



RESILIENT YOUTH *for a Sustainable Future*

TRAINING COURSE

18-24 SEPTEMBER 2021

CALALZO DI CADORE (BL) ITALY

CALL FOR PARTICIPANTS

JONATHAN COOPERATIVA SOCIALE

Jonathan Cooperativa Sociale is a non-profit organisation born in 2009 in Piazzola sul Brenta, Province of Padua, Italy.

Our goal is to promote the society well-being through the people's self-empowerment and self-development with an important role of active citizenship and intercultural dialogue. The African proverb "it takes a whole village to raise a child" perfectly represents the mission we believe in. In our vision, any individual and any group can consciously contribute to the community development and growth, in a sustainable and human rights oriented way.

Thanks to the variety and interdependency of our human and professional resources, our activities range touches different areas: education, training, social development, cultural promotion, environmental protection, human rights, inclusion, gender studies and equal opportunities.

THE PROJECT



The project "**Resilient Youth For A Sustainable Future**" is a Training Course that builds on the fact that the global society is going through a very complex crisis, with ongoing and growing challenges. The most visible one is the pandemic that has been affecting youth in many ways and, all over the EU, young people

have been left out from any emergency action. Young people are particularly vulnerable as they are through a crucial and delicate developmental stage and, inevitably, their mental health can easily get wounded.

The project "**Resilient Youth For A Sustainable Future**" is a Training Course that builds on the fact that the global society is going through a very complex crisis, with ongoing and growing challenges. The most visible one is the pandemic that has been affecting youth in many ways and, all over the EU, young people have been left out from any emergency action. Young people are particularly vulnerable as they are through a crucial and delicate developmental stage and, inevitably, their mental health can easily get wounded. From this derives the necessity to equip young people with resilience, that is the process of being able to adapt well in the face of adversity, trauma, threats or significant sources of stress. Resilience increases profound personal growth, professional development, pro-social behaviours and participation. By cultivating resilience we empower young people to build inner and outer resources and thus, thrive in life.

The training course wants, then, to facilitate the development of professional skills of youth workers working with young people of their communities on resilience, as a fundamental strategy to bounce back from adversities, to address better their problems and bounce forward towards a promising future.

AIM OF THE PROJECT

The project "Resilient Youth for a Sustainable Future" aims at increasing the level of professional competences of **27 youth workers** coming from 9 countries, so that they can implement learning activities that develop the resilience of young people, especially hard to reach youth.

More **specific objectives**:


- to increase the level of knowledge and comprehension of the concept of resilience of youth workers so that they can understand the importance of incorporating it in the activities with young people;
- to enhance the skills of youth workers in applying resilience practices in their work with youth and hard to reach youth
- to cultivate the motivation of youth workers to use resilience with youth and hard to reach you in order to empower them
- to create a network of youth workers and organizations who work together on the development of more resilient young people in their communities and share the same vision on the topic.

CONTENT & METHODOLOGY

The Training Course consists of **7 days** (plus travel) and participants will have the chance to experience and explore different theoretical concepts, tools and methods connected with youth education and related to resilience. Outdoor activities, discussions, role-playing, workshops and green life-style will give participants the chance to empower themselves in order to turn critical reflection into action in the field of education. Participants will undergo, in first person, the tools and the instruments in order to better understand methodology, strategy and techniques.

The course is based on non-formal education principles and methods, thus the participants will play an active role in the learning process.

Our **trainers** are experienced experts and they also cooperate with their NA and are:

Bogdan Romanica (Dream for Life - Romania) 

<https://www.linkedin.com/in/bogdanromanica/?originalSubdomain=ro>

Eleni Michail (allaZOYME - Cyprus) 

<https://www.salto-youth.net/tools/toy/eleni-michail.3402/>

The working language will be ENGLISH.

OUTCOME OF THE PROJECT

Outcomes are related to all the professionals and transversal skills the training leads to ensure to all participants. The project's final product will be a publication containing the educational tools created and explored during the training and a short promotional video.

PROFILE OF PARTICIPANTS

We are searching for **27 participants** coming from Italy, Cyprus, Bulgaria, Romania, Poland, Serbia, Germany, Lithuania and Portugal. Each partner organization is kindly asked to send **3 participants**.

Partners will be kindly asked also to ensure a proper preparation of their participants.

Participants are:

- at least 18 years old;
- with at least a basic/intermediate knowledge of English language
- youth workers (youth leaders, mentors, coach, group/individual counselors, trainers, youth project coordinators, volunteers, non-formal education facilitators, youth centre animators, psychologists) including people with fewer opportunities, who want to develop new competences and skills related to resilience;
- willing to use their competences after the training course in their own realities.

DATES & VENUE

The Training Course will take place in Calalzo di Cadore, Italy from **18th to 24th of September 2021** (travel days excluded).

The name of the accommodation in "**La Calantina**", an ex colonial-lodge located in a beautiful natural environment, surrounded by Dolomites mountains, near Calalzo lake.

The suggested airports to land on are **Venice (VCE)** or **Treviso (TSF)** and then participants will reach the venue in 2.5h by taking a train and a bus. Participants who want to get to Italy one or more days before the beginning of the project will have to cover all the costs for food, accommodation and personal expenses for the days not covered by the Erasmus+ program.

