

# A Deeper Sense Of Inclusion

*A Training Course for Youth Workers to Improve Skills  
by Empowering Themselves*

15th – 22nd June, 2018

Woodstown, County Waterford, Ireland



**Woodstown Residential and Activity Centre**



# Information Pack for Participants

## *A Deeper Sense Of Inclusion*

*A Training Course for Youth Workers to Improve Skills by  
Empowering Themselves*

Dear participants,

We are delighted to send you this information pack, which covers all you need to know before coming to Woodstown, Ireland – please make sure to read every line in this document very carefully!

If you have any questions or concerns do not hesitate to get in touch with us.

We are looking forward to meeting you all in Ireland!

### **Your Training Course (TC) Coordinator:**

Declan O Driscoll

This project is funded by the European Union (EU), and organized by Woodstown Residential and Activity Centre (WRAC), which is a Project of the Waterford & South Tipperary Community Youth Service (WSTCYS)



## *Background and Theme of the Project*

Inclusion is one of the biggest challenges faced by all EU member states. In the recent past, significant social upheaval has taken place across the continent. Huge numbers of people have moved into and across Europe, and this has led to an upsurge in radicalization, the creation of divisions, and the erection of both physical and mental barriers. Europe nowadays has more physical walls between countries than it had during the height of the Cold War.

This challenge of how to create a safe and inclusive Europe is a high priority in the Erasmus+ program: “Europe needs more cohesive and inclusive societies which allow citizens to play an active role in democratic life. Education and youth work are key to promoting common European values, fostering social integration, enhancing intercultural understanding, and creating a sense of belonging to a community, thus preventing violent radicalization. Erasmus+ is an effective instrument in promoting the inclusion of people with disadvantaged backgrounds.”

Youth workers are viewed as professionals for whom inclusion is an important part of their work - in particular ‘youth at risk’ is an important target group for youth workers. Young people who feel excluded and disappointed, with little confidence and self-esteem, are in danger of becoming involved with extreme groups. Youth workers deliver important outcomes with young people who have ‘dropped out’.

In this field, where the solutions are not immediately obvious, innovation and innovative ways of working are critically important in developing professionals and organisations. The focus of this Training Course is on the stages before the problems start, using the methodology of Labyrinth Theatre, which is a proven, effective method to detect feelings, values and senses under the surface. It can be utilized as a prevention tool by stimulating feelings and commitments on a deeper level, which can help to avoid exclusion and isolation.

This European project is an opportunity to examine and reflect upon the issues around inclusion from different perspectives, to learn from different countries and cultures by sharing knowledge about new ways of working, and to clarify ideas around a common understanding of inclusion. It will also help to build a wider and better European network to tackle the challenges around how to be more inclusive within Europe.

## Overall Aim

The overall aim of the Training Course is to increase the awareness of personal strengths and authenticity among youth workers during a personal journey of self-discovery. From this individual reflection, participants take the active step of commitment with each other by sharing and experiencing. Participants are stimulated to support the young people they work with and to guide them in their learning process as full, authentic persons. Our participants do this by applying their own learning process with their young people after the TC.

## Objectives

- To support youth workers to become more aware of themselves, thus enabling them to make conscious choices and decisions that fit with the core of their identity and their goals in life
- To dive deeper into, and really experience concepts such as resilience, confidence, vulnerability, empathy and creativity
- To frame a learning process where youth workers feel commitment and inclusion by sharing and experience
- To provide youth workers with tools to support a deep connection with young people they work with
- Sharing tools and methods from across Europe, inspiring the participants to implement similar learning processes after the TC for their own target groups
- To reflect on their own learning process by using the Key Competences from the Youth Pass, and giving the opportunity for capacity building in the context of the Erasmus+ Program.

## Approach and Methodology

This Training Course will be based on non-formal and informal education with a self-directed learning approach. The trainers will use artistic tools and performances, in particular the very effective method of Labyrinth Theatre to stimulate growing self-confidence and resilience.

Participants are responsible for their own learning and the facilitators provide activities and guide the participants through their own learning process. The TC will be characterised by highly participatory, interactive and experiential methods. The working methods will include case studies, working in pairs and small groups, meditations, contemplations, team building activities, role plays, discussions, and self-assessment. Some sessions will be complemented by theoretical inputs, and all of them will be followed by group reflection or self-reflection.

## Profile of the Participants

Participants will be youth workers, project leaders and educators involved in youth work. The participants will have a multiplier role - in other words: they will adapt what they learn in this training course to their own context of working with young people. In their future projects and daily work they can incorporate tools, methods and theory which they have learned during this TC. They can also use their personal learning and development in their daily work with their own target groups.

