

Youthpass

MOBILITY OF YOUTH WORKERS

Svetlana Smirnova

BORN ON **18/04/1977**

PARTICIPATED IN A LEARNING MOBILITY PROJECT

In (out) side.

THE PROJECT TOOK PLACE FROM **05/10/2021**
TO **11/10/2021** IN **Narva-Jõesuu, Estonia.**

MOBILITY OF YOUTH WORKERS

Learning mobility projects of youth workers support the professional development of youth workers by enabling them to acquire new skills and professional experiences. The projects may include transnational activities such as seminars, training courses, contact-making events, study visits and job shadowing periods abroad. The projects also contribute to strengthening the quality and the role of youth work in Europe.

Erasmus+ is the European Union's programme for boosting skills and employability through activities organised in the field of education, training, youth, and sport. Youth activities under Erasmus+ aim to improve the key competences, skills and employability of young people, promote young people's active participation in the society, their social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.

ViTATiiM



Jelena Lohmatova

Representative of the organisation

Youthpass

With this document we certify that **Svetlana Smirnova** took part in a project called **In (out) side**. It was a training course. The project was organised by **MTÜ VitaTiim**, in cooperation with **NGO VitaTiim, 3D Friends, Drustvo za spodbujanje razvoja mladih CET Platforma, Międzynarodowe Stowarzyszenie Kulturalne Krzywy Teatr, Compass Európai Ifjúsági Közösségek Egyesület, IAmTrading ApS**.

Within Erasmus+, a training course is a project where youth workers and youth leaders come together for several days to develop their knowledge, skills, and attitudes on a certain theme. The daily programme of the course is based on learning objectives and facilitated by experienced trainers. The training courses promote the initiative and creativity of participants and have a direct impact on their future youth work or youth policy activities, such as organising quality projects and providing intercultural and non-formal learning experiences for young people.

Altogether, **23** people from **Denmark, Estonia, Hungary, Latvia, Poland, and Slovenia** took part in the project.

The overall aim and specific objectives of the project:

The main aim of the project In (out) side is to increase capacity of the youth workers to support themselves and youth in a time of transition and to explore practical solutions together, as well as methods and tools for it, to build resilience and connections.

Main contents and activities of the project:

- Getting to know each other
- Exploring transition time
- Mindfulness
- Embodiment

Trainer/s:

- Julia Dem
- Kateryna Popkova
- Svetlana Smirnova

Among the results of the project are the following:

- As the result participants:
- Understand components and characteristics of the transition time
- Know tools, practical solutions and methods to support youth
- Be able to communicate meaningfully;
- Be able to balance care for ourselves and others, and know how to give nourishing feedback

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Narva, 06/12/2021

Julia Dem
Person in charge of the project