

ERASMUS+ project by ESY partners 2023-2024

Versatile Action in Youth Work – VAYW



Project period: may 31th 2023 – august 30th 2024 (15 months)

We want to introduce youth workers to a non competitive approach that involves more youth in our circles. We need to understand why some youth avoid sport and to establish more meaningful activities for them. Versatility is a fun and safe way to make specific activities to specific target groups and members. It is easy to adjust and arrange activities so it is inclusive and fun for all.

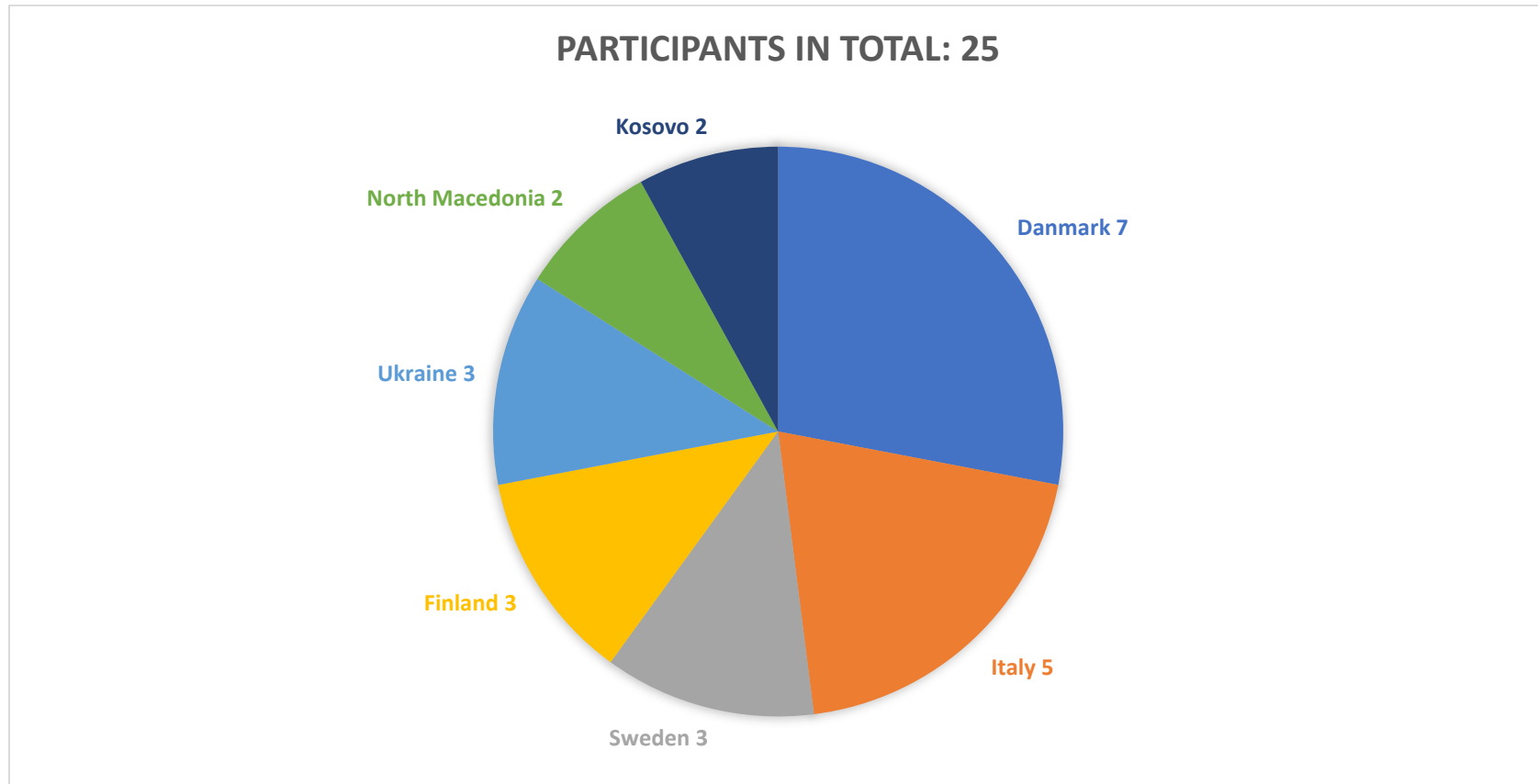
Background. How the project meets the needs of participating organizations

Generally, in youth work we are meeting a relatively new issue of young people in bad mentally condition and with few or none positive expectation towards their future. These are issues identified e.g., in Denmark by DUF in a research "#DetGodeUngdomsliv (2019). 32% experience a high level of stress and 18% has a bad mental health due to self-evaluation (between 16-24 y.o.a.) Problems are enforced by many demands of performance in an everyday life of a teenager and young person. There is a very present need of introducing relieving networks and stressless social context. This project has a direct link to these current and concerning issues in youth work that we observe and recognize in partner organisations.

