



WE ARE
**YOUTH
POWER**

Germany

Our unity is our strength,
our diversity is our power.

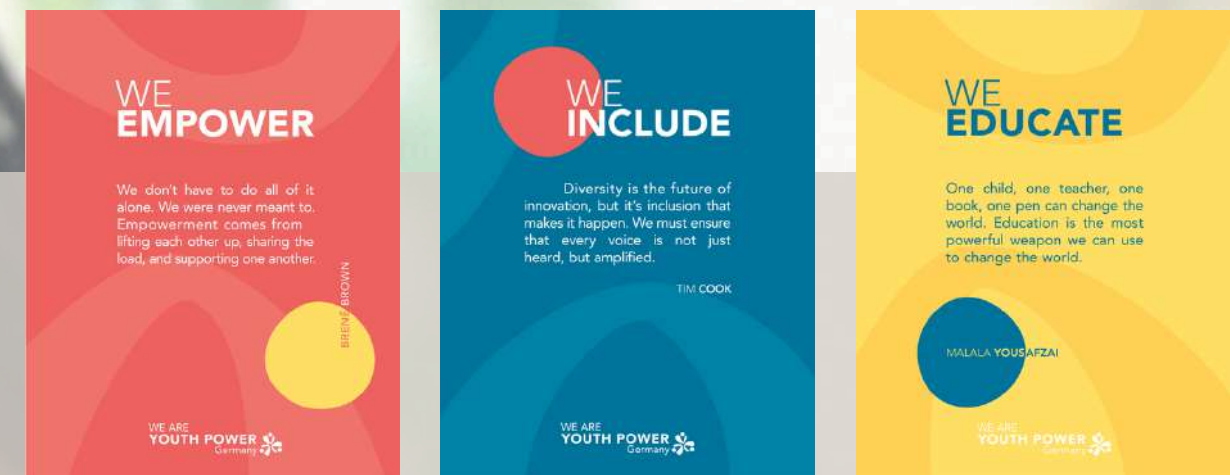


Co-funded by
the European Union

2023-1-DE04-KA151-YOU-000112480

ACCREDITATION

ABOUT THE PROJECT



At Youth Power Germany e.V., we firmly believe in the transformative potential of cross-border exchanges and collaborations. We recognize the invaluable role that the Accreditation project plays in facilitating these opportunities. It not only broadens our horizons but also enables us to consistently implement learning mobility activities.

As an organization committed to continuous learning and international cooperation, the accreditation is a crucial tool for us. The Accreditation reaffirms our commitment to providing meaningful and enriching experiences for young individuals, while adhering to international standards. With this accreditation, our goal is to continue our mission of creating diverse opportunities and unlocking new experiences for the youth.

Accreditation included the following activities:

Youth exchanges and Youth Workers professional development activities.

www.yip-de.org

The background of the slide features a photograph of young people in an outdoor setting with trees. A hand is visible at the top center, reaching upwards. The image is semi-transparent, allowing the text to be clearly visible.

OBJECTIVES OF THE ACTION

The Erasmus Accreditation in the field of youth action has the following objectives:

- Strengthen personal and professional development of young people through non formal and informal learning mobility activities;
- Foster the empowerment of young people, their active citizenship and participation in democratic life;
- Foster quality development of youth work at local, regional, national, European and international level by building capacity of organisations active in the youth field and supporting the professional development of youth workers;
- Promote inclusion and diversity, intercultural dialogue and the values of solidarity, equal opportunities and human rights among young people in Europe.

OUR SPECIFIC OBJECTIVES

- #1:** To empower youngsters for active and life-long learning, self-improvement and active participation in society, through non-formal learning opportunities on local and international level
- #2:** To promote physical and mental wellbeing and healthy living habits.
- #3:** To engage youngsters to become active participants/citizens in the society by exploring topics they are interested in.
- #4:** To fight online and offline discrimination and hate speech and promote equal opportunities, human and LGBT rights.
- #5:** To promote tolerance, acceptance and intercultural dialogue and diversity.
- #6:** To promote volunteering as a tool for learning and positive change.
- #7:** To promote, and contribute to constant improvement and innovation in the NFE in youth field and lifelong learning
- #8:** To promote and engage our youngsters in topics of European citizenship, European awareness and Democracy; through work with other organisations at European and international level
- #9:** To raise employability and entrepreneurship competences of our youngsters.
- #10:** To raise the level of media and digital literacy of youngsters, through participation in online, face-to-face and blended learning educational programs.





EUROPEAN YOUTH GOALS

#1: Connecting EU with Youth

#2: Equality of All Genders

#3: Inclusive Societies

#4: Information & Constructive Dialogue

#5: Mental Health & Wellbeing

#6: Moving Rural Youth Forward

#7: Quality Employment for All

#8: Quality Learning

#9: Space and Participation for All

#10: Sustainable Green Europe

#11: Youth Organisations & European Programmes



LEARN MORE: [EUROPEAN YOUTH GOALS](#)

OUR VISION

"We have a vision for the future where young minds are well-prepared for the ever-changing world. With a focus on fostering creativity, critical thinking, and problem-solving skills, our goal is to equip our learners with the tools they need to thrive.

Effective communication, resource mobilisation, and the ability to navigate uncertainty, ambiguity, and risk are just a few of the important skills we aim to cultivate.

Our inclusive educational activities not only develop these competencies in our youngsters but also strive to create stimulating and supportive learning environments in all of our youth programs"





ACTIVITIES

Take a look at some of the activities we developed during our accreditation project. All these activities align with our specific objectives, youth goals, and are designed to meet the overall objectives of the KA1 action.



more on our social medias

TC “AI IN ACTION: EXPLORING CHATGPT FOR EFFECTIVE YOUTH WORK”

This training program was tailored for youth and youth workers seeking to amplify their digital capabilities via AI tools. It aimed to highlight AI's transformative role in advancing social programs and fostering innovative engagement methods with young individuals.

AI tools such as ChatGPT and Midjourney can optimise youth work operations, extending the reach of social programs. They can aid in task automation, data analysis, and provide insights for more effective youth programs. Moreover, AI resources can streamline research, enabling youth workers to stay informed about modern strategies in their field.

In today's competitive job market, AI proficiency can be a distinct advantage, particularly for newcomers. However, it's critical to maintain ethical use and avoid AI-generated resumes, which can be perceived negatively by employers. The course will cover 'prompt engineering'—a crucial digital skill to interact effectively with AI, ensuring ethical use and understanding limitations.

Through this program, participants enhanced their digital skills and gained a comprehensive understanding of AI's potential in youth work. They learned practical AI applications, encouraging positive change and innovation in youth development. The course aimed to empower youth workers and young individuals to use AI responsibly and effectively for the betterment of their community.

Training Course

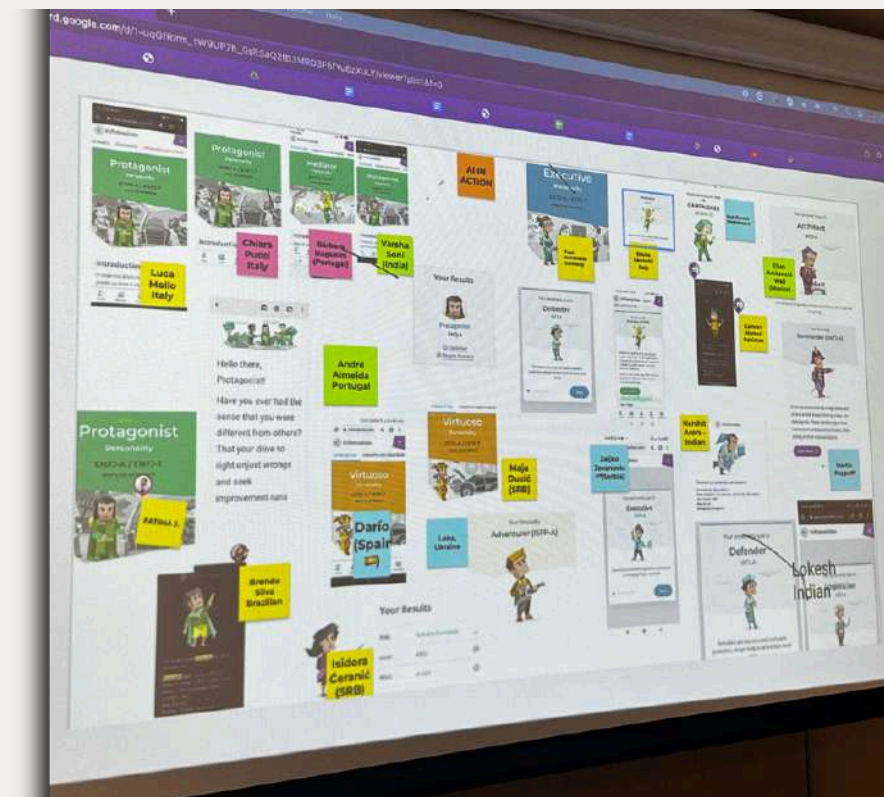
22nd –28th August 2023

Barcelona, Spain

Spain, Serbia, Italy, Austria, Portugal, Germany

**recommended for: Youth workers, youth educators
trainers.**

Working language(s): English language



Results developed by participants:

Promotional videos of NGO's profiles using AI tools to conceptualised and tailored following the needs and vision of participants.



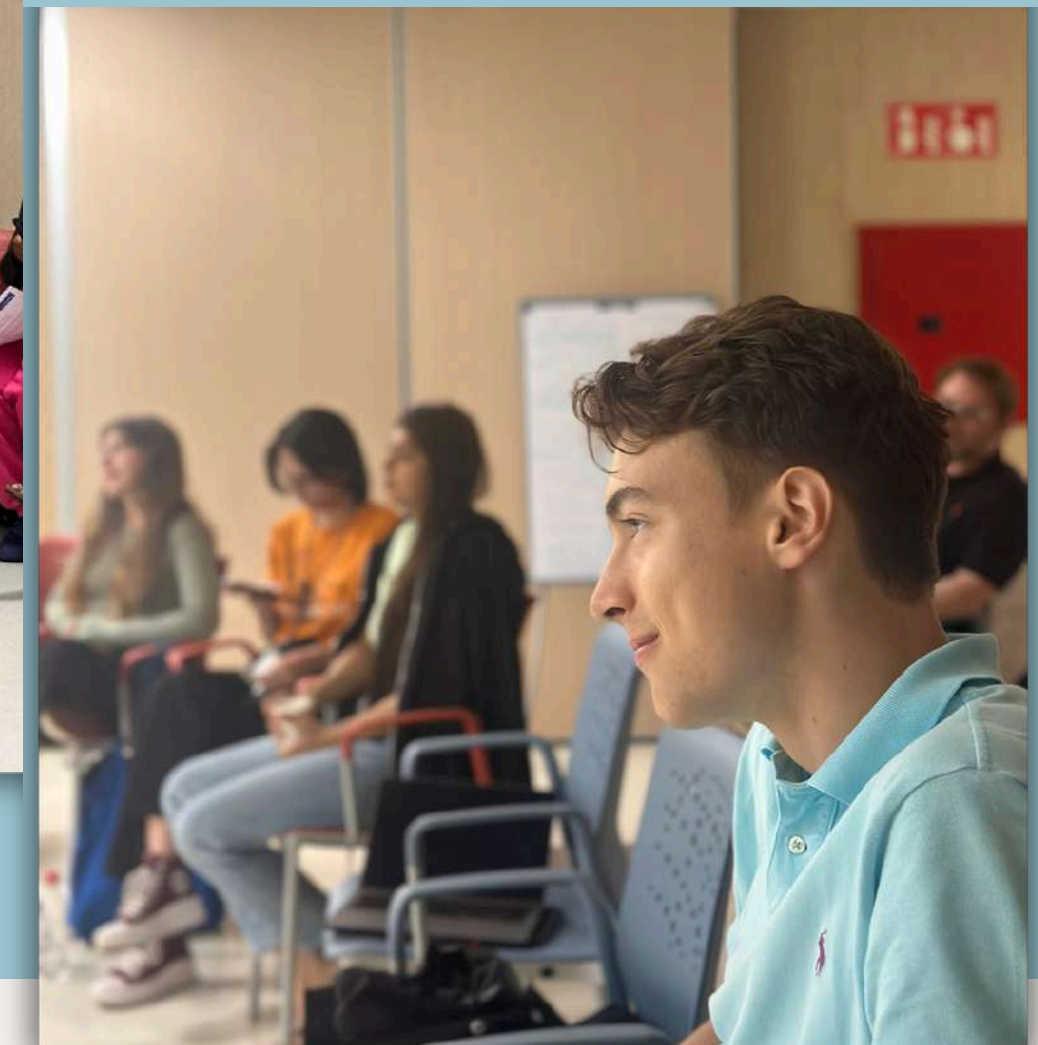
<https://www.youtube.com/watch?v=NztRQYD6lKo>

TC “AI IN ACTION: EXPLORING CHATGPT FOR EFFECTIVE YOUTH WORK”

OBJECTIVES

- To enhance participants' proficiency in AI tools like ChatGPT and Midjourney.
- To demonstrate how AI can be used to improve social programs and youth engagement.
- To provide instruction on AI's task optimization, data analysis, and insight generation for effective youth work.
- To show participants how to use AI for research and staying informed about youth work strategies.
- To teach 'prompt engineering' for effective AI interaction and understanding of tool limitations.
- To highlight ethical considerations when using AI tools in youth work.
- To offer hands-on AI application experiences to foster youth development innovation.
- To empower participants to use AI responsibly and effectively in their professional and personal lives.
- To use the power of AI for creative and collaborative goals.
- To be inspired and inspire others to use AI tools for the collective benefit

“I am completely satisfied with the Training Course, owing to the fact that in the course we followed the whole process of creating an NGO (brainstorming, branding and making an advertisement), and I learned how to use ChatGPT correctly to help in the process. it has been a great opportunity to get to know new people from different countries and visit Barcelona”.



