

Youthpass

MOBILITY OF YOUTH WORKERS

Yeva Galstyan

PARTICIPATED IN A LEARNING MOBILITY PROJECT

Mindfulness for Social Transformation

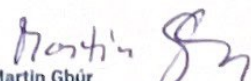
THE PROJECT TOOK PLACE FROM **07/05/2022**
TO **13/05/2022** IN **Bakuriani, Georgia**.

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.

 MVO PROXIMA*


Martin Gbur
Representative of the organisation

The ID of this certificate is THP8-FEBZ-GPEQ-A1XJ.
If you want to verify the ID, please go to the web site of Youthpass:
<http://www.youthpass.eu/qualitycontrol/>

Youthpass is a Europe-wide validation system for non-formal learning within the Erasmus+ Youth in Action Programme. For further information, please have a look at <http://www.youthpass.eu>.



PROJECT INFORMATION



Erasmus+

Youthpass

With this document we certify that **Yeva Galstyan** took part in a project called **Mindfulness for Social Transformation**. It was a training course. The project was hosted by **MVO PROXIMA***. The participation was supported by **YIC Gyumri**.

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, **24** people from **Armenia, Azerbaijan, Georgia, Poland, and Slovak Republic** took part in the project.

The overall aim and specific objectives of the project:

Mindfulness for Social Transformation was an international training course that gathered 24 youth leaders and youth workers (educators, facilitators) from 5 countries for 7 days of training in Georgia directed towards bridging individual and community well-being and active citizenship.

The TC will be an innovative week of linking individual and social learning, diverse and participatory methodologies. The Project aims to empower youth workers' personal development and Leadership capacity.

Main contents and activities of the project:

The training course was focuses on encouraging youth workers and youth leaders' personal development through an experience of Mindfulness, Embodiment and Coaching approach with a specific focus on the implication of it into youth work. It transferred methodological knowledge, which allows participants to apply these innovative non-formal education tools in an informed and professional way

Trainer/s:

Paata Alavardashvili, Georgia
Martin Gbúr, Slovakia

Among the results of the project are the following:

The participants enhanced their methodological and theoretical understanding of effective and innovative youth work and non-formal education approaches through Mindfulness and Coaching methods. They developed personal confidence, capacity, skills, knowledge.

 **MVO PROXIMA***

Bakuriani, 13/05/2022

Shota Danelia

Person in charge of the project