

**RE-EMPOWERING:  
A TRAINING COURSE FOR YOUTH WORKERS ON RESILIENCE AND EMPOWER-  
ING OF YOUNG PEOPLE AT RISK OF SOCIAL EXCLUSION**

**Planned time: 22-30 January 2016  
Padova - Italy**

Proj.n. 2015-2-IT03-KA105-006469

**CONTENTS AND OBJECTIVES**

Young people at risk of social exclusion live very often in unhealthy environments: families with problems, low education, economical disadvantaged situations, marginalized groups etc. These conditions affect the self-development process of the youngsters: low self-esteem, low self-efficacy, poor social relations, a lack of learning to learn competence usually lead to different dysfunctional behaviors.

What can we do as youth workers? How can we support their wellbeing? How can we make social exclusion visible in the society?

**Objectives**

- to promote an open and creative training environment for non-formal learning;
- to support participants in getting familiar with the concept of resilience and empowerment;
- to improve participants' competences in supporting empowering process with young people;
- to support participants in mastering new empowerment and resilience tool
- To learn how to use a concrete tool as photo-voice to involve the community in this issue of social inclusion and make it visible (photo-voice is a Participatory action and research method by which people create and discuss photographs as a means of catalyzing personal and community change)
- to promote the exchange of good practices and the network in the social area.

**WHAT TO DO BEFORE THE TRAINING COURSE?**

The preparation to the TC has different phases:

a) To be sent by the 15th of December:

- As soon as I get the participants list, I will send a short "personal profile" to be completed and sent back to me;
- A 1 minute video of one young people in which he/she explains what social inclusion means to him/her

b) One month before the training course you are going to receive an invitation to join a platform where we can start introducing ourselves. The platform will be actively used during the tc to share some outcomes and to exchange documents;

c) To bring with you to the training course:

- A short research on the situation about the youth employment/unemployment in your Region or Country: numbers, social characteristics, support from the State etc. You are not going to present it (so no power point); the information will be shared in small groups

### **DISSEMINATION AND VISIBILITY**

We pay a lot of attention do visibility and dissemination in this training. For this reason:

- if you can, bring a camera with you for the photo-voice activity. Take with you also member cards, cable, computer and whatever it can be useful to work on the pictures;
- we will use Facebook and Twitter to communicate what is going on; if you do not have an account, maybe this could be a good moment to create it!
- your sending organization commits to organize a photo-voice exhibitions with the pictures you will take within four months. It is important you will be there and support them!

**See the programme in the next page**

### **HOW TO APPLY**

If you are interested, please join us applying to <http://goo.gl/forms/M6Yrn3x5FD>

The deadline is the 30<sup>th</sup> of October.

Very important: considering that in the last courses there were many last minute cancellation, participants are required to buy their flight tickets within 10 days after the confirmation of their selection and send the ticket to Work in Progress.

For further info contact us to [workinprogresspadova@gmail.com](mailto:workinprogresspadova@gmail.com)

**PROGRAMME**

	22 Jan	23 Jan	24 Jan	25 Jan	26 Jan	27 Jan	28 Jan	29 Jan	30 Jan	
8.00-9.00		breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	
9.30-	Arrival	Getting to know a n d team building	Social inclusion: a european perspective	Photo Voice in practice	Digging in NFE	The role of the group and the peer learning	Trying out tools for empowerment and resilience	Erasmus+		
13.00			Empowerment and resilience: what are they?		Me as a youth worker			Networking and future plans		
		lunch	lunch	lunch	lunch	lunch	lunch	lunch		
15.00 -		Wellcome Space	Starting with PhotoVoice	Photo-Voice in practice	The power of communication	Free time	Trying out tools for empowerment and resilience	Final Evaluation		Departure
18.30		A first look to national realities of social inclusion			Communicating the emotions					
18.30 - 19.00		Reflection time	Reflection time	Reflection time	Reflection time		Preparing the exhibitions			
		dinner	dinner	dinner	dinner	dinner	dinner	dinner		
20.30 - 22.00		Welcoming and getting to know	Learn your games! (intro to L2L)	Free evening	Photo Voice in practice	free evening		Photo-Voice Exhibitions		

The programme might change according to the learning needs