

# THE POWER OF VOLUNTEERING

International training course

Czech Republic

25. 9. – 2. 10. 2015

**"Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has." (Margaret Mead - American cultural anthropologist)**

**The aim of this training course is to empower youth workers / youth leaders to spread volunteering as a means of social cohesion, access to labour market and personal development and also to give the youth workers/leaders the opportunity of finding their inner motivation for the work they have been doing often as volunteers themselves.**

## **The objectives are:**

- To underline the importance of volunteering as a means for social stability and transition to labour market.
- To provide youth workers with tools with which they can develop self-awareness of the youth.
- To equip youth workers / leaders with instruments that will motivate them to keep working in this area.

**This means this training course will be working with two levels of the participant's development:**

1. The personal development and empowerment of the youth workers / leaders attending
2. The professional development of the youth workers / leaders for their work with young people and volunteers in general.

## Why this training course?

Europe in general is currently facing a situation described by a high rate of unemployment, a phenomenon which is very much also extended among youth. At the same time, financial crisis and prolonged unemployment lead inevitably to social instability, human rights violation and discrimination. When we look closer at the youth field, many (young) people do not see the added value of volunteering, even if they may be active in different organisations. The (self-) evaluation process is not very common and there is a big focus on formal education, with little or no awareness of the non-formal and informal learning and volunteering playing its crucial role in this. In this context, civil society and especially youth workers can play a significant role to address this problem. We believe that the key is as simple as to spread the idea of volunteering among youth. Volunteering has always been considered as a method to support social cohesion, accession to human rights and local sustainability. As Margaret Mead (American cultural anthropologist) said: "Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has." Based on this, current volunteers bring future social change and sustainability. However change and sustainability applies for volunteers too. The competences (skills, knowledge, attitudes) they acquire as volunteers facilitate their transition to the labour market and basically volunteering works as means to employability. Therefore, the role of the youth workers is very important. We envision empowered youth workers who have discovered their strong points and passions and who support youth to develop self-awareness and identify their life purpose. We envision youth workers who inspire and motivate youth to become volunteers on a topic which falls into their life purpose. We envision change on community and personal level!

This training course is an outcome and follow-up of a training course "Volunteering worth spreading!" that took place in May 2014 in Cyprus.

## Basic information

**Location:** Czech Republic, Ochoz u Brna - Kapráluv mlýn ([www.kapraluvmlyn.cz](http://www.kapraluvmlyn.cz)). This Scout Environmental Education Centre is located in the middle of a beautiful nature, very close to the second biggest Czech city Brno.

**Date:** 25. 9. (arrival day) – 2. 10. 2015 (departure day)

**Length:** 6 working days + induction and mentoring phase (see below)

**Working language:** English

**Number of participants:** 24 (3 from each country)

## Induction and mentoring phase

This training course will have **an induction and a mentoring phase**. During the induction phase you will be asked to fulfil some small mostly reflection tasks connected to the topic and your working reality before the TC begins. During the mentoring phase you will be expected to use the outcomes of the TC in a follow up activity of your own choice back in your community and working reality. We will be of course preparing for the follow up at our TC.

We expect interested applicants to be motivated to take active part in the induction and mentoring phase.

## Profile of the participants

We are looking forward to welcome on board youth workers or youth leaders who

- work with volunteers
- are experienced volunteers themselves
- are interested in the topics of employability, competence development and its connection to volunteering
- are motivated for personal development
- want to recharge batteries in their work with volunteers
- would like to gain more experience and inspiration
- would like to share their experience and inspiration

**Have you found yourself? Apply!**

## Partner countries and organisations

**Czech Republic** – AFS Mezikulturní programy, o.p.s. (organiser)

**Belgium** – 1000SUNS

**Bulgaria** – NC Future Now

**Cyprus** – Youth for Exchange and Understanding

**Greece** – United Societies of Balkans

**Italy** – Associazione di volontariato P.E.CO. Progetti Europei di Cooperazione

**Romania** – Dreams for Life

**Slovakia** – AFS Intercultura Slovakia, o.z.

## Team

The team consists of 3 trainers (Alexandra Horea – Romania, Eleni Michail – Cyprus and Karolína Kousalová – Czech Republic), who have experience with the topics of volunteering, employability, personal development and youth work in general. Eleni and Karolína are Erasmus+ trainers for the National Agencies in their respective countries; all three are active on international level as well as in their communities.

## Application procedure

If you are interested to participate, please, fill the application form in English:

<https://goo.gl/BzXwzG>

**Deadline for submitting the application forms: 15<sup>th</sup> of August 2015**

The participants will be selected in cooperation with our partner organisations from each country.

We will let you know the results shortly after the selection deadline.

## Costs & Participation fee

This TC is funded by the Erasmus+ programme. All participants will be asked to pay a **30 Euro participation fee**. This money will be used to cover project-related expenses that are not included in the grant.

**Food and lodging** will be fully covered from the grant.

**Travel costs** from home place to the training venue and back will be covered up to the amount specified by the Erasmus+ rules:

Czech Republic and Slovakia: 180 EUR/pax

Belgium, Bulgaria, Greece, Italy, Romania: 275 EUR/pax

Cyprus: 360 EUR/pax

**Insurance:** Each participant will be responsible for arranging own travel insurance.

## Contact details

If you have any questions or need more information, please contact Karolína Kousalová at [powerofvolunteering.tc@gmail.com](mailto:powerofvolunteering.tc@gmail.com) or phone +420 605 584 374.

## See you in the Czech Republic!

