



THE YMCA PARTHENOPE ONLUS & YOUTH IN ACTION PROGRAM

Present

the International Training

"EMPOWERING YOUNG LEADERS"

8th – 15th December 2012

Poggio Mirteto, Rieti, Italy



Dear friends,

We are happy to welcome you to the International training **"EMPOWERING YOUNG LEADERS"**, which will take place in Italy from 8th to 15th December 2012. It is an initiative organised by YMCA Parthenope ONLUS and co-funded by the Youth in Action Program. In this information letter you will find information you might need about this training, including the goal of the training, the program and the practical information about accommodation, dates, countries included, financial conditions and others. Attached you will find the application form for the training.

We hope to answer all your questions and are looking forward to seeing you in Italy in December!

The organizing team



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What

The International Training "EMPOWERING YOUNG LEADERS"

The project "EMPOWERING YOUNG LEADERS" is a training course created for 30 youngsters, mostly aged 18-30, who wish to become or consolidate themselves as empowering young leaders. They may: 1) have been previous participants of YiA local and/or international projects and wish to take the first steps into leading small group of participants for future youth exchanges either in their home country or abroad; 2) already have some experience as group leaders and feel the need to participate in this training to acquire more tools and competences to consolidate their experience and role as a group leader and deliver parts of the program; 3) have no experience at all of YiA but have studied (coming, therefore, from formal education) and wish to learn by doing how to start work as leaders of young people into an international context of non-formal education. The themes chosen "Art & Culture" and "Education through Sport and Outdoor Activities" as they have proven the most successful in Youth Exchanges. The activities foreseen are ice-breakers, role-plays and several workshops to develop life skills and competences with regard to the role as a "youth leader". The working methods are the: "Experiential learning" known as "Learning by doing", "Educator to Peer" and "Peer to Peer".

Vision & goals of the training

We decided to organize this training because of the **vision** that we share – creating a world out of LOVE, CARE & COOPERATION.



The **goals of the training** are to:

- 1) provide a personalised preparation to leaders of Intercultural Youth Exchanges YiA, both at home and abroad;
- 2) structure the preparation of participants before youth exchanges;
- 3) develop competences di "basic coaching skills";
- 4) facilitate the creation, implementation and evaluation of workshops and parts of internal programs whose themes are "Art & Culture" and "Education through sport and outdoor activities";
- 5) increase visibility and dissemination of the results of YiA Youth Projects;
- 6) provide a wide range of creative evaluation and follow-up activities;
- 7) spread healthy values such as diversity, brotherhood, inclusion, sharing;
- 8) inform participants about European opportunities around them;
- 9) strengthen the key 8 competences of our "empowering young leaders";
- 10) adopt, through the commitments of the participants, the non-formal education to involve "fewer opportunities" we follow in our work, daily.

In the program which you can find at the bottom of this info-letter you can see the main lines and activities. The parts are built on each other to create one learning process - this is why we ask you to participate in the full length of the training. The training is made of full working days and each day's working hours usually last from 09:30 in the morning until 22:00 at night with small breaks in between. We believe in this way the training is dynamic and creates a lot of energy and learning opportunities for people.

Therefore, if you want to visit more of Italy for touristic reasons it is strongly suggested that you stay some more days before or after the training since there will not be time for this during the training.



When?

Team's Arrival day :	06 th December 2012 before 16:00 p.m.
Participants' Arrival day:	08 th December 2012 before 16:00 p.m.
Start of the program:	08 th December 2012 at 20:30 p.m.
End of the program:	15 th December 2012 at 15:30 p.m.
Departure day:	15 th December 2012 from 17:00 p.m.

If you plan to **arrive earlier** or **leave later**, and you need to find an accommodation, let us know, so that we can support you. Your expenses out of the days of the training will not be reimbursed by the organizers.

As soon as you get the tickets, inform the organizers

(GIANLUCA IACUVELLE luca2310@hotmail.com ANTONIO CHIAESE antoniochiaese@gmail.com) about your arrival and departure times.

