



# Train the Trainers

## Its Up To Me

10th Edition 2025

---



# Its Up To Me 10

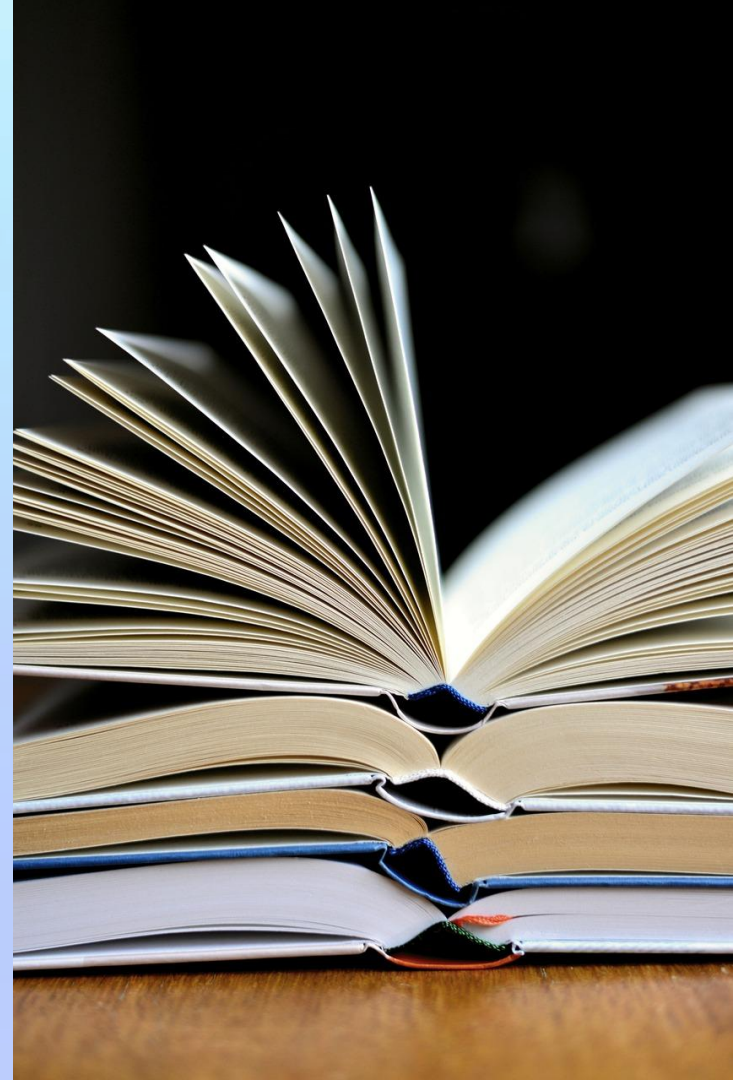
**NaturKultur e.V. Germany** invites you to apply for the tenth edition of the Training course - "It's Up To Me" from Erasmus + Program Key Action 1 – Mobility of youth workers. In this edition, there are two training activities:

- **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.

---

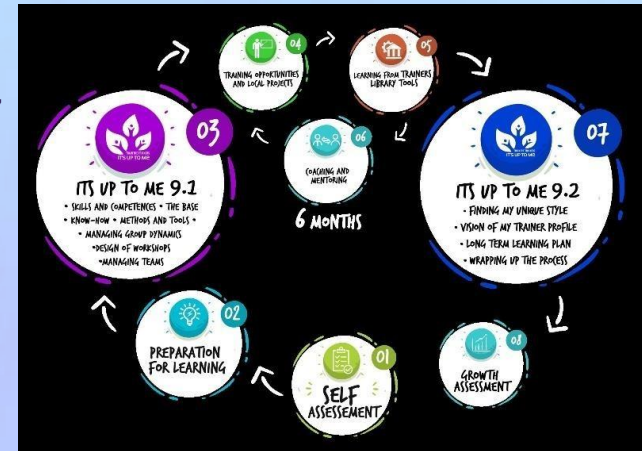


# About the Project

“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 [Trainers library](#) 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

[KulturHaus](#), 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	W5 delivery	Next steps, evaluation, closing	
8:45-9:15		Breakfast 8:00-8:45h	Breakfast	Breakfast	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 dynamics, Tuckmanns model of group processes, team building	10:15-11:00 Giving and receiving feedback	10:10 Ethics, controversial a	10:15 - 11:30 Self-Expression Skills	10:05-11:30 From learning to delivery (2 parallel sessions) (5 min set-up, 60 min presentation & 15 min	10:15 - 11:30 Civic engagement - what is my role as a trainer?	
11:00		10:30-11:30 Where we are - team intro, contact flow,	11:30-12:00 Break	11:00-11:30 Break	10:10-10:40 Break	11:30-12:00 Break	11:30-12:00 Break	11:30-12:00 Break	
11:30		12:00-13:00 Expectations, concerns, contributions	12:00-13:30 Preparation for delivering workshops: - Dimensions of experiential learning	11:30-13:30 Public speaking and body language	10:40-12:15 Trainers team management / Q&A	12:00-13:00 Self-Expression Skills	12:00-13:30 From learning to delivery (2 parallel sessions) (5 min set-up, 60 min presentation & 15 min	12:00-13:30 Erasmus +, NGO market, designing future projects	
12:00		13:00-15:00 Lunch	13:30-15:30 Lunch	13:30-15:30 Lunch	12:30-13:00 Lunch	13:00-15:00 Lunch	13:30-15:30 Lunch	13:30-15:30 Lunch	
12:30					Leave house at 13:00				
13:00									
13:30									
14:00									
15:00									
15:30									
16:00									
16:30									
17:00									
17:30									
18:00									
18:30									
19:00									
19:30									
20:00									
20:30									
21:00									
22:00									

## Timetable "Its up to me 10.2"

	Day 0	Day 1	Day 2	Day 3	Day 4	Wednesday
	Friday	Saturday	Sunday	Monday	Tuesday	26.11.2025
Time	21.11.2025	22.11.2025	23.11.2025	24.11.2025	25.11.2025	26.11.2025
9:30 - 10:00				Bus ride to Bremen		
10:00-10:15					Sleep in	
10:30						
11:00						
11:45-12:00						
12:00						
13:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:30						
20:00						
20:30						
21:00						



# 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).
  - 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

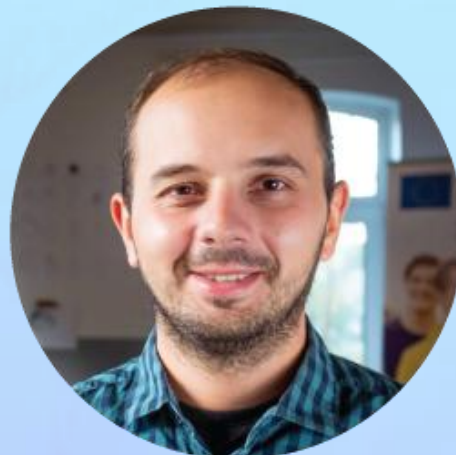
# The trainers team



Darko Mitevski



Dagna Gmitrowicz



Aleksandar Čičković

**Contacts:** If you need more information about the project, please contact [partnerships@naturkultur.eu](mailto:partnerships@naturkultur.eu)

