

"LISTEN" CALL FOR PARTICIPANTS



Applicant organization:
Kobiety.lodz.pl

For whom:
Active youth workers, youth leaders or activists, facilitators, project coordinators representing partner organisation working directly with young people

Where:
Poland

When:
14.10.2021 – 25.10.2021

Duration:
10 days + 2 travel days

Number of participants per country:

CY, GR, ES, PT, TR:
2 per organisation

HU, HR, IT, RO:
3 per organisation

“Listen” is a training course focused on deep listening and connecting to ourselves, other people and nature. It’s divided into four parts:

- **Listen to myself**, during which we will focus mainly on exploring our minds, bodies, emotions, spirits as well as our strengths, dreams and values, building a stronger understanding of what’s deep inside us.
- **Listen to another person**, during which we will develop skills of active listening, empathy, recognizing and reacting to different emotions, we will get to know, understand and practice basic techniques of coaching and non-violent communication.
- **Listen to the community**, during which we will visit local changemakers and activists, involved in deep listening and serving the local community and we will build our own solutions for community challenges using the Design Thinking methodology.
- **Listen to the nature**, during which we will get more connected with nature, understanding its evolution, we will explore the potential of permaculture, studying solutions implemented in the training venue and experiencing it through designed hands-on activities.

At the end of the training course, the participants are inspired and empowered to create and implement actions on the local level. These actions are connected to the project topic and dedicated to young people as well as other youth workers.

PARTICIPANTS PROFILE:

This project is dedicated to active youth workers (working with or for youth), who:

- are open and willing to actively participate and contribute to the programme,
- are able and motivated to attend the full duration of the training held in English language (10 working days + 2 days of travel),
- have motivation to develop social initiatives for young people and other youth workers and implement them locally after the training,
- are active and have motivation to implement what they have learned during the training course in their daily work with youth.