



Erasmus+



## Training course

# Grow your Possibilities

From the 20th to the 30rst of august 2019

In our societies we can observe a lot of disparities and inequalities of chance between the people, starting with the youth. Every day we work with those youth and all our structures have good practices and good experiences in youth work.

We want to help those youth the best we can, that's why we need to share our knowledges and competences. But a better way wouldn't be to ask those youth directly?

This training course will allow us to collaborate between youth workers and youth with fewer opportunities in order to build high quality activities.

## OUR AIM

The objectives of this training course are:

- Create a meeting between youth worker and youth with fewer opportunities
- Understand better the youth with fewer opportunities
- Create in collaboration better quality activities

## METHODS

We plan to use participative methods. Participant will be active and implicate in any task from the daily life. We will also use non formal education tools to promote a group dynamic and in the workshops proposed. Therefor every one should be able to develop his critical mind, his analysis sens and share his opinion with the others. By this way we will promote each skills and knowledges we will gain during the training course. The workshops will also be adapted to both publics, and the word will be given to each organization for them to present one tool they are using with youth.

## VENUE AND DATE

The Training course will last 11 days at Bédeille (09230 - South-West of France), in the old farm we own and we renovate with youth. There will be around 25 participants.

The TC will take place from the 20rst to the 30rst of August 2019 (travels days included).

## PROGRAMME

Concerning the activities, so far, there will be:

- Group dynamic building (energizers, ice- breaker, name games, know better the others)
- Solafrika will propose as a tool Ecological building
- Other workshops proposed by the participants from different organizations
- Self confidence activities (yoga, meditation, singing, theater etc.)