



INTERNATIONAL SEMINAR
UNITED KINGDOM
MAY 1st - 8th OF 2020
ERASMUS+ KA1

Tree Of Colours CIC



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

Dear friends and colleagues,

Our Organisation “TOC – TREE OF COLOURS CIC” is happy to invite you to apply for participation in our project “Be active! Make a change in 2020!”, a 7-day-lasting international seminar with different 8 countries involved: Greece, Cyprus, Malta, Romania, Latvia, Italy, Turkey and United Kingdom, 34 participants, aims to create a foundation to build more caring, supportive and healthy communities by providing safe space for the participants to connect with them. The seminar is taking place from May 1st to May 8th (including travel days) in a very nice area near Southampton, United Kingdom. The event will start on May 1st in the evening and end with breakfast on May 8th 2020. Thanks to funding provided by the ERASMUS+ programme through the British National Agency, during this period all costs for food, accommodation and course materials are covered. The exact location and accommodation place need to be confirmed.

Participants will gain tools and strategies how to improve and maintain wellbeing thus contributing to developing resilience in themselves and young people they work with. Wellbeing as a core value will be basis of the program as well as subject for participants to explore and see opportunities to create processes and safe spaces for wellbeing to be fostered and flourish in their home communities. They will develop greater awareness of their bodies, feelings, emotions and inner processes to build safe, empathic and authentic connection with youth based on trust and openness, therefore building strong foundations to create healthy, caring and supportive communities.

WORKING METHODOLOGY

The program of the SEMINAR will be based on non-formal education and through methods such as dialogue, group discussion and self-reflection, bodywork, meditation, Yoga, stillness, movement, dance and play we will journey into our personal stories and experience, learn from each other, exchange and identify practices, and create a shared understanding of what is necessary to bring more trust, support and empathy in youth work. There will also be sessions on designing and planning concrete follow-up and dissemination activities to ensure the wider impact of the project. Transversal aspects of the training course will be the Erasmus + Programme, professional and organisational development, and the fostering of new partnerships and projects.

This project also addresses the issue of stimulating young people’s spirit of creativity and initiative to foster social inclusion and solidarity. The project will have multiple positive effects on the individuals involved, cultivating a thorough understanding of each community’s needs and issues. Participants will also be engaged in an inter-cultural exchange and sharing of good practices at a local level.

CORE OBJECTIVES:

- *To create healthy, caring and supportive communities.
- *To promote values such as social inclusion, tolerance and empathy.
- *To raise attention about non-formal education as a tool to promote integration and fight against racism and xenophobia.
- *To explore the concept of wellbeing, how to improve and maintain wellbeing.
- *To explore concepts as compassion, empathy and mindfulness.
- *To gain skills in positive physiology, teamwork, leadership and coaching.



*To develop their capacity to communicate in compassionate and non-violent manner.

*To assess and exchange good practices and common pitfalls.

SUPPORTING AND LATERAL OBJECTIVES

*) to create a safe and respectful atmosphere to allow for a maximum of exchange and learning

*) to provide coached opportunities on group-level and on individual level for reflection, assessment and evaluation

*) in order to promote European cooperation in the youth field, we would like to strengthen the networking among the partners of the project and to provide structured space and time for the exchange of experiences and opinions, and the exchange of best practices

*) to provide the seminar in a way (methodology, materials, etc) that there is a high sustainability and transfer ratio of competences and motivation once the participants return to their home, as well as follow-up activities

*) this seminar aims at building competences of the participants in positive physiology in the spirit of active citizenship and participation of young people

*) to raise the awareness for cultural-sensitive issues, and to give an idea of the different realities we live in

*) to promote a more flexible and innovative learning

*) to promote inter-ethnic and intercultural understanding and fight against racism and xenophobia

*) to provide structured space and time for the fostering of new partnerships in the framework of the Erasmus + programme

PROFILE OF PARTICIPANTS

The training course is designed for leaders working directly with and for young people on a daily basis like youth workers, trainers, teachers, facilitators and community leaders. Funding is provided the British National Agency for ERASMUS+: Youth in Action, Key Action 1, Mobility of Youth Workers. Participants need to be willing and committed to work hard (about 7 hours per day at least) and should furthermore commit to carry out agreed preparatory tasks and be willing to follow-up on the training course via active youth work, ideally in cooperation with their sending/partner organisation.

Participants will be selected by the partner organisations in close cooperation with leading organisation according to the following criteria (selection process will be made public, and will be fair and transparent):

- being youth workers, teachers, trainers, facilitators and community leaders, to be directly working with and for young people on a daily basis;

- must be willing to practice meditation and diverse sport activities during the training course;

- must be aged 18+ and be residents in the country of the nominating partner organisation.;



- be fluent in English, and be willing and committed to work and contribute for the success of the activities;
- should commit to carry out agreed preparatory tasks and be willing to follow-up on the seminar training course via active youth work, ideally in co-operation with their sending/partner organisation.

In this project will be selected participants that normally would **not attend no more than two youth mobility** and not more than one long-term EVS (over two months). This fact is to ensure opportunities are made available to as wide a group of people as possible and to make best use of European funds. Partner organisations would take care to keep the gender balance during the selection of their participants. All ages would be welcome because they would bring diversity into the experience of the group and this would be considered as additional resources.

FOLLOW UP

After the training, we expect the participants to have more competent hands, hearts and heads in the area of will, develop positive attitudes and acquire tools and strategies to respond to the challenges of social issues effectively and with compassion. By such, they will positively influence the work of their organisation back home, and in the long run they will keep positively influencing and supporting their environment, peers, communities and European society at large.

Some general considerations worth mentioning are that importance will be given to the elaboration on the situation of the organisation back home, guided by the content of the sessions and supporting handouts and documentation. Also, it is part of the required profile for the participants that they be in a situation to bring the findings and learning effect of the training back home by being in a position for decision making and/or training human resources and/or carrying projects forward. A further measure will be an exhaustive hand-out and documentation of the seminar training course, including further resources and guides, to be distributed among all participants and to be further distributed among the organisations' partners and networks. A few months after the activity, the team plans on sending out a questionnaire to the participating organisations to inquire which tools have proven to be useful, and which rather not, in order to shape future trainings courses.

