



Training Course “Y.D.E.A. 2”
Youth Development through Emotional Awareness
2nd Edition

organised by SCI - Italy

24-30 June 2024, Rome, Italy

CALL FOR PARTICIPANTS

For staff & board members of NGOs and youth organisations

For educators, youth workers, workcamp coordinators

For facilitators and trainers (also to-be trainers)

*From EU programme countries and third countries associated
to the Erasmus+ Programme & Zone 1 and Zone 2:*

*Austria, Belgium, Bulgaria, Croatia, Cyprus, Czechia, Denmark, Estonia, Finland, France, Germany, Greece,
Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, North
Macedonia, Norway, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Türkiye;*

Zone 1: Albania, Bosnia and Herzegovina, Kosovo, Montenegro

Zone 2: Armenia, Azerbaijan, Belarus, Georgia, Moldova, Ukraine

Apply [here](#) by 22.04.2024



Co-funded by
the European Union



ABOUT US

[Service Civil International](https://sci.ngo/) is the oldest voluntary peace movement in the world, with over 100 years of experience. Its mission is to promote a culture of peace by organising international volunteering projects with local and global impact. SCI is present in 40 countries on 5 continents, and cooperates with partners in almost all countries of the world. Read more at <https://sci.ngo/>.

[SCI Italy](#), founded in 1948 and “revitalized” in the 1970s, is based in Rome and is supported by several local groups. During its existence it has sent and received thousands of volunteers, contributing to spreading international volunteering in Italy. SCI Italy sends around 400 Italian volunteers around the world every year. It organizes around 30 workcamps a year in Italy, which host more than 300 international volunteers, thus contributing to the development of social, environmental protection, historical/cultural activities in Italy. SCI Italy has been an ESC (European Solidarity Corps) sending and hosting organization for several years and annually carries out various projects co-financed by the European institutions (European Union, Council of Europe).

THE PROJECT

YDEA 2...What is it about?

- It is a project for those interested in **emotional intelligence, social psychology, emotional awareness** and **Social and Emotional Learning (SEL)**;
- It is ideal for educators, trainers, facilitators, youth workers, workcamp coordinators who wish to develop their **facilitation** and **non-formal education** skills addressed to youth;
- It is an opportunity to learn more about how to improve the impact of **non-formal activities** and **youth work** (workshops, webinars, workcamps, training courses...) through emotional intelligence and emotional awareness;
- It is a space to learn more about **assertiveness, nonviolent communication** and **peace education**;
- It is a project that encourages the exchange of good practice and reflections aimed at improving **organizational well-being** among the IVS networks and organisations;
- It is a project that promotes **networking, international cooperation** and **intercultural friendship**.

...and what is it NOT about?

- YDEA is not a “voluntourism” project. If you plan to skip the sessions to visit Rome while receiving free tickets, accommodation and meals, we strongly encourage you not to apply for this project;
- YDEA is not addressed to individual participants who do not belong to any network or organization and aim only at their personal development; it is essential that the skills & knowledge gained through the project are transferred to the organization, activists and volunteers;
- YDEA is not a “therapeutic” seminar addressed to participants who expect to receive personal psychological treatment through professional advice (even if, of course, the training can be highly beneficial for you!)



The **main aim** of this project is to equip participants with skills and knowledge in the field of Emotional Intelligence, Social Emotional Learning and Emotional Awareness to promote more effectively youth development and social inclusion. This edition's focus will be on **“organizational wellbeing”**, as we will design ways to improve the quality of human relationships within our organisations. The first edition of YDEA took place in June 2022 in Bulgaria and was coordinated by CVS Bulgaria. Considering its big success, the high number of applications received and the strong demand for a follow-up, we decided to propose a second edition. [Here](#) you can find pictures from the first edition.

The project has 3 main components:

1. 60-minute preparatory online meeting and digital preparatory tasks (June 2024, date to be defined):

The online meeting will be held a few weeks before the beginning of the training course. It will last 60 minutes and will involve the participants, the trainers and the representatives of SCI Italy. It will be a chance to start getting to know one another, to share details on the project, the venue and the logistics, and to answer questions. Participants will be invited to perform creative preliminary tasks, using an online platform such as “Padlet”, which will help them understand the topics to be addressed during the training course.

2. Y.D.E.A. Training Course (24 - 30 June 2024, Rome, Italy):

Each day of the training course will include 4 non-formal education sessions, which will involve participants in creative, interactive and awareness-raising activities focused on Emotional Intelligence. The trainers will propose team-building activities, group-work, “learning-by-playing” sessions, spaces for learning, sharing, evaluating and reflecting. There will be the chance to relax, meet local organisations and visit the surrounding area. The meeting will include a 1-day workshop on nonviolent communication.

3. Output and Follow up

Participants will have the opportunity to reflect and exchange good practice on how to improve the “emotional wellbeing” within their organization, defining specific tasks and roles. Ideas on possible future projects will be designed and proposed to the SCI network (training courses, KA2 Erasmus+ application form etc).

THE TRAINING COURSE

We are ready to invite you to join **the training course “Y.D.E.A. 2”**, which will take place **between 24 (arrival day) and 30 June (departure day) 2024** at **La Città dell’Utopia in Rome, Italy**. We expect to host **18** participants.

