

Info-pack

A training course about Inner leadership & Positive Intelligence

May 18-24, 2020_Călărași, Romania



Summary

When talking about leadership, many programmes developed by youth nonprofits and youth workers focuses on the how-to's of leadership: how to lead a group of young people, how to influence others, how to make others follow them. There is an external focus on leadership with the hidden assumption that leadership is directed outwards.

- Then why do some youth workers manage to motivate a group and others not at all?
- For what reasons can some groups go on day-long hikes and camp out under the stars while others can hardly be coaxed into following a few hours workshop?

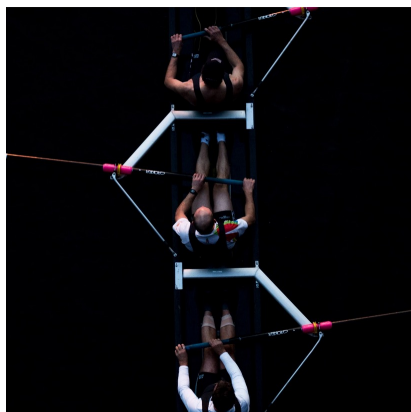
To identify key personal characteristics, explore aspects of effective inner leadership, the roots of inner leadership in youth work, how the youth workers adjust and create their 'inner compass' that empower them in this work area, Monomyths Association has designed a **project about inner leadership & positive intelligence**.

Aim and objectives:

"In My Element" is a 3 phases project:

- 1 - Find the inner leader
- 2 - Become a better leader
- 3 - Lead the future

which aim the professional development of 27 youth workers (skills, knowledge and tools) from 9 European Youth Non-profits to become effective and positive leaders of their organisations and exchange good practices on leadership through 1 intensive training course to be organized in September 2020.



Action cards

9 Youth NGOs and 27 youth workers will develop and promote a digital set of "100 Inner Leadership & Positive Intelligence Action Cards".



27-in-1day

27 youth workers implement a multi-city event "27-in-1day" for 270 young people from 9 local communities.



Awareness

1 awareness campaign on "inner leadership" with 9 theme-related podcasts of European key-speakers.

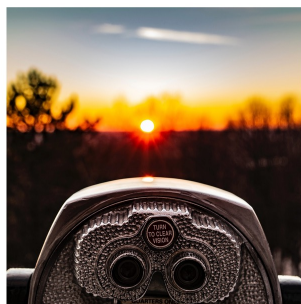
TC agenda & objectives

The 7 days training course was designed to "hold the light" for 27 European youth workers, help them to "take the lead" build a firm ground for action, make decisions and lead. This course based on non-formal education principles is designed as an introduction to principles and methods of Inner Leadership and Positive Intelligence, enabling the participants to gain personal insights for both personal and professional life, understand their potential, get connected with their personal vision.



Day 1 - 18.05

- Get to know each other games
 - Teambuilding activity
 - Intro of TC
 - 8 key competences and Erasmus+
 - Daily reflection
- Arrival of participants is expected on 17.05 during the day**



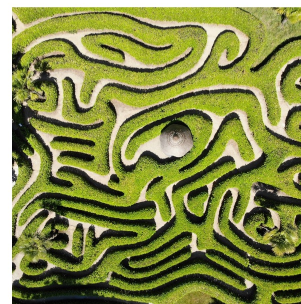
Day 2 - 19.05

- Marshmallow challenge
- My life as a stream
- Myths about inner leadership
- Leadership styles
- Daily reflection
- Intercultural evening



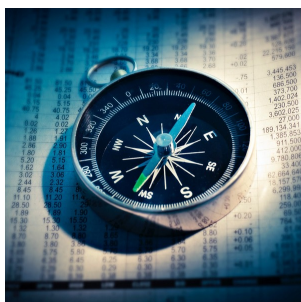
Day 3 - 20.05

- Finding your element
- Value Determination Process
- Ikigai
- Free writing
- Daily reflection
- Boardgame nights



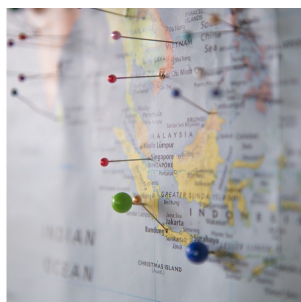
Day 4 - 21.05

- Maze of senses
- Vulnerability
- Daily reflection
- Movie night



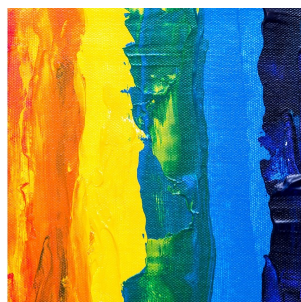
Day 5 - 22.05

- Saboteurs and Sages
- My compass
- Practice gratitude
- My 8 friends
- Daily reflection