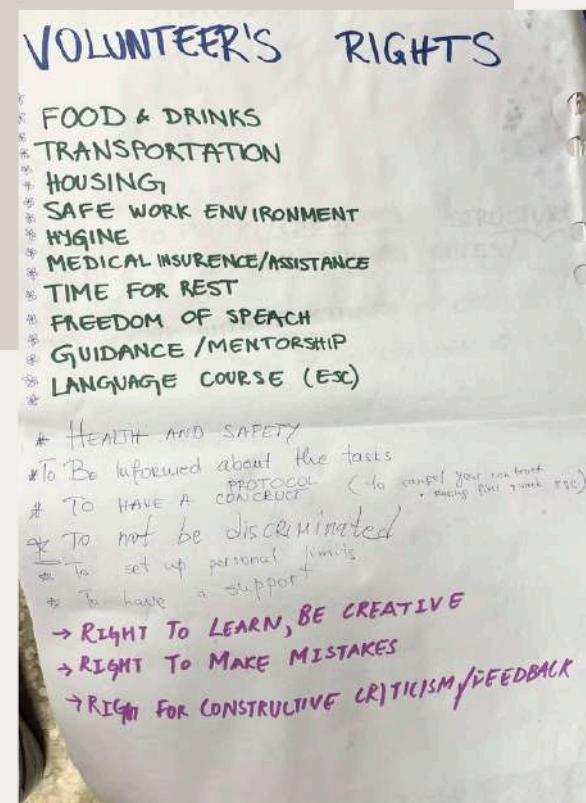
“Thanks a lot for your work, it was my first training course and it was a very positive experience!”

TC “EMPOWERING YOUTH AND THEIR PARTICIPATION THROUGH SERVICE: VOLUNTEERING IN YOUTH WORK ORGANISATIONS”.



Results developed by participants:

The Participants delve into volunteering researches and brought back knowledges that they applied in their local communities and NGOs .



The benefits of volunteering are enormous to an individual volunteer, their family and community. Aside from helping with college applications and resumes, volunteering can also have a life-changing effect on their personal life. One fantastic thing that volunteering can offer is a new understanding of volunteers’ own abilities. Whether they are planning a huge event or making flyers for a small gathering, every task can help them understand how to accomplish something new.

Volunteers can learn important skills like how to plan a budget or how to supervise and manage and depending in which department they volunteer: fundraising, PR, project management, youth clubs, event management, etc.

This training course is continuation of the previous educational events and training for youth workers organised by Youth Power Germany, focusing on raising skills and knowledge of participants on development and management of volunteering projects and activities – both on local and international level (through ESC and other similar programs).

Training Course

29th September – 07th October 2023

Barcelona, Spain

Spain, Serbia, Italy, Austria, Portugal, Germany

recommended for: Youth workers, educators, trainers.

Working language(s): English language

TC “EMPOWERING YOUTH AND THEIR PARTICIPATION THROUGH SERVICE: VOLUNTEERING IN YOUTH WORK ORGANISATIONS”.



“I LEARNED SO MANY THINGS IN A FEW DAYS, AND I HAD NEVER APPROACHED THIS TOPIC IN SUCH DEPTH UNTIL THIS PROJECT”

“IT WAS BETTER THAN I EXPECTED”

OBJECTIVES:

- To strengthen youth organisations for organising volunteering activities, in order to provide more involvement of young people in local communities and activities within the local communities.
- To raise understanding and knowledge of participants on volunteering in diverse contexts of participating countries and local communities of partner organisations.
- To develop and further improve knowledge of participants about Erasmus+ program and ESC, as well as about the Youthpass and recognition of learning through models of key competences.
- To develop knowledge and skills of participants in fields of: values, principles and motivation of volunteers, balanced commitment of volunteers and hosting organisations in regards to rights and responsibilities of both the volunteers and the organisations.
- To raise the level of knowledge and skills of participants on developing local level volunteering activities within their organisations and their local communities, based on: understanding the necessities and assessment of needs, recruitment strategies, educating and supporting volunteers, supporting and providing supervision to volunteers, and evaluating volunteering programs' outcomes.
- To provide opportunity and support for participants to develop new local and international projects and initiatives for volunteering of youngsters and other youth workers from their organisations.

YE - CREATIVE HORIZONS: FOSTERING GROWTH, INCLUSIVITY, AND EUROPEAN UNITY THROUGH ARTISTIC EXCHANGE.

Youth Exchange

16th – 22nd August 2023

Barcelona, Spain

Spain, Serbia, Italy, Austria, Portugal, Germany

recommended for: Youngsters, young artists, Youth workers

Working language(s): English language



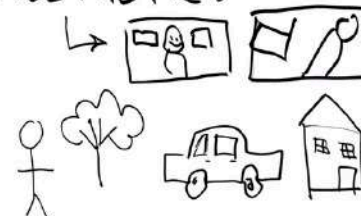
Results developed by participants:

The Participants conceptualized and created a video in which they had to deal with conflicts and acceptance of ideas and point of views of other participants to cooperate and respect everyone's opinions.



GOALS OF COMPOSITION

- FRAME/EXCLUDE
- EMOTION / MOOD
- CONTROL LIGHTING
- LEADING THE VIEWER'S EYE
- AESTHETICS



The Youth Exchange was an initiative designed to promote the personal growth, creativity, and well-being of participants. The programme disseminated and deepened knowledge about Europe and the EU through non-formal educational activities. It encouraged exploration of different artistic forms, from street art to storytelling, and addressed pressing issues such as social justice, equality, personal identity, and the central role of the EU in shaping its democratic future.

Recognising that everyday creativity can reshape problem-solving perspectives, the programme encourages innovative thinking that enriches both professional and personal lives. These inventive tendencies can enhance routine tasks and transform them into rich opportunities for growth and exploration, especially through various EU programmes.

At its core, the program aimed to teach essential skills that fostered unity among youth and highlighted EU values that were critical to their upcoming futures. Through a mix of activities and workshops, participants were guided to articulate their feelings artistically ensuring that the voice of youth was resonant, heard, and impactful.

Additionally, the programme provided an opportunity for participants to network with young people from all over Europe, creating unity in diversity and broadening their horizons.



<https://youtu.be/d630nPnrRr4>

YE - CREATIVE HORIZONS: FOSTERING GROWTH, INCLUSIVITY, AND EUROPEAN UNITY THROUGH ARTISTIC EXCHANGE.



→ SOME changes!
→ Create characters.
→ BRAIN storming
→ Rewrite script.
→ youth participation in decision MAKING.
→ Be open, have fun
democratic process,
efficiency

"I learned a lot about myself and others, got out of my comfort zone and learned so many new things about EU, Erasmus+ projects and how I can incorporate things I've learned on projects in my community and everyday life. The team did an amazing job with making all of us feel included and expressing ourselves."

OBJECTIVES:

- To increase participants' skills in diverse artistic forms, including street art and storytelling.
- To provide an intensive learning experience using non-traditional methods in indoor and outdoor spaces.
- To equip participants with resources to actively engage in society, nurture talent and connect with peers and mentors while ensuring equal, unbiased and youth-friendly access to information about EU activities and opportunities for engagement.
- To Encourage personal development by creating an environment that welcomes self-expression and independence and seamlessly combines with knowledge of European mechanisms.
- To promote deeper discussions and understanding of key social issues such as social justice, equality and personal identity.
- To encourage participants to become active citizens and contribute positively to the cultural and social fabric of their communities.
- To equip participants with essential skills needed in their future, such as communication, creativity, problem-solving, democracy and social participation.
- To promote the recognition and harnessing of the power of art to promote personal growth and development among young people.
- To establish a platform for cross-cultural exchange, allowing participants to connect, learn from, and networking fostering unity in diversity with peers across Europe.

YE - "CREATIVE ECHOES: BALANCING ART & WELL-BEING IN EUROPEAN YOUTH"

In addition to the challenges faced by young aspiring artists in Europe, concerns about mental health issues such as stress, anxiety, and depression have greatly increased, and the pandemic has exacerbated these challenges by bringing additional pressures and unique challenges. Unfortunately, this has caused them to lose confidence in pursuing their artistic dreams.

Considering this situation, it is important to promote self-confidence, appreciate innate talent, and emphasise the importance of mental well-being outside of an artistic career. As Europe continues its developmental journey, we must ensure that the passions and abilities of these young aspiring artists are not overshadowed by their health challenges.

To that end, we had developed a program aimed at equipping these young artists with the skills they needed for the future while meeting their current needs through activities and workshops designed to help them manage stress, prioritise their mental health, express their artistic creativity, and discover new interests. Another component of this program was the opportunity for these participants to travel and interact with peers from different parts of Europe. They received valuable resources to help them participate in the community, improve their skills, and expand their network of peers and mentors.

The goal of this effort was to provide our aspiring young artists/participants with the skills and confidence they needed to make a positive contribution to the cultural and social fabric of their communities. By using the transformative power of art as a tool for personal growth.



Youth Exchange

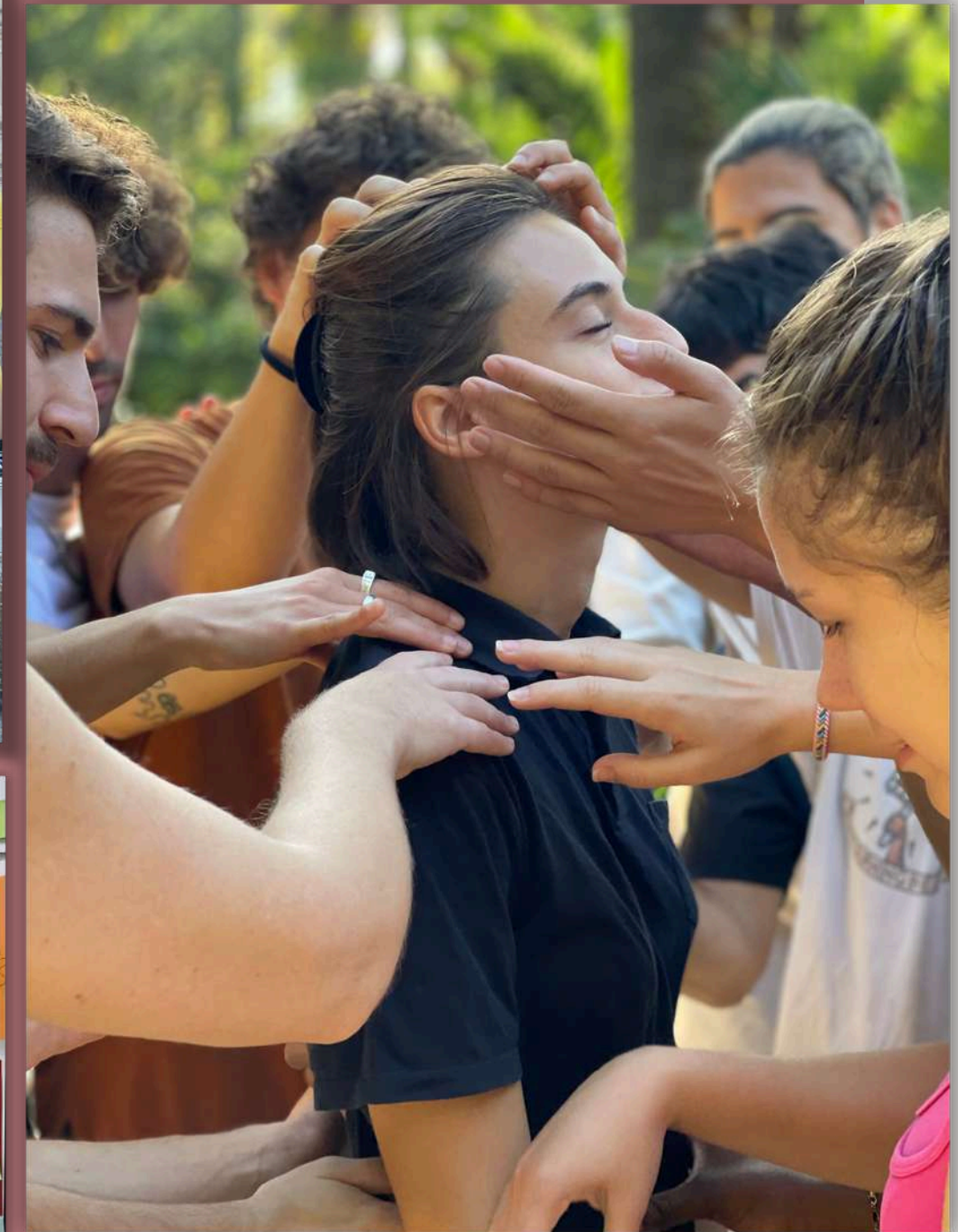
2nd -10th October 2023

Seville, Spain

Spain, Italy, Austria, Portugal, Germany
France.

recommended for: Youngsters, artists,
Youth workers

Working language(s): English language



Results developed by participants:

Dance performance portraying the individual experiences of young people, emphasizing the successful strategies they adopted to manage their personal challenges.



