

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



International training course

“FIRST: Facilitation - Innovative Roadmap for Skills and Techniques”

INFOPACK

Petrohan, Bulgaria
1-9 JUNE 2023





Objectives of the the “FIRST” and the international training course for youth workers

The training course addresses the needs of youth workers related to raising the quality of youth work on the local, national and European level.

The main objective of the project is: to build the capacity of youth workers from the partner organizations and beyond, in facilitating quality non-formal educational activities for young people, using diverse methods and tools that support the learning and reflection process of participants.

Some other specific key objectives are:

- Participants to gain new skills in conflict management, giving and receiving feedback, structuring educational sessions/workshops, creativity and problem solving in educational processes, facilitation and co-facilitation skills, group dynamics, working with difficult participants etc.
- To empower youth workers - both experienced ones and newcomers to the field - to implement quality participatory and interactive activities for young people using different group participation methods
- To provide a non-formal environment where facilitators can work in a cooperative way and plan further activities

Partner organizations

The partner organizations who will select and prepare the participants for this training course in the frame of the Erasmus+ program are:

- **Association “Professional Forum for Education”**, Bulgaria (Host)
- **NGO "Step Forward**, Ukraine
- **CENTER FOR EDUCATIONAL AND DEVELOPMENT INITIATIVES INNOVA LAB BITOLA**, The Republic of North Macedonia
- **Qendra 'Health, Art, Sport, Tourism, Education**, Albania
- **Asociación Juvenil Talasa**, Spain
- **CET PLATFORM ITALY**, Italy
- **CASERTA ASOCIATIA TINERILOR CU INITIATIVA CIVICA**, Romania
- **Youth Active Minds AMKE**, Greece
- **Ungdomsfronten**, Sweden





Participants' number and profile

The participants will be **27 youth workers from Albania, Bulgaria, Greece, Italy, Romania, Spain, Sweden, The Republic of North Macedonia and Ukraine** aged 18+ (3 people per country), who are:

- Residents in one of the partner countries and available for the whole mobility period
- Involved in youth work – are directly working with adolescents and youth in their communities – as volunteers or professionals
- Motivated to participate in an international training course based on non-formal educational approaches and tools, and focused on building the digital citizenship skills of young people
- Interested in sharing good practices and tools related to the topic of the project
- Open to learning, developing new skills and to working in a multicultural group
- Able to engage actively in an educational process and in group work, appreciate an interactive model of learning and contribute to the creation of a comfortable environment in a group

How to participate

- Fill in the online application form available [here](#) by **May 3, 2023**.
- Please note that it is mandatory to **fill in the application** form, in order to take part in the training. Only the selected candidates will be notified by email **and will be advised to buy their tickets after an approval from the side of the hosting organization**.

Logistics: travel and accommodation

The arrival day of the training is 1 June and the departure day is 9 June. Travel expenses will be reimbursed by the hosting organization. The limit for the travel costs per person is:

- 275 EUR for Greece, Italy, Spain, Sweden, Ukraine
- 180 EUR for Albania, Romania, The Republic of North Macedonia (in case of traveling by bus, train, car - green travel - the limit is 210 EUR per person)

The amount that was actually spent by each person will be reimbursed in cash or by bank transfer to the participants (based on their choice), **upon receiving all tickets, receipts, invoices and boarding passes. Transfers from the airport to the venue of the training and back will be provided by the hosting organization.**

Accommodation: Creative House Petrohan – a guest house with a training hall, located in a natural area, in the Stara Planina mountain, 60 km from Sofia, at 1400 m altitude. Participants will be accommodated in double rooms, with a person from the same gender (and same country, if possible).

Agenda: During the training course, 1 day will be dedicated to visiting the city of Sofia; there will also be a hiking activity in the nature for the ones who would like to join it.

A detailed agenda of the training will be sent to the selected participants prior to their departure.



Key Moments

MUG EXCHANGE

We are kindly inviting each of you to bring a cup/mug from your country to the training course. On the first day of the project you will exchange the cups with another person from a different country, so that you would have something to remember from each other, as well as not to use plastic cups during the coffee breaks.

INTERCULTURAL EVENINGS

During the training there will be intercultural evenings. During the evening you will get the chance to present your country. We will set up tables for your country and we would like to invite you to bring any national promotional materials, products, videos, clothes, foods and drinks, in order to present your country and share what is special and unique about it with the rest of the participants. You could also bring any promotional materials of your organization, in order to share with the rest of the participants. Moreover, you can bring some musical instruments to perform during the cultural evening. Videos, short presentations, quiz games, songs and dances or any other creative expressions are encouraged!

