



Co-funded by the  
Erasmus+ Programme  
of the European Union



### ***SHORTLY ABOUT THE PROJECT***

The project “THE BEARABLE LIGHTNESS OF BEING A YOUTH WORKERS” is a 9 days non-formal educational training programme in Latvia, it includes 27 participants and 9 countries. The training project will be realized in the frame of EU programme “Erasmus+” (Youth). The partner countries of the project are: Italy, Greece, Spain, Latvia, FYROM, Romania, Bulgaria, Turkey, Croatia. 3 participants from each country.

### ***WHY THIS TRAINING?***

Much has been written about the theory and practice of youth work, with the special focus on the interaction between the youth workers and the young people. Nevertheless, there is a neglected area on youth work: how are youth workers stressed by their choice of occupation? How do they and the youth organisations react to that? The caring professions are considered the ones with the highest risks of burnout: that's why these professionals receive supervision, but the biggest numbers of youth organisations do not provide it for several reasons. The point is that youth workers establish deep and close emotional relations with the young people and, more and more

often, they work in difficult contexts (prisons, high poverty areas, anti-violence centres, bullysm) and/or with youngsters at risk or with difficult backgrounds (immigrants, refugees, drop-outs, minorities, rural areas, NEET's and long term unemployed): both facts are high level stressor that need to be taken care of. The working methods in the training will be: experiential learning, supervision and coaching techniques.

### **OBJECTIVES**

The main aim of the training course is to provide youth workers with tools and approaches for their own supervision and to help them in learning how to support their colleagues in dealing with difficult cases and emotional situations through intervision groups. The specific objectives are:

- to create and work in the setting of non-formal education (NFE)
- to provide theoretical and practical information about the history and theories on **social inclusion** and on the different European realities and strategies
- to develop **professional competences and ethical approaches** in the field of social inclusion and for the professional work with disadvantaged groups
- to support **reflection** about professional backgrounds, needs and development on youth workers
- to create an experiential learning environment where participants can learn **tools for professional support, supervision, coaching, and peer support** (intervision);
- to experience and learn from **practical professional cases**
- to learn tools and methods for **looking at difficult cases with different point of views**
- to experience and learn how **to cope with close emotional relationships and other stressors** connected with the youth work occupation
- to improve the ability of participants **to support other colleagues** in dealing with stress as youth workers
- to understand how Erasmus+ can support social inclusion of young people

### **TARGET GROUP:**

The project is addressed to youth-workers, social workers, teachers, educators who work with disadvantaged groups and have the chance to implement what they will learn once back at work. The priority is given to professionals who have the role in their association to organize or provide support and supervision for the staff and/or for the volunteers.

**.!!!Participants needs to be able to communicate in ENGLISH!!!**

### **TRAINERS:**

1. **Mrs. Giulia Mastropirro:** professional counselor, expert in non formal education and experiential learning and in working with unemployed disadvantaged youngsters and adults. Representative of NGO “Work in Progress” (Italy).
2. **Mr. Karlis Visa:** more than 17 year experiences in non-formal education and inclusion area (since 1996 social worker, supervisor). Representative of NGO “C Modulis” (Latvia).

3. **Mrs. Inese Stankus Visa:** 20 years in field of social work and supervision. Board member of ANSE (Association of National Organisations for Supervision in Europe). The host organization and the trainers are very well experienced in non-formal educational and in the programme “Youth in Action”/”Erasmus+” and social inclusion area as well as in supervision and coaching.

### **HOW TO PARTICIPATE?**

Potential participants have apply on <https://goo.gl/forms/ORX8Rm1pqgqvKRFG3> by the **13<sup>th</sup> November**. The trainers will have to opportunities to suggest changes if the selected participants by the partner organisations do not fit the profile of the target group. If the partner organizations are not able to find participants, the host organization will publish an open call.

#### **Other info:**

1. International travel as well as local transport to the airport and training place are reimbursed by the host organization. Participants (or the organisations) have to buy their tickets at least 2 month before the training and send it to the host organisation. All the expenses will be reimbursed via bank transfer within 4 weeks after receiving all the necessary documents. Participant have to collect all the original evidences of the travel (tickets, boarding cards, invoices, prrof of payment). Travel expenses will be covered by regulation of “Erasmus+”, [http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm) Riga (Latvia) is your travel destination by airplane.  
Bulgaria, Italy, Croatia, FYROM, Romania max. 275 Euro  
Turkey, Greece, Spain, max. 360 Euro  
Any exceeding costs that overcome this amount have to be covered by the participants themselves or by the partner organisatios.  
If your participants need a VISA please contact the host.
2. There is a participation fee: 50 € for each participant (for FYROM the fee is 35€ each)  
The participation fee has to be paid in cash at your arrival.
3. The training place will be held in a very Latvian countryside. We are still defining the exact venue, but we are sure we are going to choose a location that will be support the reflection, the learning, also using the outdoor environment for our activities.  
Participants will be sharing the bedrooms in 3 or 4, in mixed countries groups. Every bedroom has an in-site bathroom.