<https://www.youtube.com/watch?v=S9u4xGHM-cs>

YE - "CREATIVE ECHOES: BALANCING ART & WELL-BEING IN EUROPEAN YOUTH"

Objectives:

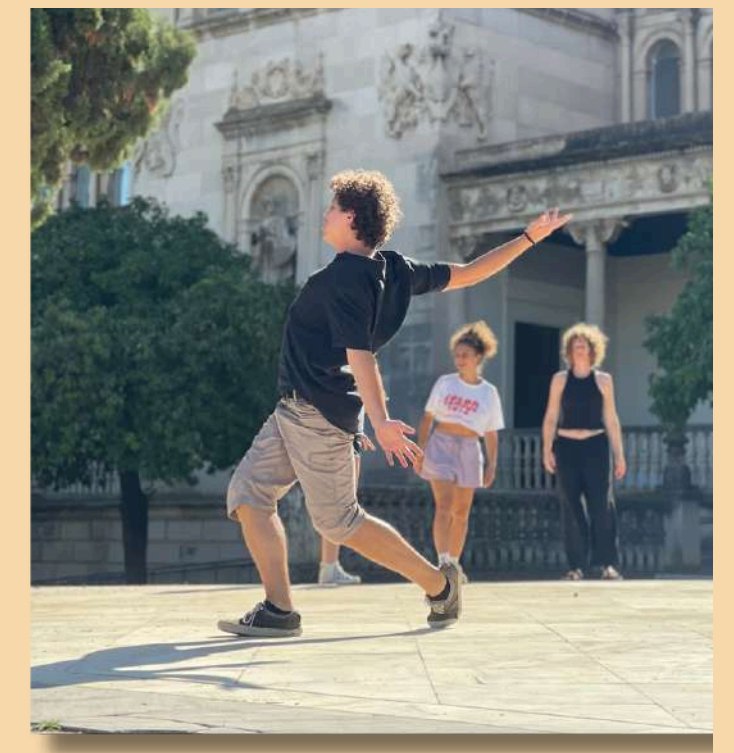
- Promoting mental health: tackling and reducing the increasing prevalence of mental health problems, particularly stress, anxiety and depression, among young artists in Europe.
- Restoring confidence: To rebuild and nurture young artists, especially those affected by the challenges of the pandemic, so that they can pursue their artistic dreams.
- Fostering self- confidence and self-awareness: Creating an environment that fosters self-confidence and reinforces the value of each individual's unique artistic voice, while promoting self-awareness and encouraging a less competitive mindset.
- Appreciation for talent and individual strengths: Provide appreciation for each artist's innate talents and ensure that they recognise their intrinsic value and personal strengths and reduce competitive mindset.
- Skills development and inclusion: Ensure an inclusive, interdisciplinary approach especially for marginalised groups, and provide young professionals with the necessary skills.
- Networking: provide networking opportunities for young aspiring artists.
- Community integration: Provide ways for artists to engage in their communities and ensure access to inclusive and respectful spaces.
- Use of the arts for development and prevention: use the arts for personal development, self-awareness and prevention to provide young artists with knowledge and skills for positive mental wellbeing.
- Collaborative creativity and reducing stigma: Encourage collaborative art projects and organise awareness raising events to combat the stigma associated with mental health through their art.

As I sit down to write this farewell message, my heart swells with emotions I never thought I'd experience in such a short period. I want you all to know that this journey in Seville has been nothing short of magical, and I've never felt a connection as strong and genuine as the one I've shared with each one of you.

Each group member has played a crucial role in helping me confront my personal insecurities and learn to ease the self-imposed pressure I tend to burden myself with. Your support, empathy, and shared experiences have been invaluable.

I can't express enough gratitude for the incredible group dynamics we've had over these nine days. It's awe-inspiring to witness how our collective unity transcended the boundaries of our individual areas of expertise and personal lives. The openness with which we discussed various topics was truly remarkable.

I must extend my heartfelt appreciation to our project mentors, Daniel and Veronica. They orchestrated the project with such finesse, creating a seamless and enriching experience over the days. The final choreography we put together is a testament to their dedication. Their



"I connected more with my body, I learned how to translate ideas or concepts into movement and to interpret sounds or music. I also got to be more comfortable with my body and its presence in the world."

TC: NAVIGATING NARRATIVES: A MEDIA LITERACY JOURNEY FOR YOUTH WORKERS

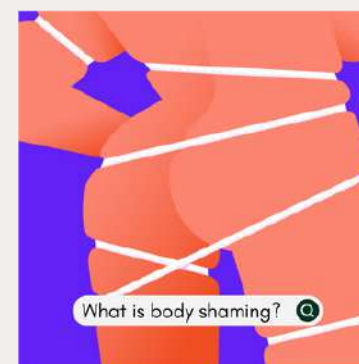
In today's information-driven world, young people are exposed to a constant stream of media content, from news reports to social media updates. Their ability to critically analyse and evaluate this information is crucial for informed decision-making and active civic engagement. Media literacy empowers youth to discern between reliable sources and misinformation, fostering a more informed decision making and participation in democratic processes. In this era of digital communication and social media influence, equipping young individuals with media literacy skills becomes an essential pillar in safeguarding the integrity of democratic processes and promoting meaningful participation.

The training course "Navigating Narratives: A Media Literacy Journey for Youth Workers" was based on non-formal education and learning-by-doing methods. The activity provided participants with an opportunity to create their own learning expectations and outcomes, and also to discover themselves and their personal limits. The training focused on raising the competencies of youth workers, teachers, and educators in topics of media literacy, including approaches to this topic and ways to organize activities around it, with the aim of contributing to the improvement of youth participation at the local level.



Results developed by participants:

Online campaigns like: Fake News, Body shaming, connecting Tunisia with Youth and Climate change



Training Course

2nd -7th November 2023

Berlin, Germany

Spain, Italy, Austria, Portugal, Germany
France, Serbia, Poland

recommended for: Youth workers, Teachers and
educators

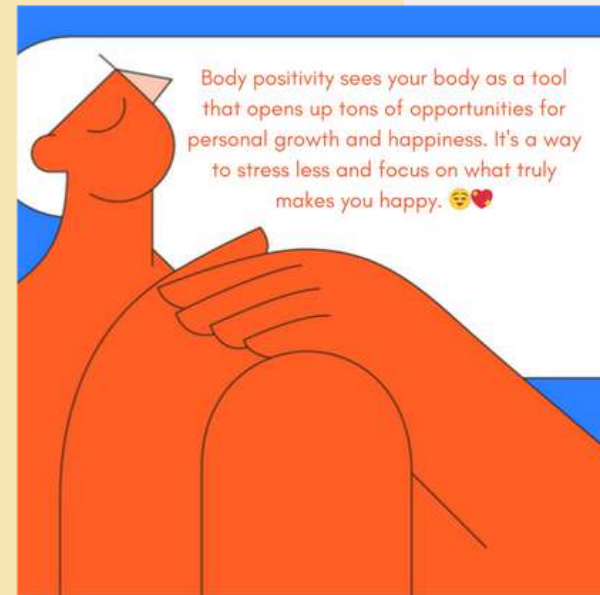
Working language(s): English language

**FAKE
NEWS**

FAKE NEWS

Fake news refers to false or misleading information presented as if it were true, often disseminated through various media channels, including social media, websites, or traditional news outlets.

TC: NAVIGATING NARRATIVES: A MEDIA LITERACY JOURNEY FOR YOUTH WORKERS



OBJECTIVES:

- To strengthen partner youth organisations and their staff for organising activities in field of media literacy and democracy, in order to increase participation of young people in democratic societies of local communities.
- To raise understanding and knowledge of participants on media literacy and impact media have on young people and their participation in democratic societies.
- To develop and further improve knowledge of participants about Erasmus+ program and available activities in the fields of democracy and media literacy, as well as about the Youthpass and recognition of learning through models of key competences.
- To explore the role of media as a social institution and media as a source of information.
- To learn how to critically examine how media is constructed and how those elements contribute to the way media is understood and acted upon, with focus on young people and participation.
- To provide opportunity and support for participants to develop new local and international activities and initiatives, focused on the topics of media literacy and democracy, and youth participation in democratic lives of local communities.

"I learned a lot about the topic and I liked the different workshops we had to improve our knowledge and learn how to work together"

TC: PROJECT DEVELOPMENT FOR BEGINNERS AND ESC SOLIDARITY PROJECTS

The TC "Project Development for Beginners and ESC Solidarity Projects" aimed to develop the competencies of youth workers, youth leaders, and volunteers in creating Solidarity projects, starting from the initial idea to writing a project application.

Participants went through the process of developing a project, enabling them to transfer this knowledge and methodology to the youth in their local communities and empower them to develop their own Solidarity projects.

The TC was open to youth workers who work with young people in their local communities and sought to empower and encourage them to become active citizens contributing to positive change. Young people, aware of the problems and obstacles in their local communities, also saw opportunities for growth and positive change.

Solidarity Projects provided a great way for young people to develop and implement their projects, making a positive impact at a local level. During this TC, participants explored ESC Solidarity projects - their purpose, objectives, eligibility criteria, application procedures, and the appearance of an application form. They also went through the process of developing ideas, setting objectives, planning activities, and strategies for visibility and dissemination.

After the TC, youth workers will lead local workshops for youth in their local communities, transferring their knowledge and skills and empowering them to develop their own projects for the benefit of their local communities.

Training Course

9th -17th November 2023

Berlin, Germany

Spain, Italy, Austria, Croatia, Germany
Serbia, Poland

**recommended for: Youth workers, youth
leaders, volunteers**

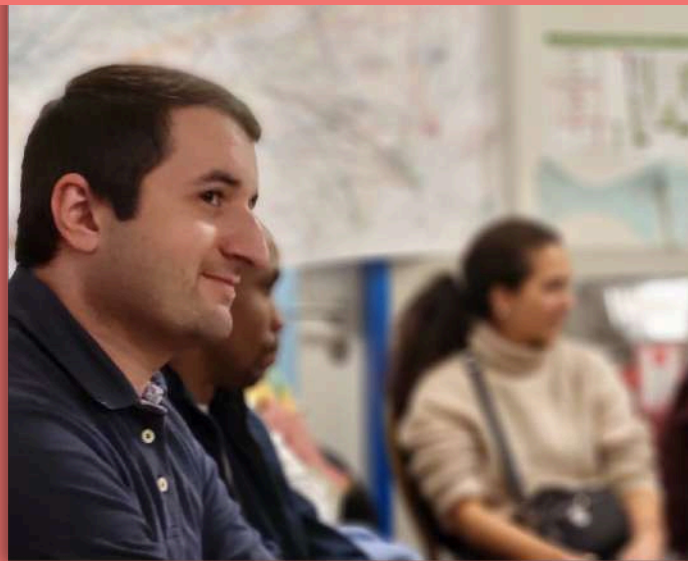
Working language(s): English language



Results developed by participants:

Participants developed their own project proposals (simulation) that was reviewed by the trainers.