YOUTHPASS

In the end of the training course, you will be awarded with a YOUTHPASS certificate which is used in European youth projects and is an official recognition of the skills and knowledge you acquired. You can find more information about it [here](#).

Health Insurance

HEALTH INSURANCE



We ask selected participants from the EU to have their EU Health Card (<https://ec.europa.eu/social/main.jsp?catId=559>) and for other participants to arrange their health insurance. Please take into account that the project budget does not cover health insurance costs but they are important for the safety and comfort of all participants.

Association “Professional Forum for Education” that hosts the current project cannot be held responsible in case a participant needs paid health assistance and cannot bear financial costs related to health treatments, quarantine expenses or missed flights.



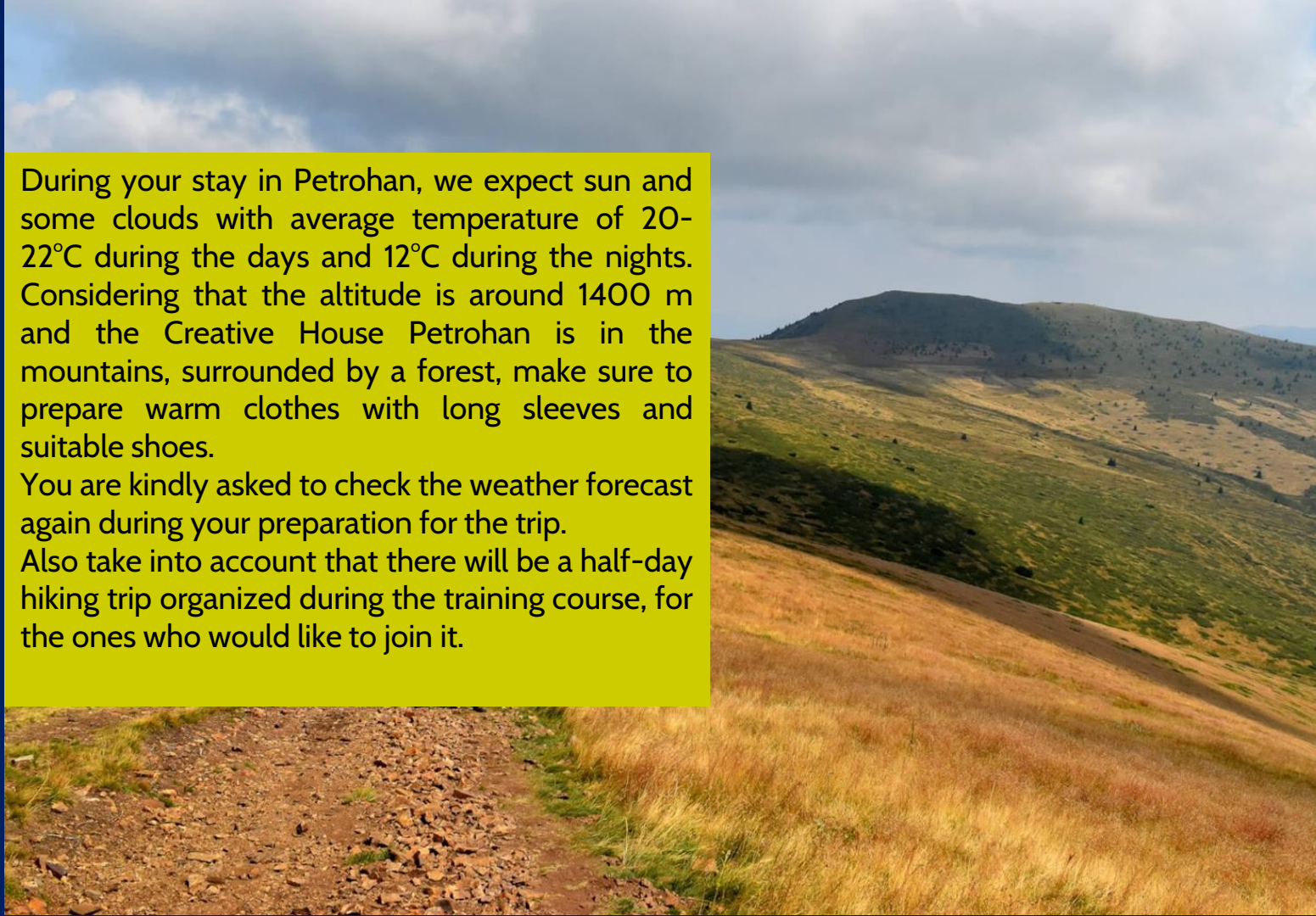


Climate

During your stay in Petrohan, we expect sun and some clouds with average temperature of 20-22°C during the days and 12°C during the nights. Considering that the altitude is around 1400 m and the Creative House Petrohan is in the mountains, surrounded by a forest, make sure to prepare warm clothes with long sleeves and suitable shoes.

