



“Involve me and I will learn”

Kose-Uuemõisa, Estonia

APV: 30.08.2022 - 02.09.2022

TC: 01.11.2022 - 09.11.2022



## **Key Action 1: Learning Mobility of Individuals**

**Training course**

**Involve me and I will learn**

**2021-1-EE01-KA153-YOU-000018370**

**Estonia**

TC: 01.11.2022 - 09.11.2022

## **Description of the project**

Nowadays one of the most popular methods is volunteering to fight against NEET. Nevertheless, there is a huge gap between service and learning within voluntary projects, doesn't matter if we consider only local voluntary youth projects or transnational volunteering projects e.g. within European Solidarity Corps. Most organisations, that work with volunteers, mostly focus on the service part and only a low percentage goes to the learning elements. Although, voluntary activities should focus on the personal learning processes of volunteers besides the societal needs of the local communities. Young people in NEET need to foster their self-esteem, they need to know themselves much better, and their self-confidence has to be enhanced in order to be able to act as full members of the societies which is the first step to applying for a job at least.

So youth workers have to offer such type of voluntary activities for young people in NEET which help them to make the first step. The main focus of the voluntary activities goes to learning through service. Youth workers have to be able to invent, use and adapt creative and innovative non-formal educational methods, tools and or techniques which can provide opportunities for young people in NEET for competence development. As project partners, we have decided to get acquainted with the methodology of self-directed learning as non-formal educational tool for self-development of young people in NEET and adapt it to our local and transnational voluntary youth projects.

Besides this, we will share and experience other non-formal educational methods, tools and techniques that we use in our local and transnational voluntary youth projects as good practices. So our project will be aimed at learning, sharing, experiencing and practising creative and innovative non-formal educational methods, tools and techniques with special focus on self-directed learning within local and transnational voluntary youth projects in order to give a chance to young people in NEET to participate in a service where they can develop and improve their competences in more learner-centred and attractive ways.

### **The objectives of the project:**

- To explore and adapt at least 10 best practices of voluntary youth work from the participating 11 countries;

- To share and explore 30 innovative youth work methods, tools and techniques regarding to self – directed learning within local and European voluntary work;
- To be able to offer more attractive educational possibilities for young people in NEET as self-directed and social learning within local and transnational voluntary work in order to foster their competencies with a special focus on exploring their own strengths and passions and practising their problem-solving skills and taking challenges with a positive approach.
- To be able to promote local and international voluntarism as a tool for self-directed and social learning, empowerment, participation in society, self-awareness, initiative and entrepreneurship, and employability for young people in NEET.
- To invent 40 local and 33 transnational voluntary projects with a special focus on self-directed and social learning of young people in NEET according to the proposals of the Erasmus + programme and European Solidarity Corps.

Our project will fulfil the objectives of EU Youth Strategy 2019-2027, especially the 8th Youth Goal “Quality learning for All” as our project will promote active citizenship, inclusive society and employability through improving the transferable skills of young people in NEET by motivating and involving them to local and transnational voluntary youth work activities. Our participants will be capable to support young people in NEET as local and transnational volunteers to practice self-directed and social learning and through that become active citizens of the local and European communities, then get the chance entering to the labour market or continue their formal education.

Through self-directed and social learning processes young people will improve their interpersonal and intercultural skills as local and transnational volunteers with the professional support of partners. Our participants will be able to create and implement more personalised, participative, and cooperative learner-centred methods in every step of the non-formal education process of their voluntary activities by using innovative and creative self-directed learning methods and their processes. Local and transnational volunteering will foster active civic participation of young people with fewer opportunities through community-based experiences.

## Coordinating organization:

Avatud Ühiskond MTÜ is a non-profit organisation devoted to the inclusion of youth and educators from a wide array of socioeconomic backgrounds enabling them to become front-runners in civil society insusceptible to any and all animosity towards concurrent societal adversity. Avatud Ühiskond MTÜ believes that the key to competence is the youth with bold leadership skills in cooperation with a penetrating insight into non-violent communication, rhetorical argumentation and modern civilization itself.

Our organisation strives to use methods of non-formal education in order to further the aforementioned competencies in our target group. Our mission is to gain recognition as the choice youth organisation in Estonia with accredited trainers, a multitude of partnerships on an international level and the means to fulfil the potential of every young person that reaches out to us. Avatud Ühiskond MTÜ envisions being a representative organ for youth and educators through the implementation of youth councils and assemblies in rural areas and the further substantive development and support of the latter in larger communities with such institutions already in place. The subject matter at hand is of crucial importance to us.

