

INFOPACK

Let's begin mentoring

TRAINING COURSE
30.10.2023 - 08.11.2023
Latvia



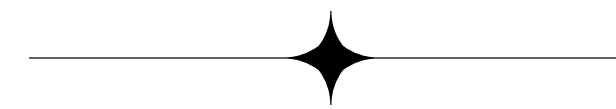
Agency for International
Programs for Youth
Republic of Latvia



Co-funded by
the European Union

KALM
INTERNATIONAL
TRAININGS


Why this project?



'Let's Begin Mentoring' aims to introduce mentoring as a tool to create meaningful connections and relationships in between youth workers and youngsters.

During this training you will discover different approaches and tools like **coaching**, **non-violent communication**, **radical honesty**, and **the art of storytelling** that will support your path to becoming a mentor.

As well you'll explore self-awareness, reflection, active listening, relationship building, different mentoring approaches and much more.



Methods

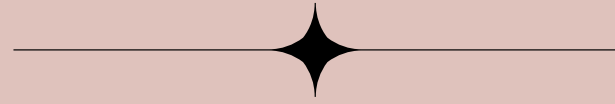
- Training will be based on non formal learning methods as **group work, peer-to-peer learning, discussions, workshops, reflection, etc.**

You will explore as well:

- Non-violent communication,
- Radical honesty,
- Coaching,
- Storytelling.



What will you get?



- Understand your needs & boundaries so you can take care of your own well-being while working with youth;
- Use coaching as one of the main tools to guide mentees learning;
- Discover the basics of storytelling and how it can help to teach & connect;
- Explore non-violent communication and radical honesty as methods to give feedback and build relationships based on vulnerability and trust;
- Develop your own unique mentorship style.



This training is for you, if...

- you are a resident in Latvia, Greece, Italy, Croatia, Bulgaria or Spain (no age limit)
- actively working with young people;
- you **HAVE** experience in mentoring and you want to **LEVEL-UP** or you have **NO** experience but you would like to be a mentor
- you are committed to participating fully in all aspects of the project, including the online preparation, follow-up activities and dissemination;
- you are able to communicate effectively in English;
- you are **ready to adopt vegetarian or vegan diet for duration of the project;**



Project timeline



SEPTEMBER

OCTOBER 30

NOVEMBER 8

NOVEMBER -
DECEMBER



online
preparation



arrival
day



departure
day



follow-up



Training in Latvia

You will need to disseminate the project by:
1) organizing a local action and
2) creating a social media post about the training;

Practicalities



The accommodation, food, and the travel costs (up till reimbursement limit) are **fully covered by the Erasmus+ programme**. The travel costs will be reimbursed after the project once all participants have done their dissemination activities. There is a **contribution fee of 30 EUR** to be paid upon arrival.

Insurance: Make sure to have your **European Health Insurance card**. The project will also cover your civic insurance, however you are responsible for getting **your own travel insurance (at your own costs)**

Food: There will be 3 meals a day with some coffee breaks. We will have delicious **vegetarian and vegan food** during the training! We think you will be pleasantly surprised as we will have great chef.

We want to encourage **no-alcohol** and **no-drugs** policy during the whole program and we highly recommend to not use them, to allow authentic connection with yourself and others.

Travel reimbursement

Participants travel costs will be reimbursed up till reimbursement limit. We encourage green travel.

It is fundamental that you **keep all your original travel documents**: bus and train tickets, invoices, boarding passes; etc. The reimbursement cannot be done without these documents.

Please **don't buy any tickets without confirmation from us**. Tickets purchased without confirmation will not be reimbursed.

The travel costs will be refunded after the training course within 2 months (after participants send all their travel documents and fulfill closing tasks for the project including dissemination).

Country	Max amount, EUR	Max amount with green travel, EUR
Greece	360	410
Bulgaria	275	320
Italy	275	320
Spain	530	610
Croatia	275	320
Latvia	23	-

**Sounds like this is
something for you?**

**For any questions write to:
mentoring.youth23@gmail.com
or you can call: +371 29820165
(Marija)**



Application deadline: 10.09.2023.

Results will be announced until 14.09.2023.



**Co-funded by
the European Union**

Photos by: Reinis Auziņš
Infopack made by: Loreta Luīze Lizbovska

The venue



will be specified



Trainers



will be specified

Partners



Greece Ethical Paths

<https://www.facebook.com/ethicalpaths>

Bulgaria Podobri

<https://podobri.org/>

Italy Associazione di promozione sociale Young Effect

<https://www.youngeffect.org/>

Spain EUDUCATE

<https://www.facebook.com/EUeducate>

Croatia Institut za poticanje mladih

<https://iyp-croatia.com/>

Latvia KALM International Trainings

<https://www.facebook.com/kalmtrainings/>