TC: PROJECT DEVELOPMENT FOR BEGINNERS AND ESC SOLIDARITY PROJECTS

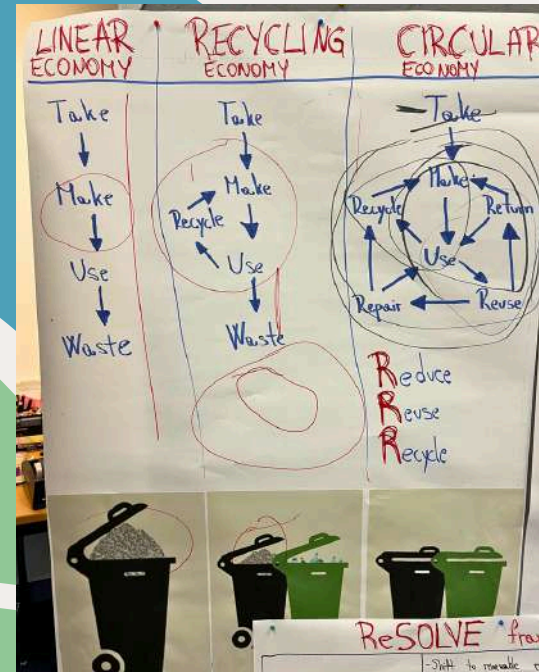


OBJECTIVES:

- To develop participants' understanding and knowledge about projects as part of youth work, project development process, and different models of project;
- To develop knowledge and skills of participants in fields of needs analysis as part of project development, defining target groups of projects, developing and setting project goals and objectives;
- To raise competences of participants in developing methodology of projects and activities planning, and project management;
- To improve knowledge and skills of participants about: monitoring and evaluation approaches and methodologies in youth projects, and visibility, dissemination and sustainability of projects;
- To develop competencies of participants in project development and internal evaluation of projects;
- To develop and further improve knowledge of participants about Erasmus+ program and ESC, as well as about the Youthpass and recognition of learning through models of key competences.

"This course matched my expectations. It was a good group to work with and I learned from everyone's experiences. We covered all important topics (even though I would have liked to talk about the budgeting). I feel like the duration of the training was also right (not too long nor too short). My knowledge about project development has increased to a point where I believe I have the abilities to start a career in such field".

TC: CIRCULAR ECONOMY AND ENTREPRENEURSHIP FOR GREENER EUROPE



The world nowadays is increasingly under pressure. Climate changes are threatening the existence of humans and other organisms that walk this planet. Possible solutions exist and they are reflected in the sustainable development and application of the circular economy. Several projections clearly show that the standard economic models currently used are outdated and urgently need to be replaced by a new system that is more value-oriented and considers the environmental requirements. One of the most suitable solutions is definitely a “Circular Economy”.

It draws out the safe and just space for humanity to thrive within the Earth’s environmental boundaries and its social foundations. It illustrates how our world’s current economics have led to an overshoot beyond Earth’s carrying capacity and deeply into our world’s social foundation, thus leading to increasing inequality and a never-ending cycle of crisis.

The training course “Circular Economy and Entrepreneurship for Greener Europe” was based on non-formal education and learning-by-doing methods. The activity provided participants with an opportunity to create their own learning expectations and outcomes, as well as to discover themselves and their personal limits.

The training focused on raising the competences of youth workers, teachers, and educators in topics such as circular economy and green entrepreneurship, including how to approach these topics and organize activities around them in order to contribute to improving the level of youth participation at the local level.



Training Course

18th –23rd November 2023

Berlin, Germany

Spain, Italy, Austria, Germany
Serbia, Poland

recommended for: Youth workers, youth
leaders, educators

Working language(s): English language

Results developed by participants:

Participants shared their experiences and
researches on the topic during the
sessions

TC: CIRCULAR ECONOMY AND ENTREPRENEURSHIP FOR GREENER EUROPE

OBJECTIVES:

- To strengthen partner youth organisations and their staff for organising activities in field of sustainable entrepreneurship and circular economy.
- To develop and further improve knowledge of participants about Erasmus+ program and available activities in the fields of sustainable entrepreneurship and circular economy, as well as about the Youthpass and recognition of learning through models of key competences.
- To develop participants' understanding of terms of sustainable entrepreneurial solutions, circular economy and aspects of circular economy related to entrepreneurship.
- To develop knowledge and skills of youth workers in fields of sustainable entrepreneurial solutions, circular economy and entrepreneurship, and NFE activities for sustainable entrepreneurial solutions.
- To develop and further improve participants' knowledge and skills for developing approaches of their organisations for entrepreneurial education of youngsters based on the principles of sustainability and circular economy.
- To develop practical skills of participants in creation of educational workshops for youngsters focused on topics of sustainable entrepreneurship and circular economy.

"I think it was very complete, you can appreciate the effort and work behind it. In addition to the knowledge that has been transmitted, it was easy to live together this week and we have always maintained a pleasant and respectful atmosphere"



TC: CITIZENS OF TOMORROW: TRAINING FOR YOUTH WORKERS ON DEMOCRACY AND HUMAN RIGHTS”

In a rapidly changing world, the need for informed, engaged, and responsible citizens is more crucial than ever. Youth workers play an important role in shaping the attitudes and actions of the next generation. Democracy, human rights, and active participation in civic life are fundamental pillars of a just and equitable society. However, many young people lack access to the knowledge and tools they need to become active citizens who can contribute positively to their communities.

The need for active and informed young citizens is more critical than ever. Democracy and human rights are the fundamentals of fair and equitable societies. They enclose the principles of justice, equality, and individual freedoms that form the foundation of an inclusive world. This training course is designed to equip youth workers with the essential knowledge and skills about human rights and youth participation, required to empower young people in their local communities; by making them active citizens who understand the importance of human rights, democracy, and civic participation.

This training course was based on non-formal education and learning-by-doing methods. Participants developed their understanding and knowledge about human rights and the existing realities in their local communities. They also received more information about the Erasmus+ program and the various opportunities it offers to youth workers.

Furthermore, they developed a deeper understanding of decision-making processes, ways in which young people can contribute to policy-making processes, and co-management as a concept for connecting relevant stakeholders. In the last days of the training course, there was an opportunity for participants to work on the development of follow-up multiplication workshops in local communities, as well as an open space for networking and the creation of initiatives and projects for the future.

Training Course

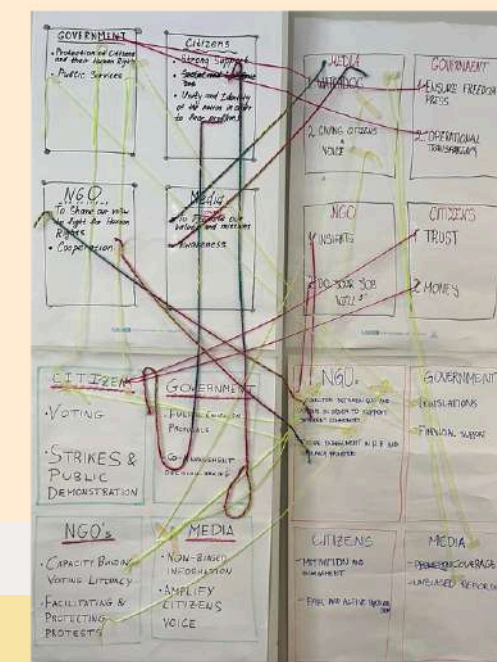
24th - 29th November 2023

Berlin, Germany

Spain, Italy, Austria, Germany
Serbia, Poland, Portugal

recommended for: Youth workers,
educators, trainers

Working language(s): English language



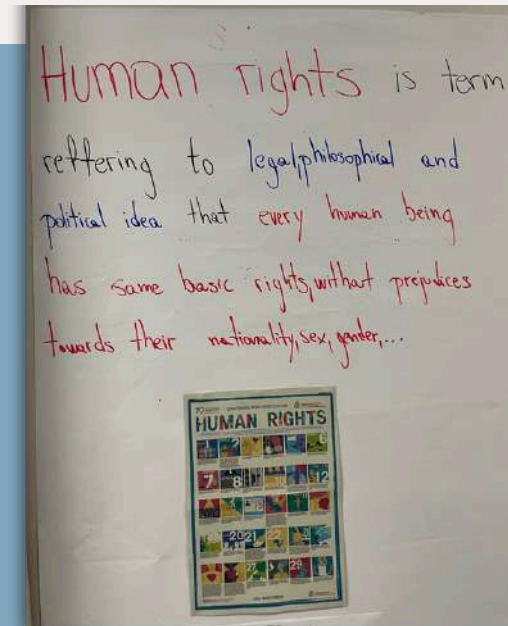
Results developed by participants:

Participants developed articles and videos relating to the history of Germany/Berlin and Human Rights



<https://www.youtube.com/watch?v=R0Hzfdg-xn8>

TC: CITIZENS OF TOMORROW: TRAINING FOR YOUTH WORKERS ON DEMOCRACY AND HUMAN RIGHTS”



OBJECTIVES:

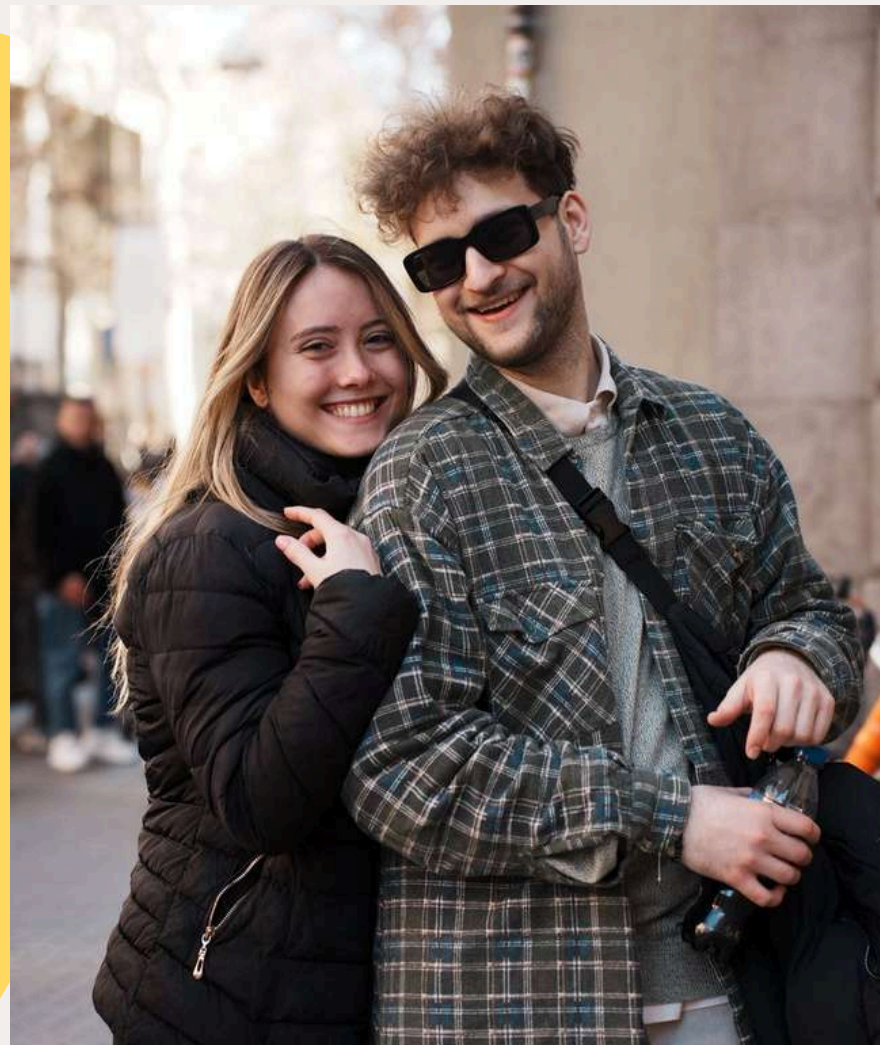
- To develop knowledge and skills of participants in fields of: human rights, citizenship and education, democracy, voting, and youth participation.
- To create an understanding of participants about the definition, importance and principles of decision-making, co-management and policy-making.
- To develop and further improve the knowledge of participants about the Erasmus+ program, Youthpass, and recognition of learning through models of key competences.
- To empower youth organisations and their youth workers to develop, implement and evaluate local level activities on human rights education and youth participation.
- To develop plans and outlines for partner organisations' local level activities for raising youth participation and engagement of youth in human rights based activities.

“I am very happy to say that this TC exceeded all my expectations”

“To be honest, this is the best Erasmus+ program I have ever attended and I attended 7 of them before coming here. Trainer were very professional and passionate of the topic, I learned a lot”



TRAINING COURSE: 11 YOUTH GOLAS IN PRACTICE



The TC "11 Youth Goals in Practice" aimed to develop the competences of youth workers, youth leaders, and volunteers in implementing the European Youth Strategies, which included 11 Youth Goals. Participants went through the process of developing activities and actions so they could transfer this knowledge and methodology to youth in their local communities, empowering them to develop their own 11 Youth Goals strategies.

What did the TC look like?

The training course '11 Youth Goals in Practice' was a program dedicated to empowering youth workers, leaders, and volunteers. It provided hands-on training to develop activities and strategies aligned with the European Youth Strategies.

