

## ACTIVITY PROGRAMME FOR A YOUTH WORKER MOBILITY

Activity n°	A1			
Participating organisations	A-net Ungdomsforum, Connected Elephant, Joetz, Villa Elba, NICOLA, European Youth Centre Breclav, Vicolocorto, NGO Youth Club Active, ICSD, Verein Generationen und Gesellschaft Infoeck, A.D.E.L.			
Venue			Duration	
City	Country		Start date	End date
Villa Elba	Finland		1.4.2016	8.4.2016
Activity Programme				
Timetable	Activities	Objectives	Non-formal & Informal learning methods used	
<i>DAY 1</i>				
AM				
PM	Welcoming participants			
Evening	Welcome and get to know each other and "a lie on a tie"	To create a friendly atmosphere where participants can start to communicate freely	Name games and informal mingling with alcoholfree cocktails	

DAY 2

AM	Opening of the TC and get to know each other and the venue	Get to know the content of the training course and identify personal learning needs.	Name games and ice-breaking games, individual work
	Youth pass + Key Competences	Introducing the youth pass + key competences as a instrument for pax personal learning process	pax write individually questions in their notebook for further exploring during the week
	Group Building Activity	To build a group out of the people	Outdoor teambuilding
	Group Principles	To project the collaboration in the group for the rest of the week by needs, principles coming out of the group self	Writing on post-its individual principles, induce them in small groups and trainers will reduce them on main principles, verified by/discussed with the pax to finalise
PM	Aspects of sexuality	Have a common understanding of the topic and concepts	Group work and visual presentation
	Norms/power/gender	Explore the meaning of norms and gender roles/stereotypes	Creative national group work
	Family groups	to provide a space for participants where they can steam out after the day and reflect	Small mixed groups
Evening	Passion evening	Get to know each others passions	Everybody will be asked to bring an object which represent a passion they have, and the group will guess who it belongs to in groups

DAY 3

AM	Intersectionality	Exploring the power and privilege in the society as a structure of sexual behaviour and norms	collective discussion + small mixed groups
	Sexuality in different cultures	Explore how sexuality is seen in different European countries	Artistic presentation by participants and group discussion
PM	River of life	Exploring more about yourself and your identity	Individual artistic exercise and then work in pairs
	Speed date	Getting to know myself better with meaningful questions about my life	Answering meaningful questions about yourself in pairs circulated like classical speed date (10 minutes per question)
	Family groups	To provide a space for participants where they can steam out after the day and reflect	Small mixed groups
Evening	International evening	Get to know more the culture of the representative countries	Informal mingling and presentations by the participants

DAY 4

AM	Vulnerability: paradise of the senses	To open up senses and your mind through a blindfolding exercise	Individual blindfolding path with obstacles a long the way
	Vulnerability: Station to station	To encourage the participants to come out of their comfort zone	Individual tasks on different stations
PM	Solo spot	Experience being completely delivered to yourself, existential reflection	By surprise the pax will asked individually to spend two hours all by themselves without doing anything

	Taking care of the participants	Give the participants time and space to digest if they need it	Pax are completely free to do what they want, trainers are available for back-up, information, chat etc...
	Family groups	To provide a space for participants where they can steam out after the day and reflect	Small mixed groups
Evening	Sauna and outdoor hot tub		

*DAY 5*

AM	Methods and tools to work around sexuality with young	To learn from the group, try out new methods and approaches	Group work and workshops
PM	free afternoon		
	Dinner outside		
Evening	Social evening		

*DAY 6*

AM	Methods and tools to work around sexuality with young people	To learn from the group, try out new methods and approaches	Group work and workshops
	Body and mind	To digest and and reflect in the groups	Group work and group discussion
PM	Ambiguity and inconvenient feelings	Hilight the stigma/norm-critical approach on sexuality and gender roles	Giving theory and discussion with the whole group about their general experiences of ambiguity.

	How to deal with it?	Reflect of the stigma and shame which can be connected with sexuality/relations	Exercise (step by step, from objective information to expressing feelings without reproching or hurting) in giving each other feedback constructively, what is the sense of feedback in leaving the shame of inconvenient feelings?
	Family groups	to provide a space for participants where they can steam out after the day and reflect	Small mixed groups
Evening	Movie evening		organized by the participants
<i>DAY 7</i>			
AM	Erasmus+	To get to know the Erasmus+ and provide information for future corperation	A creative visual presentation
	Youthpass and self-assessment	To recognise their learning outcomes and competence development within this training course.	Reflection in pairs
PM	Transition	Accountability with your plans for after this TC	Theory, visualization, video, exercise for plans for next months: Super Objectives
	Evaluation	To evaluate the TC	Questinnaire and visual
	closing session of the TC	To give space for a closing of the TC	surprise for the pax

	Family groups	To provide a space for participants where they can steam out after the day and reflect	Small mixed groups
Evening	Farewell party		organized by the participants
<i>DAY 8</i>			
AM	Departure		