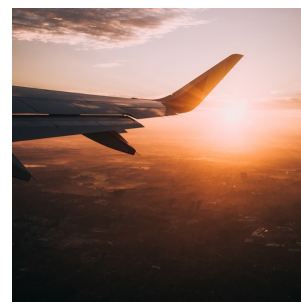
Day 6 - 23.05

- Individual exploration
- My leadership 4 my community
- Parallel workshops
- Vision board
- Mood & Lesson learned-meter
- Daily reflection



Day 7 - 24.05

- 27-in-1day
- Letter from the future
- Rainbow of competencies
- Evaluation



Day 8 - 25.09

- Departure

"Real change comes from having enough comfort to be really honest and say something very uncomfortable." — **Michelle Obama**

In my element

Home · **Network** · Participants · Covid19 Safety Rules · Erasmus+ · Location · Travel · Team

Network

About Monomyths Association

Imagine that you could go back to school, but instead of geometry and spelling, you could learn valuable skills that transform your work and life - like how to handle difficult conversations, solve problems through playful creative methods or build brick by brick your life-project.

We guide and qualify youth workers both vocationally and personally, both independent and in cooperation with other experts and mentors, by developing their know-how and methodology on 4 main areas: positive intelligence, talent management, creativity and entrepreneurship education.

During the learning process, the youth workers and youngsters discover that there is more than one path, that with customized training they can gain strength to embrace changes and appreciate small things that make them happy. Ultimately, they become conscious, determined and positive about their journey, and make a positive impact in their community.

Partners

1. Sdruzenie "Maverick" Bulgaria
2. PETRKLIC HELP ZS Czech Republic
3. Network for European Citizenship and Identity, Cyprus
4. Fundacja Wspierania Inicjatyw Młodzieżowych 4youth, Poland
5. Tarptautinis bendradarbiavimo centras, Lithuania
6. Association For Sustainable Development Sfera International Bitola, Republic of North Macedonia
7. Xano Channel asociación para el desarrollo comunitario, Spain
8. United Societies Of Balkans Astiki Etaireia, Greece

Participants

Participants profile

European Youth workers, involved in entrepreneurial education, youth programmes, non-formal activities on a daily basis.

Age: 18+

Experience: previous experience in youth field, non-formal education, Erasmus+ Programme is required (recommended minimum 2-3 years experience)

Active in the sending Non-profit organization (staff, volunteer, employer)

Language: English Intermediate

Willingness to disseminate the know-how through local workshops 27-in-1 day

Application form

Participant form to be filled by April 10 th.

After the selection of the participants, if you receive positive answer from your sending organisation, please don't book the tickets for flights/train/bus (economy class) until April 15th, when we can confirm you the fact that the national regulations allow us to organize the mobility without prior quarantine (as it is now). If by then the regulations are not improving even though we have a strong vaccination campaign or certain countries involved in the consortium have different regulations, we will have decide all together to change for a fully digital format or hybrid version of the training course with a different format (individual and group assignments, complemented with online sessions).

Onsite: all the teams can attend the training course

Fully digital: all participants attend online the course

Hybrid: certain national groups who can travel.



Preparation

1) You can bring typical food and drinks from your countries!

We will have **traditional evenings** during the project and basically every evening will belong to a different country. Unfortunately, we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on! There may be the possibility to cook something using the kitchen of the establishment.

2) Spread the Culture

For activities, you can bring with you: traditional games from your country or region, photos, cultural objects from your region/town only for the Intercultural exhibition evening. Beside, please bring cameras, if you have, to create videos and take photos or and laptops with editing software for photos, brochures and videos. You can show videos, photos, sing and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!

Erasmus+



The project In My Element is co-funded through Erasmus+ Programme, coordinated by European Commission and, in Romania, by ANPCDEF. Erasmus+ is the EU programme 2014-2020 for Education, Training, Youth and Sport.

The Erasmus+ programme aims to boost skills and employability, as well as modernising Education, Training, and Youth work.

Erasmus+ will support transnational partnerships among Education, Training, and Youth institutions and organisations to foster cooperation and bridge the worlds of Education and work.

Youthpass certificate

- Youthpass is a tool to document and recognise learning outcomes from youth work and solidarity activities. All the participants will receive, at the end of the training course their own unique Youthpass certificate.
- Youthpass supports the **reflection upon the personal non-formal learning process and outcomes.**
- As a Europe-wide recognition instrument for non-formal learning in the youth field, Youthpass strengthens the **social recognition of youth work.**
- Youthpass supports **active European citizenship** of young people and of youth workers by describing the added value of their project.
- Youthpass also aims at supporting the **employability** of young people and of youth workers by raising their awareness of and helping to describe their competences, and by documenting their acquisition of key competences on a certificate.

Location

City: Călărași / **Closest Airport:** OTP airport (Henri Coanda), Bucharest

Check-in: May 17, 2021, 20:00

Check out: May 25th (depending on the first group flight)

Address: Albatros Complex, Șoseaua Chiciului nr. 7, Călărași

Pick-up point: We will arrange a bus for the whole group to pick you up from Piata Constituției, Bucharest (Parking lot in front of House of the People) at 19:00 and take you at Albatros Complex.

