



POWER IN (E)MOTION

Applying Emotional Intelligence
in Youth Work
for youth empowerment

BACKGROUND

Danny Dorling, (Oxford University Professor) once wrote in his article on youth unemployment: 'In many material ways the young people of Europe are the best-off generation, the first to live all their life with access to the internet, most of them in heated homes with hot running water, well clothed, well fed, and entertained, even many of the very poorest'

(source:

<http://www.newstatesman.com/economics/2013/08/generation-jobless-worst-youth-unemployment-crisis-european-history-should-be-blam>)

With all these in mind, what could possibly go wrong for millions of 'lucky' young people nowadays?

Youth empowerment and hundreds of related youth work approaches have already been there helping for decades to reach out to young people, regardless of who they are and how privileged (or not!) they seem to be. However, although well-evidenced and practiced for years, we feel that youth empowerment practices require a fresh approach and real POWER boost to become even more effective and therefore meaningful to young people. Such POWER is enabled by looking at emotions and how to apply so called 'emotional intelligence' to our youth work and youth empowerment practices.

INTRODUCTION

To put it simply, Emotional Intelligence (EI) relates to the ability to recognize our own emotions and those of other people as well as to understand the influence of those on our behavior, communication with others, our self-esteem, etc.

In the context of our project, we wish to take EI tools even further by applying these to traditional youth work methods and using these to empower young people for positive changes at the personal and societal level. For that we shall focus especially on developing understanding and practical tools related to two major areas of EI that is:

- 1) Personal competences: self-awareness (emotional self-awareness, accurate self-assessment, self-confidence), self-regulation (self-control, conscientiousness, adaptability, innovation), self-motivation (achievement drive, commitment)
- 2) Social competences: empathy (understanding others, developing others, service orientation, leveraging diversity, political awareness) and social skills (communication, conflict management, leadership, collaboration and cooperation, team capabilities).

AIM & OBJECTIVES

AIM

The aim of the project is to develop capacities of youth work practitioners (including youth workers, leaders of informal groups, trainers, coaches, etc.) in applying emotional intelligence practices in empowering young people for their further personal and professional development.

OBJECTIVES

- To reflect upon the situation of young people nowadays (particularly those hard to reach, NEET, disadvantaged) so as to better understand the need for support and guidance in pursuing their passions, talents, etc;
- Train youth work practitioners in basic concepts of emotional intelligence and building the case for its application in the youth field;
- To provide first-hand experience in developing emotional intelligence competences (personal and social) ;
- To equip youth work practitioners with a set of creative tools and methods related to youth empowerment through emotional intelligence)
- To exchange further tools and best practices in the area of youth empowerment and supporting young people's personal and professional development
- To facilitate networking between partner promoters and development of strategies for the future joint projects aimed at youth empowerment.

PARTICIPANT PROFILE & RECRUITMENT

TARGET GROUP: Youth workers youth leaders, trainers, coaches as well as any other youth work practitioners, willing to develop their competences in the field and to establish future cooperation.

METHODOLOGY

The activities of the project intend to develop participants' knowledge, skills, and attitudes through non-formal and informal methods, such as: presentations, individual/group reflections, team-buildings, group discussions, problem-solving activities, learning by doing, etc.

FINANCIAL ARRANGEMENTS

The following project is financially supported by the ERASMUS+ grant. Hence, 100% of the food and accommodation expenses will be covered by the organiser. For travel cost please see the info below and check the maximum amounts awarded per Participant and per country.

A participation fee of 20euro has been set per participant.

Name of Organisation	Country	No of pax	Maximum Travel Cost per participant	Maximum Travel Cost per partner organisation
Jauniesu centrs "Baze"	Latvia	4	20€	80€
Kids In Action	Greece	4	275€	1100€
Consilium Development and Training LTD	UK	3	275€	825€
MMS	Poland	3	275€	825€
SOPRO	Portugal	3	530€	1590€
Madiba SCS	Italy	3	275€	825€
Mostar Friedensprojekt EV	Germany	3	275€	825€
European Youth Center Breclav Z.S.	Czech Republic	3	275€	825€
Asociatia Culturala Dacidava	Romania	3	275€	825€
Asociacion Building Bridges	Spain	3	360€	1080€

PRACTICAL ARRANGEMENTS

Venue

All participants will be accommodated in Vonadzini situated near Lake Ludza. You can find more about the place here:

http://www.vonadzini.lv/index_content.html

Additionally, all meals will be provided at venue. We will have potatoes for breakfast, potatoes for lunch and potatoes for dinner (Latvia is after all the potatoes country)...but in real we will take care of you providing proper European breakfasts, lunch and dinner, taking into consideration your participants special needs and dietary!



Travelling to Gulbene

Sunday 26th August – Please arrive to the venue by 6pm at the latest.

From airport public buses will lead you to Riga center. Find out the timetables here: <http://www.riga-airport.com/en/main/passengers/useful-information/getting-to-the-airport/public-transport>

Closer to the training course we will confirm the exact meeting place and if necessary we can organise a mini van. Otherwise if hours are suitable we will send you the information for the public transport to the venue.

Sunday 2nd September – Departure after breakfast- please keep in mind that we are 2 hours away from the airport



More information about Gulbene district please visit
<http://www.visitgulbene.lv/sakums-en/>

Health Insurance

Health insurance will not be provided or reimbursed by the organisers. All participants are required to purchase health insurance individually. If you live in an EU country and use a national health insurance system there, please apply for a FREE European Health Insurance Card:

<http://ehic.europa.eu>

Travel Insurance

According to Erasmus + Guidelines, travel insurance is not eligible cost so it can not be reimbursed by the project and shall be covered by individual participants themselves. We strongly advise all participants to arrange for adequate travel insurance, to avoid problems and issues such as lost and/or damaged luggage, canceled flights, delays. The organisers cannot take any responsibility for the unfortunate events during your travel.

Preparations

Closer to the training course, we will send a list of things to prepare/do before the course. Also, in a few weeks time, the timetable of the mobility will be shared with everyone attending. First, we shall adjust it, though, based on the needs identified in the participants' application forms. This is to ensure that the training is as practical and fit for purpose as possible

IMPORTANT NOTES:

You are allowed to arrive OR depart within max 2 days of the mobility dates (e.g. arrive 2 days before OR stay 2 days longer). . Extra stay will not be supported with food or accommodation, yet you can use this time to visit some places around. Should your stay be longer than 2 days (unless necessary!) we do reserve the right not to reimburse part of your travel costs.

Before purchasing any tickets, please make sure that your travel times/cost are approved by us in advance!