



**”DON’T
WORRY,
BE
HAPPY!”**



Rio Maior, Portugal

23rd - 30th October 2015

Seminar on enhancing on awareness
on the background and the causes of
unemployment of young people and how
to break it by support of local and
transnational youth work policies and tools

"BE HAPPY FOR THIS MOMENT. THIS MOMENT IS YOUR LIFE"



Formação Internacional "Don't Worry be happy"



Arruqueelas, Rio Maior - PORTUGAL

23 - 30 Oct. 2015



32 JOVENS – 16 ORGANIZAÇÕES JUVENIS – 16 PAÍSES EU
CURSO DE FORMAÇÃO INTERNACIONAL PARA TRABALHAR O DESEMPREGO JOVEM NO ESPAÇO EUROPEU,
AS SUAS CAUSAS E CONSEQUÊNCIAS
COM DINÂMICAS ASSENTES NA EDUCAÇÃO NÃO FORMAL E INTERCULTURALIDADE DOS PARTICIPANTES.



H2015



General overview of KA 1 Mobility project for young people and youth workers according to the Erasmus + programme

Erasmus+ is the EU's new programme for boosting skills and employability through education, training, youth, and sport. Between 2014-2020 the programme will provide opportunities for over 4 million Europeans to study, train, gain work experience, and volunteer abroad.



WHAT DOES IT INVOLVE?

Funding for youth activities under Erasmus+ aims to improve the key competences, skills and employability of young people, promote young people's social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.

Concretely in the field of youth, the Erasmus+ programme offers three main opportunities:



**key
Action
1**

Mobility opportunities for young people and youth workers. Young people have the opportunity to participate in youth-exchanges or to volunteer for a period up to one year in another country.

Youth workers can take part in training and networking activities abroad or spend some time in a youth organisation abroad for a job shadowing or an observation period.

**key
Action
2**

Opportunities for cooperation for innovation and exchange of good practices. Organisations can apply for funding to work in partnership with organisations from other participating countries. The projects funded under this action will focus on sharing, developing and transferring innovative practices in education, training and youth provision between participating countries.

**key
Action
3**

Opportunities to support policy reform. The Erasmus+ programme will fund strategic activities supporting policy reform across the EU. Funding opportunities in the field of youth under this action can take the form of meetings between young people and decision makers.

WHO CAN TAKE PART?

Various opportunities are available under Erasmus+, including opportunities for young people (aged 13-30), youth organisations, and other stakeholders active in the field of youth.



Find out more under:

http://ec.europa.eu/programmes/erasmus-plus/index_en.htm

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WE HOPE THE READER ENJOYS THE BOOKLET AND FINDS THE METHODS FOR FIGHTING AGAINST UNEMPLOYMENT OF YOUNG PEOPLE APPLICABLE TO HIS OR HER CONTEXT.



IF YOU WISH TO SHARE YOUR SUGGESTIONS, INPUTS OR FEEDBACK FEEL FREE TO SEND US AN EMAIL

The following Booklet was developed through the seminar "Don't Worry, Be Happy" under the Key Action 1 with the support of KA 1 Mobility project for young people and youth workers

This booklet is a methods booklet for volunteers, youth workers, youth leaders and young people in general who aim to fight against unemployment of young people with for and by youth work activities.

This manual includes activities which were presented during the seminar and most of them are flexible to adapt to particular needs of young people.



THE MANUAL IS DIVIDED INTO THE FOLLOWING PARTS:

**General overview of KA 1 Mobility project for young people and youth workers according to the Erasmus + programme;
Introduction of the seminar "Don't worry, be happy";**

Methods invented by participants of the seminar "Don't; worry, be happy":

- Youth work method for fighting against unemployment
 - Interview workshop
- Consultation meeting on how to make your music CV (SUCCESFUL SOCIAL MEDIA PROMOTION)
 - "5D" workshop

THEMES OF THE SEMINAR

Unemployment (particularly long-term unemployment) is one of the causes of social exclusion. For many young people unemployment implies :

IMPOSSIBILITY OF BECOMING AUTONOMOUS

LOW SELF-ESTEEM

LACK OF FUTURE PERSPECTIVES

LIMITED PERSONAL DEVELOPMENT

LACK OF OPPORTUNITIES

Unemployment affects young people from a variety of backgrounds, at different times of their lives and in various circumstances.

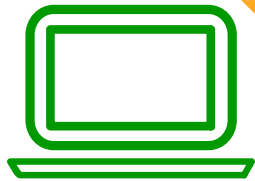
Unemployment is a social problem that everybody may face. But when it affects young people from disadvantaged backgrounds, their situation is harder due to the lack of support. Those young people become unemployed more easily and unemployment can be the starting point of a “negative snowball effect”. Then, they face problems of different kinds which come together in a short period of time and/or accumulate in other ways. Our tasks as youth workers, youth leaders are to find these young people with disadvantaged background and provide them such type of youth work tools based on the youth policies of European Commission which can provide them possibilities to overcome their multi problem situations and empower them to become self – confident and employed or even self – employed European citizens.