Who?

Participants & Partner Organizations

The project "EMPOWERING YOUNG LEADERS" is a training course for 30 youngsters, mostly aged 18-30, who wish to become or consolidate themselves as empowering young leaders. The partner organizations are 12: Estonian UNESCO Youth Association, Environmental Group of Kessariani (Greece), Compass Európai Ifjúsági Közösségért Egyesület and Egyesek Ifjúsági Egyesület (Hungary), Jaunatnes organizaciju apvieniba "IMKA Latvija", JAUNIMO ASOCIACIJA „COFA" (Lithuania), Szkolny Klub Lingwistyczny Artystyczny (Poland), Projecto MAIS JOVEM (Portugal), Dreams for Life and FEDERATIA YMCA ROMANIA, Toplum Gönüllüleri Vakfı and Genclik ve Degisim Dernegi (Turkey)

Team

The team will consist of 7 trainers experienced in working with international groups and with the method of non-formal learning.

The team will support participants in their learning process and make sure that a high quality training is delivered.

Where?

The training will take place in Poggio Mirteto, Rieti, Italy in the beautiful setting of the YMCA youth hostel. It is about km 50 from Rome and it is well connected by the public means of transport.

How to get to the YMCA Hostel?

In Rome there are two airports:

- 1) Roma Fiumicino „Leonardo da Vinci” and**
- 2) Roma Ciampino „GB Pastine” .**

- From Roma Fiumicino airport you can take the train directly to Poggio Mirteto train station and reach it in 90 minutes.
- From Roma Ciampino airport it is different. Please take the coach outside the airport to Roma Tiburtina train station (it is a 45 minutes trip approx.) and from there take the train to Poggio Mirteto.

From Poggio Mirteto Station to Poggio Mirteto Town you can get the local bus (20 min). When in Poggio Mirteto Town, you can find our YMCA Hostel at the address: Piazza Varrone 4 after the main square (in Italian "PIAZZA") and through the 2 ancient arches past the Town Hall (in Italian "Comune") and the Library (Sala Farnese).

Keep in mind that Ymca in Italian is pronounced „Imka” if you want to ask for information.

Here are some pictures of the building and rooms.



Contacts (only on the arrival and leaving day) :

Gianluca Iacuvella +39 340 7821363

Hostel reception +39 0765 400051

What are the financial conditions?

Travel reimbursement & Insurances.

There is a 70% travel reimbursement according to the table below.

Please pay attention to the figures and conditions. As for insurances, the European insurance E111 is valid also in Italy and all participants coming from EU country are strongly advised to bring it with them.

No private insurance will be reimbursed to EU residents.

Participants coming from Turkey may purchase a private insurance, which will be completely reimbursed up to 15 euro per person.

As for the visa costs the maximum reimbursement per person is 80 euro and it will be fully reimbursed.

Very important: your tickets and your travel insurance are a form of co-funding of the project that we must keep and present to the Youth in Action Program, the main funders of the training.

Therefore, if you cannot provide your original tickets, receipts, insurance and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

PARTNER ASSOCIATION	COUNTRY	N° OF PAX	MAX. 100% PER PERSON	MAX. 70% PER PERSON
ESTONIAN UNESCO YOUTH ASSOCIATION	ESTONIA	3	400	280
ENVIRONMENTAL GROUP OF KESSARIANI	GREECE	3	350	245
COMPASS EURÓPAI IFJÚSÁGI KÖZÖSSÉGÉRT EGYESÜLET	HUNGARY	2	350	245
EGYESEK IFJÚSÁGI EGYESÜLET	HUNGARY	2	350	245
JAUNATNES ORGANIZACIJA APVIENIBA "IMKA LATVIJA"	LATVIA	3	350	245
JAUNIMO ASOCIACIJA „COFA“	LITHUANIA	3	350	245
SZKOLNY KLUB LINGWISTYCZNO ARTYSTYCZNY	POLAND	3	350	245
PROJECTO MAIS JOVEM	PORTUGAL	3	400	280
DREAMS FOR LIFE	ROMANIA	2	350	245
FEDERATIA YMCA ROMANIA	ROMANIA	2	350	245
TOPLUM GÖNÜLLÜLERİ VAKFI	TURKEY	2	400	280
GENCLİK VE DEĞİŞİM DERNEĞİ	TURKEY	2	400	280