From Airport, you can reach directly Unirii Square by bus 783 (which is 5 minutes walking distance from our pick up point). Please buy your bus ticket before entering in the bus because there is always a control. You can pay by credit/debit card the trip cost.

Accommodation conditions: The participants will stay in double or triple rooms only in a hotel close to Danube river, with generous outdoor space and beach. Each room has its own bathroom. There is also a dedicated space for those who want to stay on internet and chat until late, but also the Wi-Fi will be available in the individual rooms. In the same building you have a special room where you can make a tea in the evening and play some board games.

What to bring: towels, cosmetics, and flip flops. Try to bring whatever you might need or buy from Bucharest since the shop is 4 km away.

For those who want to explore Bucharest more, please consider to come before 2 days or stay longer 2 days after.





Travel

Reimbursement

The international transportation costs will be reimbursed as following :

Bulgaria – 160 EUR
Czech Republic – 255 EUR
Cyprus – 255 EUR
Poland – 255 EUR
Lithuania – 255 EUR
Republic of North Macedonia – 255 EUR
Spain – 340 EUR
Greece – 160 EUR
(Out of the eligible costs, 20 euro from each participant was allocated already for the transport between Bucharest to Călărași)



Procedure

The travel and visa costs will be reimbursed in the partner organisation account after the mobility and dissemination (local actions) made by participants, based on the documents provided by participants.

Procedure: To speed up the reimbursement process, as soon as the participants book their flights, send on monomythsassociation@gmail.com the documents: Invoice, Proof of payment (Bank extras), tickets with the email subject: **InMyElement_Name_Organisation_Country** and the boarding pass during the mobility (electronic version) and after the mobility (printed version).

***We do not cover taxi or private car transport costs.**

Although we can't reimburse you the cost of health insurances, we strongly encourage you to make one! Romania is an EU member state, so an insurance for travelling here should be cheap and easy to make. If you have a European Health Card, please bring it with you, it is valid in our hospital system also and can replace a regular insurance.

Local transportation

Day Bus: From Henri Coanda Airport you need to take bus 783 to Piata Unirii 1 (the last station). The program of the bus is here. From there, you will take the bus no 123 or 124 in the direction CET Vitan.

The schedule and the stations are here. You will go down at Energeticienilor station and afterwards return 50 m, cross the street and continue 100 m more in the opposite direction of the bus.

Night Bus (11 PM - 5 AM): From Henri Coanda Airport you take 783 bus until Unirii Square 1 and afterwards N111 from Unirii Square till the station named Energeticienilor. The schedule can be found here. You will go down at Energeticienilor station and afterwards return 50 m, cross the street and continue 100 m more in the opposite direction of the bus.

You can't buy tickets from the bus. There's a special office at the -1 level of the airport from where you can buy the cards. Please keep the receipt for reimbursement and ask for a stamp on it. The other option is to take UBER if you have account, but we can't reimburse you this cost, nor for taxi. We strongly recommend you to avoid cabs from airport.

Cost of the bus ticket:

Express bus Airport – Unirii (no 783) – 3.5 RON
Normal trip – any bus – 1.3 RON

From the airport, you can buy a plastic card that will cost 5 RON and you can recharge it anytime you want. In the airport there is also a paper card that can be used both way for express bus – 8.6 RON.



Team



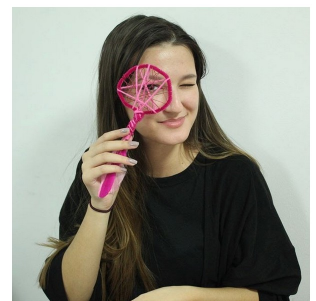
Alexandra Oros



Emilia Radu



Luminița Ene



Alina Dumitru

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Covid19 Safety Rules

Monomyths association will follow, during the training course for youth workers the Health Protocol regarding the security and protection of all the participants and staff. The protection and security measures will be in accordance with the legislation in force at the time of the face-to-face activity, always considering the indications of the Romanian Ministry of Health, indications of accommodation, transport (international and national).

Previous to the project:

As a European travel rule, the travel of any participant who presents Covid:19 symptoms prior to the trip to Romania is strictly forbidden. Each partner has the responsibility to check before the departure the rules and restrictions imposed for their country by the Romanian Ministry of Healthy.

PCR tests & Health Insurance

The youth workers selected to attend the international mobility acknowledge and agree to have a valid health insurance for the whole duration of the training course and a PCR test (if is considered a mandatory condition to enter the country).

Since the project grant has been approved in 2019, before the Covid:19 outbreak started, this type of cost has not be included as an exceptional cost and can not be supported from the project grant.

Travel: During the international & national travel, it is important to respect the security measures imposed by airlines, airports and various transportation companies, with regard to safety distance and the use of a protective mask.

During the project:

Please proceed according to the accommodation and host organization safety standards, which are imposed by WHO, European Commission, and Ministry of Health. It is mandatory to use a medical mask (not a textile one), participant's responsibility! Temperature measurements will be taken of all project participants, twice a day, to guarantee the safety of the group.