

Recognize To Empathize

ERASMUS+ Training Course

Rajgród, POLAND

19-27 February 2022



About the project

Training course “Recognize to Empathize” is the Erasmus+ mobility of youth workers project, which has the main aim of raising awareness about importance of well-developed emotional awareness in youth work. This project was developed to address the need for better recognition of own and others emotions and their expression in youth work through non-formal education methodology activities.

Venue and getting there



Participants will be accommodated near Rajgród, small town by the lake. The hotel KNIEJA is beautifully located in the forest right by the lake. Participants will be accommodated in rooms of 3-4 persons of the same gender. They will be provided 3 meals a day and coffee / snacks during the coffee breaks in between sessions. In Knieja, we will have access to sauna, so if you're interested, you can take a swimming suit :)

You will arrive in Warsaw on February 19th and the organizers will arrange a bus from Warsaw to Rajgród and back. You will leave Rajgród on February 26th, and spend the last night in the capital of Poland - Warsaw - and departure from there on 27th.

Partner countries

- Poland (4 participants)
- Croatia (4 + 1 trainer)
- Turkey (4 + 1 trainer)
- Italy (4 participants)
- Spain (4 participants)
- Cyprus (4 participants)

Reimbursement

Participants will be reimbursed of their travel costs AFTER the project by a bank transfer. In order to receive reimbursement, they will need to keep their travel tickets, invoices and boarding passes. Bus tickets from Warsaw to Rajgród and back will be bought by the organizer, hence the limit for reimbursement will be:

- **240 EUR** - Turkey, Croatia, Italy
- **325 EUR** - Spain, Cyprus

Profile of Participant

- minimum 18 years old;
- youth workers, volunteers, educators or someone who wants to work with youth in the future;
- as we want to create a heterogeneous environment during the project, we will also include and encourage youth workers with fewer opportunities to take part (facing social, geographical and economic obstacles);
- motivated to learn and share their knowledge and experiences with others in the group;
- willing to share what they have learnt with other youth workers and young people of similar background and initiate activities in local communities after returning home.



Activity

Participants will take part in non-formal education workshops that will help them reflect on their own emotional awareness and understand its importance in youth work. They will develop knowledge, skills and attitude in the field of emotional awareness, after which they will create new non-formal education methods that can be used in their youth work after the project mobility. Participants will take active part in their learning process through all phases of the project and they will develop themselves both in personal and professional life.

Goals

- Exploring the concept of emotional awareness and find a common understanding of it in the context of youth work;
- Facilitating their emotional awareness development needed for successful dialogue and empowerment of young people from their communities;
- Sharing good and bad youth work practices in relation to emotional awareness and learn from each other experiences;
- Creating new methods and tools for young people's emotional awareness development based on non-formal and informal learning methodology;
- Promoting the networking within the Erasmus+ programme and strengthen the cooperation between the partner organizations for the future projects.

Results & Impact

The envisioned results, impact and benefits of "Recognize to Empathize" include: creation of manual with four new NFE methods for emotional awareness development; presentations and workshops in each of six participating countries on the topic of emotional awareness and self-development; increased capacity of partner organizations for project management and international cooperation; increased number of young people interested in non-formal education, volunteering and Erasmus+ opportunities, etc. With this we aim to achieve a multiplier effect and sustainable impact.

Preparation



Each group (by country) will be requested to prepare 15 minutes presentations of their country in a new and innovative way. Also, before the mobility participants will receive important materials about their sending organization, and based on this information they will prepare “Local reality – presenting our organizations” to be implemented during the session of the day 4.

Fee

Participants will be covered with accommodation, food and flight tickets. Their only cost will be participation fee (donation for the organization) that will be **40 EUR** which will be deducted from the travel reimbursement.



Application form

To be part of this project, please fill out the application form (click below to open). We will notify you about the results within 7 days.

[CLICK HERE](#)

Contact

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