What to bring:

- Sleeping bag
- Carry-mattress
- Clothes and shoes suitable for sports and walking / hiking. Please bring enough clothes, washing facilities are not provided
- Your original tickets for the entire trip, the invoice of the travel agency (the price clearly indicated on the ticket), the boarding passes
- Your travel insurance contract and a legible copy of it
- Your ID/passport and two clearly legible copies of it
- Your own medication
- A torch or a flashlight
- Something typical about your country such as food, drinks, music, traditional objects.

Concerning ***special needs (diets, medicine)*** please, tell us beforehand if you need any assistance from us in this matter.

Contact and application queries

If you have questions, something is not clear or you want to know more about the training, you can e-mail with subject: "Empowering Young People" Gianluca Iacuvella **luca2310@hotmail.com** and Antonio Chiaese **antoniochiaese@gmail.com**. They will be glad to assist you.

Contacts (only on the arrival and leaving day):

Hostel reception +39 0765 400051

Gianluca Iacuvella +39 340 7821363

Antonio Chiaese +39 333 3369057

How to Apply

If you want to join us in the training, send the filled in application form to Gianluca Iacuvella (luca2310@hotmail.com) and Antonio Chiaese (antoniochiaese@gmail.com) .

APPLICATION FORM

Answer the questions below

Fill in the answer in this column

International training: EMPOWERING YOUNG LEADERS 8th –15th December 2012, Poggio Mirteto, Italy	
First name:	
Surname:	
Gender:	
Address:	
Zip code:	
City:	
Country:	
Nationality:	
Passport Number and Expiry Date:	
E-mail:	
Date and Place of Birth:	
Telephone number:	
Level of English:(basic, good, excellent)	
Study or profession:	
Level of education now or in the past:	
Youth organization:	
Your role or position in the organization:	
International experience until now:	
Who told you about this training:	
What do you want to learn in this training concerning your own development? (Please write 3 points.)	
What social skills you want improve or acquire during this training ? (Please write at least 3 points.)	
Diet/Allergies/Special Needs/Veget:	
Other remarks or questions:	

Learning to play, playing to learn

The training methodology

Learning by experience, outdoor training, and theatre plays are working methods which all have one thing in common: playing. Playing allows us to access a state of freedom, creativity and exploration that is associated with the natural learning of childhood. Role-plays, structured experiments, simulation, and theatre are examples of games with experiential learning opportunities. Games can create a play frame, which makes the act of learning a dynamic and enjoyable process, which recalls the carefree playing time of childhood.

Experiential activities can transform learning into adventure. Learning in this way is an emotional, physical as well as a cognitive experience. Movement and feelings stimulate the learning process. Playing involves both mind and body and can provoke an emotional response during the exercises. The exercises are designed to use social skills and make clear / illustrate concepts and theories. Almost any topic can be explored through games. Learning processes that involve the development of skills and behavioural change, such as group dynamics, communication, leadership, problem solving, teamwork, coaching, co-operation and decision-making are very suitable for gaming.

Gaming is a working method which might create a paradoxical situation in which participants or a group might lose themselves. The objective of using gaming in this kind of training is to get more knowledge and skills to work with groups in the field of youth work and social work.

Although this working method may seem enjoyable, it is not "only a game". It allows the players to use the freedom to experiment with new approaches and new behavior and to acquire skills and knowledge. The players are asked to look at how they behave in the play. Therefore feedback and reflection are an essential part in this way of working. Playing games as a tool for learning is a serious play or 'playful seriousness'.