This TC will be an emotionally challenging project for trainers and trainees. That's why we expect from trainees at all times to the best of their abilities to...

... be fully committed to the process - to reflect, share, experience and participate in **all** activities

... keep a clear mind, that is neither intoxicated nor distracted

... have taken care of important personal and professional matters beforehand, so that these do not intervene with the TC (being completely present with the group)

... be on time for all of the deadlines, sessions and appointments

... challenge themselves to step out of their comfort zones

... be willing to look into themselves and reflect on their professional and private life

... join us on an intensive and unforgettable journey

## Intercultural Evening

There will be an **intercultural evening**, organised by you!

- You are invited to bring food or drinks from your country. Not too expensive, just something typical and which would allow you to give us an idea of your culture. Bring also some traditional games, songs, stories, everything you want to share! We do have access to a kitchen, so keep that in consideration, but don't go over the top!
- There's also time to do a short presentation (**MAXIMUM 3 minutes!**) about your country and organisation. Try to explain only ONE core thing, please! If people are interested they will find you and you can explore more afterwards. If you don't want to present, that's perfectly fine! Don't feel pressured or obliged to do it. It's a relaxing evening for all of us! :-)
- You can bring general information about your organization (leaflets, brochures, etc). There will be a corner in the working room where you can leave them for everybody to have a look.

## Outline of Schedule

This following schedule is intended to give participants an outline of the week's activities, and is subject to change, depending on the needs of the group.

<b>Timetable</b>	<b>Activities</b>
<b>Fri 15<sup>th</sup> June</b>	Arrival of participants and a Welcome evening; Getting to know each other
<b>Sat 16<sup>th</sup> June</b>	
<b>Am</b>	Opening the Course and getting to know needs and expectations; Youthpass introduction; Group management guidelines; Team-building
<b>Pm</b>	Inner Leadership and River of Life exercises; Reflection groups
<b>Sun 17<sup>th</sup> June</b>	
<b>Am</b>	Vulnerability workshop
<b>Pm</b>	Power of Silence exercises
<b>Evening</b>	Intercultural evening
<b>Mon 18<sup>th</sup> June</b>	
<b>Am</b>	Kinetic and Body expression session
<b>Pm</b>	Free afternoon
<b>Tues 19<sup>th</sup> June</b>	
<b>Am</b>	Labyrinth Theatre preparations
<b>Pm</b>	Labyrinth Theatre experience and debriefing
<b>Wed 20<sup>th</sup> June</b>	
<b>Am</b>	Labyrinth Theatre – deep reflection
<b>Pm</b>	Resilience – compassion and gratitude
<b>Thurs 21<sup>st</sup> June</b>	
<b>Am</b>	What can Erasmus+ do for you?; Capacity building and making decisions
<b>Pm</b>	Transitioning and Accountability; Self-assessment and Evaluation
<b>Evening</b>	Farewell party
<b>Fri 22<sup>nd</sup> June</b>	
<b>Am</b>	All participants and facilitators depart

## [More about the Trainers](#)



**Dominique Verschuren** : His expertise is Inner leadership and non-formal learning. Dominique believes that awareness and a practical understanding of our identity serves all of our relationships, learning experiences and talent development. He delivers high quality Training Courses using innovative activities and coaching methods, building real commitment with the participants, giving attention to ambiguity. Topics: vulnerability and confidence, powerless feelings and resilience, transition and accountability, timing, curiosity and creativity.

**Elena Garcia Serrano :**



**Elena Serrano** : Professional actress and musician, she works as a trainer using applied theatre techniques such as the Theatre of the Oppressed, Immersive Theatre and Labyrinth Theatre. Elena believes that play is an innate instinct and every human being is theatre ; we produce actions and observe those actions and their effects on the outside world. Topics: presence, space, imagination, sensorial experience, self-consciousness and collective creation.

## Practical & Travel information

### Venue

The Training Course will take place at:

**Woodstown Residential and Activity Centre (WRAC), Woodstown Beach, Co. Waterford, Ireland (X91FX29)**

**WRAC is a Project of the Waterford and South Tipperary Community Youth Service, based at the Edmund Rice Youth and Community Multiplex, Manor St., Waterford City, Ireland (X91TY8N)**

The Centre is situated on the beachfront around 10km from Waterford City – it offers tranquility and privacy in a quiet rural area, and is set on 2 acres of its own grounds.

The Centre operates on a self-catering basis, and has bunk-bed type accommodation for up to 32 people (two shared 16-person dormitories). There is a fully equipped kitchen, a large dining room, a living room and a TV/Training room with a fireplace.

Bed linen, duvets and pillows are provided, but you will have to bring your own **towels and toiletries** (soap, shampoo, toothpaste, etc).

