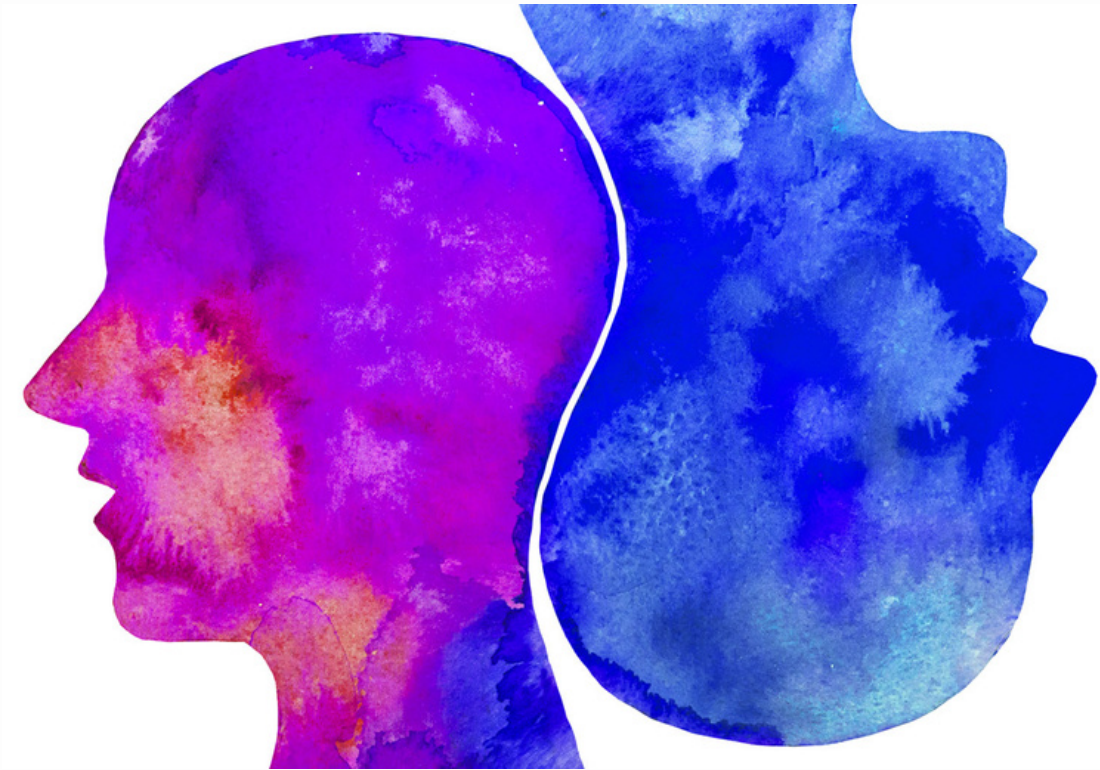




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E - QUALITY

Training Course

"E-QUALITY –

Emotional QUotient And LITeracy in Youth work"

Abovyan, Armenia, 6-15 July 2024

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ABOUT THE PROJECT

“E-QUALITY – Emotional QUotient And LITeracy in Youth work” is a unique training, based on the years of experience in youth and social work, practical psychology, formal and non-formal education and aimed at developing and improving Emotional Intelligence and Emotional (Psychological) Literacy in Youth Work.

The program of the training is structured according to Goleman’s EQ model, in which Emotional Intelligence (EQ) is composed of the four main competences: Self-Awareness, Self-Management, Social Awareness and Relationship Management. And during this training course, we will overview and “taste” all of them.

ABOUT THE PROJECT

For 8 days, 46 youth workers will deeply dive into the topic, playing, discovering and assimilating our working methods suitable for small and large groups. The aim of this activity is to overview, “taste” and develop your Emotional Intelligence (EQ) and its competences; to create and elaborate new tools for EQ development (reflection, feedback, other tools to promote, develop and improve EQ), to adjust and pilot some of these tools both in the off-line and on-line dimensions. The learning by doing approach ensures many interactive activities, mostly role-plays, simulations, performances and other theatrical techniques. We will have long debrief sessions on all the elements of each method, ensuring a detailed understanding and feeling for all participants.