At the training, you will:

- get to know and learn more about the international participants and their organisations, through team-building and interactive sessions;
- increase your knowledge on Emotional Intelligence, Social Emotional Learning, Emotional Awareness, social psychology, mental health and how to apply this knowledge to youth work to boost social inclusion and impact;

- through “learning-by-playing” sessions, develop non-formal educational methods, tools, models and practice based on SEL and EI, and focused on the current needs of young people;
- develop and consolidate sensitivity and the expertise concerning mental health issues within the organisations, the networks, the International Voluntary Service movement and in youth work in general;
- learn and practice nonviolent communication (NVC) through a specific workshop;
- share best practice, needs, challenges and ideas related to the organizational wellbeing within your organizations: how to improve the quality of the working environment, the relationship among staff/board members, volunteers and activists;
- share ideas and inspirations on how to create synergies with formal and non-formal education bodies, to reach-out and include young people with fewer opportunities.

The provisional training programme can be found on the last page of this call.

We will offer you **an excellent learning opportunity** that will support you to increase the quality of non-formal education activities you and your organisation are doing, and also **a unique networking experience** with fellow-minded people from across Europe. *Please read the following points to check if you are eligible to apply!*

FOR WHOM

The ideal participants are educators, youth workers, facilitators and trainers (also to-be trainers), workcamp coordinators, , NGOs staff and board members with an interest in emotional intelligence, mental-health, non-formal education, NVC, social inclusion and its applications in their work with young people and youth organisations.

There are a few formal requirements you need to satisfy to join the training course:

1. You need to be a **resident¹ of one of the countries listed in the first page of this call**;
2. You must be able to **communicate in English** (the working language of the course);
3. You must be **at least 18 years of age**. Please note that there are no age limits, but priority will be given to participants aged between 18 and 35 years;
4. You should be an active member of an organization;
5. Active members of an SCI branch, or of an organization belonging to the IVS movement will have the priority in the selection process. Participants from non IVS organisations can apply, too.
6. You need to **attend the whole course duration** (there is no possibility to make exceptions).

We explicitly encourage participants of all genders, abilities and ethnic backgrounds to apply.

WHEN

You need to **arrive** to Rome on Monday, **24 June, possibly before 18:00**. We will start at 18:00 on 24 June with welcoming and getting to know each other activities. Dinner will be served.

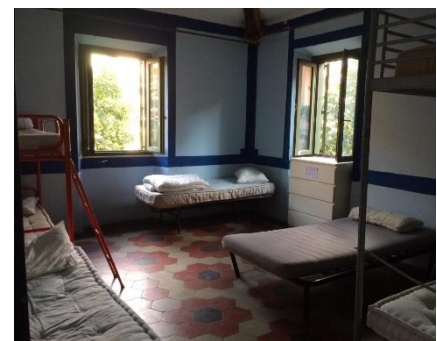
The course will finish on Saturday, 29 June 2024, in the late evening; therefore, **departures** are planned on the **morning of 30 June 2024** (breakfast is included). As further meetings are planned in the venue, it will not be possible to host participants after the departure day.

¹ Due to the programme rules, the requirement is the residency in one of the eligible countries, not the nationality of the participant. Examples: an Algerian candidate living in Portugal, travelling from Portugal and supported by a Portuguese organisation, can apply; an Italian candidate living in UK, (travelling from and back to UK) cannot apply.

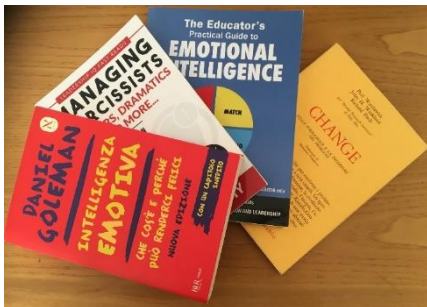
WHERE

The training course will take place at “Casale Garibaldi”, the premises that host the [“La Città dell’Utopia”](#) project coordinated by SCI Italy. The place is a nice historical building that provides meeting spaces for local organisations and citizens-led initiatives. Participants will be accommodated in sleeping rooms on the first floor of the venue. We will provide more information in the “infosheet”, which will be sent to organisations and participants after the selection process.

Most part of the sessions will be conducted outdoors; however, in case of unpleasant weather conditions (such as high summer temperatures), the activities will be held inside. The meals will be prepared by a cook and will be served mainly in the open. We are sure that we will be able to count on your cooperation and enthusiasm in order to make the event a memorable experience for everybody! Please be aware that the living conditions will be basic: participants will sleep in [shared rooms](#) and will be invited to contribute to the success of the training course by doing small cleaning tasks (wash up, keeping rooms and bathroom cleaned). Adaptability and willingness to support will be highly appreciated!



METHODS



Our working methods will be based on the principles of non-formal education and experiential learning, creating a stress-free and motivating environment where the human brain has a full capacity to learn. You will often work in smaller groups to achieve the best results. All the methods will encourage active participation, creativity, initiative and responsibility for one's learning process. The training course contents are inspired by the theories of Daniel Goleman, Paul Watzlawick and other authors sharing the “Humanistic Psychology” and the nonviolent communication approach, which will be presented through interactive activities.