### Meals

All food will be provided by the organisers either at the venue or in the restaurant next door. It will be self-catering for breakfast and lunch, and dinner will be provided.

*(NB. If you have any allergies, or other dietary requirements, please let us know)*





*WRAC Training Room*



*Woodstown Beach*

### [When & How to Get There](#)

Participants are responsible for booking their own travel – it's up to the partner organizations to support them in the process.

Depending on where you're travelling from, the two closest airports are Dublin and Cork, which are both around two hours travelling time from Waterford City. You can take either a train or a bus from Dublin Airport ([www.irishrail.ie](http://www.irishrail.ie), [www.buseireann.ie](http://www.buseireann.ie), [www.jjkavanagh.ie](http://www.jjkavanagh.ie)) but only a bus from Cork ([www.buseireann.ie](http://www.buseireann.ie)).

If you let Declan know what time you'll be arriving into Waterford City, he'll arrange to collect you and transport you to Woodstown.

**Please make sure to book your travel so that you arrive at the venue before 18h00 on Friday, 15<sup>th</sup> June and depart after 9h00 on Friday 22<sup>nd</sup> June. We request you to pay attention to this because of the group experience. So we can start on Friday at 18h30 all together. Thank you for respecting this request. 😊**



*WRAC Kitchen*



*WRAC Dining Room*

### Other Practical Details:

- Participants will be accommodated in bunk beds in shared, dormitory-style rooms.
- There is a wireless internet connection available at the venue
- The weather in June in Ireland is around 15 - 20°C. Don't forget your umbrella, as there might be rain, but you might also need sunscreen. Half the fun of being in Ireland will be guessing the weather! You can follow the weather forecast here: <http://weather-finder.com/Ireland/Waterford/>
- The currency is Euro. If you need to change money: Please use the Airport Exchange Office.
- **Insurance:** Insurance is each participants responsibility. We strongly suggest you to have travel insurance and the European Health Card.
- **Working language** Working language of this training course is English. Don't be afraid, your English doesn't need to be perfect, neither is ours! What is important is that your English is good enough to actively participate. Because there will be a lot of vocal sharing in the sessions!

## Financial Considerations:

1. The food and accommodation will be completely provided and paid by the organizers.
2. Visa costs for Armenia and Jordan will be reimbursed by the organisers after the Training Course, once receipts are received.
3. Travel costs: for the travel costs there will be a participation fee of 50 euros.

### Reimbursement of travel costs :

Travels costs (plane, train and bus) will be counted by distance calculator provided by European Commission and reimbursed by bank transfer after the course. The reimbursement is determined by the Erasmus+-guide. That means that the participants will be reimbursed for the following amounts, once receipts are provided to the organisers.

We reimburse any travel costs minus 50 euro: with a maximum reimbursement of 225/310/770 euro. The Irish participants pay 50 euro.

Ireland: 4 pax	0 euro
Armenia : 2 pax	820 – 50 = 770 euro
Jordan: 2 pax	820 – 50 = 770 euro
Romania: 2 pax	360 – 50 = 310 euro
Estonia: 2 pax	360 – 50 = 310 euro
Belgium: 2 pax	275 – 50 = 225 euro
Slovakia: 2 pax	275 – 50 = 225 euro
Czech Republic: 2 pax	275 – 50 = 225 euro
Croatia: 2 pax	275 – 50 = 225 euro
Spain : 2 pax	275 – 50 = 225 euro

The maximum amount of reimbursement the participants (pax) can get is 100% from the accepted travel costs according to the sums written above.

For example: for the Belgian organization the sum for travel costs per person is 225 Euro. If the participants have a total travel cost of 300 Euro per person, the participants will be reimbursed with 225 Euro. If the participants have travel cost of 200 Euro, the participants will be reimbursed 200 Euro. For the Armenian and Jordanian participants counts a maximum reimbursement of 770 euro. For the Romanian and Estonian participants : 310 euro.

The reimbursement will definitely go faster if you scan and email us the **invoice of your ticket as soon you have booked your flight:** deadline is: **15<sup>th</sup> of May.**

The participants have to give the receipts for the travel costs to the organizers. The reimbursement will be made through bank transfer after the training course after Waterford & South Tipperary Community Youth Service have received the travel tickets.

## Communications

Contact us anytime if you have any questions, concerns or feedback.

Let us know of any changes that are relevant to the running of the Training Course as soon as you can, such as:

- Your (non) participation in the course
- All travel related issues, including costs and the exact itinerary
- Your contact details
- Anything else we need to know for a smooth functioning of the TC – all information will be treated confidentially



## Woodstown Beach, County Waterford

