

FACILITRAIN

Part two

TRAINING COURSE

NEWCASTLE, UNITED KINGDOM

11th - 20th October 2018





DEAR PARTICIPANT,

We are looking forward to welcoming you in the one-of-a-kind city of Newcastle! We are sure that we will have an interesting and inspiring time. This info-pack will help you prepare for the training, which will take place in Newcastle upon Tyne between 11th - 20th of October 2018. Please read it carefully. If you have any additional questions, don't hesitate to contact us at tcfacilitrain@gmail.com. We hope that this TC will be an unforgettable experience for all of us!



Tyne River and two of its 7 bridges in Newcastle: Millennium Bridge and Tyne Bridge

Photo source: tellusthinktank.com



Youthfully Yours Gr

is a Non-governmental, not-for-profit organisation based in Thessaloniki, Greece, interested in Arts, Environment and Sustainability, Youth Unemployment, Volunteering, Training, Culture, Entrepreneurship, Social Engagement as well as urban and regional life quality. YYGR promotes friendship, peace, respect for human rights, personal development and youth initiatives.



OpportUNITY



is a Non-governmental, not-for-profit organisation with an aim to inspire, support and empower young people. This is achieved through the three themes of promoting, education and training in healthier lifestyles and greater social cohesion. It delivers programmes in Youth Development, Youth Leadership, Citizenship and Youth Education. It also promotes learning through diversionary and informal activities such as sport, media and creative or performing arts.





CONTEXT

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The Erasmus+ Training Course “FACILITRAIN” aims to create an appropriate learning environment by focusing on learning by experience, reflection on the past activities of the participants, discussions about the key competencies of youth work and discovering training competencies and methodology.

Specific focus of the training will be made on active learning - how to understand it and to promote it when working with young people.

The training course will contribute to the development and expansion of a network of trainers and facilitators with the skills and motivation to contribute to the quality and sustainability of the youth programmes in Europe. It will include various types of learning activities and formats to provide the youth workers with considerable flexibility in adapting the educational programmes to the specific needs of participants.

Profile of the participants:

The youth workers who participated in the first part of this project in Thessaloniki, Greece in June 2018 will have priority.

Active Youth Workers in their organisations who would like to improve their skills in facilitation and training.

They can or have experience in delivering activities. They will be expected to prepare and deliver their own workshops during the training course.

Age limit: 18 – 43 years old



OBJECTIVES

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- Explore basic training competencies
- Better understand group dynamics
- Develop communication and presentations skills
- Practice and build on existing skills

The activities and subjects will include groups dynamics; roles in groups; introducing an activity; making a presentation; the perfect circle theory; Homer Simpson theory; leading discussions; telling stories; butterflies; bursting participants; challenging behaviours; task vs. process; art of questions; communication skills; coworking; role of energisers; use of games; creating a programme; leadership. The subjects will be covered using a combination of inputs, process work and practice. Each element covered will be practiced in order to practically enhance the skills of the young trainers. The project will use non-formal education/learning as the basis of learning. Methodologies will include Stop Start Methodology where participants practice facilitating a group or conducting a training activity and are stopped in different moments to analyse what is going on and to reflect on their practice. There will be simulation activities, role plays, theoretical inputs, forum theatre, learning to learn practice, lifelong and lifewide learning, small groups, individual work, self-directed learning, use of games and exercises.



→ PARTICIPANTS PER COUNTRY



- Italy : 4 participants
- Slovakia: 4 participants
- Romania: 4 participants
- Greece: 6 participants
- Spain : 4 participants
- UK : 7 participants



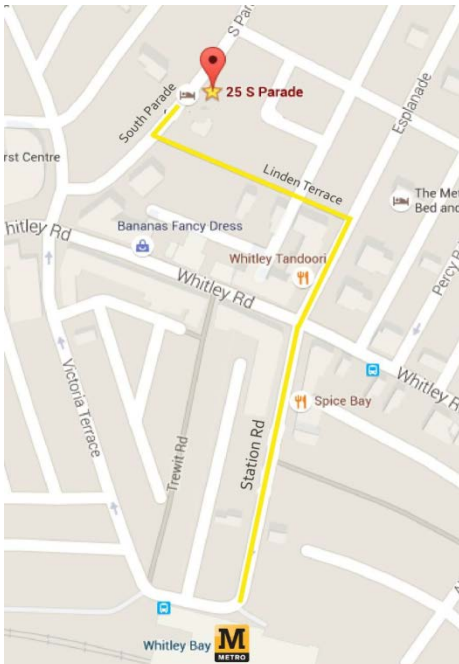


ACCOMMODATION

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During the whole training course we will stay in a Hostel in Whitley Bay, which is a beautiful town located by the sea. All the rooms have 4/6/8 beds with communal shower facilities.