More info about the venue will be provided to the selected participants in the infopack.



FINANCIAL CONDITIONS



Travel costs will be supported according Erasmus+ program and using EU distance calculator (http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

COUNTRY	NAME OF THE ORGANIZATION	TRAVEL BUDGET PER PERSON
Italy	JONATHAN COOPERATIVA SOCIALE	20 €
Germany	SHELTER INTERNATIONAL E.V.	275 €
Portugal	AUTONOMIA E DESCOBERTA CRL	275 €
Poland	FUNDACJA "ZIELONY SLON"	275 €
Serbia	AZBUKI	275 €
Lithuania	ASOCIACIJA "AKTYVUS JAUNIMAS"	275 €
Romania	ASOCIATIA DREAMS FOR LIFE	275 €
Bulgaria	LEARNING FOR CHANGE FOUNDATION	275 €
Cyprus	ALLAZOYME	360 €

COVID-19 PANDEMIC SITUATION



Given the slowdown of restrictive measures in Italy the project will be implemented **in person in September**.

However, given the uncertainty of the period, we recommend monitoring the situation in the countries via the national websites and the [re-open EU portal](#). **At present, and until 30th July 2021**, for people coming from **Germany, Portugal, Poland, Lithuania, Romania, Bulgaria and Cyprus**, in order to get to Italy, it is necessary to: 1) fill in a [self-certification form](#) 2) undergo a rapid antigenic or molecular test within 48 hours before departure with negative result. For **Serbian participants** the measures are: 1) a negative molecular or antigenic test (72 hours before entering), 2) 10 day self-isolation and another negative test at the end.

In case self-isolation for these participants is still in force as of **11th August 2021**, we will have to proceed with the **substitution of the Serbian participants**.

In addition, to return to the partner countries, it will be necessary to undergo a further test within 48 hours before departure and Jonathan Cooperativa Sociale is considering two options to facilitate this procedure: 1) guaranteeing transport to the nearest medical centre or having a representative to travel to the venue to carry out the tests. In either case, the costs of such tests will be borne by the participants, however we are considering covering part of the mentioned costs and more information will be given in the infopack to the selected participants.

During the project all procedures in accordance with Italian and venue regulations will be followed.

WEEKLY TIMETABLE

ARRIVAL DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DEPARTURE DAY
Arrival of participants	Breakfast							
	Morning Rituals							
	Introduction, Intentions, TC objectives, elements, program	Exploring and understanding resilience	Elements of positive psychology (developing a positive mind)	Developing meaningful relationships	Financial education for sustainability	Developing workshops for empowering disadvantaged youth 1/2	Future cooperation, dreams and ideas within Erasmus+	
	Healthy Break							
	Learning needs, Learning plan, Youthpass and key competences	The elements of resilience (psychological, relational and eco-spiritual models of resilience)	Well-being and mindfulness (coping with stress)	The power of WE - Cooperation for overcoming adversity	Building resilience through Digital Youth work	Developing workshops for empowering disadvantaged youth 2/2	Personal and collective action plans	
	Healthy Lunch							
	Get to know each other - Building the group	Overcoming adversity (working with disadvantaged youth)	Engagement, flow and the Element (passions, talents, values)	Nature connection for mental health	Strategic actions for empowering disadvantaged youth Exchange of good practices	Delivering workshops + Exchange of good practices 1/2	Youthpass and translating experiences into competences	
	Healthy Break							
	Youth work in times of COVID-19 Reflections and learnings	Empowerment, Trust and Courage	Meaning and Purpose (developing a personal vision for sustainable future)	Gaining resilience from nature	Free Time	Delivering workshops + Exchange of good practices 2/2 & Evaluating the process	Final Evaluation and Closing	
	Reflection							
Dinner								
Informal Time	Stories from the heart - The Way of Council	Intercultural evening - Cultural roots	Artistic program	Free Time	Free Time	Free Time	Final circle and Godbye party	Departure of participants

PERSONAL INSURANCE



Insurance cover for personal effects is the responsibility of the individual participants. Neither the Italian National Agency nor any venue used during the event can entertain claims against loss of or damage to personal property. Each participant is recommended to ensure an adequate medical and travel insurance to cover the period of the stay in Italy. Contact your health insurance or travel agency for more details. This cover is **NOT REFUNDABLE** and it is on the participants. All the participants will be covered in case of damages to the venue or in case they get injured during the project (at the venue) thanks to a special additional policy subscribed with the venue. Europeans citizens are required to bring with them their EHI card.

VISA

Serbian participants will be asked to get a VISA before arriving to Italy. The Serbian partner will support and help with the procedure for obtaining it and more information will be given to the selected participants.

FOOD AND ACCOMODATION

Food and Accomodation expenses are covered by the Erasmus+ program.

APPLICATION PROCEDURE



APPLY HERE by filling [this form](https://forms.gle/V9G8qt3ysBY68Xp58) by the **11th of August**

<https://forms.gle/V9G8qt3ysBY68Xp58>

Selected participants will be announced on the 14th August.

N.B no fee is required to participate

FOR INFO

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