Avatud Ühiskond MTÜ aims to support the active involvement of young people in various areas of public life; to promote personal development and democratic citizenship, volunteering and youth mobility; sport and healthy lifestyle; to support the development of the abilities and potential of young people from different social and ethnic groups, and young people with disabilities. The path to this is participation in various national and international projects, implementation of joint activities in partnerships with other organizations or networks; organizing advocacy campaigns; development and implementation of strategies and programs at local, national and international level. Members of the organization are involved in developing, evaluating and managing various programs and projects in the social sector, education and the media. One of the main priorities of Avatud Ühiskond is developing international partnerships with similar organizations, active exchange of ideas and best practices, creating a rich network of European partners.



## **Main details of the project.**

**Venue:** Estonia, Kose-Uuemõisa, [OxForell Recreation Centre](#)

**APV:** 30.08.2022 - 02.09.2022 (*arrival on 30.08, departure on 02.09*).

**Number of participants:** 1 participant per country

**TC:** 01.11.2022 - 09.11.2022 (*arrival on 01.11, departure on 09.11*)

**Number of participants:** 4 participants per country

**Participating countries:** Azerbaijan, Estonia, Greece, Hungary, Italy, Lithuania, Poland, Portugal, Romania, The Republic of North Macedonia, Turkey

**Language:** Working language will be English

## **CANDITATING TO THE PROJECT**

For participating in the training course you must fill in the participation application form and travelling form after your participation has been confirmed.

**Candidating - Participation application form:** [CLICK HERE](#)

*DEADLINE / TC: 01.10.2022*

**Travelling - Travel form -** [CLICK HERE](#)

*DEADLINE / TC: 01.10.2022*

## Participants profile

Participants should be between 16-29 years old, motivated to take part in all stages of the project (preparation, realization, follow-up), have a fluent command of the English language, and gender balance in the group is advisable but not compulsory.

- ✓ You are open to recognise own stereotypes and prejudices to work with these in an intercultural environment;
- ✓ You are ready to take part in the whole project;
- ✓ You are ready to take part in the whole training course and take a facilitator role for certain workshops;
- ✓ You want to know how to build and promote inclusive societies;
- ✓ You have a personal motivation for mobility.
- ✓ Interested in the subject of the project and are fully involved in all activities and want to learn more about different cultures;
- ✓ Youth workers, youth leaders, social workers, municipality youth workers, having experience of working with different European youth projects such as the Erasmus+ programme;
- ✓ Participants with fewer opportunities will be preferred in the selection process, such as young people with different social charges, young people with lower educational attainment, children from large families, young people living in poverty, immigrants, refugees, or ethnic, religious and religious minorities;
- ✓ Gender balance should be maintained in groups;
- ✓ Participants should be 18+;
- ✓ The participant must be able to handle the communication level in English.

### **Working methods used:**

The course is strongly based on experiential learning (learning by doing), with adequate time allocated for debriefing and reflection throughout the whole program as the process will be highly personal and aim for attitudinal changes, therefore, reflection is a very important part of the process (as the educational team is well aware of). Generally, the working methods will be rather non-formal and participative. The methods are chosen in a way to allow for a maximum of substantial learning effects, meet the needs of the group and encourage a high level of participation in a very unique way in the process of the youth exchange. It is very important to take the “real-life” cases and the experience of the participants, their organizations and other youth workers from the field.

The working methods used in this youth exchange are chosen to offer the possibility of equal involvement of each participant, every person being stimulated to dialogue and intercultural learning, reflection and experiential learning, and to activation of personal resources. Our main goal is to build long-term relationships between the participants and partners. The youth exchange has a draft program, but the activities will be constructed and adapted to group needs taking into account the reactions of participants, their feedback, their expressed needs, their experience and the group process. The youth exchange includes the evaluation part which will consist of a questionnaire and will also be focused on process and reflection on information and methods used in training reported to personal experience and changes they can bring inside the organization.

