

**Leader Training**  
**Skills for self empowerment and leading groups**  
**Filaga, Palermo, Italy, 22nd-28th april, 2025**  
**(Erasmus+ KA153-YOU)**

This training is designed for youth leaders and youth workers who want to develop and improve their life skills in the management of international activities and groups and that can be essential for dealing with the challenges of everyday life. Through hands-on activities, workshops and interactive discussions, participants will have the opportunity to improve time management, effective communication, conflict prevention and resolution, logistics, leadership and management of groups and activities. The aim is to share concrete tools to increase confidence in leading groups in multicultural and international settings.

This training is designed for 25 people among young youth leaders, volunteers and activists who want to explore the role of the leader in volunteer projects including workcamps, youth exchanges, and acquire skills for their personal and professional development.

Using a practical and engaging approach, the programme aims to strengthen individual skills and inspire participants to improve aspects such as:

- Dealing with unexpected events, conflict management, effective communication, work in group, time management
- The role of the leader in volunteer projects
- The creation of safe spaces where young people can express themselves and participate in educational processes in informal settings
- The recognition of learning in volunteering activities

The training includes practical simulations, thematic workshops, role-plays and group discussions, all aimed at developing concrete skills that can be applied in various contexts of daily life, both personal and professional.

The activity will be conducted in English, therefore all the participants have to be able to express themselves in this language and take part in all the sessions.

### Who we are

The InformaGiovani ETS (IG) association was founded in 2001 with the aim of promoting human and civil rights, especially for young people facing or at risk of facing social obstacles. Since 2010 IG is leading an informal European network on social volunteering, youth inclusion and participation, recognised by the EACEA of the European Commission, [that nowadays counts 22 members in 20 EU countries](#). Since 2010 it has been a partner of Alliance network of European Voluntary Service Organisations and is member of the Eurodesk network.

The association has four main fields of action and intervention

- Promoting and encouraging access to information and the correct use of media and digital tools;
- Training young people and adults in non-formal education tools and techniques;
- Local and international volunteering as a tool for social intervention and active citizenship training;
- Supporting the participation of young people with fewer opportunities



The association focuses on activities of social inclusion and rehabilitation of young people who are facing or are at risk of social exclusion, in particular NEET, young unemployed, young migrants, young people with sensorial disabilities, and young offenders in probation period.

The association is accredited by the Italian Youth Agency for the implementation of activities under the EU programmes Erasmus+ and European Solidarity Corps and is a training body recognised by the National Order of Journalists. It is currently accredited for youth mobility (KA1) and holds an ESC Quality Label as LEAD organisation.

IG manages a youth information point and Eurodesk Centre in the city of Palermo, hosted in a property confiscated from the Mafia.

### **Methodology**

This training course is based on non formal education approach

Activities will be organised in the indoor/outdoor spaces of the hostel covering around 6 hours per day. Methodologies used will be based on a non formal approach like working in a team, simulation, games, role playing, sharing of practices, as well as thematic sources will be shared.

**Selected participants will be invited to actively contribute to the activities with inputs, contributions, ideas, proactivity and interest, and by sharing their (and their organisations') experiences and activities. And also by running a workshop on a topic of their choice.** The workshop could also be carried out with other participants if the topic is related. This approach is intended to challenge the participants' skills and make them more engaged since the time before the TC.

**Important. All participants' contributions will be collected and shared with all participants and partners involved at the end of the training for the benefit of other young people and stakeholders.**

### **Profile of participants:**

Young people aged 22 and over, especially those who are willing or are going to make their first experiences as youth leaders or facilitators of intercultural groups/activities, or who are newcomers to youth work and who are active in the local context and within their sending organisations, and who are interested in acquiring new skills and reinforcing competences in managing international or intercultural groups of young people from different socio-economic and cultural backgrounds.

- Youth leaders, volunteers, activists, junior youth workers who want to improve their skills and develop new ones on the theme of training.
- Participants have to be actively involved and working with the supporting organisation to carry out activities at local level once back in their home country
- Participants should be interested or already involved in working with intercultural learning, conducting activities with young people, coordinating groups, working in a multicultural context and interested in Non Formal approach.
- Every participants will run a workshop on a selected topic of their choice
- Good level of English to participate actively in the TC
- Previous volunteering experience preferred

### **Financial Conditions**

This mobility is funded by the Erasmus+ Program (KA153-YOU): board, lodging and insurance are covered 100% by the Erasmus+ funding.

Travel cost will be reimbursed on the basis of actual expenses up to budget limit calculated [according to Erasmus+ distance band calculator](#) below. Expenses incurred in currency other than Euro will be converted according to the monthly rate set on the [official website InforEuro](#).

Travel distance	Maximum travel reimbursement
10 – 99 km	28 EUR
100 – 499 km	211 EUR
500 – 1999 km	309 EUR
2000 – 2999 km	395 EUR

### Accommodation and food

The whole activity will be organised in Filaga, a small village in the countryside some 40 km far from Palermo, Sicily. Food will be provided at the venue (vegetarian food also available). There are 3 large dorms (2 equipped with 5 bunk-beds and one equipped with 5 single-beds) with a locker for each bed. There are limited toilets and showers. Participants will have to share dorms and toilets, divided per gender.



### Where and when

Filaga, Palermo, Italy from April 22 to 28, 2025

This Training Course will be hosted by the Organisation ODV Solidarietà and the local community of [Filaga \(PA\)](#), and their local people involved in the project Terr@Terra. The "[Terr@Terra](#)" project intends to transform these places of Sicily into growth opportunities for those who have chosen to live there and for anyone who wants to discover and love Sicily. The project was born from this idea, with the aim of enhancing the naturalistic-environmental, historical-cultural, artistic, artisanal, food and wine and folkloristic resources of the Sicani territory, through the activation of educational, promotion and territorial animation actions, as well as with paths and services integrated in a system of sustainable use of the territory, starting from the bottom, "earth to earth" precisely, to favor processes of social infrastructure, youth social employment and socio-labor inclusion of disadvantaged people. Specifically, they intend to strengthen educational paths aimed at the social participation of people within a perspective of promotion of local culture, preservation of local traditions and knowledge, enhancement of the environment, at the service of the community, of nature and social solidarity.

### How to apply and deadline

The project is open to the EU Member States and [third countries associated with the Programme](#).

If you are interested in this training course, please [fill in the application form](#) by **09/03/2025** - Participants will be notified by 12/03/2025 with further information and travel details.

If you need information or clarification on the project, please write to [chiara@informa-giovani.net](mailto:chiara@informa-giovani.net)

Draft of the Agenda\*

DAY 1 (23/04)	DAY 2 (24/04)	DAY 3 (25/04)	DAY 4 (26/04)	DAY5 (27/04)
TEAM BUILDING + COMMON GROUND	TOPIC OF THE DAY: Intercultural learning	TOPIC OF THE DAY: Inclusion and participation	TOPIC OF THE DAY: Effective leading	TOPIC OF THE DAY: Safe space
Agenda, Expectations, Contributions	Skills for leading groups	Inclusion and participation	Non Violent Communication	Safe space
Get to know and Team building	Personal boundaries	Experiential learning	Active Listening	Security
ETS Competences Youthpass ( <a href="https://www.youthpass.eu/en/help/faqs/ets-youthworkers/">https://www.youthpass.eu/en/help/faqs/ets-youthworkers/</a> )	Intercultural learning and shock	Volunteering	Conflict management	Practicalities during project
Learning in a non formal setting	Stereotypes	Reflection	Stages of group development	Evaluation

\* the agenda may undergo changes