



Train the Trainers Its Up To Me

10th Edition 2025

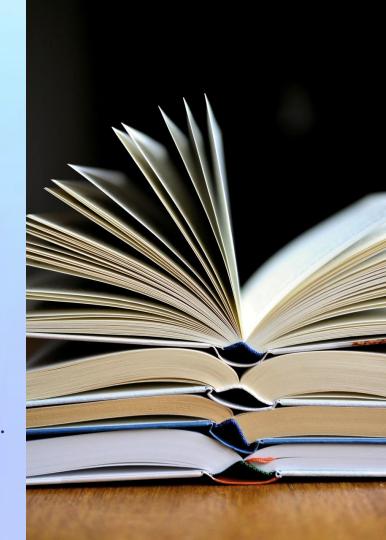
Its Up To Me 10

NaturKultur e.V. Germany invites you to apply for the tenth edition of the Training course - "It's Up To Me" from Erasmus + Program Key Action 1 – Mobility of youth workers. In this edition, there are two training activities:

- Dates: 10 18 June 2025 and 21 26 November 2025
- Age of participants: 18+ years old
- **Countries**: All Erasmus+ Programme countries. We will include partner countries in the following edition in 2026.

The selected participants must attend both training courses to receive a certificate. By completing the process, each participant will receive the EU Youthpass certificate and a Train the Trainers: Its Up to Me certificate.

We will also have an **online kick-off meeting** on the **1st of April at 15:00 CET.**





Target group

Youth leaders, youth workers, NGO presidents, ESC coordinators or mentors, project managers, trainers, and people who want to become trainers.

The level ranges from complete beginners to intermediate. The project targets all people responsible (or will be in the future) for transferring knowledge within the organization and, organizing and delivering educational activities and projects, organizing youth exchanges or local youth activities.

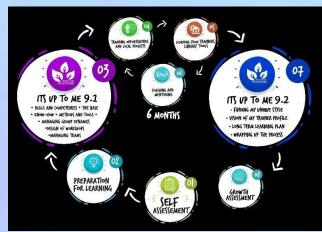
About the Project



"It's up to me" is a holistic approach on how to develop quality trainers and youth workers that are going to work on transferring know-how, organizing and delivering high quality projects within the Erasmus + program. This project will contribute towards raising the quality of the Erasmus + projects that will be organized in the future, developing capacity for the organizations, and improving the quality of youth work. Some of the activities involve things that you already know, which we are going to refresh and see different points of view from other trainers, we will go over how to design projects and activities from A to Z, learn about tools and methods available, work on mastering your soft skills – basically, all skills that you need to design and deliver educational activities, projects, and exchanges. The workshops selected are based on the different competences of the Trainers Competence Model (European Training Strategy).

Each year, "It's up to me" has an underlying topic that addresses some burning issues in our societies. This year's theme of "Its up to me," will be **strengthening cooperation in times of uncertainty**. Most workshops, different tools and examples, tasks, and simulations will incorporate this theme, adding value to the whole program.

The main method used during this training will be **learning by doing**. The participants will be given tasks and short deadlines in order to achieve their tasks. They will be guided by the trainers. After the tasks, they will receive feedback and suggestions for improvement.



The objectives of the training course

- **Know-how** To provide the participants with information on how some things are done, why some things are done in a particular way, and what is behind the scenes of a well-organized training/project to peek into the decision-making process in the team management and preparation.
- Improve participants soft skills such as public speaking, presentation skills, self-expression skills, listening skills, emotional intelligence and others. Attitudes, values and behaviors are also part of the mix.
- Provide methods and tools for delivery of workshops such as different types of simulations, team building games, role-playing, visual expression, feedback, coaching, creating a learning environment, and managing group dynamics.
- Provide hard copy materials. We will use a <u>Trainers library</u> with more than 350 articles for self-directed learning that will address all the trainers competence areas, which you will use in the 9 months between the two training courses to develop your competences as a trainer.
- Provide feedback to the participants. It is essential for you to receive feedback and do it again so we can see the growth of the participants during the project.





The objectives

- Showcase different styles of trainers. We will have three trainers from different backgrounds and professions with different working styles. This will help the participants see different approaches and ways of working which would then lead them to finding their own unique style in the future.
- **Coaching and mentoring.** Apart from the mentoring and feedback during the main activities, we will have a 12-month mentoring process for all participants until their first/next training experience.
- **Self-assessment**. Sometimes, young trainers are unaware of their qualities and things they know. The self-assessment will be made according to the European trainer's competence model, and each participant will develop a **learning plan** they will follow in the next 12 months.
- Critical thinking The participants can analyze everything and develop critical thinking skills. After each workshop, we take off the "participant hat" and put on the "trainers' hat" and analyze why we did this or that.
- To offer opportunities for quality training experiences and project development. Organizing joint projects, creating a pool of trainers, and getting shadow-trainer opportunities.