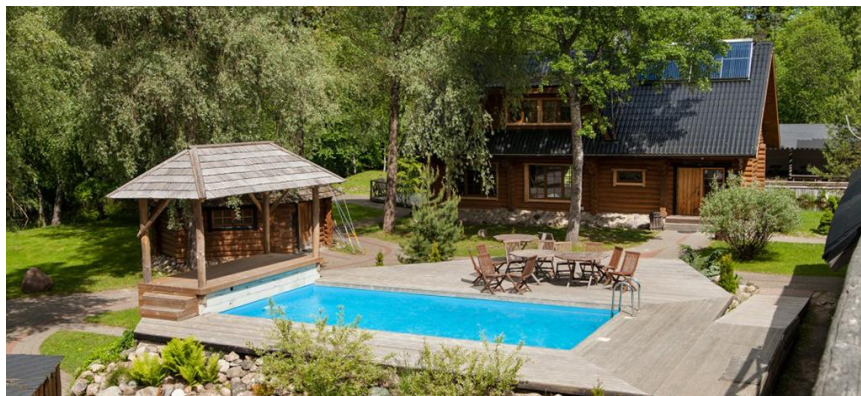
The methodology is based on the non-formal educational concept. Non-formal learning (NFL) is **the learning which takes place through planned activities** (in terms of learning objectives and learning time) where some form of learning support is present, but which is not part of the formal education and training system. A variety of working methods are used to implement youth exchange activities such as drama techniques (improvisation games, role play, fantasy, mimicry), creative techniques (brainstorming, crafting, visualization) and discussion techniques (debate, group work, simulations, discussions, workshops).

You may find out different non-formal learning methods from [SALTO-YOUTH's informational centre](#). Commonly there are [ice-breakers](#), [team-building games](#) and [energizers](#) used in Erasmus+ projects.



## Project venue

The project takes place in Estonia, Kose-Uuemõisa. The project location is 40km from the capital of Estonia, Tallinn. The village has approximately 1000 citizens, super-market is 300m from the venue. The project will take place in Oxforell recreational centre. People will be accommodated in rooms of two. There will be three meals per day. Please inform us in advance if you have special needs related to food.

