **volunteers** who are interested in improving facilitation skills in the field of balance, mental health, well-being and life harmony.

Participants age: 18+ (priority for participants 30+)

Deadline to select participants: 27.01.2025

**IT IS OBLIGATORY TO PARTICIPATE IN BOTH MOBILITIES:
TRAINING COURSE AND LABORATORY.**

PROJECT TIMELINE

- **January 2025 – Selection process;**
the application process closes before 27th of January and final list must be presented before the end of January 2025
- **February 2025**
Travel plans and preparation for the Training – latest tickets must be purchased before 11.02.2025
- **Feb. 27th – March 4th 2025** Training Course implementation – meeting in Poronin (working days)
- **March 2025** – Online preparing for the Laboratory (consulting)/ Preparing to participate in the Laboratory (sending final worksheets)
- **April 1-4, 2025** Laboratory implementation– meeting in Wrocław, Poland (working days)
- **May 2025** – Creating the facilitation roadmap and follow ups in the local schools
- **June 2025** – Evaluation of the project and closing



TRAVEL DETAILS

For the Training Course in Poronin, Poland – hosting organisation will provide the shuttle bus from Krakow Airport directly to the Guesthouse Willa Austryjok on **27th of February 2 pm** and way back on 5th of March 2025 around 7/8 am (the final time of departure depends on all participants tickets).

To consult tickets and receive confirmation please contact the project coordinator on e-mail: yahbyysc@gmail.com or whatsapp: **+48795292560**

For the Laboratory Meeting – there is airport in Wroclaw, and from there you will be able to reach the city center by city bus.

- All travel plans and tickets **must be confirmed** by YOUTH SUPPORT CENTRE coordinator so please before buying anything contact us.
- All participants must be ready to take part in both project mobilities.
- Participants may buy flights for both mobilities in advance, in this case they will receive reimbursement for part of the expenses after the Training Course and the other half after the Laboratory or they can buy tickets only for one mobility so the reimbursement will be done after buying tickets for the second mobility.

For the TRAINING COURSE (27.02–4.03) Your final destination should be Krakow AIRPORT/ KRAKOW MAIN BUS or TRAIN station, in Poland so you can easily get on time for the shuttle bus to Poronin.

In case there are no flights to Krakow airport, search for Katowice/Poznan/Wroclaw.

For the LABORATORY (01.04–04.02) Your final destination should be Wroclaw AIRPORT/ WROCLAW MAIN BUS or TRAIN Station, in Poland. The address of the hotel will be given to the participants on March.

TRAVEL COSTS REIMBURSEMENT

- All travel tickets, boarding passes and bills must be provided (originals or scans, pdf etc) in hardcopy or sent via e-mail;
- Travel costs will be reimbursed via bank transfers in EURO within the budget limits;
- To receive the bank transfer after the Training Course participants must purchase tickets for the Laboratory, to receive the bank transfer after the Laboratory participants must fill in the mobility report form and implement follow up activity for their local community;
- Bank transfers will be done as fast as all steps above will be fulfilled;
- For participants facing fewer opportunities we offer help with booking the tickets, please contact us before!

EXTRA ACTIVITIES

Evenings are free to be organised by participants. Participation in the evening activities is not obligatory. We will invite you for sightseeing walks, or meditation.

During the Training Course in Poronin we offer to visit famous for the region hot springs with termal water - Termal SPA on - during one evening - it is not covered by the project - it costs 25 euro/person (entrance 2.5h and transport). For another evening we may visit Zakopane city center for proper regional experience. Also if weather is good for one morning we may go for mountain trekking. Take warm clothes!

During the Laboratory in Wrocław we offer to take part in music jam session or Georgian Choir performance, also we may invite you to take part in pub quiz and experience nightlife in Wrocław city centre.

WHAT TO TAKE

- Comfortable clothes and shoes for indoor
- Personal cosmetics and medicine
- Flip flops and towels for the guesthouse and thermal pool
- Some traditional snacks to share in the evenings
- European Health Insurance Card (so you can visit doctor for free if needed or Private Health Insurance)
- Reusable bottle for water
- Lots of energy and motivation!
- Anything you want to share with others.

WILLA AUSTRYJOK GUESTHOUSE

Participants will be accommodated in rooms with 2-3 beds and bathroom, according to gender and country. In case any special preferences please contact us before. Learn more, visit the page: <https://www.facebook.com/p/Willa-Austryjok-100064168531918/>



YOUTH SUPPORT CENTRE

- hosting organisation

Youth Support Centre (YSC) is non-profit, non-governmental organisation established by youth workers, young people and professionals, motivated to work with non-formal education.

YSC was founded in 2015, it is composed of people who are active in civil sector and youth work for many years.

Our mission is to stimulate and sustain the personal, professional and social development of youth. We are dedicated to fostering young people's active, civic and responsible participation to the educational, social, cultural and economic environment of the communities they live in by supporting, counseling, informing and organizing activities for them.

The main goal of YSC on local level is to involve young people into the social life of their communities in order to encourage them in that way to take active participation in society as well as give an opportunity to young people to participate in Erasmus Plus projects for free and with our support.

On international level we have establish strong and reliable partnerships with organisations from Europe that can lead towards creation of network, improvement of our work, reaching our goals and being more creative in the future.

CHECK OUR FORMER PROJECTS ON INSTAGRAM

https://www.instagram.com/youthsupportcentre_pl/