Place and venue

<u>KulturHaus</u>, close to Bremen, Germany (Garlstedt).

Garlstedt is a small village/suburb in the surrounding of Bremen in Germany. We are going to be accommodated in a NaturKultur seminar/youth house.

We will be far away from the city, shops and bars because we want the participants to be focused on the training and cultural activities and create a good atmosphere among the group. There is beautiful nature, really nice forest and places to have long walks and activities outside, yoga or meditation in the morning, to go for a run or bike ride and see the landscapes in the surrounding.

The venue is a youth center (KulturHaus) in a forest where we will be alone as a group, so the participants should **expect simple accommodation**. Several seminar and break-out rooms are available for us to work in; the bedrooms are for 2 to 4 people. There will be showers and toilets in most of the rooms (or just outside the room).

Our own cooking team will prepare the food and coffee breaks and take care of our health and nutritional intake so we can completely focus on the activities. Please note that we cannot provide fruitarian and HALAL food.





Timetable for the main activities

Timetable "Its up to me 10.1"

	0	1	2	3	4	5	6	7	8
	10.06. TUE	11.06. WED	12.06. THU	13.06. FRI	14.06. SAT	15.06. SUN	16.06. MON	17.06. TUE	18.06 WED.
Theme		Recap, reconnect & group building	Recap, reconnect, Deepening 1	Deepening 2	Deepening 3	Deepening 4 & Preparation	WS delivery	Next steps, evaluation, closing	
8:45-9:15		Breakfast 8:00-8:45h	Breakfast	Breakfast	8:30-9:00 Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:15-10:00		Breakfast cleanup	Breakfast cleanup	Breakfast cleanup	9:00-9:30 Breakfast cleanup	Breakfast cleanup	Breakfast cleanup	Breakfast cleanup	Breakfast cleanup
10:00-10:15		9:30-10:00 Opening	10:00-10:15 Intro to the day - agenda DARKO	10:00-10:15 Intro to the day - agenda ELIZA	9:30-9:35 Intro to the day - agenda ANDRE	10:00-10:15 Intro to the day - agenda DAGNA	10:00-10:05 Intro to the day - agenda DARKO	10:00-10:15 Intro to the day - agenda ELIZA	
10:15		10:00-10:30 Get to know each other	10:15-11:30 Understanding group	10:15-11:00 Giving and receiving feedback	l0:10 Ethics, controversial a	10:15 - 11:30	10:05-11:30 From learning to delivery (2 pararell	10:15 - 11:30 Civic engagement -	
11:00		10:30-11:30 Where we are - team intro, context, flow,	dynamics, Tuckmanns model of group processes, team building	11:00-11:30 Break	10:10-10:40 Break	Self-Expression Skills	sessions) (5 min set-up, 60 min presentation & 15 min	what is my role as a trainer?	
11:30		11:30-12:00 Break	11:30-12:00 Break	11:30-13:30 Public	10:40-12:15	11:30-12:00 Break	11:30-12:00 Break	11:30-12:00 Break	
12:00	Pa tr at 14:	12:00-13:00 Expectations, concerns, contributions	12:00-13:30 Preparation for delivering workshops: - Dimensions of	speaking and body language	Trainers team management / Q&A	12:00-13:00 Self-Expression Skills	12:00-13:30 From learning to delivery (2 pararell sessions)	12:00-13:30 Erasmus +, NGO market, designing	
13:00	rticipa ake bu 30 / 1:	13:00-15:00 Lunch	workshops - Experiential learning	Presentation skills	12:30-13:00 Lunch	Self-Expression Skills	(5 min set-up, 60 min presentation & 15 min	future projects	
15:00	is n	15:00-17:00 -	13:30-15:30 Lunch	13:30-15:30 Lunch	Leave house at 13:00	13:00-15:00 Lunch	13:30-15:00 Lunch	13:30-15:30 Lunch	ç,
15:30 16:00	Participants arrival take bus no. 660 at 14:30 / 17:35 / 19:00 h		15:30-16:15 Methods	15:30-17:00 Facilitation		15:00 - 16:00	15:00-16:30 From learning to delivery	15:30-16:30 Practicalities Tools & Methods	Dep leave 20 / 6:0
17:00	94	Team Creation Process	16:15-16:45 Coffee Break	skills		Designing educational programs	16:30-17:00 Debriefing about the experiences	16:30 - 17:00 Reshuffle Teams Next phases of training	Departure leave house at 5:20 / 6:00 / 7:50 AM
17:00		17:00-17:30 Break	16:45-17:30 Nonviolent Communication	17:00-17:30 Break	Afternoon in Bremen	16:00 flexible coffee break	17:00-17:30 Break	17:00-17:30 Break	N.
17:30		17:30-19:30 Trainers	17:30-18:40 Non-verbal and visual expressions, silent empathy	17:30-19:00 Coping with crises and		16:00 - 19:00 Time to prepare workshops in	In a forest 17:30 - 19:00	17:30-18:30 Evaluation	
18:30			Dialogue partner + taking notes, taking nature in	difficult situations, risk management		family groups Coaching for the	<u>Learners Path</u>	Secret friends	
19:00		19:15 - 19:30 Daily reflection	19:10-19:30 National delegation meeting /group leaders meeting - feedback to the team	19:00-19:30 Individual Reflection Gratitude walk	Last bus number 660 leaving at 18:45 from Bremen	workshops Open Coffee Break	19:00 - 19:30 Closing of the day	Closing 18:30-19:30	
19:30	Dinner	Dinner	Dinner	Dinner	Dinner at 20:00	Dinner	Dinner	Dinner	
21:00	Chill out night	Evening Activity	Evening Activity	Evening Activity	Chill out night	Chill out night	Evening Activity	Farewellparty	
22:00		Chill out night	Chill out night	Chill out night	Movie night		Chill out night		

