



# TrainYouth

## Public Report

Training for  
Developing  
Youth Policy  
Capacities



Erasmus+



## **PUBLIC REPORT**

### **TrainYouth: Training for Developing Youth Policy Capacities**

Key Action 1 - Mobility of Youth Workers

*With the co-funding of Erasmus Plus Programme of EU*

<http://youthnet.gr/GR/>

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### **Partner Organisations**



Youthnet Hellas – Greece



Koinofelis Epicheirisi Ipiresion Neapolis –Sykeon (KEYNS) – Greece



Union of Cyprus Communities – Cyprus

## **“TrainYouth” in a nutshell**

The draft 2015 Joint Report of the Council and the Commission on the implementation of the renewed framework for European cooperation in the youth field (2010-2018), recognizes the 90 million young Europeans as one of Europe's greatest asset for the future.

The Commissions' Staff Working Document on “Situation of young people in the EU” (September 2015), concludes that even though European Youths attain more education, skills and competences than before, they are more exposed to serious threats such as increased unemployment and low job retain, deterioration of living conditions, social exclusion and obstacles for political participation. These threats, have also kept many young Europeans away from civic engagement and cultural activities. Some young people due to the amplified gap between those with more and those with fewer opportunities, are constantly excluded from social and civic activities and are at high risk of disengagement, marginalization or even radicalization.

The Results of the open method of coordination in the youth field (September 2015), point out that the EU's Youth Strategy (2010-2018), has not been equally implemented by all members' states and in 80% of them National Youth Strategies tend to have a cross-sectoral emphasis. For example Greece and Cyprus do not have a National Youth Strategy, German-speaking Belgium and Romania have had one recently and Ireland and Malta are still in the making.

## **The Project**

The project “Training for Developing Youth Policy Capacities” (TrainYouth), is aiming at creating a network of Youth-Focused Local Authorities that will promote EU's agenda on Youth Policy, promote youth-focused activities, promote youth participation and engagement. Policy makers and Youth Workers from the participating Local Authorities were trained on EU's Youth Strategy, on EU funded Youth Projects, on Youth mobility activities, on young entrepreneurship, on the contest of the European Youth Capital and on other Youth-related resources. In addition Policy Makers and Youth Workers were trained to develop Transferable Skills so that they become better in delivering their work.

The project's objectives were:

- To create a network of Youth-Focused Local Authorities.
- To promote EU's Youth Strategy.
- To train policy makers and youth workers, on Youth issues and funding opportunities for youth related activities etc.
- To promote a culture of participation and engagement amongst youths in the participating local authorities.

One of the objectives of Erasmus+ for 2016 was to "equip youth workers with competences and methods needed for transferring the common fundamental values of our society particularly to the hard to reach young people and preventing violent radicalization". The proposed training curriculum will equip policy makers that are working for the Youth sector and youth workers in general with capacities to engage youth into society and avert radicalization that is a major threat for Europe's fundamental values. The main issue to be addressed in this project is the lack of knowledge and capacities for policy makers and youth workers in Youth issues. It is frequent that an elected policy maker or a youth worker have not gone through training or are not aware of youth issues before being assigned the "youth worker role". Through this project there will be thorough training on all aspects of Youth Policy, funding for youth activities, youth engagement etc. so that trainees will be able to improve their youth work and youth policy making

## Working methods

The working methods were composed of:

- energizers and ice-breaking activities
- group-building games
- working and focus groups
- oral presentations
- simulation games
- open space technology and world caffè networking method