Participants gained skills to mentor youth in their communities, fostering their own 11 Youth Goals activities and projects. Ultimately, it aimed to create proactive and empowered young leaders. As participants acquired skills, they became catalysts for change within their local communities. Armed with practical knowledge, they guided and inspired youth, igniting a chain reaction of empowered leaders who crafted their own 11 Youth Goals activities and projects.

Training Course

16th - 26th January 2024

Barcelona, Spain

SPAIN, AUSTRIA, ITALY, PORTUGAL, GERMANY, POLAND

recommended for: Youth workers, educators, trainers

Working language(s): English language

TRAINING COURSE: 11 YOUTH GOLAS IN PRACTICE



OBJECTIVES

- To develop participants' understanding and knowledge of youth strategies as part of youth work, the process of strategy development, and various models of activities;
- To raise awareness of the 11 Youth Goals as part of the European Youth Strategy;
- To provide new methods for engaging, activating, and connecting young people;
- To offer new methods in non-formal education combined with structured dialogues.

In this course we learned a lot of tools and ways to promote youth participation that I'm bringing home. I'll show what I learned here and implement that in my daily life.

"Participant"



Vote campaign

TC: FROM STRESSED OUT TO STRESS LESS



Training Course

12th – 22nd May 2024

Zadar, Croatia

CROATIA, AUSTRIA, ITALY, Slovenia, GERMANY, SERBIA

recommended for: Youth workers, educators, trainers

Working language(s): English language



The training course (TC) was conducted as an experiential learning program focused on stress management. By fostering a supportive environment through non-formal education in youth work and integrating psychological concepts related to stress and its regulation, the program successfully brought this crucial topic and its associated skills closer to young people.

Participants explored the physical, emotional, social, and cognitive dimensions of managing stress. This initiative aligned with Goal 5 of the European Youth Agenda (2019–2025), which emphasizes promoting mental health through education that builds emotional skills and supports mental well-being.

The World Health Organization (WHO) defines mental health as a state of well-being, highlighting the importance of coping with daily stresses. Recognizing the scarcity of proactive mental health programs providing early interventions—whether in schools, NGOs, or communities—this training addressed the gap by focusing on social and emotional educational activities.

The training empowered youth workers, trainers, leaders, and mentors with the knowledge and tools to design and implement prevention activities. By building resilience in young people, the participants are now better equipped to support them in handling challenges and adversities before these escalate into significant difficulties.

Preparation for the Training Course

The training course featured daily sessions with breaks for rest and socialization, plus optional evening activities like intercultural nights and an NGO fair. Using non-formal methods such as group work and role plays, participants explored stress management, its effects, and regulation strategies.

They developed and piloted their own workshops, gaining feedback to create supportive activities for young people. A preparatory online course ensured a common foundation, and participants were encouraged to share their learning locally through workshops and other initiatives.

TC: FROM STRESSED OUT TO STRESS LESS

OBJECTIVES:

- To explore and get to know different realities regarding the existence of positive educational mental health programs and stress management activities for young people in our communities;
- To promote youth work setting and NFE values and principles as an empowering environment for strengthening the resilience of young people and learning different coping emotional and cognitive skills;
- To explore and discuss the causes of stress young people are facing today;
- To learn, discuss and understand basic concepts behind stress management;
- To promote and introduce the concept of emotional intelligence and how to build it through social and emotional learning (SEL) of young people;
- To raise the competences of youth workers to be actively engaged in designing and implementing residential/virtual activities for enhancing emotional and body awareness and regulation;
- To raise the competences of youth workers to be actively engaged in designing and implementing residential/virtual activities for enhancing cognitive strategies for coping with stress young people face;
- To share concrete relaxation practices and techniques useful for the prevention of burnout and enhancing well-being both of youth workers and the young people they work with;
- To raise competences for adaptation of coaching or psychology-based tools for NFE/youth work for stress management skills development of young people from different backgrounds;
- To plan, design and apply concrete workshops related to the topic of stress for youth workers and youngsters using SEL activities;
- To build a community of youth workers, educators, and trainers for seeking support and building resilience in each other.

<https://www.instagram.com/p/C4xgoReMKWU/>
https://www.instagram.com/p/C68empbs-jN/?img_index=1
https://www.instagram.com/p/C7D9xO5sZKZ/?img_index=1
https://www.instagram.com/p/C7RG5V4sc3s/?img_index=1



TRAINING COURSE “EMPOWERING DIVERSITY: UNDERSTANDING SOCIAL INCLUSION AND ORGANISING NON-FORMAL EDUCATIONAL ACTIVITIES FOR INCLUSION”

Young people with disabilities and fewer opportunities often face significant barriers, such as limited access to adequate income schemes, education, healthcare, transport, housing, and employment. Youth workers, particularly those new to the field, often lack the necessary understanding of these young people's diverse challenges and backgrounds, hindering effective support and inclusion.

This training course provided new youth workers with the knowledge and tools needed to address these challenges, promote inclusion, and develop educational activities tailored to the needs of marginalized youth. Aligned with Youth Goal 3: Inclusive Societies, it contributed to improving access to information and opportunities for these groups, fostering social cohesion, and enhancing the capacity of educators to work effectively with marginalized youth.

The course employed non-formal education and learning-by-doing methods. Early sessions focused on team building, understanding the realities of inclusion in different countries, and exploring the challenges faced by youth with disabilities and fewer opportunities. Later sessions delved into youth perceptions, recognizing their skills, and understanding the importance of feeling valued. Participants also learned to design, pilot, and refine workshops and activities using non-formal education principles.

By the end of the training, participants had enhanced their understanding of inclusion, developed the skills to create qualitative and inclusive workshops, and designed their first educational activities tailored to youth with disabilities or fewer opportunities in their communities.



Training Course

18th – 28th April 2024

Zadar, Croatia

CROATIA, AUSTRIA, ITALY, ROMANIA, GERMANY, SERBIA

recommended for: Youth workers, educators, trainers

Working language(s): English language

TRAINING COURSE “EMPOWERING DIVERSITY: UNDERSTANDING SOCIAL INCLUSION AND ORGANISING NON-FORMAL EDUCATIONAL ACTIVITIES FOR INCLUSION”



<https://www.instagram.com/p/C3zrwTdM9c7/>

https://www.instagram.com/p/C6GlpRpsxJQ/?img_index=1

https://www.instagram.com/p/C5_L7pcs6x9/?img_index=1

https://www.instagram.com/p/C6WV3dQsZc2/?img_index=1

OBJECTIVES:

- To develop an understanding of limitations participants of youth work activities face, and improve knowledge about different conceptions of youth social exclusion.
- To improve understanding and knowledge of youth workers about self-esteem of participants with fewer opportunities; and recognising and further improving their skills and abilities.
- To improve knowledge and skills of participants in fields of: non-formal education, cycle of non-formal learning, methods and techniques of work in non-formal youth education.
- To develop skills of participants for developing educational workshops and activities for and with youth with disabilities and youth with fewer opportunities.
- To develop and further improve the knowledge of participants about the Erasmus+ program, Youthpass, and recognition of learning through model of key competences.
- To empower youth organisations and their youth workers to develop, implement and evaluate local level educational activities focusing on inclusion of participants with disabilities and participants with fewer opportunities.

TRAINING COURSE “DEMOCRACY AND ACTIVISM – UNDERSTANDING THE CONCEPT AND WHAT YOUTH WORK SECTOR CAN DO”



Europe remains a leading democratic region, but challenges persist across the EU and neighboring countries. Recognising the importance of elections at various levels, this training course was designed to equip youth workers with the skills to develop and implement local actions promoting democracy and youth participation.

The training focused on understanding democracy, how democratic societies function, and the role of the youth work sector. Participants explored key concepts of democracy, analysed their realities, and collaborated on action plans to boost youth activism in their communities.

Aligned with Youth Goal 9: Space and Participation for All, the course supported:

- Increasing youth influence in decision-making processes.
- Promoting equal representation in elections and governance.
- Providing youth-friendly, accessible information to encourage participation.

Using non-formal education methods, the program began with group building and an introduction to democracy. Midway, participants deepened their knowledge on politics, political culture, education, and populism. The final days were dedicated to practical work, where participants co-developed follow-up plans for youth engagement activities.

By the end, participants had created actionable plans to foster democratic participation and youth activism in their local communities.



Training Course

1st July - 11th July 2024

Mostar, Bosnia and Herzegovina

CROATIA, AUSTRIA, GERMANY, SERBIA, BOSNIA AND HERZEGOVINA

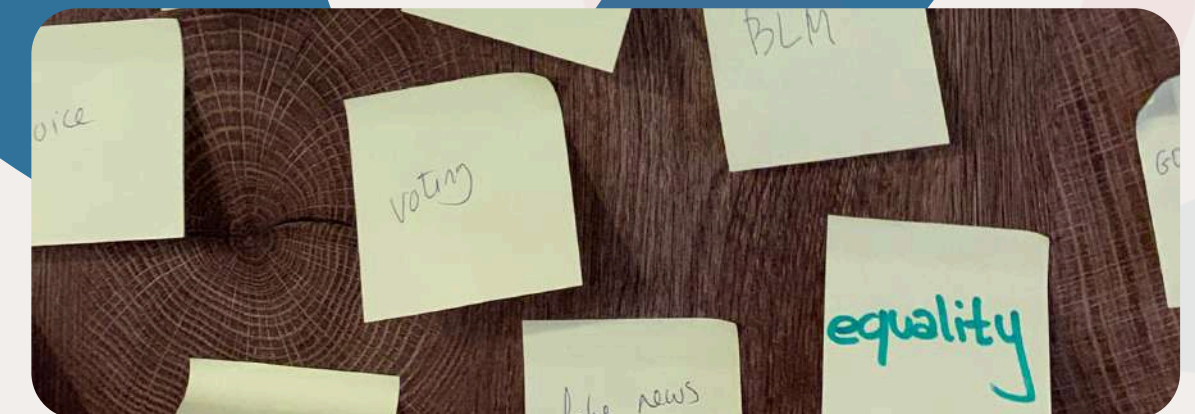
recommended for: Youth workers, educators, trainers

Working language(s): English language

TRAINING COURSE “DEMOCRACY AND ACTIVISM – UNDERSTANDING THE CONCEPT AND WHAT YOUTH WORK SECTOR CAN DO”

OBJECTIVES:

- To analyse realities of participating countries when it comes to democracy and youth activism for democratic processes, and to create common understanding of democracy among participating countries.
- To develop understanding and knowledge of participants about democracy and principles of democracy.
- To further improve knowledge of participants on topics closely connected to democracy and activism of youth in democratic field; including political socialisation, political culture, political educational, populism, voting.
- To develop and further improve the knowledge of participants about the Erasmus+ program, Youthpass, and recognition of learning through model of key competences.
- To develop knowledge of participants about political activism and youth work activism based actions, and to develop skills of participants for developing local level activities focused on raising activism level of youngsters in the field of democracy and democratic participation.
- To empower participating organisations and their youth workers for developing local level actions aimed at raising youth activism level in the field of democratic participation in the society.