OBJECTIVES

Throughout the training, moving in the direction:
practice -> debriefing -> awareness -> theoretical
inputs and support -> skills development, we want:

1

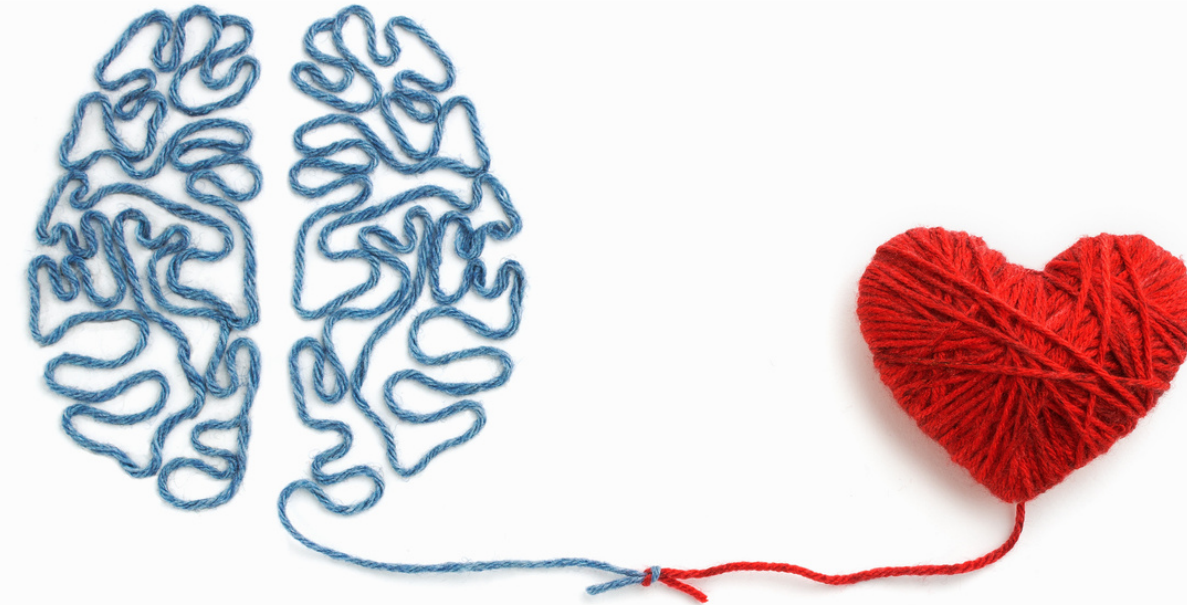
to explore and develop Self-Awareness (emotional self-awareness, self-reflection, self-confidence);

2

to explore and develop Self-Management (emotional self-control, self-expression, adaptability, achievement orientation, motivation, time and goal management, positive outlook);

3

to explore and develop Social Awareness (empathy, active listening, body language awareness, organizational awareness);



4

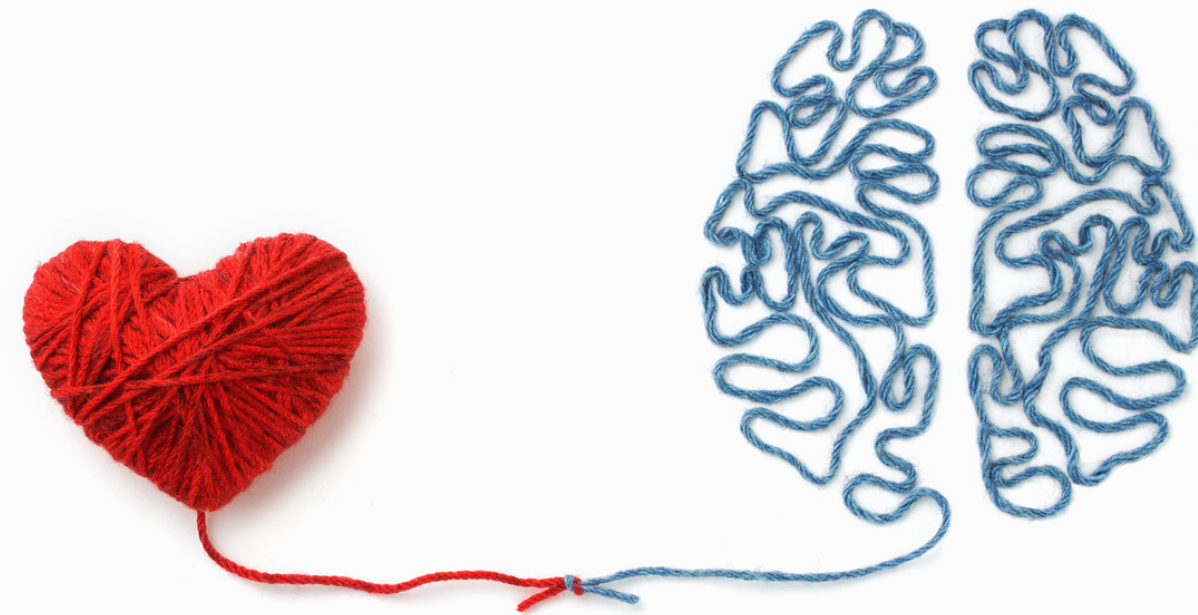
to explore and develop Relationship Management (conflict management, collaboration, team work and inspirational leadership);

