

Erasmus+ Training Course

# From Youth as Problems to Youth as Resources

10th - 18th February 2022

Tartumaa Tervisespordikeskus

Elva, Estonia



Erasmus+



erasmus+ and  
european solidarity  
corps agency

# Introduction

As Youth Field Development Plan 2014-2020 of Estonia states “Aspirations and opportunities of young people to participate in decision-making processes on matters that concern them and society as a whole are the basis for the development of a cohesive society... Participation in arranging your own life and the life of the surrounding community forms a basis for the development of a strong civil society, one in which young people are the active actors driving social change". Youth workers' role is essential in engaging young people to be the actors of the mentioned driving change.

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**"From youth as problems to youth as resources" is a 7 days training seminar for youth workers to:**

1. Analyse concepts like identity and culture and young people's role in society and community to outline directions to make their locality a better place to live.
2. Recognize negotiation, advocacy and media literacy to public engagement while fixing problems and offering solutions.
3. Identify research tools and methods to facilitate youth participation when using online applications and making questions for survey of social and community importance.
4. Apply participatory methodologies, like prioritising ideas and suggestions to self-facilitate and discuss issues of their choice.
5. Perform Participation Café physically when applying social inclusion and accessible participation among young people.

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**Aim of the training seminar** is to build the capacities of youth workers/leaders on youth participation and active citizenship.

## **Learning Outcomes:**

The basic competencies that we want the participants to acquire and/or improve are the following:

1. Competency (knowledge, skills, attitudes) in facilitating youth participation and active citizenship, fostering and empowering other young people in their communities/countries to participate in their community life.
- 2) The competency to understand and facilitate individual and group learning processes.
- 3) Emotional competency, improving their self-esteem and motivation to work as youth workers and leaders.

# People behind the TC



**Mariliis Maremäe** is a youth work trainer and youth work practitioner who has been active in the field both locally and internationally for more than ten years. Mariliis have conducted trainings on youth participation field based on experiences as active youngster till mentor of local youth councils. Mariliis will be your local contact and trainer

**Arman Azizyan** MS in International Development Studies GLODEP Erasmus Mundus Joint Masters Degree, and Ba in Business from American University of Armenia, has extensive experience working for local NGOs, international organizations and Government of Armenia. He has defended masters in thesis on the role of participation in good governance. Arman will be main trainer during the TC.



## Target group:

The training course is for those who are...

- above 18 years old youth workers and youth leaders,
- with high interest in encouraging youth participation and non-formal education,
- motivated to get new skills, competences, methodologies, etc. to share them among their staff and target group in their communities/countries
- open minded to differences and willing to work in an international team
- good command of English is mandatory
- participants with fewer opportunities is not mandatory, but desirable

**DAY 1 - Arrivals**

AM	Arrival
19:00	Welcome Dinner

**DAY 2 - Getting to know each other, our organizations,**

10:00	Introduction to the programme
10:30	Getting to know each other
11:30	Erasmus + programme, its structure and functioning
12:00	Getting acquainted with Youthpass certificate
12:30	Social Contract on rules
13:00	Lunch
14:00	Training aims, expectations, and fears
16:00	Speed Networking for participants and their organizations
17:30	Tool and methodology fair of participant organizations on youth participation
19:00	Dinner
21:00	Armenian cultural evening including presentation on country's youth participation

**DAY 3 - Experiencing our role in society, community as a citizen**

10:00	Introduction to the day's programme
10:15	Understanding Ourselves: Identity and Culture
12:00	Individual, Cultures, Society, Citizens
13:00	Lunch
14:00	'Who Decides?'
15:30	How our Areas look to us
17:00	A Better Place to Live
18:00	We Are the World
19:00	Dinner
21:00	Estonian cultural evening including presentation on country's youth participation