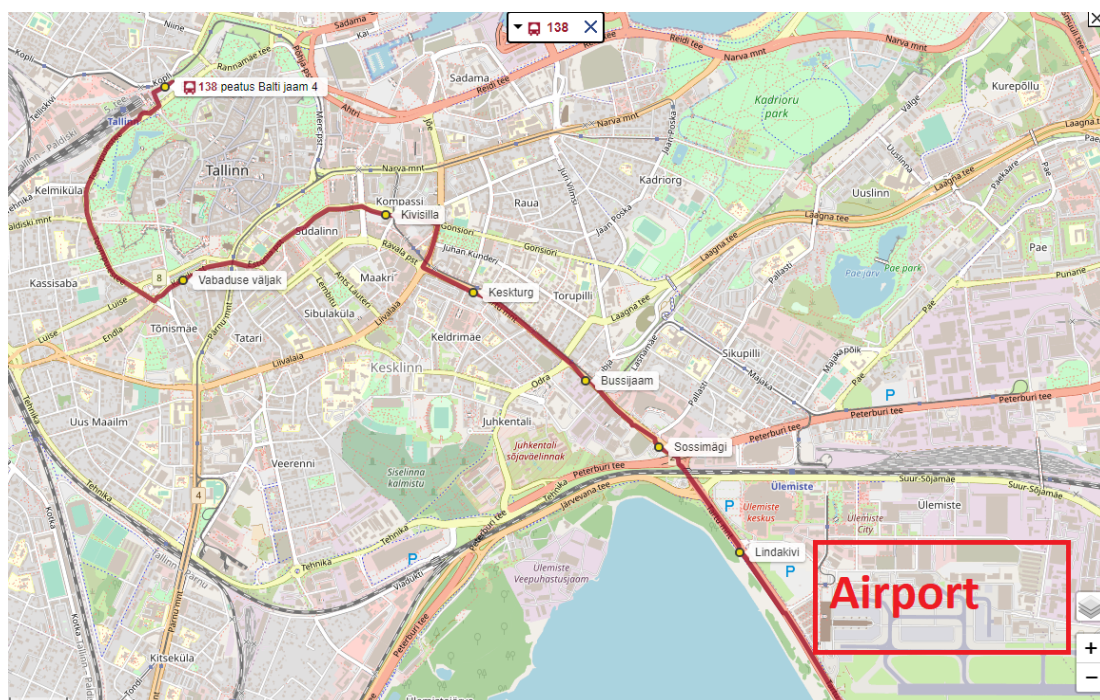




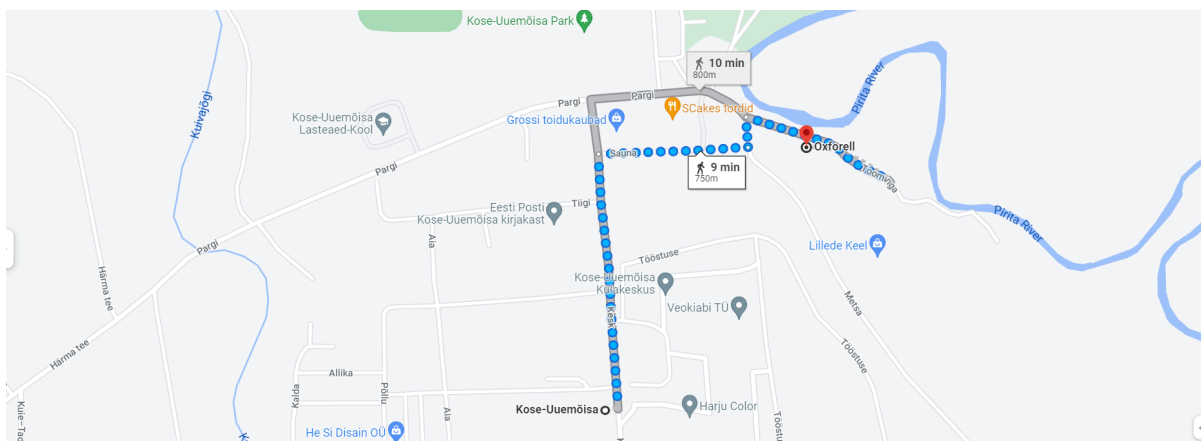
## Reaching the project venue

If you need any help with domestic transportation - you can always contact the coordinator.

The project venue is easily accessible with public transportation. The bus ticket costs 3€ (one way) and takes 35 minutes, the bus goes 12 times a day. You have to use the regional bus nr 138, a ticket can be bought from the bus ([SCHEDULE](#)). You can enter the bus from seven different bus stops, depending if you are coming straight from the airport or if you are sightseeing in the city centre (Balti jaam, Vabaduse väljak, Kivisilla, Keskurg, Bussijaam, Sossimägi, Lindakivi). Lindakivi bus stop is 300m from the airport. The final stop is “Kose-Uuemõisa”.



Oxforell Recreational Centre is 750m from the “Kose-Uuemõisa” bus stop. There are signs that point towards Oxforell ([Google Maps Pin](#)).



## **Travel reimbursement**

Transportation costs of all participants will be covered by project's budget up to Erasmus + limits of transportation costs for a certain country, based on Erasmus+ distance calculator.