5

to raise quality and bring innovations to youth work:

- to raise E-QUALITY as Emotional QUALITY of youth work, raising emotional and psychological literacy of youth workers;
- to raise E-QUALITY as Electronic QUALITY of youth work, developing digital competence of youth workers and creating digital handbook and digital tools;

OBJECTIVES



6

to develop the Handbook and tools (both off-line and on-line adjusted) as the main visible and practical outcome;

7

to develop communication competence, personal, social and learning to learn competence, literacy competence, digital competence, initiative and entrepreneurship competence, cultural awareness and expression competence and self-reflection skills;

8

to establish new trustworthy partnerships with youth workers and to provide a partnership building platform for NGO workers.



OUTCOMES AND IMPACT

E-QUALITY is a multi-meaning and multipurpose project:

- E-QUALITY is EQUALITY, which is one of the main values of Erasmus+ Programme and our society (throughout the project, we are struggling for equality in NFE opportunities: we are both involving youngsters with fewer opportunities in the training itself and creating off-line and digital on-line tools for reaching out youngsters, facing various obstacles in education);
- E-QUALITY is Emotional QUALITY of youth work (we raise and improve it through the development of EQ competences – ones of the most crucial in youth and social work);
- E-QUALITY is Electronic QUALITY of youth work (we are not only creating digital handbook as the main visible outcome and developing digital competence of participants, but as well, for added value, we are adjusting some of the elaborated tools for on-line environment for reaching out target groups with fewer opportunities).

Therefore, the main needs tackled by the project as well as the relevant impact and outcomes are related to

- improving the quality of youth work through the development of key competences of youth workers (basic eight YouthPass competences and four EQ competences and relevant skills);
- bringing innovations to youth work through developing new tools for the EQ development, specifically, for the face-to-face work with various target groups and as well on-line adjusted to increase the impact of the youth work, reaching out and involving youngsters with fewer opportunities and at risk of exclusion.

PARTICIPANTS

Participant profile:

- 18+ years old youth/social workers/leaders/NGO key staff;
- responsible, motivated and open to the new experience and learning opportunities;
- open-minded and flexible towards new knowledge, viewpoints and perspectives;
- with knowledge and experience in working with NFL programs (desirable, but not mandatory);
- ready to contribute to the project implementation: share relevant knowledge and experience, organize a workshop, lead a session, etc.;
- ready to implement the project results in further work;
- with good command of English.

Keep in mind that the selection will be done strictly based on applications. The priority in the selection will be given to the participants with a relevant matching profile, constructive detailed application, as well as for participants with fewer opportunities.

After the selection, you will receive the learning agreement, stating your active involvement in all the project activities during the implementation stage and active contribution during the dissemination and follow-up stages. You will have to sign, scan/photo and [upload](#) the learning agreement along with your tickets and travel invoices before coming to the project.

In order to sign up for this training, please, carefully fill the [application form!](#)



46 participants from 14 countries:

Croatia3 participants
Czech Republic3 participants
Estonia3 participants
France4 participants
Latvia3 participants
North Macedonia3 participants
Norway3 participants
Romania3 participants
Spain3 participants
Armenia4 participants
Georgia3 participants
Jordan3 participants
Moldova3 participants
Ukraine5 participants

PARTICIPATION

1

Full attendance and being on time at sessions is mandatory and it is a condition for reimbursing your travel costs.

2

Active involvement. We expect to have a contribution-based process, with consistent input from your experience. You are invited to share your relevant knowledge and experience in NFL, practical youth work, practical psychology, Emotional Intelligence and methods and tools for its development; to organize a workshop or facilitate a session on a relevant topic; to help us in organization process; etc.

3

Financial contribution. We will have one full day for exploring cultural and historical heritage and social community of Armenia. You are expected to contribute 40 EUR fee for organization of this day. This will be collected in cash upon your arrival.