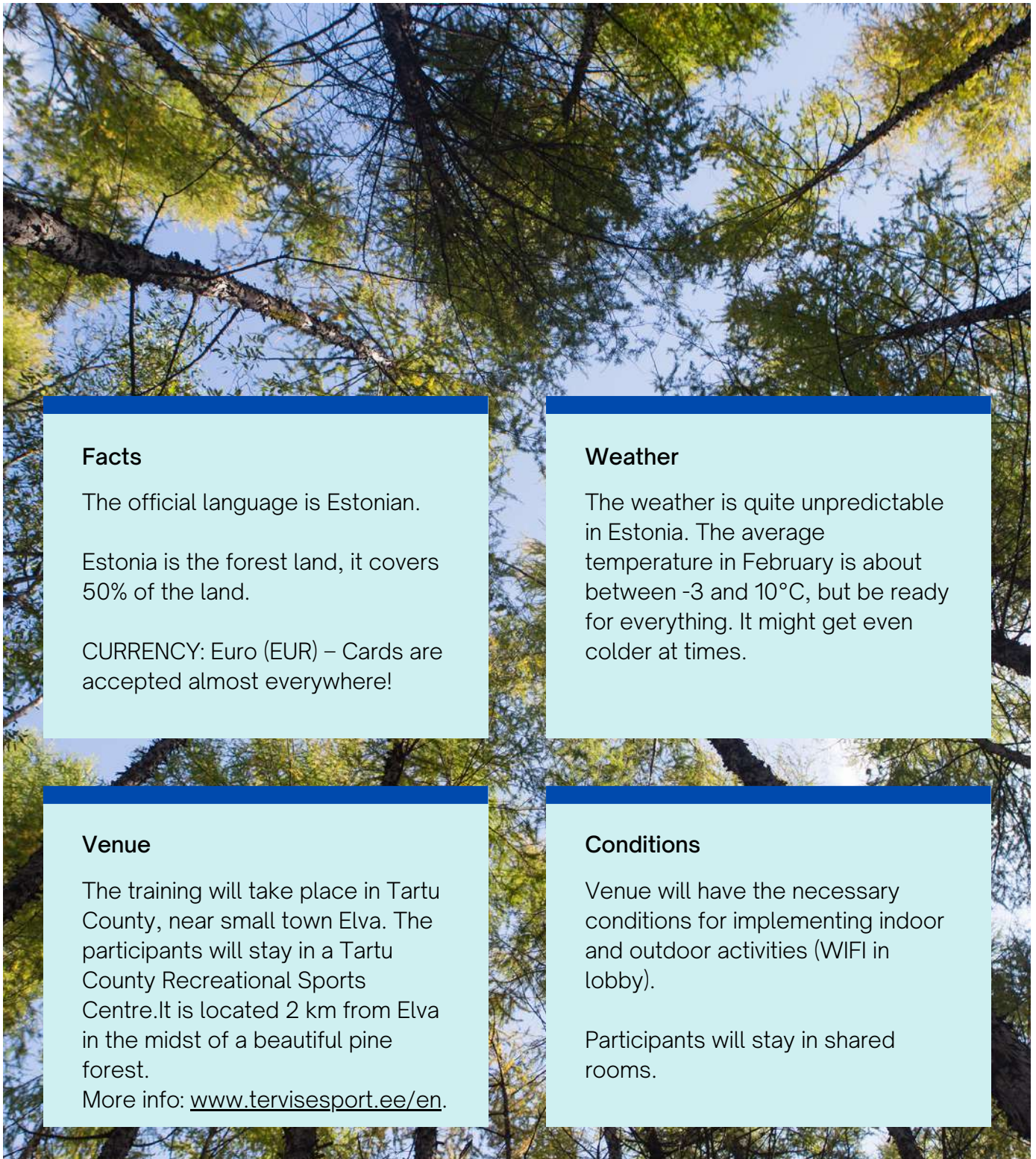
**DAY 4 - Experiencing the use of Negotiation, Advocacy and Media Literacy**

10:00	Introduction to the day's programme and recap from yesterday's learning
10:15	Communities Engage
11:30	Right to Information
13:00	Lunch
14:00	Problems are Fixed
16:00	Debriefing of Problems are Fixing simulation
17:00	The role of social media for advocacy and media literacy
19:00	Dinner
21:00	Georgian cultural evening including presentation on country's youth participation

<b>DAY 5 - Crowdsourcing ideas for participation</b>	
10:00	Introduction to the day's programme and recap from yesterday's learning
10:15	Research methods and its applicability for youth worker
12:00	Researcher ethics for youth workers
13:15	Lunch
14:15	Digital crowdsourcing: How to design online survey's for participation
15:25	Practice
16:25	Focus groups and other alternative means as a tool for participatory crowdsourcing
17:25	Practice
19:00	Dinner
21:00	Italian cultural evening including presentation on country's youth participation
<b>DAY 6 - Applying Participatory methodologies: prioritising ideas and suggestions</b>	
9:00	Introduction to the day's programme and recap from yesterday's learning
10:15	Digital survey as a mean for participatory prioritising
12:00	Open Space as a method for participatory prioritising and discussion
13:00	Lunch
14:00	Introduction of Participation Café methodology
14:30	Open Space as a method for participatory prioritising and discussion
16:00	Visiting the Youth Council and/or local NGO, also Tartu municipality
19:00	Dinner in Tartu
20:00	Free evening
<b>DAY 7- Applying participatory methodologies via Participation Café and focusing on Inclusion</b>	
10:00	Introduction to the day's programme and recap from yesterday's learning
10:15	Introduction of Participation Café methodology
11:00	Practising Participation Café
12:30	Presentation
14:00	Achieving Social Inclusion Part 1
15:30	Achieving Social Inclusion Part 2
19:00	Dinner
21:00	Czech cultural evening including presentation on country's youth participation
<b>DAY 8: FINAL EVALUTION</b>	
10:00	Recap for the whole project
11:30	Individual Action Plans Part 1
13:00	Lunch
14:00	Individual Action Plan Part 2
14:50	Youthpass presentation & self-evaluation (8 key competences)
15:30	Presentation of Erasmus + programme and opportunities offered
15:30	Final Evaluation activities
17:00	Certificate handing ceremony
19:00	Dinner
21:30	Farewell party
<b>DAY 9: Departure</b>	
	Departure day