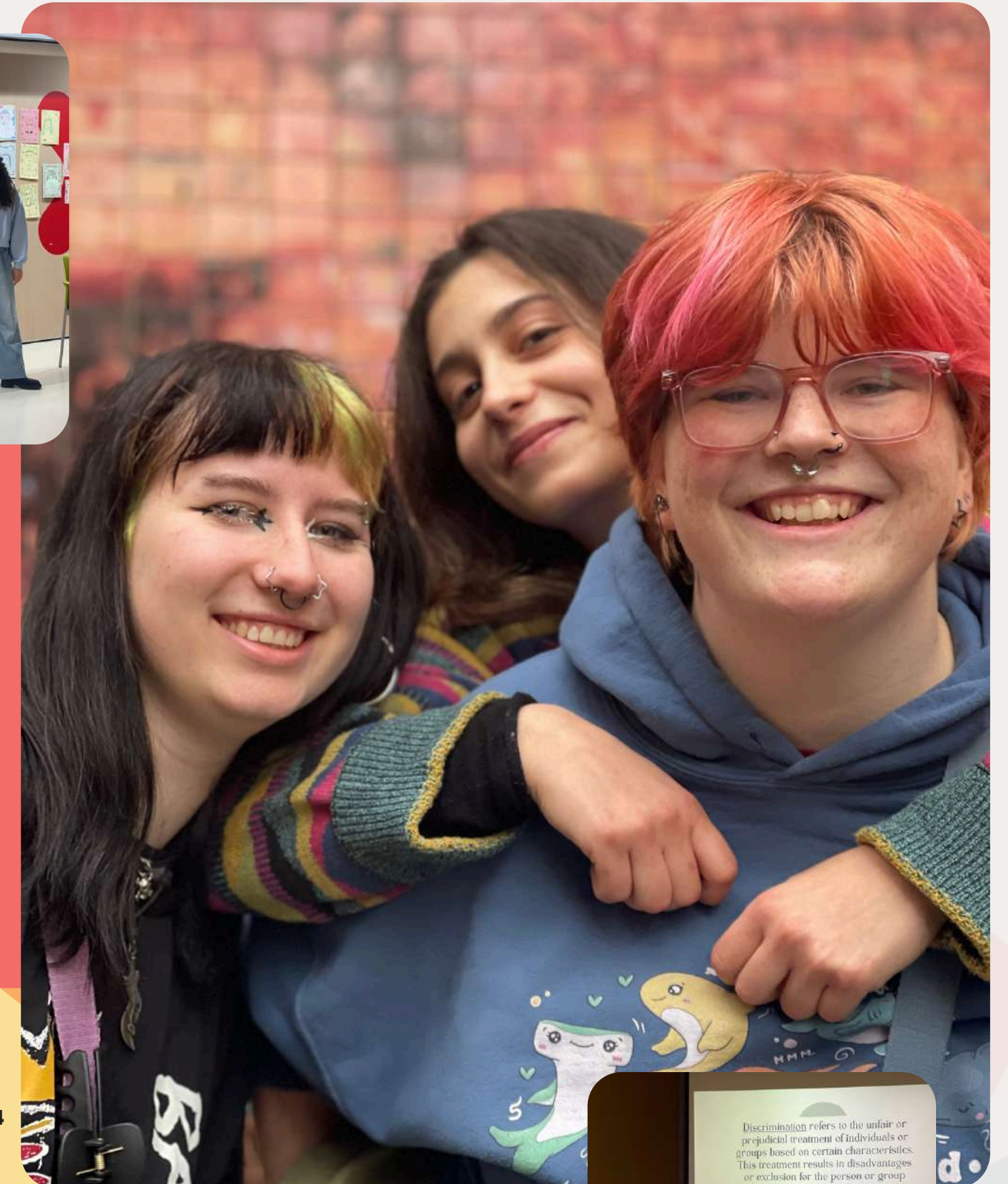
YOUTH EXCHANGE: E-EQUALITY: OVERCOMING ONLINE DISCRIMINATION

The youth exchange focused on empowering young people to recognize and confront discrimination and hate speech, with a particular emphasis on the role of online campaigning.

During the exchange, participants engaged in in-depth discussions and shared insights about the various forms of discrimination and their manifestations in everyday life. A significant part of the program was dedicated to understanding hate speech, its impact on individuals and communities and exploring effective strategies to combat it. By fostering a safe and supportive environment, the event enabled participants to openly share their experiences with discrimination and hate speech, thereby building a community rooted in understanding and empathy.

The program also provided practical tools and techniques for reporting and addressing instances of discrimination and hate speech. It successfully cultivated an attitude of tolerance and non-violence among the young attendees, empowering them to advocate for equal opportunities, human rights, and LGBTQIA+ rights.

The lessons learned and the initiatives developed during the exchange have since been extended beyond the organization, influencing local communities and digital platforms alike.



Youth Exchange

28th January - 06th february 2024

Barcelona, Spain

Portugal, Austria, Italy, The Netherlands, Germany, Serbia

recommended for: Young people.

Working language(s): English language

YOUTH EXCHANGE: E-EQUALITY: OVERCOMING ONLINE DISCRIMINATION



OBJECTIVES

- Educating about discrimination and hate speech, with a special focus on digital spaces.
- Discussing the impact of online hate speech and exploring effective counter strategies.
- Creating a safe environment for sharing experiences of digital discrimination and hate speech.
- Providing tools and techniques for effectively reporting and responding to online hate.
- Promoting a culture of tolerance, non-violence, and equality in both online and offline contexts.
- Emphasizing the power of online campaigning to advocate for human rights, LGBTQIA+ rights, and equal opportunities.



Online campaign 1: <https://www.youtube.com/watch?v=dqikU5kG4sk&t=8s>

Online campaign 2: <https://www.youtube.com/watch?v=aEOHpwyLtsA&t=39s>

Online campaign 3: <https://www.youtube.com/watch?v=MeMmECBcMvo&t=7s>

Online campaign 4: <https://www.youtube.com/watch?v=oGj6zpiHSuM>

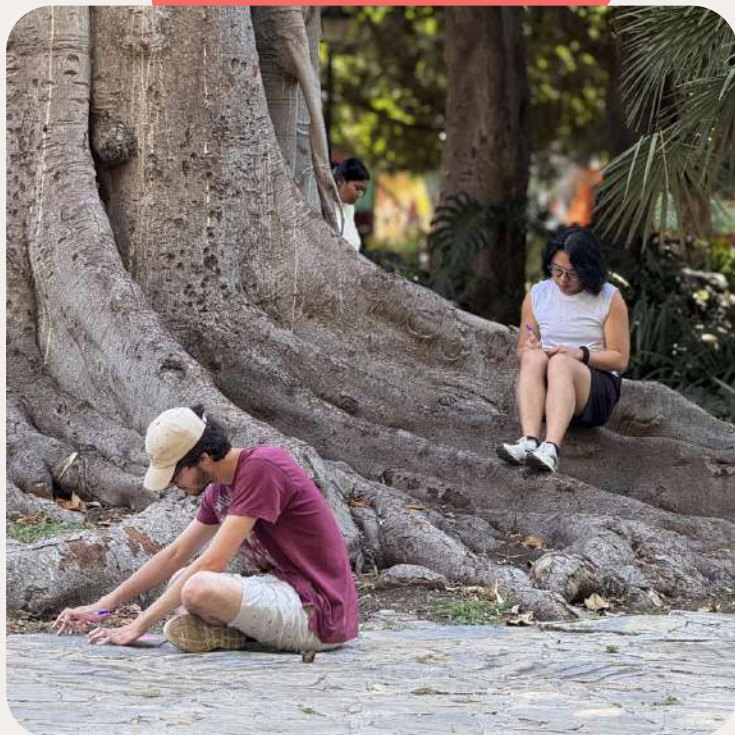
YOUTH EXCHANGE: “CREATIVE BOARD: EMPOWERING SELF THROUGH ART”



"Creative Board: Empowering Self through Art" brought together young people from diverse backgrounds to explore how creativity can become a force for personal growth and social connection.

Through workshops, collaborative art-making, and reflection sessions, participants discovered how artistic expression can boost mental well-being, foster intercultural dialogue, and build stronger communities.

Over the course of the exchange, young people developed artistic and emotional resilience skills, explored new ways to communicate across cultures, and created powerful visual stories that reflected their identities, challenges, and hopes. More than just an art project, this was a space for empowerment where creativity became a tool to navigate life's complexities with confidence and empathy.



I really loved all the space you gave us to express ourselves. The workshops were great, and having the opportunity to share my creative ideas was awesome!

Muito obrigado :) 🧡🧡🧡

participant

Youth Exchange

27th June - 05th July 2024

Malaga, Spain

Portugal, Austria, Italy, Germany, Spain

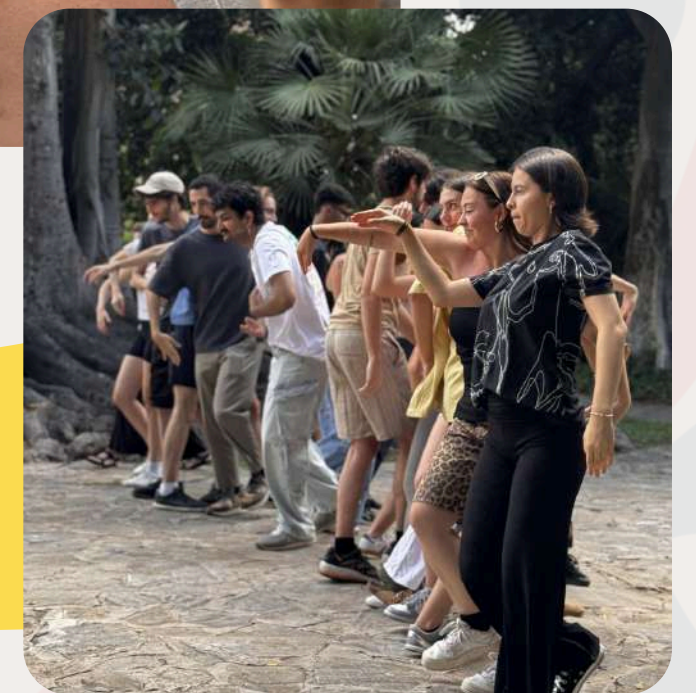
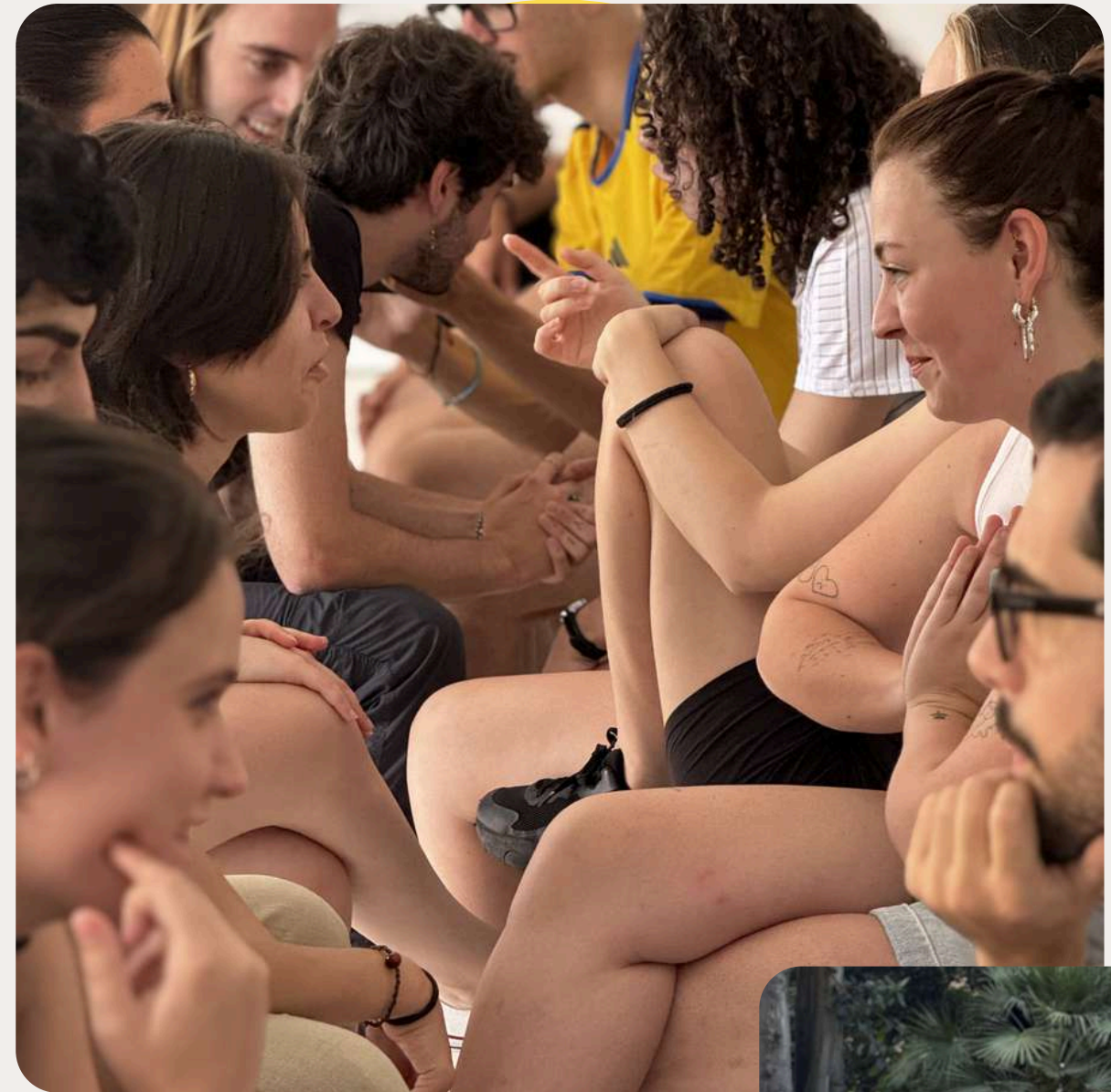
recommended for: Youth

Working language(s): English language

YOUTH EXCHANGE: “CREATIVE BOARD: EMPOWERING SELF THROUGH ART”

OBJECTIVES:

- Foster Self-Expression: Help participants explore and express their identity and emotions through art.
- Promote Mental Health: Use creative activities to raise awareness and normalize conversations around mental well-being.
- Build Empathy & Connection: Encourage teamwork through collaborative art projects to strengthen social bonds and understanding.
- Develop Coping Skills: Introduce artistic tools for stress relief and emotional regulation.
- Encourage Community Engagement: Inspire participants to connect with their communities through public art and exhibitions.
- Enhance Cultural Awareness: Explore diverse cultures and artistic traditions to promote appreciation and inclusion.
- Inspire Lifelong Learning: Spark curiosity and ongoing interest in artistic exploration.
- Support Personal Growth: Boost confidence and resilience through creative challenges and sharing personal artwork.



