

ABOUT ACT

Association Communities for Youth is a NGO acting in City of Bailesti South West Oltenia region of Romania.

ACT mission is to develop, implement and support youth development programs built around the concepts of lifelong learning, mobility and associativity. ACT works to empower young people to participate actively in society to improve their own lives. The aim of this empowerment is to establish a wide-based community movement which encourages the positive involvement of young people in solving issues which affect them, treating them as resources, not as problems.

Open Call for the Advancing Intercultural Mentoring for Holistic Impact and Growth (AIM HIGH) Training Course - ERASMUS+

Through this **Open Call** the organization Association Communities for Youth - **ACT** is looking for participants for the Advancing Intercultural Mentoring for Holistic Impact and Growth (AIM HIGH) Training Course.

Type of project: Mobility of youth workers – **ERASMUS+**

Venue: **Sasca Montană**, Caraș-Severin, Banat, **Romania**.

Duration: From **01/09/2024 (day of arrival)** to **09/09/2024 (day of departure)** – **9 days total (7 full activity days and 2 Travel days)**

How many participants: **17 participants (4 per country)**

Profile of the participant:

- Minimum age **18 years old**
- Needs to **like and be willing to engage with the activity programme**.
- **Active, open-minded, creative, innovative, responsible and motivated.**
- Show willingness to **learn** and see their **experience** as a **learning process**.
- **Basic level of English** (being able to make herself/himself understood by the others – able to communicate).

The profile of the participants includes individuals currently engaged in youth work roles within their organizations, with varying levels of experience and backgrounds. Participants should have a genuine interest in mentoring and supporting young people, as well as a willingness to engage in collaborative learning and sharing best practices. Additionally, participants should be committed to implementing the skills and knowledge gained from the training in their respective youth work contexts.

What will I DO in the Advancing Intercultural Mentoring for Holistic Impact and Growth (AIM HIGH) Training Course?

PROJECT GOAL

The overarching goal of our project is to enhance the quality of mentoring practices in youth work, ultimately benefiting young people and promoting their personal and professional development.

SPECIFIC OBJECTIVES

- 1) **Enhance Mentoring Skills:** Equip youth workers with the knowledge, skills, and tools necessary to be effective mentors to young people. This includes developing competencies in communication, active listening, goal-setting, and providing constructive feedback.
- 2) **Foster Inclusive Practices:** Promote inclusive approaches to mentoring that recognize and celebrate the diversity of young people's backgrounds, experiences, and needs. Encourage youth workers to create supportive and empowering environments where all young people feel valued and included.
- 3) **Support Holistic Development:** Empower youth workers to support the holistic development of young people, addressing their social, emotional, cognitive, and vocational needs. Provide training on how to tailor mentoring interventions to the unique strengths and challenges of individual young people.
- 4) **Promote Youth Participation:** Encourage active participation and involvement of young people in their own mentoring journeys. Advocate for youth-centered approaches that prioritize young people's voices, choices, and aspirations.
- 5) **Strengthen Professional Development:** Contribute to the ongoing professional development of youth workers by providing opportunities for skill-building, networking, and knowledge exchange. Encourage continuous learning and reflection to enhance the effectiveness and impact of youth work practice.

Activity Programme

Day 1: Introduction and Foundation

- ✓ Morning Session (9:30 AM - 11:00 AM): Welcome and Ice-breaking Activities
- ✓ Coffee Break (11:00 AM - 11:15 AM)
- ✓ Activity 2 (11:15 AM - 1:30 PM): Presentation of NGOs, project Overview and Objectives.
- ✓ Lunch (1:30 PM - 3:30 PM)
- ✓ Afternoon Session (3:30 PM - 5:30 PM): Understanding Mentoring in Youth Work.
- ✓ Coffee Break (5:30 PM - 5:45 PM)
- ✓ Evening Session (5:45 PM - 6:30 PM): Key Qualities and Skills of Effective Mentors

Day 2: Communication and Relationship Building

- ✓ Morning Session: Icebreaker Games
- ✓ Coffee Break
- ✓ Activity 2: Effective Communication Skills for Mentors. Building Trust and Rapport.
- ✓ Lunch
- ✓ Afternoon Session: The Personal and Professional Development Plan Agreement Workshop
- ✓ Coffee Break
- ✓ Evening Session: End-of-Day Reflection Circle.

Day 3: Supporting Volunteer Development

- ✓ Morning Session: SMART Goal Sorting Game.
- ✓ Coffee Break
- ✓ Activity 2: Identifying and Addressing Volunteer Challenges
- ✓ Lunch
- ✓ Afternoon Session: Motivational Quest
- ✓ Coffee Break
- ✓ Evening Session: Reflection Walk

Day 4: Intercultural Dialogue and Mentoring tools development

- ✓ Morning Session: Understanding Cultural Differences
- ✓ Coffee Break
- ✓ Activity 2: The intercultural mentoring challenge. Mentoring tools and methods exchange.
- ✓ Lunch.
- ✓ Afternoon Session: Mentoring tools and methods exchange Part II
- ✓ Coffee Break
- ✓ Evening Session: The learning journey

Day 5: Conflict Resolution and Ethical Considerations

- ✓ Morning Session: Conflict Resolution Strategies
- ✓ Coffee Break
- ✓ Activity 2: Addressing Ethical Dilemmas. Conflict resolution Framework build-up.
- ✓ Lunch
- ✓ Afternoon Session: Conflict resolution Framework build-up part II
- ✓ Coffee Break
- ✓ Evening Session: Daily reflection session.

Day 6: Evaluation and Sustainability

- ✓ Morning Session: Measuring Impact
- ✓ Coffee Break
- ✓ Activity 2: Integrating Feedback for Continuous Improvement. Action Planning for Sustainability.
- ✓ Lunch
- ✓ Afternoon Session: Developing Dissemination Strategies
- ✓ Coffee Break
- ✓ Evening Session: Reflecting Forward

Day 7: Wrap-up and Follow-up

1. Morning Session: Project Follow-Up: From Framework to Practice
2. Coffee Break
3. Activity 2: Weeks evaluation
4. Lunch
5. Afternoon Session: Youthpass generation
6. Coffee Break
7. Evening Session: Final Reflections. Farewell cocktail party.

Each day's structure is designed to balance educational content, practical activities, and opportunities for cultural exchange and relaxation. This ensures a holistic and enriching experience for all participants.

If you are interested and want more information you can also [CONTACT US AT](#)

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