# About Estonia and venue

Estonia connects the dots between Scandinavia, Central Europe and what lies to the east, it shares land borders with 2 countries: Latvia and Russia, across the Baltic Sea lies Sweden in the west and Finland in the north. The capital of the country is Tallinn. The country has an approximated population of 1.3 million but it is larger than Denmark and Holland. Estonia is one of the least religious countries in the world.



## Facts

The official language is Estonian.

Estonia is the forest land, it covers 50% of the land.

CURRENCY: Euro (EUR) – Cards are accepted almost everywhere!

## Weather

The weather is quite unpredictable in Estonia. The average temperature in February is about between -3 and 10°C, but be ready for everything. It might get even colder at times.

## Venue

The training will take place in Tartu County, near small town Elva. The participants will stay in a Tartu County Recreational Sports Centre. It is located 2 km from Elva in the midst of a beautiful pine forest.

More info: [www.tervisesport.ee/en](http://www.tervisesport.ee/en).

## Conditions

Venue will have the necessary conditions for implementing indoor and outdoor activities (WIFI in lobby).

Participants will stay in shared rooms.

# How to get here?

End your report with a review of the highlights, and a renewed commitment to continue working on making the SDGs attainable by 2030.



## Tallinn Airport

You should arrive to Tallinn and use public transportation to reach Elva. There are many buses and trains between Tallinn and Elva. Also Tartu is a stop that you can use, because direct transportation to Elva is rare.

## Riga Airport

Riga is not the best option to fly as there is not many connections these days. Be sure that before buying any ticket you will check options to arrive to Tartu from <https://www.tpilet.ee/en>



## Info

- [www.tpilet.ee](http://www.tpilet.ee) – bus times. (Stops: Tallinn Airport or Tallinn coach station and Tartu or Elva, Riga Airport).
- [www.elron.ee](http://www.elron.ee) – train schedule ( Stops: Tallinn, Tartu, Elva)

# Important!

## Travel grant per person:

Estonia - 20€  
Armenia - 360€  
Poland - 275€  
Italy - 360€  
Slovenia - 275€  
Georgia - 360€  
Serbia - 275€  
Spain - 360€  
Greece - 360€

All original travel documents and boarding passes have to be presented during the TC to provide reimbursement of travel costs.

## IMPORTANT!

The reimbursement of the travel costs will be done when the final report of the project is submitted and confirmed, which may take around 4 months.

Travel days are 10th and 18th February!

**Participants:** 3 people per partner

### Partners:

- MTÜ Tartumaa Noortekogu
- Sustain Development Initiative
- EUROPEJSKA FUNDACJA ROZWOJU CZLOWIEKA
- EURODEMOS YOUTH MOBILITY NGO
- Mladinski center Zagorje ob Savi
- Youth for Society
- GRUPA HAJDE DA... UDRUZENJE
- ADEFIS JUVENTUD INTERNACIONAL
- DreamTeam

Registration of selected participants:

[https://docs.google.com/forms/d/e/1FAIpQLSfmZCAX2d7PAuf9Ifcro6whtvVH9r\\_ujhy0Alf0sPpaObpw\\_w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfmZCAX2d7PAuf9Ifcro6whtvVH9r_ujhy0Alf0sPpaObpw_w/viewform)

## Reminder:

participants need to have a valid certificate of vaccination or recovery

Participants have to fill in the **traveller's questionnaire up to three days before your arrival in Estonia** in the self-service portal of the Health Board at [iseteenindus.terviseamet.ee](https://iseteenindus.terviseamet.ee). The completed questionnaire will also be emailed to you after you've submitted it.



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SEE YOU SOON!

## Contact

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