[Creative board Music + performance](#)



YOUTH EXCHANGE: SPORTING UNITY: CHAMPIONS OF DIVERSITY

The “Sporting Unity: Champions of Diversity” youth exchange successfully brought together young people from across Europe to celebrate diversity and promote inclusion through the unifying power of sports. Over the course of the program, participants engaged in dynamic sports activities, intercultural learning sessions, and open dialogues that deepened their understanding of the European Union and strengthened mutual respect.

Through teamwork and play, young people built bridges across cultural differences and developed essential life skills such as communication, empathy, and collaboration. The sports field became a platform for expression, where participants could share their perspectives, challenge stereotypes, and contribute to a shared vision of unity.

This exchange not only amplified the voices of youth but also created a strong sense of belonging and empowerment. By the end of the program, participants left not only with new friendships, but also with the confidence and motivation to take an active role in building more inclusive, respectful, and diverse communities.

- ! It was fun to understand how sport can really change our perspective on equality!

Youth Exchange

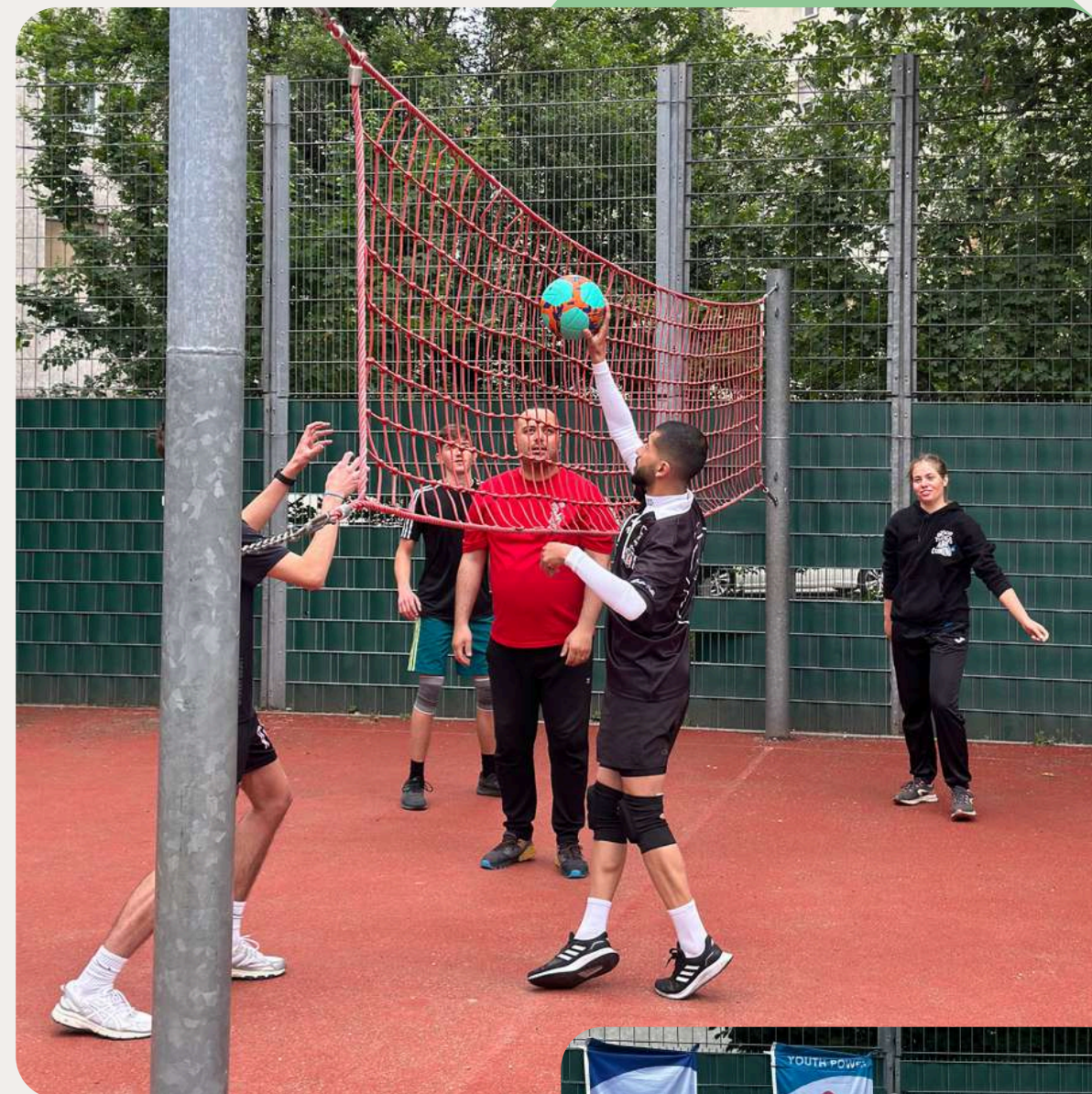
16.05.2024 – 22.05.2024

Vienna, Austria

Slovenia, Austria, Italy, Germany, Croatia

recommended for: Young people

Working language(s): English language



YOUTH EXCHANGE: SPORTING UNITY: CHAMPIONS OF DIVERSITY

OBJECTIVES:

- Enhance Collaborative Decision-Making Skills:

Participants will engage in team sports and strategic games that require them to make collective decisions, fostering their ability to think strategically and work collaboratively. This mirrors the EU's decision-making processes and emphasizes the importance of active participation and cooperation.

- Promote Intercultural Acceptance and Diversity:

Through mixed sports teams and activities featuring traditional sports from various cultures, participants will learn to appreciate and respect cultural diversity. This hands-on experience will highlight how diversity strengthens both teams and the broader community, reflecting the EU's commitment to inclusivity.

- Encourage Shared Responsibilities and Teamwork:

Participants will be assigned specific roles within their sports teams, such as team captain, equipment manager, or referee, to teach the value of shared responsibilities and effective teamwork. This approach mirrors the EU's collaborative efforts to achieve common goals.

- Develop Conflict Resolution and Sportsmanship:

Emphasizing the principles of fair play and sportsmanship, participants will learn to resolve conflicts amicably and maintain respect and integrity in all interactions. These skills are essential for peaceful coexistence and reflect the EU's values of respect and cooperation.

- Build a Sense of Community and Unity:

Through team-building exercises and celebratory events for team achievements, participants will develop a strong sense of community and unity. These activities will foster bonds among participants and promote a sense of belonging, paralleling the EU's efforts to create a cohesive and united Europe.



TRAINING COURSE TC “HOW TO BE AN EMOTIONALLY INTELLIGENT EDUCATOR?”



The training course successfully brought together youth workers from across Europe to explore strategies for promoting young people's mental health through the development of social and emotional competencies. Over the course of the program, participants deepened their understanding of key areas such as enhancing self-esteem and self-efficacy, managing emotions and behaviours, building positive social relationships, and supporting educational engagement.

The course emphasized a strengths-based, psychosocial approach—focusing on protective factors and resilience rather than risk or pathology. This approach proved to be well-received by participants, offering a destigmatizing and empowering framework for mental health support. The training also helped participants reflect on the core competencies identified by the Council of Europe that youth workers need to effectively support mental health and well-being in their work with young people.

Each day included four 90-minute workshops, two in the morning and two in the afternoon, with 30-minute coffee breaks between them. The program concluded each day with reflective and evaluative sessions led by the trainers and staff team, providing participants the opportunity to consolidate their learning and share feedback.

Evenings offered space for informal bonding and cultural exchange. Voluntary activities—such as intercultural nights—allowed participants to present their countries, traditions, and cuisine through interactive presentations and games, further enriching the group experience.

Grounded in non-formal education and experiential learning, the course used a variety of interactive methods including small group work, simulations, role-plays, and brainstorming. Prior to the training, all participants completed a two-hour online preparatory course, ensuring a shared foundation of knowledge that supported deeper learning throughout the workshops.

The training left participants not only better equipped with tools and methods to support youth mental health but also empowered by a sense of community, shared purpose, and commitment to creating inclusive, supportive environments for young people.



Antonija and Jela fulfilled their role not perfectly but above and beyond every other facilitator that I had seen. Their maximal presence and incredible dedication to our group work was incredibly supportive and created a beautiful and secure environment for a group to grow and learn. Their phenomenal knowledge of the topics was incredible to observe and take in. Their work ethics is incredible and inspiring in a way that shows me a great example in my own work efforts.

Participant

Training Course

16th –26th July 2024

Split, Croatia

Slovenia, Austria, Italy, Germany, Serbia, Croatia

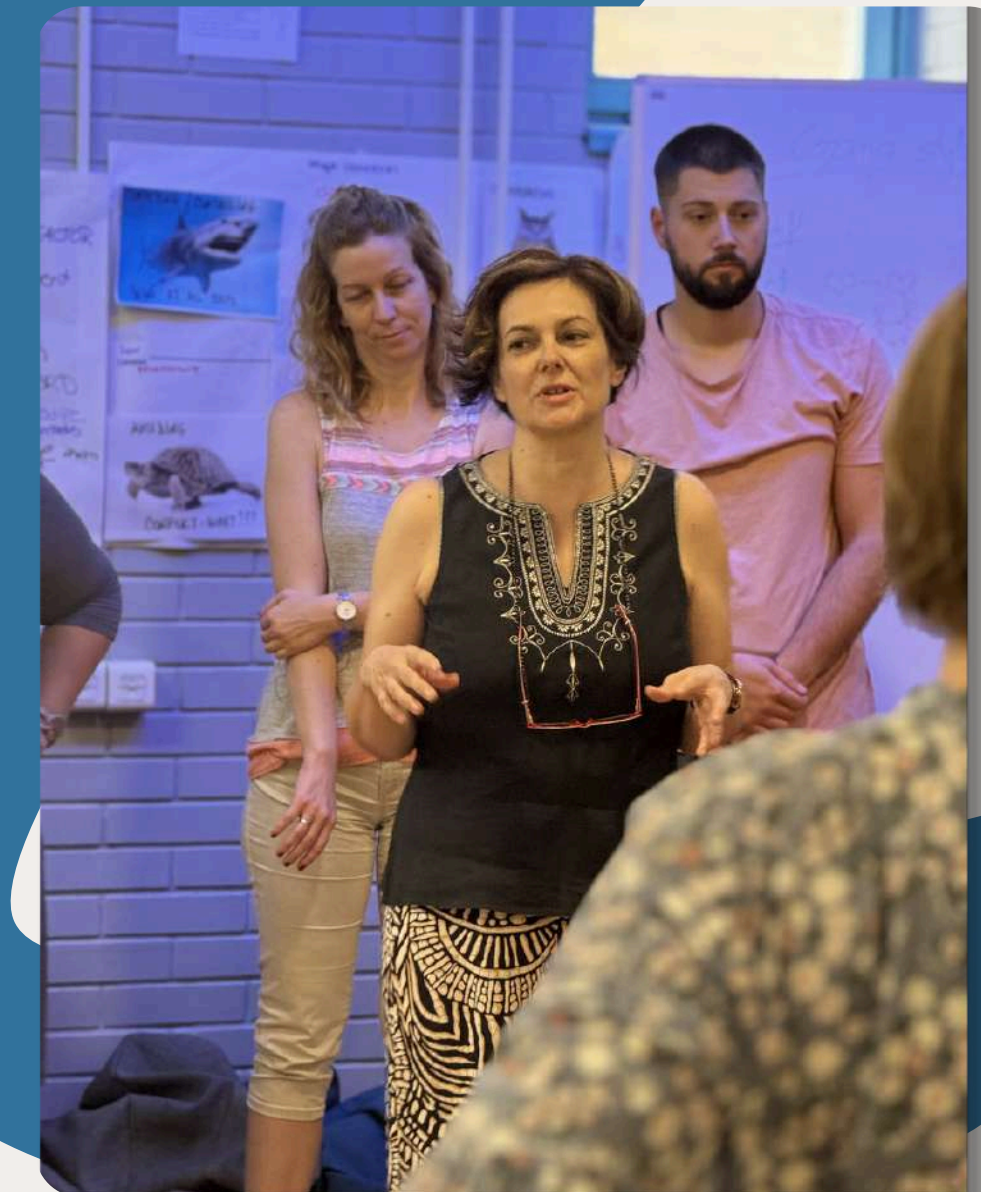
recommended for: Youth Workers, educators, trainers

Working language(s): English language

TRAINING COURSE TC “HOW TO BE AN EMOTIONALLY INTELLIGENT EDUCATOR?”