Timetable "Its up to me 10.2"

	Day 0	Day 1	Day 2	Day 3	Day 4	
	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Time	21.11.2025	22.11.2025	23.11.2025	24.11.2025	25.11.2025	26.11.2025
9:00 - 9:30				Bus ride to Bremen		
9:30 - 10:00				bus nuc to bremen	ri	
	10	Opening and expectation			Sleep in	
10		setting (Dar)				
2020-200		Evaluation of the last 6		Delivery of workshops by	DG: Competence self-	
10:30		months - how did I grow and		participants to youngsters in local organizations in Bremen	assessment (tracking the growth)	
11:00		how am I now				
11:00		Galery of achievements		(Tanzbar, Friedehorst,		
11:45-12:00		Break Team building - now is my	What is my trainers style?	Jugendinfo, Eurodesk)	Break	Departure
11.15 12.00			Strenghts and weaknesses,		Creating a learning path according to the competence model / YouthPass	
12:00		team?	values and trainer symbol (And)			
13:30	Arrival	70 TO 10 TO	Lunch	Feedback and critical analysis		
15:30			Lunch	Lunch		
		Preparation and technicalities		Delivery of workshops by	Lunch	
16:00		for Monday (Dar)				
16:30		Break	Darko: Buddy system - support			
10.50		Fine tuning of workshops and final preparation with mentor (All)	and supervision tools	participants to youngsters in	- Walter Company of the Company of t	
				local organizations in Bremen (Tanzbar, Friedehorst,	IUTM alumni community: Joining online network (And)	
17:00			l l	Jugendinfo, Eurodesk)		
17:30			Break Trainers real world		Break Trainers maguration	
18:00			- simulation and open space type		ceremony	
			of session		Mark	
18:30			(H)	Feedback and critical analysis	Closing	
		DG: Reflection and discussion	Reflection and discussion -			
19:30		in small groups		partners	Evaluation	
19:30			eath other to grow		Dinner / Cultural	
		Dinner	Dinner	Dinner in Bremen	presentations food, drinks,	
20:00		22 MSV20	10000000	Astronomical Restorations	dances and music	
20:30	Chill out night	Chill out night	Chill out night	Dancing and celebration party	Farewellparty	
21:00	Cilin Gat Hight	C.III. Dat Ingite	Commode ingine	Contemb and Chebration party	Toronomparty	

Travel costs and transportation

• Travel costs will be reimbursed according to the distance bands allowances from Erasmus+. You need to calculate the distance from your residence to Bremen, Germany. Here, you can calculate the distance:

Erasmus+ Distance Calculator

- The travel cost will be reimbursed within 30 days after receiving all documents from the participants:
 - Documentation about a workshop, "Bring back TTT," that will be delivered by the participants in their local community/project and posted online (Facebook, website, blog, etc.).
 - Dissemination of the project, which includes an article, blog, or report with photos published online (your sending organization's website, local youth portal, local newspaper).
 - o Boarding passes, flight bookings, train tickets, etc.
- Costs: Accommodation, food, and all materials are free. A participation fee of €100 will be deducted from the travel costs (€50 for the first course and €50 for the second).

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

The trainers team



Darko Mitevski



Dagna Gmitrowicz



Aleksandar Čičković

Contacts: If you need more information about the project, please contact partnerships@naturkultur.eu