Our training method is based on learning by experience. In our approach we invite participants to point out where they find themselves at that moment in the learning process, what they want to learn and how they want to develop themselves. It is focused on the experience of the individual and it is connected to the specific needs and the level of learning of the participant at that moment. The program is a tool for the participant and not the other way around. No matter how logical this may sound, in many formal learning situations the usual form of acquiring knowledge is 'learning from lessons'. The knowledge should be reproduced / copied by the student, without any personal interaction. 'Learning by experience' is different since it starts from the person him/ herself, his/her behaviour, reactions and emotions. This method is often used in youth work and informal education. And more and more this method is being used in formal education and trainings for companies.

The way, in which we like to organize and perform this international training, means that main objectives of the training have to be clear to the participants, as well as the outlines of the program and the target group. In this way we create a playing field for participants and trainers where we can play to learn and learn to play.

Within the given group, you participate in the training for yourself and with yourself as an individual. The exercises (called 'processes' in our training context) will be done alternately alone, in pairs or in a group. The trainer will prepare the ground by giving plenary lectures. Some processes may involve talking, others listening or visualizing certain thoughts with your eyes closed. Exercises will be provided in combination with music, dance or play. Many processes will contain an element of surprise, the exact nature of which is not known in advance. In this way questions can only be answered by the participant him/ herself, namely by experiencing his own reactions. With this training approach there is room for the experiences and wishes of the participants to influence the content of the program while it is taking place. We create the playing field and the participants make the play.

	DAY 1: Sat, 08 Dec	DAY 2: Sun, 09 Dec	DAY 3: Mon, 10 Dec	DAY 4: Tue, 11 Dec
8.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9.30	Arrival & Welcome	Workshop: Leaders' Motivation Reasons from heart & brain	Workshop for team building e cooperation (from trainers)	Role-play for social impact: Islands & Communities
11.00	Settling down & Safety procedures	Brainstorm: Projects' phases from A to Z	Good practises: workshop for team building (from participants)	Workshop: How to valorise territory & human resources (net)
13.00	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME
15.30	Arrival & Welcome	Focus workshop: APV & National group preparation	Workshop for trust (from trainers)	Session of voluntary work: Needs Analysis
17.00	Settling down & Safety procedures	Focus workshop: Basic coaching skills	Good practises: workshop for trust (from participants)	Session of voluntary work: Talents in Actions
19.00	DINNER	DINNER	DINNER	DINNER
21.00	Opening of the training course Programme Presentation Expectations & Clarification	Intercultural Rendez-vous: Presenting our own nations interactively	Inter-associational Rendez-vous: Presenting our own associations interactively	Ceremony of Voluntary Work & Public Event: "The art of a message"
	DAY 5: Wed, 12 Dec	DAY 6: Thu, 13 Dec	DAY 7: Fri, 14 Dec	DAY 8: Sat, 15 Dec
8.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9.30	Sport & Outdoor Activities As Tools of Inclusion	Return to the hostel Showers & Tidying up	Informal Methodology: approches, techniques, results	Ceremony to hand out Youth Passes
11.00	Activities of trekking, climbing & Team Work (from trainers)	Brainstorm and planning: visibility & echo	Roleplay: Evaluation Techniques Through Espressive Arts	Reimbursements & Administration
13.00	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME
15.30	Sport & Outdoor Activities: Time of Good Practises	Workshop for the creation of interactive audiovisual product	Workshop for final evaluation: What do we bring with us?	Greetings & Departures
17.00	Winning Games & Activities (from participants)	Preparation of digital & inter- active products of the activities	Follow-up: Our Europe, Possibilities, programs, horizons	
19.00	DINNER	DINNER	DINNER	
21.00	Building the camp for the night Music, theatre & games	Visibility on stage: Attraction, curiosity, Stimulus & involvement	Closing Gala: The best of talents the celebrate leadership	