





My Diary

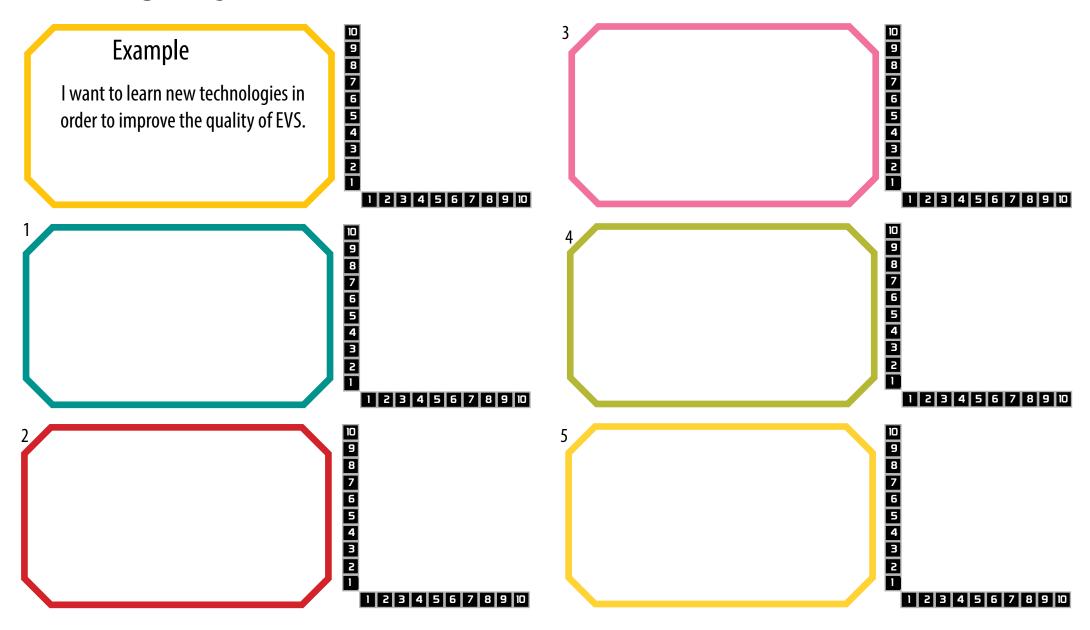
Name

Empowering youth through

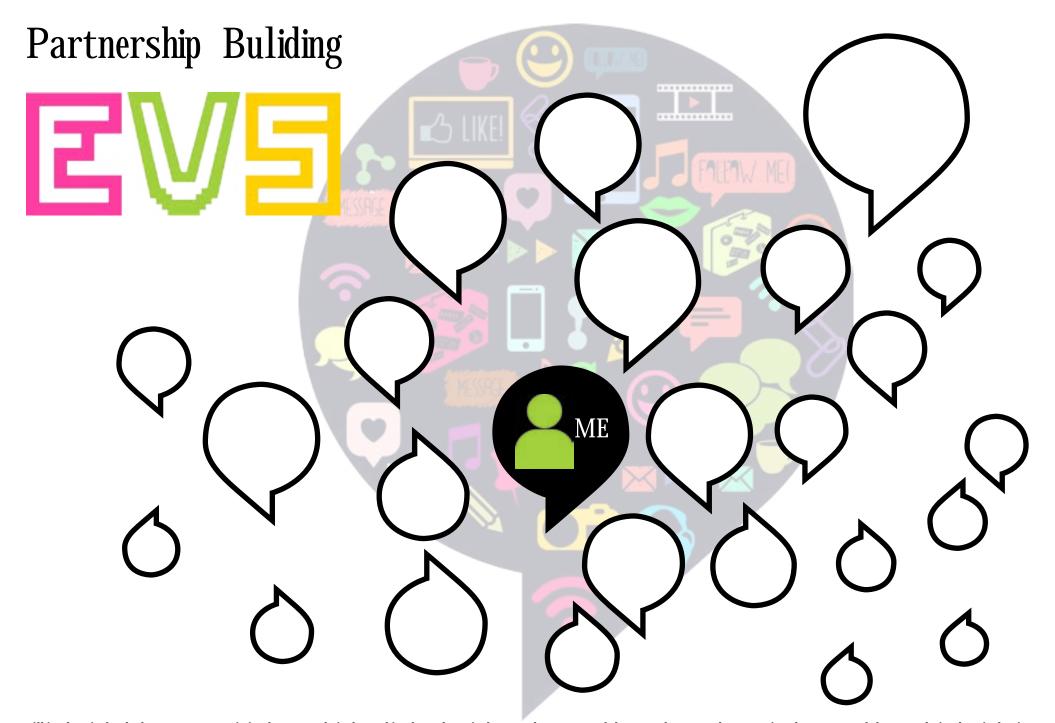


European Training Course
11-21 December 2014 Lefkada, Greece

Learning objectives



Think of the upcoming days of the exchange / training and identify your personal learning objectives (maximum 5) – Write them down in the first column and revisit this page each day. Think if you have gotten closer to learning the objective and put one dot in the appropriate square for each day, from 1 to 10, where 1 is "not at all" and 10 is "absolutely."