## The Daily Programme

TrainYouth – Ημερήσιο Πρόγραμμα

	Μέρα 1 <sup>η</sup> – 26/3	Μέρα 2 <sup>η</sup> – 27/3	Μέρα 3 <sup>η</sup> – 28/3	Μέρα 4 <sup>η</sup> – 29/3	Μέρα 5 <sup>η</sup> – 30/3	Μέρα 6 <sup>η</sup> – 31/3	Μέρα 7 <sup>η</sup> – 1/4	
08:00 – 09:00	Πρωινό							
09:00 – 09:30	Άφιξη συμμετεχόντων (09:00 -14:45)	Δημιουργικό ζύπημα!	Δημιουργικό ζύπημα!	Δημιουργικό ζύπημα!	Δημιουργικό ζύπημα!	Δημιουργικό ζύπημα!		
09:30 – 11:00		Τι είναι το TrainYouth; Παρουσίαση του ημερ. προγράμματος και των στόχων του	Ανάπτυξη Μεταβιβάσιμων Δεξιοτήτων (Active listening – κοινωνικές δεξιότητες, - επικοινωνία)	Χρηματοδότηση έργων Νεολαίας και Δραστηριοτήτων στην Τοπική Αυτοδιοίκηση.	Νεανική Επιχειρηματικότητα (I)	Follow up session	Αναπτύσσω τις ιδέες μου για μελλοντικά προτζεκτ	
11:00 – 11:30		Coffee Break						
11:30 – 13:00	Καλωσόρισμα και κατανομή δωματιών συμμετεχόντων	Να σου πάρω μια συνεντεύξη; Προσδοκίες - φόβοι - ανεισφορές Γιατί θέλω να συμμετάσχω στο TrainYouth;	Ανάπτυξη Μεταβιβάσιμων Δεξιοτήτων (Διαχείριση διενεξσεων – συναισθηματική νοημοσύνη)	Ευρωπαϊκή Πρωτεύουσα Νεολαίας Παρουσίαση του διαγωνισμού – οφέλη - διαδικασία	Νεανική Επιχειρηματικότητα (II)	Παρουσίαση ιδεών project από τους συμμετέχοντες	Αναχώρηση Συμμετεχόντων	
13:00 – 15:00	Γεύμα							
15:00 – 16:30	Για να γνωριστούμε καλύτερα! (Ice breaking και team- building δραστηριότητες)	Γιατί χρειαζόμαστε το TrainYouth; Εισαγωγή των βασικών όρων του προγράμματος Παρουσίαση των χωρών	Ανάπτυξη Μεταβιβάσιμων Δεξιοτήτων (Soft Skills –problem solving – cooperation and action)	Πώς να χρηματοδοτήσω το προτζεκτ μου; (I)	Coaching (I) Εισαγωγή στο coaching ως εργαλείο για τον τομέα του Youth Work	Youthpass Youthpass Islands		
16:30 – 17:00	Coffee Break							
17:00 – 18:30	Για να γνωριστούμε καλύτερα! (Ice breaking και team- building δραστηριότητες)	Ευρωπαϊκές Πολιτικές Νεολαίας Παρουσίαση του European Youth Forum	Ανάπτυξη Μεταβιβάσιμων Δεξιοτήτων (Soft Skills)	Πώς να χρηματοδοτήσω το προτζεκτ μου; (II)	Coaching (II) εργαλεία για εξέλιξη της σταδιοδρομίας και την προσωπική ανάπτυξη των νέων	Αξιολόγηση και κλείσιμο του προγράμματος		
18:30 – 19:00	Ημερήσια Αξιολόγηση – Family trees!							
19:00 – 20:00	Welcome Dinner!	Δείπνο						
20:00 – 21:00	Free time	Bazaar οργανισμών	Intercultural night	Free time	Free time	See you soon party!		

## Why we need TrainYouth

Participants after the presentation of the programme and its aim and objectives presented the common issues that youth faces in their respective local communities as well as the good practices that they use to engage youth in active citizenship. TrainYouth is aiming at bridging the gap in capacities of policy makers and youth workers during their policy making for the youth sector.

## European Youth Policies – Introduction to European Youth Forum

EU's Youth Policies and main European Youth Organisations and institution were presented through a “Treasure Hunt” game. Trainees will be introduced to fundamentals of EU's youth policy and they learned about the main Youth Organisations such as the European Youth Forum.

## Soft Skills Development for Better Youth Work

During this session, Youth Workers were presented with Soft Skills development and how these will help them deliver better Youth Work. Developing Transferable Skills, included training in Communication, Active Listening, Emotional Intelligence (empathy, self-awareness, self-control, social skills), Managing Conflicts, Problem Solving, Cooperation and Action.



## Youth Project Funding

Introduction to main funding tools for Youth-focused projects. Participants were informed about the benefits of implementing EU projects, on how to network and find suitable partners and on how to present their organisation in order to apply for EU funding. Funding tools presented were Erasmus+, Europe for Citizens, Interreg, Horizon, Unesco etc.



