

Key Action: Learning Mobility of Individuals
Action Type: Youth mobility

Project Title

Learn to Train

Good practice example

Project Coordinator

Organisation IDRYMA ERGODOTISIS EKPEDEFSIS NEOLEAS (IEEN)
Address 8 ERACLEOUS STREET , 2040 NICOSIA , Κύπρος (Κύπρος) , CY

Project Information

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EC Contribution 24,535 EUR
Partners ASK Yourself (RO) , Aktive Kosmos (ES) , Come pensiamo. Etnografia e formazione. (IT) , Stowarzyszenie Proaktywne (PL)
Topics Youth (Participation, Youth Work, Youth Policy) ; EU Citizenship, EU awareness and Democracy ; New innovative curricula/educational methods/development of training courses

Project Summary

Objectives

This project was born as a way to solve a problem that we identified among the youth workers we worked with in previous projects.

This project was created to be implemented with 25 youth workers. The countries involved are Cyprus, Romania, Spain, Poland and Italy. It will be facilitated by 2 trainers and one organizer. After we discussed in our team, we managed to formulate the need that we want to focus on in this project: "The y.w. don't have enough competences regarding the preparation, implementation and evaluation of a training session."

We created the problem tree and we managed to establish the three objectives of the TC:

At the end of the 7 months, the 25 youth workers will:

1. Gain more knowledge about the competences of a good trainer, will understand the complexity of preparing a training session, will be more aware of the role of a trainer and they will understand the power of a well prepared non-formal method.
2. Improve their communication skills, animation skills, will be able to conduct a debriefing and evaluate a training session.
3. Understand the power of a well prepared trainer and his ability to improve other people's competences, will gain more trust in their ability to be trainers, they will understand their own strengths and how to use that in a training, they will have a more open attitude toward non-formal learning and they will want to produce a change in young people's lives.

Activities

All activities within these 8 days, but also the dissemination activities will help us achieve these objectives. Ever since the project was just an idea, we involved youth workers and young people from partner organizations as much as possible in all aspects of this project: training, writing, implementation, evaluation and dissemination. We focused on their needs and each session is aimed at solving them.

The project proposes formal methods such as energizers, name games, team buildings, role play aimed at creating a team atmosphere in which learning can take place easily.

In the first two days of the training course we have prepared non-formal methods that aim to help the participants know each other, but also establish the rules so we can feel comfortable during the project.

Next we have exercises meant to help the youth workers realize their motivation and to understand the process of becoming a trainer. After the participants get used with the group, it is time to start working on the skills that every trainer needs and to find adjustments you can make as a trainer or applying your own style and practicing in front of the group.

At the end we have the evaluation session, that aims to assess if the objectives of the project were reached and to help improve future projects.

The project will bring together 5 countries, 25 youth workers.

12 youth workers have already been selected to participate to the project based on their involvement in the writing of the project.

10 of them face fewer opportunities. Together with the partners we put together a strategy for supporting these participants. It includes financial help in buying the transport tickets if needed,

specific mentoring sessions and career advice.

All the participants are forking in non formal education for a minimum of 1 year, they use non formal education and they are motivated to become better trainers and facilitators. Their age varies between 20 and 35 years old.

Impact

Throughout this projects we want to help youth workers to discover the training profession and develop competences like public speaking, identifying needs, planning training sessions and using non formal education to help them in their work.

We will work on improving their attitudes, knowledge and skills by using specific methods and activities.

• Impact on participants:

Short term - improving, developing and using competences like:

Understanding of the training process

Public speaking competences

Identifying needs of y.p.

Using NFM to solve particular needs

The impact that training can have on education and personal development

Long term this will translate into:

Using training skills in their NGO and community to help solve problems

More active participation in the community

More confidence in organizing and implementing Training sessions(Even E+)

Increased chance of finding a job that involves training skills

The y.w. will also develop:

Responsible approach towards leading a group

Leadership skills

Time management, organizing

Preparation and implementation of E+ sessions

Working as co-trainer in international projects

Long term this will mean:

Increased chance of writing, managing and implementing E+ projects

Using training sessions in the community

Identifying training needs in the community

Increased possibility of finding a job as a trainer

We will evaluate the impact described above by measuring important indicators before the activities, at the end of the activity and at the end of the project.

*Impact on the partner NGOs:

Short term - improve or develop competences like:

Communicating with international partners

Writing Erasmus+ projects

Time management, task division, taking responsibility

Visibility in the community

Motivating the members

Identifying training needs in the community and their own NGO

International networking

Long term they will develop or improve:

Participation in international projects as organizer or partner

Involvement in the community

Using training sessions in their work

International partnerships

The quality of their work

Target group impact - the target group is represented by the y.p. of our communities. They will develop or improve:

Multicultural awareness

Call 2019 Round 1 KA1 - Learning Mobility of Individuals

KA105 - Youth mobility

FormId KA105-F67E342F Deadline (Brussels Time) 12 Feb 2019 12:00:00

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Positive attitude and knowledge about non formal education, Erasmus+, volunteering and the development opportunities they offer

Understanding the difference between formal and non-formal education, teacher and trainer

Competences in communicating in a foreign language

Teamwork and communication with other y.p.

Long term we expect to be more likely to:

Participate in Erasmus+ projects

Be more open to non-formal education

Be more active in society by volunteering in an NGO

Be tolerant regarding other cultures and more aware of their own

All results and impact will be monitored and evaluated based on specific indicators mentioned in the follow-up section.

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