Fill in the circles below. Your name is in the central circle and in the other circles are the names of the people around you. Write the names of the people in the circles in a way that the people who are closer to you are in the circles closer to the centre and opposite.

My activities
Description of the activities
Short description of the activity during the
training course.

My task My task and responsabilities during the activities Key Competences Which competences have you achieved from each activity? Comments/Impressions
Any aditional comments or feelings you have?

1. - PRESENTATION of the program and the objectives - Empowering youth trough EVS 2. PRESENTATION of best practices carried by our partners in EVS 3. REFLECTION: What is the spirit and the expected impact of EVS in Erasmus+

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4. - REFLECTION: The difficulties encountered while managing EVS projects. Measures taken

5. SPEECH AND DEBATE:

How to develop the skills of our volunteers and how to preserve their motivation

6. SPEECH AND DEBATE:

"How the volunteerism stimulate the development of economic and social field of the hosting Community"

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7. - SPEECH AND DEBATE: "The philosophy of the European Volun tary Service and its Value in Erasmus+"

- 8. REFLECTIONS:
- 1 How to select our volunteers
- 2 How to ensure a good quality of partnership
- 3 How to provide a good preparation for our volunteer.

9. WORLD CAFÉ - Finding Innovative methods for: 1 Risk and Crisis prevention. / 2 Support and follow up. / 3 Active participation and involvement. / 4 Volunteer engagement in illustrating the

evolution of learning competences. / 5 Impact in the host community.

My activities

Description of the activities

Short description of the activity during the training course.

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10. SPEECH AND DEBATE: the role of new technology and social media to improve the quality of EVS

11. ROLE PLAYS: – 1 How to ensure a good impact for my EVS. / 2 How to make my EVS project visible. / 3 How to ensure a better multiplier effect for my EVS. / 4 How to exploit and disseminate the results of my project.

12. REFLECTION:

How to exploit and to use better the Youthpass instrument

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13. REFLECTION: Other possibilities to recognize the competences acquired by the volunteer. 14. BRAINSTORMING on how to create the interactive diary for EVS volunteers 15. DESIGNING AND CREATING the plan of the interactive diary for EVS volunteers 16. Other

Acquired skills and competences I

Communication in Mother Tongue

- the ability to express thoughts, feelings and facts in words (oral/written)
- to be able to interact linguistically in an appropiate way

Communication in Foreign Language

- the ability to express and understand in a foreign language according to your needs
- a positive attitude towards cultural differences and diversity
- curiosity in languages and intercultural communication

Mathematical Competences and basic competences in Science and Technology

- the ability and willingness to use mathematical modes to deal with problems and challenges in every day life
- the ability and willingness to use knowledge to explain the natural world, to identify questions and to draw evidence based conclusions

Learning to Learn

- how t<mark>o o</mark>rganize your own <mark>lea</mark>rning
- to be able to deal with obstacles
- being able for your own learning
- to evaluate /assess the outcomes of your learning

Taking into consideration your learning objectives and your experience during the exchange / training, look at these 4 learning competences and if you think you have acquired skills and competences in relation to them, write a few sentences about these. Try beginning each of your answers using these examples: I feel more comfortable now... / I found out... / I learned... / I made progress... / I'm able to... / I know now how. . . / I developed... / I have a clear view now.

Acquired skills and competences II

Interpersonal, Intercultural, Social and Civic competences Digital competences - the ability to communicate in a proper way with friends, family and colleagues - to be able to deal with people from all kind of different backgrounds / - to be able to deal in a constructive way with conflicts - is about the confident and critical use of Information Society Technology - knowledge about what is going on in your village, city, country, Europe and the world - basic skills to use computer and Internet - knowledge of concepts/ideas of democracy/citizenship/civil rights / - your participation in civil life Entrepreneurship **Cultural expression** - the ability to turn ideas into actions - to be creative and innovative - to appreciate the importance of creative expression of ideas, experiences and emotions - to dare to take risks - everything which has to do with media, music, performing arts, literature and visual arts - project management

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