## European Youth Capital.

Youth workers were introduced to the contest, the way to take part and the benefits of applying for the title of the 'European Youth Capital'. They were also presented with the European Youth Capitals - so far - and they were encouraged to apply for the title.



## Fund my Youth Project.

A workshop was organised for participating Youth Workers in order to train them in applying for an Erasmus + project. Four case studies were presented and participants were divided in four teams according to their interests. Before deciding on the four case studies participants answered a questionnaire prepared by the organisers in order to spot their needs for funding in the Youth Sector. Participants were asked to prepare objectives and outputs for every case study that they presented at the rest and the organisers advised them and helped them improve their potential proposals. Case studies for EU funding were: a) Entrepreneurial Capacity Development for Young Farmers, b) Youth Awareness on Climate Change, c) Entrepreneurial Capacity Development for Young People in the Alternative Tourism Sector and d) Capacity Development for Young Volunteers in the Refugee Flow.



## Youth Entrepreneurship

Youth Workers participating at TrainYouth training were informed how to help youth develop an interest in entrepreneurship in order to escape an uncertain future. They were presented with some innovative case studies of youth entrepreneurship.

## Coaching as a tool for Youth Work

During this session participants were introduced to the basics of coaching, and how it can be used as a tool for youth work. Participants experienced the position of both coach and coachee and they used the method of «Wheel of Life» an exercise that helps young persons or coachees in general to clarify priorities for goal-setting, allowing them to plan so that their life is closer to their definition of balance. You can find this tool here

**What is coaching?**  
Coaching is a unique opportunity to focus and move forward on your personal, professional or organizational goals through the exploration of ideas and candid dialogue with a confidential and unbiased thinking partner.

[https://www.thecoachingtoolscompany.com/wpcontent/uploads/2016/04/Wheel-of-Life-Template-with-Instructions\\_v2\\_u.doc](https://www.thecoachingtoolscompany.com/wpcontent/uploads/2016/04/Wheel-of-Life-Template-with-Instructions_v2_u.doc)

## Erasmus Plus and Youthpass Islands

Participants were presented the Erasmus Plus Programme and the three Key Actions with a special focus given in the youth part of the programme. Afterwards the eight key competences of Youthpass and Youthpass itself were introduced to the group through a “learning by doing” game the “Youthpass Islands”. After this game participants were more aware of Youthpass as a tool for self assessment and recognition of non-formal education.

[https://www.salto-youth.net/downloads/4-17-2620/YP-unfolded\\_method\\_05.pdf](https://www.salto-youth.net/downloads/4-17-2620/YP-unfolded_method_05.pdf)