4

The training course consists of two parts. During the first part, you will explore the methods that we created and work with, as well as you will have the opportunity to organize your workshop or lead a session on the relevant topic, based on your knowledge and experience. During the second part, within the last two days, in small groups, you will create, develop and practice your own new tools (aimed at feedback, reflection, debriefing, EQ development and personal development), which will be collected in a handbook and used during the training follow-up activities.

PARTICIPATION



5

Dissemination and follow-up. After the training:

- each participating organization is expected to organize and conduct one local workshop using methods and tools, explored and/or created during the training, provide pictures from the activity and report on it;
- each youth worker is expected to contribute to the activities on dissemination of the Erasmus+ Programme, training course and learning outcomes, writing and sharing minimum one report and/or article about it in his social media and/or mass media.

6

After the selection, you will receive the learning agreement, stating your active involvement in all the project activities during the implementation stage and active contribution during the dissemination and follow-up stages. You will have to sign, scan/photo and [upload](#) the learning agreement along with your tickets and travel invoices before coming to the project.

Please, carefully consider everything mentioned above before taking a decision to [join, like and subscribe us](#) on this adventure!

VENUE AND ACCOMMODATION

Venue



Abovyan.

It is a town and urban municipal community in Armenia within the Kotayk Province.

It is located 16 kilometers northeast of Yerevan and is considered to be a satellite city of the Armenian capital. Therefore, Abovyan is generally known as the "Northern gate of Yerevan".

Accommodation

During the project we will live in a [Hin Parvana](#) Hotel (check out the [location](#)). The rooms will be shared between 2-4 participants. The rooms have either twin or double beds, individual bathrooms. Bed linen and towels (one towel per person) are provided.

We will be provided with breakfast, lunch, dinner and 2 coffee breaks. The water is drinkable from the tap.



TRAVELLING



6/07 – the arrival day

15/07 – the departure day

According to the rules of the French National Agency, you can use 2 additional traveling days.

Remember that it's your own responsibility to organize your stay in Armenia during additional traveling days!

You can arrive/depart either to/from Yerevan, or to/from Tbilisi.

Please, do not book any tickets until you get them confirmed by us!

Otherwise, we will not be able to reimburse you!

To confirm your traveling plan, before booking it, please, send your proposal to

vkozachun@gmail.com

chernayasophia@gmail.com

with the e-mail subject

"E-QUALITY_Country_Name Surname"

TRAVELLING

If you arrive to Yerevan:

We recommend not exchange a lot of money at the airport, as the exchange rate is very low there.

You can take a shuttle bus, which goes every hour from the airport to the Republic Square (the price per person is 300 AMD/0.75 EUR).

If you decide to take a taxi, we recommend to download [GG](#) or [Yandex Go](#) application and order it via application (the price per car will be 2000-2500 AMD).

From the Republic Square next to the drinking fountains an arranged bus on the 6 July at 18:00 will take you to the venue (the price per person will be around 5-10 EUR and will depend on the number of participants to take the bus).

The other option is to order a taxi via [GG](#) or [Yandex Go](#) application from the airport directly to the venue or we can arrange a taxi pick up for you (the price per car will be 15-20 EUR/6000-8000 AMD).

Please, keep in mind that if you decide to take a taxi, IT WILL NOT BE REIMBURSED!

Please, keep in mind that the check-in time in the hotel is on the 6 July after 15:00.

If you arrive to Tbilisi:

We will arrange transportation on the 6 July directly to our venue, depending on the number of participants arriving to Tbilisi/travelling from Tbilisi (the price per person will be around 30-35 EUR/12000-15000 AMD).



FINANCIAL TERMS AND CONDITIONS

Reimbursement

Please, save all the originals of your travel documents!

Your travel expenses can be reimbursed within the travel grant ONLY upon presentation of ALL ORIGINAL DOCUMENTS, stating your travel data and costs (boarding passes, tickets for plane/bus/train, invoices, payment checks, bank statements, etc.).

Please, [upload](#) all your DIGITAL BOOKINGS, INVOICES, BOARDING PASSES and/or SCANS (pictures/photos are not accepted!) of the HARD COPIES of your BOOKINGS, INVOICES, BOARDING PASSES to [the Google Drive folder](#) (inside, find the folder of your country, create your personal folder in your country folder, upload everything to your personal folder).

Keep in mind that you will be reimbursed after the project within next 6 months via bank transfer!

Financial contribution

You are expected to contribute 40 EUR fee, which will be collected in cash upon your arrival. This fee will be used to organize the day, devoted to exploration of cultural and historical heritage and social community of Armenia.

