

Training course

"ONE 2 ONE"

supporting learning face-to-face

In several areas of the Erasmus+: Youth in Action programme, youth workers and trainers are increasingly required to be able not only to work with **groups** of young people but, also, to accompany **individuals** through the various learning and personal development processes on offer.

Although **one-to-one** dialogue may seem like an obvious and natural form of communication, many youth workers feel they need training in order **to appropriately support young people through their individual development and learning processes.**

4 EDITIONS SO FAR !

4TH EDITION

HUNGARY, 2019

3RD EDITION

HUNGARY, 2017

2ND EDITION

BULGARIA, 2013

1ST EDITION

LITHUANIA, 2012

RESULTS!
ACCORDING TO PARTICIPANTS

- significantly raised their confidence to support individual learning reflection of young people
- improved their communication skills and became more skilled in using reflection methods
- understood how individual learning processes are influencing group process and vice versa
- increased their understanding of Youthpass process and it's importance to recognition of non-formal learning
- significantly increased their understanding of the concepts of learning and different ways to support learning.

THE AIMS OF THIS TRAINING COURSE:

to **empower** and **equip** youth workers with the **competences** needed to work **individually** with young people in order to **support their learning** processes.

Within this, **we seek:**

- To share and exchange about various **types of contexts, approaches** and the learning effects of different **environments**;
- To explore what "**supporting learning**" means in one-to-one relationships;
- To practise different one-to-one **learning support methods** and approaches
- To develop the skill of initiating & **supporting self-reflection** about learning;
- To make links between these approaches and the **wider picture**, e.g. to make connections with the "ETS Competence model for youth workers working internationally".

KEYWORDS OF ONE 2 ONE
EXPERIENCE!
ACCORDING TO PARTICIPANTS



TARGET GROUP

Target group and profile of participants:

- professionals and volunteers - youth workers and/or youth leaders, youth trainers, EVS mentors, educators etc., who see a need for developing their competences in working individually with young people.
- those who want to facilitate learning in youth work through one-to-one relationships, for example, in supporting the Youthpass process
- 18 years old and older and able to actively participate in English

THE FRAMEWORK OF ONE 2 ONE LEARNING PROCESS offers a much longer support for participants' learning than a "standard" one-off training course. Each participant is accompanied by one of the trainers throughout the entire process – before, during and after the seminar there's a one-to-one talk with each participant.

PROGRAMME OF TRAINING COURSE

	1 day	2 day	3 day	4 day	5 day	
Arrivals	Exploring and sharing each other contexts	Stretching our understanding of inner readiness and competence	One 2 One Skills building session II	One 2 One models, techniques and methods One 2 One Practice time: -with team member -with peer buddies	Reflection on practice sessions	Departures
	TC framework	The importance of reflection and how to reflect	One 2 One Skills building session III		Self preservation in One 2 One	
	What is learning? Stages of learning	Supportive relationship Different One 2 One approaches (coaching, mentoring, tutoring etc.)	One 2 One Skills building session IV		Identifying learning One 2 One competences	
	Welcome, Getting to know each other	Youthpass process Competence model for youth workers	One 2 One Skills building session I		Free time	
	One 2 One Inspirational Evening	Self organised evening	Local experience - dinner out	Self organised evening	Farewell Evening	

SALTO-YOUTH
TRAINING AND COOPERATION
RESOURCE CENTRE



Erasmus+

Youthpass

THE TRAINING COURSE IS BASED ON AND ACCOMPANIED AND INSPIRED BY THE PUBLICATION:



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