The overall aim of the seminar was to provide space for youth workers, youth leaders to understand better the background and causes of long term unemployment of young people and get familiar with youth policies made by European Commission in order to fight against that and how these youth policies can be adapted into local youth work activities by exploring and inventing new tools on positive thinking, empowering job seekers and fighting against social exclusion in local and transnational level.

LEARNING OBJECTIVES OF THE SEMINAR WERE:



- To share and explore the micro and macro level perspectives of youth unemployment with special focus on the structural and individual factors in different countries;



- To discover the social background of youth unemployment in general and the causes in different countries;



- To get acquainted with the approaches and proposals concerning youth unemployment of European Commission through European Youth Pact as part of Lisbon Strategy and European Youth Strategy "Investing and empowering young people";



- To discuss and invent tools how these youth policies can be achieved within local and international youth work activities for with and by unemployed young people;



- To invent and explore new youth work tools in local level for "Don't worry, be happy!" with special focus on positive thinking, empowering young job seekers and fighting against social exclusion;



- To invent new transnational youth projects on fighting against youth unemployment according to the proposals of KA1 Mobility projects for young people and youth workers within Erasmus + programme.



Eva
Constantinou



Juraj
Muska



Deirdre Ó
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YOUTH WORK METHOD FOR FIGHTING AGAINST UNEMPLOYMENT MARX WORLD WIDE

Target group	Long term unemployed young people
Objectives	Develop a pool of young people in the local community who are job ready and available to take up employment opportunities as they arise.
Material needed	AGENCY: Interview rooms, Youth Coach, PC, Artistic materials, paper, pencils, crayons, paints, textured bits and pieces, Books, magazines in a wide variety of subjects. Liaise with the local library, A wide variety of different puzzles including Rubix cube, magic tricks, jigsaws, suduko, Lego/Knex, A selection of suitable refreshments plus some fruit; INDIVIDUAL: Clothes, Money if required for job-seeker`s expenses; EMPLOYERS: Brochures from a wide variety of employers, Contact details of employer liaison.
Competence Development of the Target Group	Self confidence, Clear pathway, Control and responsibility over individual`s own future , Plan for work experience. The competencies required by the youth worker: Communication skills, Coaching skills, Co-ordinating skills, Flexibility.
Description	<i>The whole programme is driven and designed by each individual - they are only matched with work they are interested in</i> Individual interviews/coaching to identify work areas job-seekers are interested in. SCENE: Youth coach invites the job seeker into a warm and welcoming environment/room, which is set up with a PC in one corner, an artistic set up in another corner, books and magazines along a wall and puzzles section with puzzles/jigsaws/Rubix cubes/magic tricks in another and Lego/Knex in the final area. - Welcome the job seeker - Explain the process - Asks a relaxing question – about a local team or the journey to the meeting etc. - THEN: Tell me about yourself, Your family, your work experience, your hobbies, the subjects you studied and liked at school, what are you doing at the moment etc etc.



- Introduce some creative ways of finding out what the job-seeker is good at?

- OPTIONS:

1. Psychological testing (E.G. Choose blob from the picture which represents you and describe why. Discuss the result with job-seeker)

Then:

Choose the blob which most closely represents the job that appeals to you. (Find a scenario directly related to the variety of work environments as applicable)

2. Do the Enneagram personality test and discuss the results.

3. Offer the job-seeker some refreshments and invite them to look at the 5 activity sections, see which ones they gravitate towards and discuss the results with them afterwards.

4. Give the job seeker, pictures or brochures from 6 to 10 companies, representing 3 to 5

indoor jobs and 3 to 5 Outdoor jobs e.g. Invite them to come up with their own options.

Indoor jobs: Factory, shop, Creche/with children

Outdoor jobs: Farming/Construction/Forestry; outdoor activities; gym/sports training;

Tourism/Trail Guide

Ask job seeker: Are there any other options for work experience you would like to try out?

5. Sit down again with the job-seeker again and discuss everything that happened throughout the meeting. Ask them what they liked about the process? What was missing? What would they like to see the next time? How both of us could do it better next time? What objectives should we set together for the next meeting? What are the action steps should we set up for the next meeting?

6. Give the job-seeker the contact details of the work environment.

Arrange to meet them before the work placement starts so the youth coach can introduce the job seeker to the company.