## Visit to the Refugees' Museum (Cultural Neighborhood of Municipality Neapolis – Sykeon)

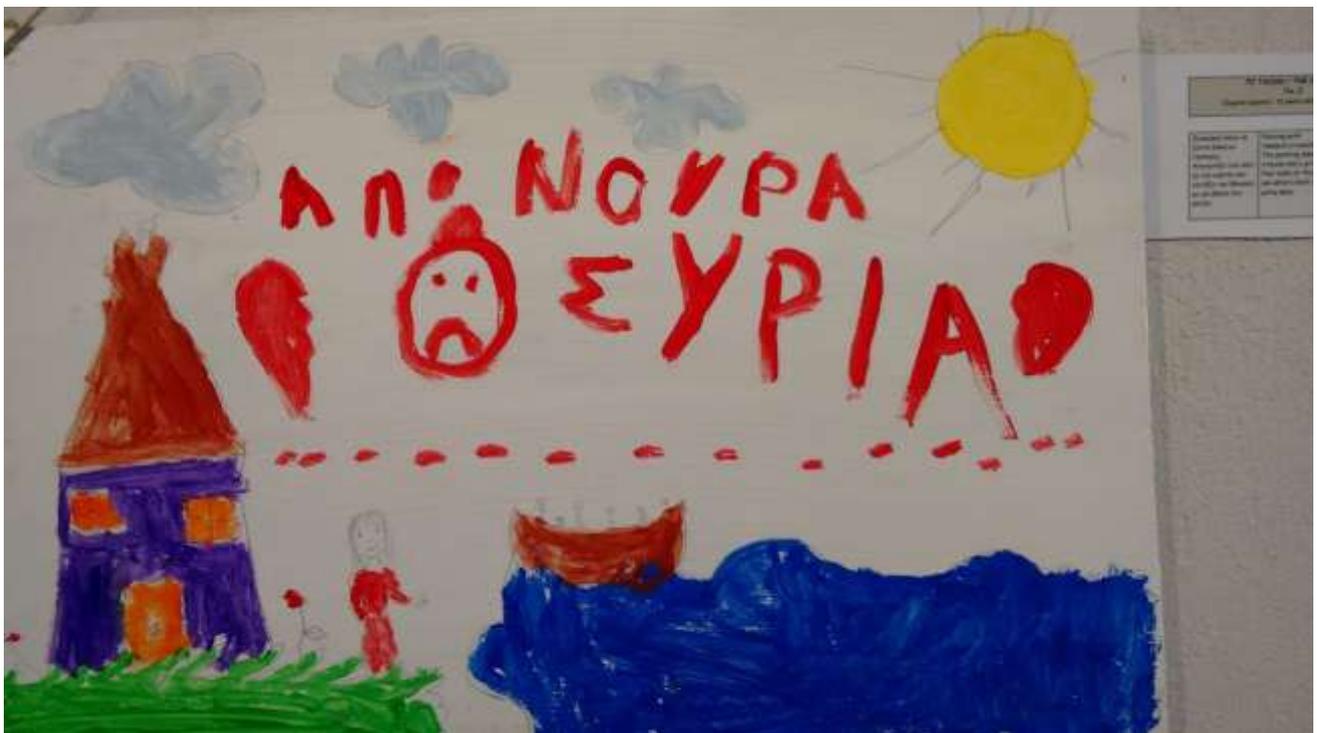


The operation of the Neapolis-Sykeon Municipality the “Cultural Neighborhood” has a twofold perspective: on the one hand it upgrades the refugee buildings and the whole area adjoining the northern side of the Byzantine walls, while on the other it aims at a comprehensive proposal of cultural creation based on volunteering.

Participants visited the Refugees’ Museum which is housed in the Cultural Neighborhood of the Municipality and saw the exhibition of 70 handmade artworks, paintings, board games, installations and various types of constructions that were created by more than 140 refugee and immigrant children in northern Greece.

The hospitality of this children's exhibition is part of the vast network of actions of the municipality of Neapolis-Sykeon for refugees, which includes their hospitality in special apartments, their education in the municipal schools and their creative work. With this initiative, the municipality of Neapolis-Sykeon offers the opportunity and opportunity for the great victims of the war, such as refugees, to express

their thoughts and feelings freely, to communicate with society and to send their own messages.



## Evaluation



TrainYouth used a variety of non formal and formal education evaluation tools for evaluating the outcomes of the course such as:

### \*Pre and post evaluation questionnaire

**\*Daily evaluation groups:** Participants were divided into 4 groups or “Family Trees” and each trainer was the head of the family. Families were gathering daily to discuss the daily activities of the course and to write

down their feedback and proposals. Participants also received a flipchart and they created a family “blob tree” and each day marked their position and feelings.

Find out more about the blob tree here: <http://www.blobtree.com/>

**\* TrainYouth Film :** In the last session, participants were asked to draw their experiences and overall reaction to the programme in an A4 piece of paper and stick it on a common flipchart thus creating the TrainYouth Film. After all participants finished their drawings the film was presented and each “photographer” said a few words about his/her photo and they evaluated their experience.



## Conclusion

Youth Workers and especially Policy Makers in Greece and Cyprus are not equipped with necessary capacities and tools in order to exercise adequate policy making for the youth. It is a common fact in both countries that policy makers are assigned the Youth Sector without going through any training on youth activities, youth engagement, youth policies, youth projects funding etc. The training activity through “TrainYouth” has supplied participating youth workers with the necessary tools and capacities to engage young people in civic life and help them get involved with society. Training was done using non-formal education methods - such as games - and policy makers became familiar with methods that will help them approach youth and get them involved. Youth inclusion and participation in society is one of the major aspects for averting youth marginalisation and radicalisation that is becoming one of Europe’s major threats. The participating youth workers are now more motivated and trained to exercise youth policy in their areas of administration and engage more young people in participating into society.



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