Your financial contribution will ensure the principle of co-financing of Erasmus+ Programme as well as your personal input and involvement into the project implementation.

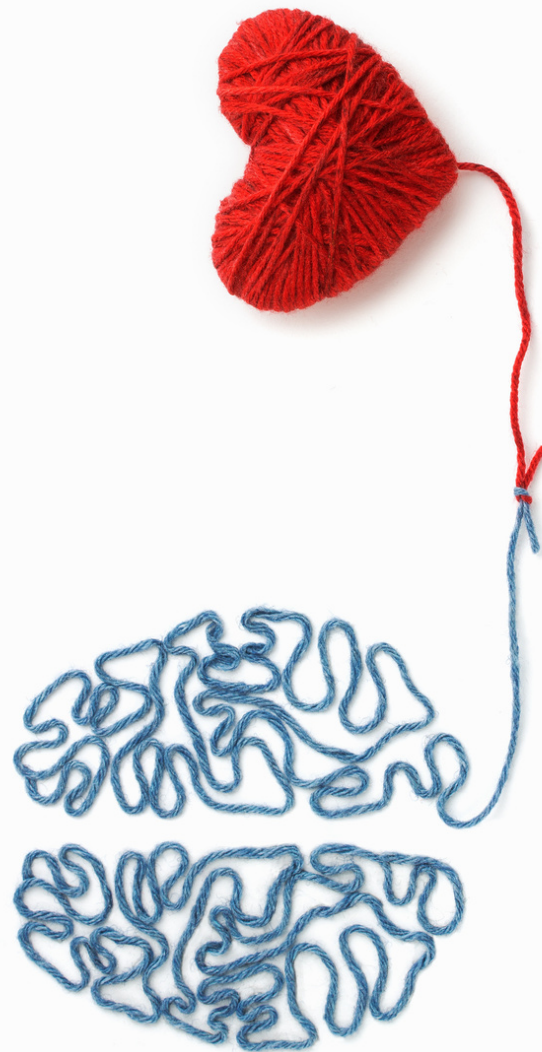


Travel grant limits:

The maximum travel grant limit will be calculated individually according to the travel distance between the place of origin (city of departure) and the venue of the activity (Abovyan town, Armenia) by using [the Distance Calculator](#) supported by the European Commission:

0 – 9 km0 EUR
10 – 99 km23 EUR
100 – 499 km180 EUR
500 – 1999 km275 EUR
2000 – 2999 km360 EUR
3000 – 3999 km530 EUR
4000 – 7999 km820 EUR

THINGS TO BRING



- Valid passport for travel;
- Travel/health insurance, valid in Armenia for the whole duration of the project (desirable, but not mandatory – it's on your own responsibility);
- All the required travel documents (all the tickets, invoices and boarding passes (preferably, the online check-in));
- Everything you need to share your relevant knowledge and experience, to organize a workshop or facilitate a session on a relevant topic (desirable, but not mandatory);
- Laptop (we will have the digital tasks during the last two days);
- Something special to share during the intercultural evening;
- Comfortable shoes, outdoor light clothes and backpacks, warm clothes (it might be hot during the daytime and chilly in the evenings within the period of the project);
- Swimming suit;
- Flip flops or indoor shoes;
- Personal hygiene items;
- The medicine you may need.

PROGRAM

Day 1
Sun 7/07

Getting to know each other. Group building.
Intro to the program.

Day 2
Mon 8/07

Self-Awareness. Intro to Emotional
Intelligence. Emotional awareness. Reflection.

Day 3
Tue 9/07

Self-Management. Motivation, time and goal
management. Assertiveness and leadership.

Day 4
Wed 10/07

Social Awareness. Active listening. Empathy
in communication. Body language.

Day 5
Thu 11/07

Exploring cultural and historical heritage and
social community of Armenia.

Day 6
Fri 12/07

Relationship Management. Conflict
management. Collaboration and teamwork.

Day 7
Sat 13/07

Open Space. Development of the new
activities and tools.

Day 8
Sun 14/07

Presentation of the tools and pilot activities.
Final evaluation & feedback.

TRAINERS



Vladimir Kozachun

PhD studies in psychology, practical social and medical psychologist, psychological counselor, coach, trainer; experience in Emotional Intelligence development, Improvisation and Playback Theatre methodologies

[trainer's profile](#)



Sofia Chorna

PhD studies in psychology, practical social psychologist, psychological counselor, trainer; experience in Emotional Intelligence development

[trainer's profile](#)



CONTACTS



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