7. Set up the next meeting. & thank the job-seeker for calling.



Timing

60 to 90 minutes

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CONSULTATION MEETING ON HOW TO MAKE YOUR MUSIC CV (SUCCESSFUL SOCIAL MEDIA PROMOTION)

Target group	young musicians (18-30) in need to learn more about self-promotion
Objectives	providing the with their own personal PR page, teaching them about music marketing and self promotion, gaining more job and project offers
Competences of a target group	Young aspiring musicians with musical background or talented and motivated individuals interested in promoting their own music (chosen according to their motivation letters).
Competence of youth workers	Three of the experts- PR expert(it can be a PR student, experienced PR expert with a lot of successful campaigns already accomplished), recognized music manager and lastly an IT expert (knows how to create a web content, graphic design skills, general knowledge about IT expertise)
Description	<ol style="list-style-type: none"> 1. short interview (15 min) ask them about their background, motivation and experience, what do they want to gain out of it 2. presentation on social marketing , show them good and bad examples of promotion, for example some facebook pages of successful musicians and some of those who don't have much followers , who failed in their self promotion (1ST HALF, 1 hour) 3. providing useful information about technical things in social media, such as how to get more followers by posting certain hash tags, what to upload and what not to, how often, what are the best captions, so basically technical knowledge on successful online PR on social networks 4. let them create their own page, twitter or some social media channel they prefer, and do it by the supervision of three of the experts 5. comments and evaluation based on their work, suggestions how to improve it 6. put the adjustments and make a final version of it, final product (2ND HALF, 1 hour)
 Timing 2 hours	

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"5D" WORKSHOP

Target group

The new jobseekers in the labour market, group of maximum 10 young people

Objectives

- to guide the jobseekers to realise what is his/her goals, talents, skills, competences
- to make him/her to use it in the process of the job searching
- to plan the activities of implementing their visions to reality

Competences of a target group

Self-evaluation, self-reflection, competence of planning, competence of implementing ideas into action, communication, competence of visualization

Competence of youth workers

Communication, competence of planning, to be able to motivate, inspiring, influencing, be able to keep the situation under control, empathetic, sensitive to adaptation, be able to get to the core

Materials

The room, space, time, diary with "5D" logo for each participant, newspapers, magazines, papers, pencils, pens

Description

We created a workshop for young jobseekers who would like to prepare themselves more for the process of job searching. The workshop will take approximately 5 hours, it is divided into 5 steps; in between each step there will be a short break, possibly with some short energiser to refresh the participants, or a coffee break. The participants will be provided with the "5D diary" to put down every step of the workshop, to write down their ideas and thoughts. They can make a note about other participants' ideas for inspiration. They can keep this diary as a souvenir and mainly to remember the workshop and its individual steps in their future.

1- DEFINITION - 20 minutes

The participants will be provided with the guiding questions to answer about their future, for example: what is their goal? What do they want to achieve? What do they expect from the job they are searching for? What working team they would prefer? What working hour and working style they imagine? How big co-working team they imagine? (The youth worker can invent their own questions more fitting to the group)

The participants should answer these questions by sentences clearly and briefly. They will be asked to support their answers by drawings so they remember it in two ways, as a sentence and as a picture.

2- DISCOVERING- 20 minutes, 5 minutes for presentation

The participants will be given different types of journals and newspapers and they will be asked to cut out pieces from it to create the collage presenting their competences, skills, talents, passions and whatever they think they can offer for the labour market and to the employer.

After creating their own collage, the participants will be asked to present their work to the other colleagues – this step is voluntary, if they do not feel like presenting it, they do not need to.

3- DREAMING- 20 minutes, 5 minutes for presentation

The participants will have preparation time to think about themselves in the position of being employed in their dream job. They will speak about the job, life, colleagues, life style, living, eventually combination of work and family, etc. whatever they would like to achieve, and they think is important.

The presentation will be in a form of a role play, they will speak about it and act like they are really living that life; they will speak about their dream connected to their job. They will clearly visualize their future job they want.

4- DESIGN- 30 minutes, 10 minutes for the presentation in small groups, 5 minutes for presentation in the whole group

The participants will create the steps for getting their job, what steps they have to do one by one to make their dream come true. Every step will be represented by a symbol they will have to create by themselves. By using the symbol, it will be easier for them to remember and imprint it. Each step will be with the deadline, for example “I will start a course for drawing in 1 months”... They will put everything down on the paper (into their diary) to keep it for themselves for the future as well.

After finishing, the participants will be asked to present their steps and explain the meanings of their symbols in smaller groups of 3 people. Afterwards, who will feel like, will present their Design for the whole group.

5- DESTINY- The implementation of the steps the participants created in their lives – this is in the hand of the participants.

The youth workers will only take photos/scans of every step and participants’ plan, and after three months, the youth workers will send it back individually to the participants as a reminder of the workshop (or eventually during the first deadline of the participants plan they will send it to them individually via email)

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MOST OF THE METHODS
INCLUDED IN THIS BOOKLET
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DON'T WORRY, BE HAPPY!
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