OBJECTIVES:

- to enable understanding of mental health as multidimensional phenomena;
- to understand youth work setting as the opportunity for nurturing a positive approach to young people's mental health;
- to explore different realities young people experience when facing mental health issues and stigmatisation;
- to explore and understand the challenges young people face in the contemporary world in combination with developmental crises and individual coping capacities
- to learn how to reflect on identity (self-image) and develop self-awareness in a mindful way;
- to encourage and support the personal development of emotional self-awareness and self-regulation (emotional domain) as the basis for encountering mental health issues in young people;
- to improve the readiness of youth workers to practise empathic communication (as a social domain) in their work and learn how to raise the empathic skills of young people;
- to raise the ability how to build a supportive and encouraging environment and trustful relationships with a young person;
- to explore personal boundaries when dealing with issues concerning mental health and wellbeing.



BUILDING TRUST
River of Life

This playful method creates a powerful shared picture of moments in your life. The big purpose of this tool is to create more vulnerability with each other. Teams that are vulnerable with each other have high trust. And trust is defined as our belief that the intentions of another person, for our success, is high. They are not trying to catch us doing something wrong, or criticize us. We represent vulnerability by sharing difficult issues we have experienced in our lives. By using the metaphor of a river this activity supports participants to think differently about how they are feeling and build trust when shared.

TIME FRAME
20-40 min

GROUP SIZE
2-40

FACILITATION LEVEL
Beginner

MATERIALS
Pens/Markers
Flipchart or Whiteboard

Step 1:
On your flip chart, draw a river winding from the lower left corner to the upper right corner. Label the lower left "Birth" and the upper right "The Present."

Step 2:
Get creative. Break the rules! When you draw your river, let its shape and features represent what's special about your life. We've seen swamps, bridges, waterfalls, forked rivers, circular rivers, etc.

Step 3:
Cut your mind back over your life. Draw islands in the river, each representing places you've lived, key people you've known or who've influenced your life, and any other "landmarks" along the river of your life (e.g., key companies, projects, etc.).

Step 4:
Along each side of the river, add tributaries representing challenging and affirming moments from your life. Think of those events, decisions, and turning points that taught you something, that made a lasting impact on who you are.

REFLECTION

What patterns of trends do you notice?

What experiences and people were especially significant?

How do you relate these to how your values have formed over time?

TRAINING COURSE “GBV PREVENTION 101: FIRST STEPS IN IMPLEMENTING LOCAL WORKSHOPS AND ACTIVITIES FOR PREVENTION OF GENDER-BASED VIOLENCE”



Gender-based violence (GBV) is defined by the European Commission as violence directed against a person because of their gender or violence that disproportionately affects individuals of a particular gender. Responding to identified needs and supported by staff with extensive expertise in the field, we successfully implemented a training course designed for youth workers taking their first steps in developing educational activities to prevent GBV.

This training course was tailored for youth workers and other professionals new to the field of GBV prevention. The group of participants included individuals with a background in youth work who were just beginning to explore the topic. Most were affiliated with local organisations aiming to establish initiatives and educational workshops focused on GBV prevention.

Throughout the training, participants acquired foundational knowledge and skills in non-formal education methods relevant to gender, gender equality, violence, and violence prevention. By the end of the course, each participant had developed a concrete plan for local-level activities dedicated to preventing gender-based violence, to be carried out as part of their ongoing work within their respective organisations.

Training Course

05th – 11th September 2024

Zadar, Croatia

Slovenia, Austria, Italy, Germany, Serbia, Croatia

recommended for: Youth Workers, educators, trainers

Working language(s): English language

TRAINING COURSE “GBV PREVENTION 101: FIRST STEPS IN IMPLEMENTING LOCAL WORKSHOPS AND ACTIVITIES FOR PREVENTION OF GENDER-BASED VIOLENCE”



OBJECTIVES

- To improve the understanding and knowledge of participants about non-formal education and NFE educational approach, methodology, and methods, with focus on NFE based approach for tackling gender-based violence prevention
- To develop knowledge of participants about gender, gender-based violence, and youth work activities for prevention of GBV
- To develop skills of participants for creating educational activities directed at raising awareness and prevention of GBV
- To develop and further improve the knowledge of participants about the Erasmus+ program, Youthpass, and recognition of learning through model of key competences.
- To empower youth organisations and their youth workers to develop, implement and evaluate local level educational activities focusing on prevention of gender-based violence

Video Collection: “Once Upon a Boy” and “Once Upon a Girl”

Two cartoon videos named “Once upon a Boy” and “Once upon a Girl” are included with this manual. Without using words, these cartoons tell stories about challenges faced by young people as they grow up. The characters face social norms, family violence, homophobia, uncertainty about their sexuality, their first sexual experience, pregnancy, sexually transmitted infection (STI), and parenthood. In a fun and careful way, the cartoons introduce themes that work with the activities described in this manual. It can be useful to use the cartoons as an introduction into activities to arouse interest with young people and to gauge their initial attitudes on different questions that are processed in this manual.

...characters face social norms, family violence, homophobia, uncertainty about their sexuality...

You can access the cartoons mentioned at:
<http://promundoglobal.org/resources/once-upon-a-boy/>
<http://promundoglobal.org/resources/once-upon-a-girl/>

I appreciated the mix of interactive activities, which made it easier to participate without feeling pressured. The visuals were also really effective in helping me understand and remember the concepts better.

“Participant”



[Once Upon a Boy/Minha vida de João](#)
[Once Upon a Girl/Era uma vez outra Maria](#)

TRAINING COURSE “BELONG TO YOURSELF”

The training course “Belong to Yourself” addressed a common challenge faced by young people: the tension between staying true to themselves and fitting into various communities or social groups. Adolescence is often marked by the struggle to balance authenticity with acceptance, which can lead to stress and confusion. Recognising the unique role youth work can play, this course created a supportive environment for youth workers to reflect on how to guide young people in navigating essential questions such as: Who am I? What is my purpose? Where do I belong? And how do I feel along the way?

The training brought together youth workers from diverse contexts to strengthen their capacity to support young people’s self-discovery and emotional growth. Through a series of experiential and non-formal educational methods, participants explored how to create spaces where young people can connect with their inner compass, understand their personal strengths and limitations, and cultivate emotional intelligence.

By the end of the course, participants were equipped with practical tools and insights to help young people increase their self-awareness, embrace their authenticity, and develop a sense of belonging that is aligned with who they truly are. The training empowered educators to foster inclusive environments in which young people feel confident to be themselves—fully and unapologetically—within the groups they choose to belong to.

The educators fascinated me so much and I don't think I have the words to explain how much emotions they woke up in me and how much knowledge they shared with us in a fun and good way. I feel so so grateful that I had the chance to be part of this, i feel privilege to learn from them. i felt very special with them and i feel like they didn't left out anyone or anything from their program that was important. They were very considerate and caring.

“Participant”

Training Course

11th -18th September 2024

Zadar, Croatia

Slovenia, Austria, Italy, Germany, Serbia, Croatia

recommended for: Youth workers, Trainers, Youth leaders, Youth policy makers, Volunteering mentors, Youth coaches

Working language(s): English language



TRAINING COURSE “BELONG TO YOURSELF”

OBJECTIVE

- to understand youth work setting as the opportunity for nurturing a positive approach to young people’s mental health;
- to explore different realities of existing programmes supporting identity development and healthy transition to adulthood;
- to explore and understand the challenges young people face in the contemporary world in combination with developmental crises and social, educational, emotional, relational and professional expectations;
- to learn how to explore and reflect on different aspects of identity (self-image);
- to be able to create environment and opportunities for young people to explore their strengths and weaknesses in a safe way;
- to practise empathic communication in youth work and positive feedback to support self-esteem of young people;
- to raise the ability how to build a supportive and encouraging environment and trustful relationships with a young person;
- to explore personal dilemmas when dealing with issues concerning development of young people and their well-being;
- to get to know cognitive strategies for lowering negative self-talk and practice self-compassion.



TRAINING COURSE “DIGITAL TECHNOLOGY ENTREPRENEURSHIP: A LOOK FROM THE YOUTH WORK FIELD”



Although today's youth are the most educated generation in history, many face precarious employment—short-term contracts, low pay, and minimal social protection. To counter this, our training course empowered youth workers to support young people not just by advocating for better jobs, but by fostering their skills for self-employment and digital entrepreneurship.

The training enhanced the capacity of youth workers to deliver engaging, effective activities promoting digital entrepreneurial learning. Participants gained knowledge about entrepreneurship models, digital business tools, and the role of youth work in preparing young people for the future of work.

Following a non-formal, learning-by-doing approach, the course explored topics such as digital workplaces, enterprise models, and local applications of digital entrepreneurship. By the end, youth workers were equipped to develop local-level activities aimed at supporting young people in creating their own opportunities in the digital economy.

The training aligned with Youth Goal 7: Quality Employment for All, and promoted youth involvement in shaping inclusive and forward-thinking employment strategies.



Training Course

10th – 17th October 2024

Barcelona, Spain

Germany, Austria, Portugal, Spain, Italy

recommended for: Youth workers, Trainers, Youth leaders, Educators

Working language(s): English language

Yes, after this project I plan to write another TC on digital skills for youth workers, maybe focusing on entrepreneurial skills for opening social enterprises or NGOs and the associated competencies to do so; I also plan on helping develop workshops on digital skills for the youngsters we work with in the south of Italy.

“Participant”

TRAINING COURSE “DIGITAL TECHNOLOGY ENTREPRENEURSHIP: A LOOK FROM THE YOUTH WORK FIELD”

OBJECTIVES

- To develop and further improve the knowledge of participants about the Erasmus+ program, Youthpass, and recognition of learning through model of key competences.
- To develop understanding and knowledge of participants about differences between entrepreneurship and enterprises, different entrepreneurship models, and application of digital technologies in different entrepreneurship models.
- To gain knowledge and improve understanding of participants about entrepreneurial competences, level of their personal competences, and ways of improving different competences.
- To develop and/or further improve knowledge and skills of participants for developing local level activities for youngsters, focused on empowering entrepreneurial thinking in line with the current digital practices in entrepreneurship.
- To empower youth workers and improve their competences for the development of youth work programmes for digital entrepreneurship start-ups and for adapting existing enterprises to the digital revolution.



TRAINING COURSE “DEMOCRACY AND HUMAN RIGHTS EDUCATION THROUGH NFE ACTIVITIES

In a time of rapid global change, empowering young people to be informed, engaged, and responsible citizens is more crucial than ever. In 2023 and 2024, Youth Power Germany implemented a training course to equip youth workers with the knowledge and tools to foster youth participation, promote human rights, and strengthen democratic engagement at the local level.

The course focused on building participants' understanding of democracy, civic life, and human rights, helping them support young people in becoming active citizens. Through non-formal and experiential methods, participants explored local realities, learned about decision-making structures, and discovered how youth can influence policy through tools like co-management.

Aligned with Youth Goal 9: Space and Participation for All, the training promoted equal access to decision-making, stronger youth representation in political processes, and youth-friendly information sharing. In the final days, participants designed follow-up workshops for their communities and engaged in networking and future project planning.



Training Course

07th – 14th November 2024

Berlin, Germany

Poland, Czech Republic, Germany, Austria, Italy, Spain

recommended for: Youth workers, Trainers, Youth leaders, Youth policy makers, Educators

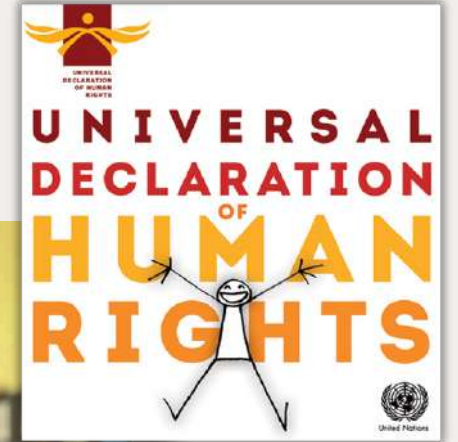
Working language(s): English language



TRAINING COURSE “DEMOCRACY AND HUMAN RIGHTS EDUCATION THROUGH NFE ACTIVITIES”

OBJECTIVES:

- To develop knowledge and skills of participants in fields of: human rights, citizenship and education, democracy, voting, and youth participation.
- To create an understanding of participants about the definition, importance and principles of decision-making, co-management and policy-making.
- To develop and further improve the knowledge of participants about the Erasmus+ program, Youthpass, and recognition of learning through models of key competences.
- To empower youth organisations and their youth workers to develop, implement and evaluate local level activities on human rights education and youth participation.



I was so happy that I could be part of this project, I loved it! The whole week in here was amazing, I would never forget the collective in here and experiences I got from all of them

“Participant”

PARTNERS IN THE ACTIVITIES



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