

DEVELOPING RESILIENCE THROUGH YOUTH WORK

**AUGUST 30 - SEPTEMBER 06, 2019
WROCLAW, POLAND**

**ERASMUS+ PROGRAMME
YOUTH WORKERS MOBILITY**

**FUNDACJA NA RZECZ WSPIERANIA
INNOWACJI SPOLECZNYCH IDEA LAB
www.idea.labdrg.eu**



DRTYW PROJECT

Professional burnout is a physical, emotional and motivational exhaustion characterized by a violation of productivity at work, negative feelings that the efforts that are put into professional activities do not bring the expected, desired result. An individual youth worker who feels the symptoms of professional burnout can't work effectively alone or in teams. Resilience refers to an individual's capacity to successfully adapt to change and stressful events in the most healthy and constructive ways.

Our aim is to improve the quality youth workers' work and, to improve the quality of Erasmus+ projects at all stages, by developing practical recommendations on symptom recognition and minimizing the consequences of professional burnout that will be disseminated among the partners and upload on SALTO for the use of youth workers from different countries. Also, we want to develop their resilient skills and to deal effectively with stress using tools and resources for further application of these methods within their organization and be able to help young people with building social stability and resilience in their environment.

DRTYW objectives are:

- to support youth organisations in increasing their capacity of on their work and thereby - becoming better in explaining their latest achievements and improving their future work;
- to resolve the common definition «phenomenon of professional burnout of NGO workers»;
- to formulate recommendations (brochure) for preventing burnout and overcoming its consequences, as well as exchange best practices, how to solve the difficulties of the work process and maintain motivation in work for youth workers and for youth;
- to increase participants' competences to disseminate learning achievements within youth NGOs and youth work on local and international level;
- to equip youth workers with the knowledge and tools to effectively work with youth through developing resilience;
- to foster networking among participants and create space for project building, especially in Erasmus+ context;
- to create space for sharing knowledge and exchanging experiences and good practices with the atmosphere of common understanding between people representing different cultures, working styles, etc.;
- to strengthen positive mental health and wellbeing of participants by promoting self-worth, responsibility, autonomy, accountability, self-awareness, emotional competencies, membership and belonging, and civic and social competence.

IDEA LAB FOUNDATION

IDEA*LAB; as the foundation for social innovation, focuses on developing policy analysis, publications, providing and organizing training courses, conferences and workshops on various themes referring youth & adult learners as well as young entrepreneurs. We are leading and promising initiative for knowledge and experimental learning, development and creation of new European society alliances. IDEA*LAB aims to change the social environmental setting. We have developed a structure that is very special and unique in terms of social responsibility, where we fully commit for a positive social change of individuals, organizations and institutions.

WROCLAW - CAPITAL OF LOWER SILESIA, POLAND

Wrocław, the capital of Poland's Lower Silesia (locally known as 'Śląsk') province is a city on the Oder River in western Poland. It is the largest city and capital of Lower Silesian Voivodeship, Poland. Wrocław is also the historic capital of Silesia. With a population close to 630,000 and a metropolitan figure well over a million, Wrocław is the fourth largest city in Poland, and is among one of the republic's major manufacturing, banking, industrial, tourist and cultural centers. Thanks to hosting events such as the Euro 2012 Championship and the 2016 European Capital of Culture, Wrocław is gaining a larger European and international profile, drawing in a growing amount of tourists for its historic city center, picturesque bridges and islands, and the city's relaxed liberal culture. The city is also known for its high quality of life. It's known for its Market Square, lined with elegant townhouses and featuring a modern fountain. Also on the square is the Gothic Old Town Hall, with its large astronomical clock. Nearby is the Panorama of Racławice, a painting depicting the 1794 battle for independence. The Centennial Hall auditorium, with its giant dome and tall spire, lies across the river.

VENUE - Hotel* Restauracja Maria Antonina**

Modern rooms and houses specially dedicated for our group. Polish and European cuisine restaurant and located next to the lake with several water attractions and surrounded by forest. <http://hotelmariantonina.pl/>

HOTEL RESTAURACJA MARIA ANTONINA

ulica Spacerowa 6

58-321 Zagórze Śląskie

tel: +48 666 042 964

HOMETASKS

TASK 1

Observation day in your local community or/and in your daily work with young people.

- Who is a youth worker in your organization? What qualities does he/she own? What are the main problems faced by youth workers?
- What issues create deeper concern in you and towards which you are more passionate about as a youth worker?
- Please register the discoveries you've done.

DEADLINE: 16.08.2019

TASK 2

Self-assessment on youth worker's competence model: https://www.salto-youth.net/downloads/4-17-3460/CompetencemodelForYoutworker_Online-web.pdf.pdf

DEADLINE: 16.08.2019

TASK 3

Intercultural preparation. Watch the 2 TED talks below and share your reflections about them on the FB page of the project. This online forum will be moderated by the team of trainers.

TED's list:

- Don't ask me where I'm from, ask me where I'm local

https://www.ted.com/talks/taiye_selasi_don_t_ask_where_i_m_from_ask_where_i_m_a_local

- The danger of a single story

https://www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story

DEADLINE: 23.08.2019

Technical Information

ARRIVAL TO HOTEL MARIA ANTONINA

ADDRESS: Spacerowa Street 6, Zagórze Śląskie, Poland (70 km from Wroclaw City Center)

Arrival to Wroclaw on the 30.08.2019

Arriving by train to Wroclaw Central Railway station the meeting point will be Wroclavia Shopping Mall which is opposite the railway station.

Arriving by plane to Wroclaw: Take the public bus nr 106 (3,40 PLN ~ 0,80 euros) which ends next to railway station (last stop) meeting point will be Wroclavia Shopping Mall which is on the other side of the railway station.

No taxi bills will be refunded! If you still prefer to take taxi you can try Uber app, Bolt app.

NOTE: Organizers will provide private buses for our group from Wroclavia Shopping Mall - Hotel Maria Antonina-Wroclavia Shopping Mall. For this return trip there will be 25 euros deducted from the official travel budget.

CURRENCY

Polish złoty (PLN)

1 Euro = 4,25 PLN

You can pay with any card in the public buses and tramways as well as shops.

Finally, as the conditions of the project is selected exclusive in nature with high prices venue as well as including the external experts in our project we will require 25,00 euros participation fee as contribution to the quality assurance.

FOLLOW UP & DISSEMINATION

By joining the project participants accepting the above mentioned conditions . After returning home, participants will be invited to conduct two workshops: one for their colleagues-youth workers, second is for the youth with whom they work, to disseminate the knowledge they have gained about the resilience and methods of achieving it through the multicultural aspect of perception.

#YOUTHWORKFORRESILIENCE