MEET THE TRAINERS

We are happy to announce that the training course will be facilitated by experienced and certified trainers, experts in adult education, and – at the same time – peace activists. The main trainers will be:



Mauro Carta, Italy: Mauro is a free-lance trainer and project manager, with a degree in European Studies and Education Science and a long experience of cooperation with IVS organisations. He designed and implemented several youth projects, including training and seminars on different topics: project management, youth work, non-formal education, impact measurement. Furthermore, Mauro has coordinated workcamps in Europe, Africa and Australia.



Katerina Stoyanova, Bulgaria: Katerina has a solid and proven track record experience in the development, implementation and evaluation of educational projects, courses and seminars. With her organisation CVS Bulgaria, Katerina has managed several projects featuring non-formal education as a tool for the inclusion of members of the local community. She has recently obtained a Master degree in "Social work with Refugees and Migrants" and has lately enrolled in Arabic studies master program in Sofia University.

Matteo Testino, Italy: SCI Italy board member and international long-time activist, Matteo will conduct the workshop on nonviolent communication. Matteo has a long training experience in the field of NVC and peace work.

CERTIFICATE

At the end of the training course, participants will receive a Youthpass certificate.

FINANCIAL CONDITIONS

Food and accommodation as well as all organisational costs (additional insurance, training materials, etc.), will be fully covered thanks to the co-financing by the European Union.

Some of the partners may ask for a small sending fee to cover their placement costs. Please check with your organisation.

Reimbursement of the travel tickets (including visa and visa-related costs) will be 100% up to the maximum amounts after the receipt of original documents. Maximum travel reimbursement will be according to the 2022/23 Erasmus+ rates (as the YDEA2 project has been co-financed through a grant which refers to those years).

Distance	Not green travel (plane, ferry)	Green travel (shared car, train, bus)
10 – 99 km	23 euro	23 euro
100 – 499 km	180 euro	210 euro
500 – 1999 km	275 euro	320 euro
2000 – 2999 km	360 euro	410 euro

Even though this is not a “getting to know Rome” project, **you may also stay in Rome a few days (1 or 2) before or after at your private expense**, as long as the travel cost is not higher than the cost which you would bear if coming only for course duration - otherwise you will be asked to cover the difference.

SUSTAINABILITY

Sustainable food: The food we provide will be vegetarian with vegan options. This is not just a practical decision, but also an ideological one: SCI believes in the values of sustainability and climate justice – and if we want to contribute to a more peaceful planet, we need to give up on animal agriculture and its destructive effects on our planet.

Sustainable travel: We encourage you to use environmentally friendly transport (bus, train, car sharing) when possible.

HOW TO APPLY

If you consider yourself a suitable candidate for the course, please fill in the [application form](#) by 22.04.2022. You will be notified of the selection results after the deadline. Be aware that you will need to be supported by an organization. For this reason, before submitting your application, please contact your sending organization.

All those accepted will receive a detailed “infosheet” (including how to get to the venue, how to book your travel, what to bring, more information about the agenda of the project and details about the preparatory tasks). We will support you in the pre-departure phase together you’re your sending organisations. **Please do not start booking tickets before receiving the official confirmation of approval by SCI Italy!**

If you have further questions regarding the project, you can write to us at coordinamento@sci-italia.it

PROVISIONAL PROGRAMME*

DAY	24 June	25 June	26 June	27 June	28 June	29 June
08:00-9:00	Arrivals	Breakfast				
9:00-10:30		Getting to know each other Project & Training Overview	What do we know about emotion? (part 1)	Workshop: Promoting effective communication: assertiveness, NVC, peace	Techniques to include EI and SEL in our NFE activities	Stress management
10:30-11:00		Break				
11:00-12:30	Arrivals	Expectations, fears, contributions	What do we know about emotions? (part 2)	Workshop (continuation)	The 5 SEL (Social Emotional Learning) core competences	Organisational wellbeing
12:30-14:00		Lunch				
14:00-15:30		Team building activity	Current young people's challenges and impact on their mental health	Workshop (wrapping up); Administrative tasks; Mid evaluation and Youthpass	Challenging emotional situations in youth work	Ideas for Follow up
15:30-16:00	Break					
16:00-17:30	18:00 Welcome and getting to know each other; Presentation of the Città dell'Utopia	Presentation of participants' organisations, fields of actions, relevant projects	Emotional Intelligence and Social Emotional Learning: what are they and why do we need them in youth work?	Free afternoon	Learning by Playing: group games to foster social inclusion and emotional intelligence	Certificate awarding ceremony Final Evaluation Cleaning and packing up
17:30-18:00		Reflection teams				
18:00-20:00	Dinner					
20:00- ∞	Relax, networking	Learning By Playing	Learning by Playing	Dinner out	Free evening	Emotional Party

Departures are planned on **Sunday, 30 June**, after breakfast

*The **final programme and timeline** may be modified depending on the profile of selected participants and their specific needs and interests.