**Estonia** - 0€ / per person

**Hungary, Lithuania, Poland, Romania, The Republic of North Macedonia** - 275€ / per person

**Azerbaijan, Greece, Italy, Turkey**: 360€ / per person

**Portugal**: 530€ / per person

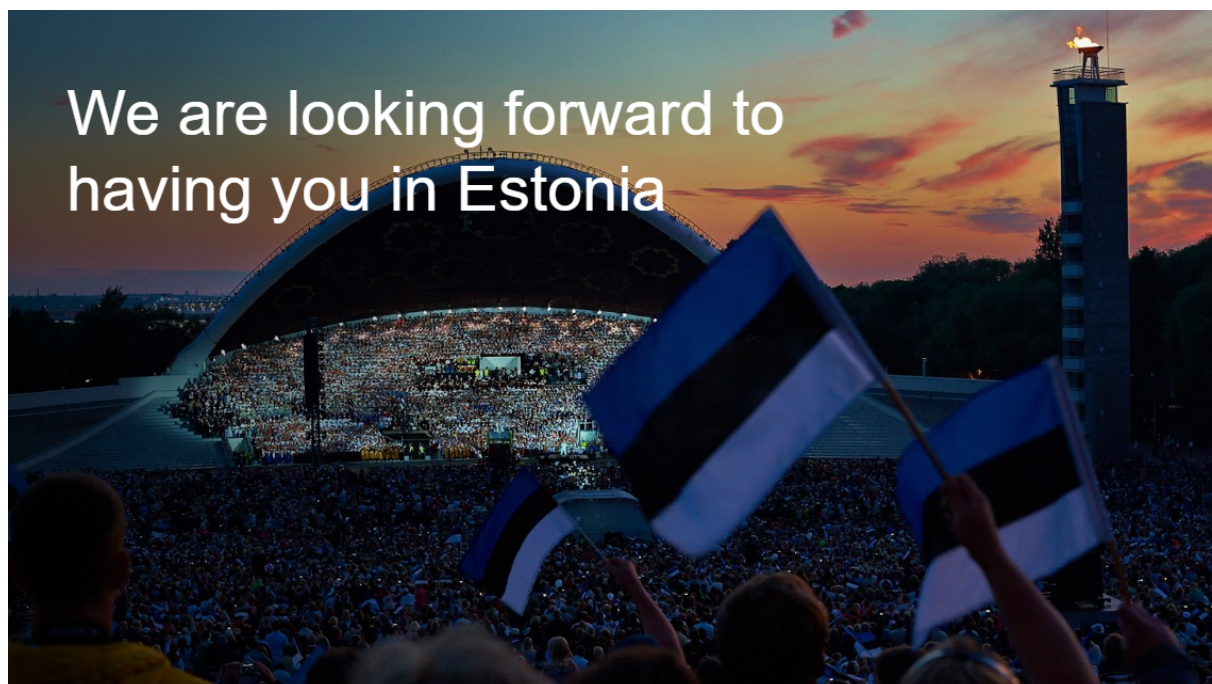
Reimbursement process will be done within 30 days after the end of the mobility via a bank transfer. The reimbursement will be done to the sending organization or to the group leader. The participants are required to provide the hosting organization with all travel documents and a dedicated reimbursement form (shared at the end of the mobility).

## **Keep in mind**

You have to send the travel plan to the organizers and wait for approval before buying the tickets. Reimbursement process requires copies of ALL original documents: boarding tickets and invoices. In case of missing or invalid documents, the reimbursement process will not take place. The invoices and itineraries must include the total cost of the transportation. Booking paper is not enough - the original invoice is required. Any costs for taxi or petrol are not reimbursed. Booking engines can be used - but using paid services by any travel agency is not allowed. Return tickets must be bought in advance before the journey. Missing or lost tickets are not reimbursed. Following the guidelines of the Erasmus+/YIA Programme and internal regulations, the travel must be released by the participants on the direct way within a maximum of 2 days. In case of long pauses or indirect routes, you must explain why a longer stay was vitally necessary (for example: no alternative flights to your destination or the price exceeds the budget in all other ways).

## What to bring

- Flyers, brochures, promotional materials and etc. to present your organization to other participants
- Drinks and foods from your country and region and any other items that may help you to present your country during the intercultural evening
- We have the opportunity to listen music from speakers - so would be excellent if you come with a playlist of great songs from your country to listen during the evening activities.
- Health insurance documents
- Personal items you may need - Your slippers, medicine, toothpaste, toothbrush and personal care items.
- Expect that nights might be cold and occasionally it might rain.
- All invoices, tickets and boarding passes related to your travel!



## **Practical matters**

**Covid:** At least now, covid does not imply any restrictions.

**Weather:** It is definitely colder than in your country. It's probably between 15°C - 20°C. Occasionally rains and mild wind can be experienced.

**Time zone:** Estonia is in the Eastern European Time Zone: GMT + 3 hours.

**National currency:** Euro (1 euro = 100 cents)

**Banks:** Most banks are open from 9:00 to 18:00 on weekdays

**Power supply:** The electrical current is 220 volts AC, 50 Hz, European-style 2-pin plugs are in use

**Visa:** Estonia is a part of the Schengen visa area. Nationals of the EU are free to enter Estonia. The required travel document for entry is a national ID card or passport.

**Pharmacies:** In Tallinn, Pharmacies are usually open from 10:00-19:00. Two of them stay open all night: Sädameapteek – Tõnismägi 5, ph: +372 644 2282 and Vikerlase 19, ph: +372 638 4338. Pharmacies in shopping centres are usually open from 9:00-21:00. In Kose-Uuemõisa, the nearest pharmacy is 3km away in the Kose borough centre.

**Emergency:** In case of an accident or sudden illness, call an ambulance or the police free of charge from any phone: 112.

**Shopping malls, stores:** In Tallinn - Ülemiste Centre is the largest one. If you are looking to shop, go there. If you are looking for groceries, go to Sikupilli Prisma which is a supermarket open 24/7. In Kose-Uuemõisa - there's a supermarket open from 10:00 - 21:00.