



Sosthène DESHOULLIERES-DELBOS

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ABOUT ME

International trainer and facilitator - projects coordinator - youth worker

WORK EXPERIENCE

20/01/2019 – CURRENT Marseille, France

TRAINER AND PROJECTS COORDINATOR HORS PISTES

Training activities

Design and facilitation of local training activities for youth/social workers, international training courses (Erasmus +), Youth Exchanges and seminars for ESC volunteers (on-arrival, mid-term, upon return). Training Courses for mentors and tutors. Specific topics : Identities, Culture, sensitivity towards diversity, prevention of discrimination, Gender , participation, non-violent communication and collective processes/group dynamics.

Coordination of international mobility projects

Erasmus + (KA1, KA2) / European Solidarity Corps (ESC 51) / Franco German Youth Office. Application and reports for grants / coordination of regional, national and international partnerships / pedagogical and personalised follow-up of participants, mentoring and tutoring / administrative and financial management.

01/01/2025 – CURRENT

TRAINER COUNCIL OF EUROPE - YOUTH DEPARTMENT

Member of the pool of trainers for the Youth Department - Preparation, facilitation and evaluation of non-formal intercultural youth activities supporting young people's learning about and for human rights & democracy.

01/06/2024 – CURRENT Italy

TRAINER REPLAY NETWORK APS

Member of the panel of trainers (composed by 96 professionals from 34 different Countries). REPLAY is currently the training provider of the Agence du Service Civique (ASC), managing in France the National Agency for Erasmus+ Youth & Sport programme and for European Solidarity Corps.

01/01/2024 – CURRENT MARSEILLE, France

BUDGET CO-MANAGER HORS PISTES

Collective coordination of the organisation.

Member of the committee responsible for the management of the organisation's general budget and treasury.

01/09/2019 – 01/01/2021 France

VOLUNTEER ACTION NON-VIOLENTE COP 21

Citizen's movement for climate

01/02/2018 – 31/12/2018 Marseille, France

VOLUNTEER - CIVIC SERVICE HORS PISTES

Promotion of International mobility projects, information and support towards to the participants of the projects. Animation and support for implementation of Youth Exchanges (Erasmus+). Linguistic and intercultural animation.

PUBLICATIONS

2022

Gender equality within the framework of European volunteering projects.

Université de Rennes 2 et Université de Bretagne Occidentale

EDUCATION AND TRAINING

01/09/2024 – CURRENT Hungary

TRAINING OF TRAINERS FOR ERASMUS + YOUTH AND EUROPEAN SOLIDARITY CORPS SALTO Resources and training center

10/2024 – 10/2024 Paris, France

UNDERSTANDING AND PREVENTION OF SEXIST AND SEXUAL VIOLENCES VSS Formation

01/02/2024 – 01/04/2024 Marseille, France

NON-VIOLENT COMMUNICATION La Coop CNV

01/10/2021 – 01/07/2022 Rennes, France

INTER-UNIVERSITY DIPLOMA ON GENDER STUDIES Université de Rennes 2 et Université de Bretagne Occidentale

Thesis Research on equality between women and men within the framework of European volunteering projects.

01/10/2017 – 01/07/2020 Toulouse, France

BACHELOR'S IN SOCIAL ANTHROPOLOGY AND ETHNOLOGY Université Toulouse 2 - Jean Jaurès

01/09/2018 – 03/09/2018 Marseille, France

GRAFIC FACILITATION Hors Pistes

01/09/2016 – 31/07/2017 Dakar, Senegal

JOURNALISM CESTI - Université Cheikh Anta Diop

LANGUAGE SKILLS

Mother tongue(s): **FRENCH**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1
SPANISH	B2	B2	B2	B2	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

CONFERENCES AND SEMINARS

06/2023 – 06/2023 Lefkosia, Cyprus

Seminar "Volunteering Management Enhanced"

12/2022 – 12/2022 Lefkosia, Cyprus

Training Course "Volunteering Management Enhanced"

11/2021 – 11/2021 Marseille

Training Course "Sensitivity and Diversity"

11/2019 – 11/2019 Malmö, Sweden

Training Course "Tools for Youth Exchanges"

EXPERIENCE AS A TRAINER

I'm designing and delivering training courses and educational activities, based on non-formal methods, in France and abroad. I have a specific expertise on Gender, stereotypes and discriminations, sensitivity towards diversity, youth participation, group dynamics and European projects for youth. I mostly work with young people from 16 to 30.

Stereotypes and discriminations – Sensitivity towards diversity – Human Rights

Identity, Cultures, sensitivity and diversity (2019 – 2024, France) – 2 days training for youth involved in French volunteering civic service. 12 sessions delivered since 2019.

Identity, Cultures and participation (2021 and 2022, France) – 2 days training course for students in social work.

New landscapes for Human Rights (2019, France) - International Youth Exchange on Human Rights (Erasmus +, Franco German Youth Office).

Gender

A bee's journey (2022, France) – 10 days international training course focused on developing educational tools on Gender-related topics for youth workers (Erasmus +)

Prevention of gender-based violences (2023 and 2024) – one-day sessions for youth workers and international volunteers. 3 sessions since 2023.

Non-violent communication

Words Matter (2019, 2021 and 2023) – International Youth Exchange on non-violent communication and intercultural dialogue (Erasmus + and Franco German Youth Office)

European Solidarity Corps

Mentors I (2024, Cyprus) – International training course for Mentors within the ESC program (Erasmus +)

Pre-departure training for ESC volunteers (2019 - 2024, France) – Training for ESC volunteers before departure. Specific aims : work on fears and expectations, setting-up learning objectives, non violent communication and active listening, stereotypes and discriminations. 10 sessions per year (one day).

On-arrival training for ESC volunteers (2019 - 2024, France) – training for new ESC volunteers upon arrival. Specific aims : discovering the program, setting-up learning objectives, discovering non-formal educational methods. 2 session per year (one week).

Mid-term training for ESC volunteers (2019 - 2024, France) – training for ESC volunteers with more than 6 months of experience. Specific aims : guidance through self assessment of learnings, conflict and crisis solving tools, discovering non-formal educational methods. 1 session per year (one week).

Training for Mentors (2019 - 2024, France) – training for ESC mentors and tutors. 2 sessions per year (one day).

Youth Participation

Juvene Semena (2024, France) – Youth Exchange on participation and community building, with participants from 14 to 18 years old (Erasmus + and Franco-German Youth Office)

Enhance active participation (2022 -2024, France) – 2 days training course for youth workers and volunteers. 1 session per year.

Solidarity Projects and civic engagement (2021, France) – 2 days training course for ex-volunteers.

Transnational activities for Youth Workers

The good, the youth and the volunteer (2018 and 2019, Spain, Poland and France) – 3 transnational (1 week) meetings aimed as enhancing the quality of European volunteering projects (Erasmus + KA2).