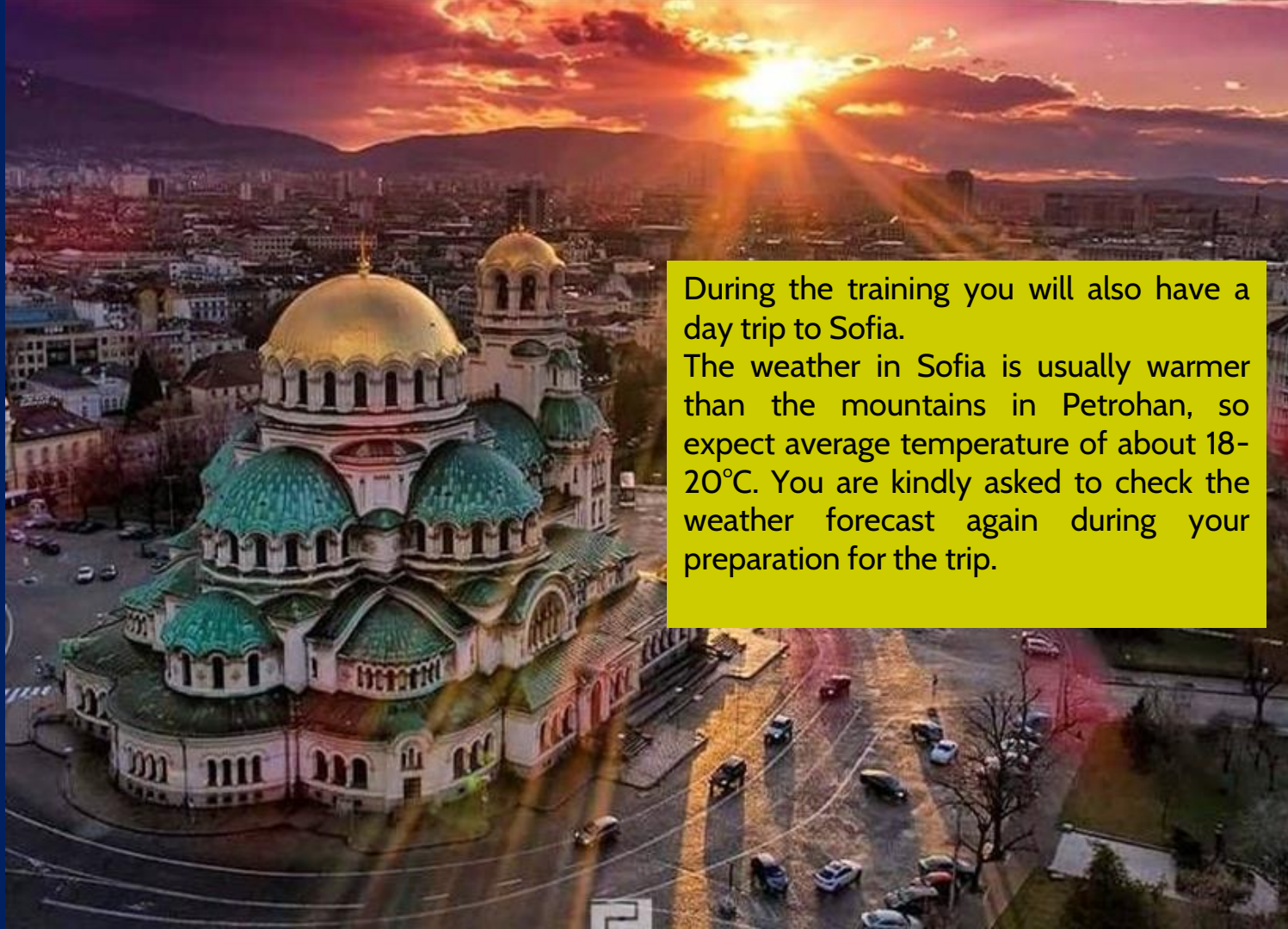
You are kindly asked to check the weather forecast again during your preparation for the trip.

Also take into account that there will be a half-day hiking trip organized during the training course, for the ones who would like to join it.





Climate



During the training you will also have a day trip to Sofia.

The weather in Sofia is usually warmer than the mountains in Petrohan, so expect average temperature of about 18-20°C. You are kindly asked to check the weather forecast again during your preparation for the trip.



MEET THE TRAINING TEAM



Yuliya Andzhekarska
Trainer



Anmar Khalid
Trainer

Thank you!

Looking forward to having
you in Bulgaria soon!

For queries, please contact
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