- 4 minutes walk from Metro Station!
- When you will be out of the Metro Station, go straight on Station Rd, which will become Esplanade Rd. Then TURN LEFT onto Linden Terrace (is a small pedestrian street). Walk until the end of it and then TURN RIGHT. After few meters, on your right, you will find our Hostel!



→ Address of the hostel is 25 South Parade, Whitley Bay, NE26 2RE.



IMPORTANT INFORMATION TO REMEMBER

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Please send all travel details to tcfacilitrain@gmail.com **BEFORE** you book them so we can plan all the logistical aspects of your arrivals and departures.

Please note that our national buses and trains are very expensive if they are not booked in advance. We recommend the following companies:

BUS:



- [National express](#)
- [Megabus](#)

TRAIN:



- [Virgin East Coast](#)
- [Trainline](#)



Remember to bring:

a) flip-flops (slippers) and a towel;

b) cosmetics and personal toiletry items (shampoo, soap, etc.);

c) any medications that you will need;

d) UK adapter for your plugs

e) For the intercultural night: we expect from the participants a creative attitude to this issue, it is totally up to you how you will manage this interesting part of the project. You are more than welcome to bring some of your traditional food, drinks, or share with us some your favourite music or traditional dances. We would really like to get to know your country and culture but we kindly ask you to avoid some kind of propagandistic videos or presentations and also take into consideration that the majority of the participants

might probably already seen most of them.



TRAVEL BUDGET

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- Italy: **360 EUR** per participant
- Slovakia: **275 EUR** per participant
- Romania: **360 EUR** per participant
- Greece: **360 EUR** per participant
- Spain: **360 EUR** per participant
- UK: **20 EUR** per participant

We have allocated one session in the timetable where you will be informed about all relevant details regarding travel reimbursement. Please be aware that reimbursements can take up to **3 months** depending on the length of time it takes ALL participants to send their original boarding passes and travel documents. Youthfully Yours Gr doesn't take any responsibility of any charges occurred by participant personal bank for transferring the money when reimbursing travel. Our National Agency then needs to validate the documents. If you have any questions regarding this, please do not hesitate to speak with a

member of the Youthfully Yours Gr or OpportUNITY team.

This activity will be carried out thanks to the co-financing received from the Erasmus+ programme. We have received a certain amount of money for travel reimbursement, which depends on the amount of kilometres it will take you to travel from your home to Newcastle upon Tyne. Keep in mind that if the tickets cost more than the allocated amount, we will not be able to cover the difference and it will be your own financial contribution.



Please note! Before booking or buying tickets for the TC, remember that the purpose of participants travelling to Newcastle is to take part in an international project. If you want to

come earlier or stay longer, make sure you inform us first, so we can let you know if we will still be able to reimburse the travel. We will be happy to work with you on this project and look forward to hearing from you.

ARRIVAL IN NEWCASTLE/ WHITLEY BAY

- Please inform us of your travel plans before booking. If you do not, we cannot guarantee your full reimbursement.
- You are expected to arrive in Newcastle on 11th of October and leave on 20th of October 2018.
- If you are planning to stay longer after the TC or arrive earlier, please inform us **BEFORE** booking your ticket. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel **WILL NOT** be reimbursed

Please note: The Hostel will be open for check in **from 2pm on 11th October 2018**. If you have any problems, make sure you contact us by calling or sending a text to Mohammed +44 7709146981 or Apostolis +30 6934590475.

Please contact us if you have any queries in the meantime.

Youthfully Yours Gr team,

tcfacilitrain@gmail.com



VOLUNTEER



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