

ERASMUS+ PROGRAMME

KA 1.4.5 – MOBILITY OF YOUTH WORKERS

German National Agency for Erasmus+

CALL FOR PARTICIPANTS FOR TRAINING COURSE

PEACE OF MIND

GENERAL BACKGROUND

IJGD team has identified and shared some of the same concern with partner organisations regarding the challenges we find in youth work. Most of the challenges that were not related to the technical side of our job were narrowed down to one single point - lack of selfcare and self-support tools and mechanisms which would support our own well-being, empower us and allow us to avoid the burnout and emotional breakouts. Furthermore, the same concern has been identified in regards to organizations we work for – the lack of capacities, skills or knowledge of the tools that would allow us to have a support needed for the psychological and emotional recharge in situation of conflicts, work in stressful or emotionally overcharged settings, work with young people who require our full attention and devotion or simply work overload and long working hours in constantly changing contexts of the youth work. With an aim to address this challenge, IJGD plans to gather trainers in nonformal education with particular set of skills in self-development, psychotherapy, meditation and mindfulness, to develop a programme which will address this issue and support youth workers themselves in how to process high demands educational programmes have in regards to emotional and psychological support of the participants, especially among those coming from vulnerable groups and how to self-regulate stressful elements of their work, in order to provide and create more **attentive, empathetic** and **emotionally supportive** learning environment for their beneficiaries, as well for themselves and their colleagues. Afterwards, we plan to organize a youth exchange, so to try to transmit the said practice to the field.

AIM of this project is to increase the impact youth work and youth work practitioners have on young people by providing them with the tools which will support their personal wellbeing and self-care, while increasing professional achievements through better awareness of their own and needs of their colleagues and target group.

The project will consist out of 3 activities:

A1: Introductory training course (7 working days): here participants will be presented with basic theories and techniques surrounding the topic, namely on psychological support, working with vulnerable groups, mindfulness, yoga, meditation and other techniques. Activity will be hosted in Serbia by MAGNET.

NUMBER OF PARTICIPANTS PER PARTNER

GERMANY	3	MACEDONIA	2
SERBIA	3	BULGARIA	2
ITALY	2	CYPRUS	2
TURKEY	2	SLOVENIA	2
ESTONIA	2	PORTUGAL	2
FINLAND	2	AUSTRIA	2

A2 and A3: Project will host two youth exchanges, each 12 working days, for participants age 18-25. One youth exchange will be hosted in germany by IJGD, while the second one will be hosted in Serbia, by MAGNET.

A2 dates: 18-31. July in Serbia

Countries involved: Germany, Serbia, Estonia, Portugal

Number of participants: 4+1

A3 dates: 15-29. August in Germany

Countries involved: Serbia, Finland, Slovenia, Macedonia, Bulgaria, Cyprus

Number of participant: 4+1

More information on Youth Exchanges, venues and dates will be coming after the training course is conducted.

Target group for the training course: youth workers, trainers, educators, project managers, young people active in youth work in their organizations

Venue/Dates for the training course: Training Course will be held at the Educational Center MAGNET in Veliki Gaj, Serbia. Arrival day for participants will be April 7th, while departure day will be April 15th.

Financial conditions: Costs of accommodation and lodging will be covered by the project grant. The travel costs will be covered according to distance calculator as defined by the European Commission. COVID-19 test, if required to enter Serbia, will be covered by the grant.

How to apply: Please submit application forms of your applicants to the project coordinator by March 1st

Project Coordinator contact

e-mail: duschan.milojevich@gmail.com

Whatsapp: +38163633334