Objectives	General objectives	Specific objectives
Social inclusion	Improve inclusive skills. Through training in project management, valuebased leadership, appreciative inquiry + the individual project, our participant will build new skills which helps them	150 kids from disadvantaged social groups involved in our activities in the local community and building relation to their local club. Initiative and management
Initiative and management	To grow project management skills; How to: Organizing project, corporate, delegating responsibility, problem solving/issue management, practical arrangement (time, budget, program), post processing (evaluation, reflection).	All participants carry out concrete project in local community. These are not only showcase but quality examples that are proper to follow up in the clubs at end of the project.
Communication and Intercultural learning	To enable participants cooperative skills; Active listening and communication: participants share their experiences, exchange and support other ideas of others.	All participants work in small groups and learn how to interact within their international groups.
Promoting active lifestyle	Participants will be introduced to a large number of activities organised by other nations and professional instructors.	All participants design their own unique games which aims at specific target groups.

Participants

For this project we enroll participants who have a track record of voluntary service in our organizations. They are typically between 21 – 29 years of age.



ACTIVITY 1 – Opening seminar	
Time	July 2 nd – July 8 th 2023
Venue	Hellebjerg Idrætsefterskole, Juelsminde, Denmark
Environmental friendly practice	Introduction to the methods of recycling in Denmark Visit to a local recycling station Sorting waste by materials during the entire seminar Charging batteries on cell phones by manual generator Set daily goals on use of electricity



Class	Activity/method	Learning outcome
Versatile workshop Body	<p>An inspirational tour of introducing participants to new activities that requires new physical skills, but besides the explorational aspect it is also a workshop of adding knowledge about motoric skills and senses and to enable participants in activating these areas in youth work by inventing and designing and adjusting games and activities in stead of using sport in its very specific rules and limitations. This wokshop is an interpretation of "physical literacy" which was the main content of our former project.</p>	<ul style="list-style-type: none"> - make training fun and to give the trainer the ability to include all participants - influence others and inspire them to be active - raise awareness on the link between habits and health, personal well-being and an active lifestyle - have an understanding that we work in alignment with the theory, when we have an appreciative behaviour, and it enforces an atmosphere of openness and creativity - game design
Vision workshop Mind	<p>A practical class of helping participants to manage a proces from idea to execution, to cooperate and to share and accept the ideas of others, to set a team of different characters, to use a toolbox (planning, budget, time schedule etc). This is also a workshop of the leaders and/or the organisations core values, how we work with values. By the end of the week it is also a practical workshop where we split up the participants in five teams of which each is going to develop only one idea for the entire team to execute in their local community.</p>	<ul style="list-style-type: none"> - establish an understanding of the ability that each one of us have to play an active role in the club and to make positive impact - develop project management skills - grow cooperative skills - understand how we can benefit the most from setting a team and how do we avoid the bad side effects - analyse the profile of the team and to talk about it in the team - create reflection upon listening skills, on ability to accept, and to qualify/improve other peoples thoughts and ideas
Devotion Spirit	<p>A time of reflection we do every morning. It is a time of giving inspiration to the spirit by some insightfull thought and internal experience to find peace and rest. This is a common practise in our organisation and also gives our participants a unique experience of being quiet together and to learn to listen and paying attention. The devotion often involves senses by eg. yoga meditation, listening to a peace of music etc.</p>	<ul style="list-style-type: none"> - Mindfulness - Rest - Inward reflection - Personal and spiritual growth

HOME PROJECT	
Time:	The home project is planned in teams mixed by all nations during “Vision Workshop” in Activity 1. Each member of the team will execute the project in their local community between Activity 1 and Activity 2
Criteria for the home project:	<ol style="list-style-type: none"> 1. It is either a stand-alone event for kids outside the club, an activity you implement in the training sessions of an existing team over a period, or an activity you set up for a mixed group of kids and execute over a period of time. 2. The project is based on the principles of Physical Literacy
Communication:	Every team choose their own platform, where they will have continuously dialogue until the termination of all projects
Documentation:	All participants make documentation of their home project by photos/video and notes.
Supervision:	Every team is supervised by an appointed member of the project counsel (a leader/instructor) in order to ensure the workflow and the communication.



ACTIVITY 2 – Closing seminar	
Time	april 2024 (Thursday – Saturday + two travel days)
Venue	YMCA Siderno, Italy
Environmental friendly practice	We focus on preventing food waste Participants work together with the kitchen in planning of meals in order to minimize food waste
Thursday morning class	Each team prepare a presentation for the class What did we plan: <ul style="list-style-type: none"> • Project idea and target group, what obstacles did we take into consideration. What happened: <ul style="list-style-type: none"> • Present your experiences from the local projects exemplified by photo and video. Communication: <ul style="list-style-type: none"> • How was the dialogue in the team? Were you able to share, discuss and solve issues? Learning outcome (summary of all team members experience) <ul style="list-style-type: none"> • What did you learn about versatile activities ‘in action’? • And what did you learn about project management?
Thursday afternoon class	Team presentation of home projects Common reflection, feed-back, questions and discussion
Friday morning class	Preparation of outreach in a sport event for local kids, with inspiration from the versatile workshop and home projects.
Friday afternoon class	Execution of event for local kids
Saturday morning class	Evaluation of event for local kids International game-day with obstacles – a final inspirational activity in versatile action organized by the instructors
Saturday afternoon class	Evaluation of project and preparation of fare-well party

