



Focus

Training



Invitation & Info-pack

Berlin, Germany

17-26.11.2022

The who

Erasmus+ funds the Chance International's training inspired by one of the youth goals. And you are invited to take part in it!



Erasmus+

is the EU Programme in the fields of education, training, youth and sport for the period 2021-2027



Chance International

is a non-governmental organisation in Berlin specialised in youth trainings.



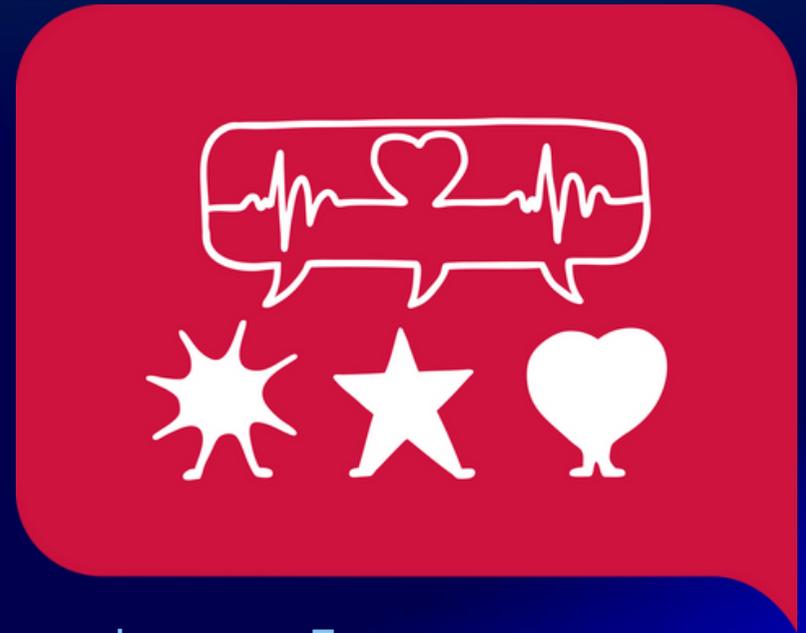
Youth Goals

are the outcome of the Youth Dialogue process with over 50.000 young people.

Youth goal #5



Mental health and wellbeing



A significant and increasing number of young people across Europe are expressing their concern at the prevalence of mental health issues such as high stress, anxiety, depression and other mental illnesses amongst their peers. Young people cite the immense societal pressures they face today, and express a need for better youth mental health provision.

"Encourage the development of self-awareness and less competitive mindsets by fostering appreciation for individual skills and strengths"

This goal inspired Chance International trainers team to develop the "Focus" training course

The why



- Information overload of the modern world
- Demands of society, which need to be met

Corresponding project Goals



- To develop the ability to focus on goals and achieve results.
- To be able to find a balance between oneself as a person and society.

Learning outcomes



By the end of the project we expect participants to:

- have personal understanding of what kind of world they live in, what society expects of them, and how they want to respond to it
- know techniques and practices to slow down and get closer to themselves
- know practices and techniques to help formulate goals, objectives, and a strategy to achieve the goal
- know exercises to get through self-sabotage, techniques to see potential resources in each problem
- know where the resources that work for them and how to get them
- using creative techniques build a plan for one year, 3 years and 7 years
- know and practice techniques for presenting yourself and your achievements

Draft Program

	17.11	18.11	19.11	20.11	21.11	22.11	23.11	24.11	25.11	26.11
	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	day 1	day2	day 3	day 4	day 5	day 6	day 7	day 8	day9	day 10
8:00-9:00	breakfast									
9:00-10:00	Travel to the venue									
10:00...11:30	Project and team presentation, Getting to know each other, Expectations, Contributions, Challenges	Exploring yourself at weissensee.	From Jinni of the Lamp to Achiever	"Feel the achievement" Success experiemnt.	Building the plan.	Art of Pitching	Final preparation and rehearsals	Dissemination strategy		
11:30...12:00	Break									
12:00...13:00	Team building exercises	Meaning of getting back to yourself?	Six hats of Thinking.	Fix your mind/tower	SWOT	Pitching tools	Presenting achievements	Reimbursement consultation	Departure of participants	
13:00...14:30	Lunch									
14:30...16:00	City exploration game	Silence practice	SMART	Coping with impediments	5 - years plan	Elevator Pitch	Presenting achievements	Reflection and Evaluation		
16:00...16:30	Break									
16:30...18:00	City exploration game	Disruptive triggers and how to deal with them	Defining steps. Coaching session	Overcoming.	Letter to myself	Perfecting the presentations	Presenting achievements	Time of Tears		
18:00...18:30	Reflection									
18:30...19:30	Dinner									

That's not a final program, some program items might change

Trainers team



**Alex
Burnosenka**



**Ivan
Makarov**





Participants profile



We're looking for participants who live or is coming from:

- Germany
- Portugal
- Romania
- Serbia
- Turkey



18+



**self-development
and self-discovery**



**re-align
and focus**



Funding conditions



Project is financed under the „ERAMSUS+ Programme, Key Action 1. 100% of accommodation and activity costs are covered by the programme.

The international travel costs are covered according to the rules of ERASMUS+ Programme.

Plan your travel to Berlin according to the limit in table on the next slide.

That means that your travel costs will be fully reimbursed up to the limit, what should be enough to get to Germany from all participating countries – therefore we expect that everybody will get back 100% of the travel.

If you spend less for your travel you will get exactly the amount you spent. If you spend more, you will get the amount from the table.

NOTE: Reimbursement of travel costs will only be done upon full attendance of the project. It will either be transferred to private accounts after receiving all the tickets and filling in the reimbursement form or will be given in cash on the last project day.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.



Accommodation

Adress: Indira-Gandhi-Straße 13, 13088 Berlin.

You will be accommodated in 4-6 bedded rooms with participants of the same sex.

Bed linen and towels are provided.

We promote community-based living, so be prepared to keep your room clean and comfortable (no room service)

You will have 3 meals daily: self-served breakfast, lunch and dinner with vegetarian and vegan needs catered for.

Smoking and consumption of alcohol and other mind altering substances in the rooms and hostel territory is strictly prohibited.



Travel



Travel costs can be higher, in case if you choose green travel with low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

Country	Standard travel	Green travel
Germany	180	210
Portugal	360	410
Romania	275	320
Serbia	275	320
Turkiye	275	320

Participants selections



The selection of participants will be done through cooperation of the hosting and sending organisations according to the participant profiles in the application form.

The selection will be finalised by the end of 5th of November 2022.



COVID regulations



The entry regulations to Germany vary from country to country and are constantly changing.

So inform yourself about the regulations here before you buy your ticket and also from the start of your journey.

Our training will be conducted according to German Covid rules.

You need to be vaccinated, recovered or tested to take part in the project.

During the project, masks and disinfectants will be available to all participants if needed.



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Hosting Organisation



Erasmus+

The project is implemented within the ERASMUS+ PROGRAMME:

Portugal:

Young Squat ([Inst](#))

Romania

Asociația MACAIA ([Inst](#) | [@](#))

Serbia:

Youth Alliance Serbia ([Fb](#) | [Inst](#) \ [@](#))

Turkiye:

Capital Youth Group ([Inst](#))



Sending organisations



Presentations are communication tools that can be used as demonstrations, lectures, and more.