

**Contact for organisation :**

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# REFLECT

## Reflexion as an Effective Frame to Lead Efficient Courses and Trainings

**26 Sept – 05 Oct 2018**  
**Ajaccio, France**

**Countries involved :** France, Belgium, Bulgaria, Croatia, Italy, Lithuania,  
**28 Participants**

**Theme :** Use of reflexion in a group management and development  
Organised by [Center of Sport and Corsican Youth](http://www.csjc.eu) (CSJC)



## WHAT IS THE PROJECT ?

REFLECT is giving participants (youth workers) the opportunity to be in action, experimenting experiential learning method through collective work based on open questions about the place and purpose of a trainer/facilitator.

Objectives are to **work on the use of reflexion, emotional intelligence, active listening and benevolence** in the construction of the human being, through the implementation of these learnings points as an effective facilitator.

REFLECT aims at **improving skills and work quality of professionals working with young people with less opportunities, based on the use and power of reflection as a tool for group development, and group dynamics**. This training is the opportunity to reflect on the topics of **pedagogy, collective and personal support and cohesion while working on the own behavior of participants** for the purpose of personal and professional development through positive pedagogy and kindness.

**In concrete**, participants involved will be invited to participate actively to all stages of the project and to take the lead of half a day of program in binome.

**Activities**: Experiment the group, Outdoor night as a development tool, non-formal activities, sharing tools, taking a position as a facilitator in pairs.

**Language** : Activities will be in english. Participants should be able to communicate in basic english. Trainers can help the translation.

### SOME OBJECTIVES OF THE PROJECT

- Understanding the definition, the tools and the interest of a reflection
- To think about how to better develop a group
- Work on active listening and emotional intelligence
- Develop professional skills,
- Understand the use of reflection as tools for individual and collective development,
- creation of international professional network

## PARTICIPANTS

**Number of participants** (24 participants + 4 trainers):

France : 4+2

Belgium : 4

Bulgaria : 4

Croatia : 4

Italy : 4+2

Lithuania : 4+1

**Profile** : Please make sure you are involving **youth workers or participants who have experience in training, education, leading groups**. Priority will be given to participants with the wish to develop themselves on the method of experiential learning. There is a possibility to include participants with **physical disability**. No accompanying person was asked but CSJC has 2 adapted rooms to host autonomous disable participants.

### DISABLE PARTICIPANTS

**CSJC has 2 rooms adapted for wheelchairs participants.  
It is important to let us know very early to book these rooms.  
Please note that there are NO accompanying persons involved.**

### PARTNER ORGANISATIONS/ PARTICIPANTS HAVE TO

- **Make sure participants :**
  - o Know the objectives of the project before committing
  - o Know about **55€** participation fee
  - o Know about material to bring
  - o Are able to fill the registration file online.
- **Organise a conclusion with participants to :**
  - o Write a small report about outcomes
  - o Ask about the professional and personal possible evolution
  - o Help participants with Erasmus+ related topics (EVS/Project's building...)

### PARTICIPANTS WILL BE COMMITTED TO:

- Get involved in every step of the project
- Lead a workshop + a reflexion in pairs
- Bring some food and/or drinks to share for the intercultural evening

## PRACTICAL INFOS

**Arrival :** Wednesday 26/09/18 max 18pm.

**Departure :** Friday 05/10/18 before noon (12).

### Travel tips

Due to its touristic attraction, please note that fees are quite expensive to come to Corsica ! So **be sure that you book your transportation as soon as possible** to pay the minimum amount. **Make sure you arrive in AJACCIO**. We recommend to participants to come by car. Cheaper option is the boat, but it's the longest : you might have to plan a night in the boat.

- **By air** : airfrance, aircorsica, easyjet, volotea
- **By boat** : corsicaferries, corsica linea, meridionale, moby...

### Accommodation and meals :

- We will be hosted in fully equipped CSJC rooms. Participants will be in rooms by 2, not necessarily from same country.
- CSJC will organise meals. Depending on program it can be cold (outside activities) or hot meals at the self restaurant.

### Insurance

- Participants should bring their own European Health Insurance Card and are recommended to take travel insurance.

### Participation fee and Refunding process

- Participation is 55 euro and is to be paid in cash on arrival to the project.
- Travelling costs will be reimbursed **to organisations only**, up to the maximum amount according to Erasmus+ refunding rules. Please note that CSJC cannot refund individuals ! In order to ease the process, CSJC is ready to pay the travels for the organisations if they are lower than maximum refund.



Country	Max refund per participant in €	Expensive Domestic Travel Cost (need justif)	Max number of pax	Total max refund in €
Corse	0	0	2+1	0
France (continent)	180	0	2+1	540
Belgium	275	0	4	1100
Bulgaria	275	0	4	1100
Croatia	275	0	4	1100
Italy	180	0	4+2	1080
Lithuania	275	0	4	1100

## SUMMARY OF WHAT YOU HAVE TO DO

- Make sure participants arrive to **Ajaccio**. Public transports are very NOT convenient in the island if participants arrive somewhere else. Also consider coming by car (Bastia- Ajaccio or Bonifacio-Ajaccio are both 3 hours drive)
- Ask participants to fill up the participant's registration when team is selected.

### Material to bring

- Material to sleep outside (mattress, sleeping bag, backpack, plates and cutleries, headlight...) CSJC can borrow it, please let us know !
- Outdoor clothes - comfortable sport clothes and sport shoes (consider sea and hike, consider also eventually rainy weather !)
- Personal medications (if needed)
- Personal things (take 2 shower towels, personal hygiene kit)
- Passport or other official identification
- Invoices and travel tickets
- Some food and/or drinks of your region for the intercultural evening

### Please take into consideration that :

- We are NOT able to do laundries during the project
- There are NO towels or shower mat (we suggest to take 2 towels)
- We cannot cook but we can keep stuffs in a fridge accessible at breakfast, lunch and dinner hours.

## Applications and information

For any questions and information about the project and application process contact the sending organizations and contact persons.

If this training is interesting you, please show your interest by writing to your organisation.

<b>Belgium</b>	Dynamo International	<a href="mailto:julien@travailderue.org">julien@travailderue.org</a> <a href="mailto:charlotte@travailderue.org">charlotte@travailderue.org</a>
<b>Bulgaria</b>	Asociacia za Razvitie na Bulgarskiasport	<a href="mailto:info@bulsport.bg">info@bulsport.bg</a>
	Walk Together	<a href="mailto:walktogetherbulgaria@gmail.com">walktogetherbulgaria@gmail.com</a>
<b>Croatia</b>	Outward Bound Croatia	<a href="mailto:ana.novosel@outwardbound.hr">ana.novosel@outwardbound.hr</a>
	Synergy	<a href="mailto:dita@synergy-croatia.com">dita@synergy-croatia.com</a>
<b>France</b>	Centre du Sport et de la Jeunesse de Corse	<a href="mailto:mathilda.olive@csjc.eu">mathilda.olive@csjc.eu</a>
<b>Italy</b>	Kamaleonte	<a href="mailto:raimondiroberta@virgilio.it">raimondiroberta@virgilio.it</a>
	Mine Vaganti NGO	<a href="mailto:evsmine@gmail.com">evsmine@gmail.com</a>
<b>Lithuania</b>	Kitokie Projektai	<a href="mailto:nerijus@kitokieprojektai.net">nerijus@kitokieprojektai.net</a>
	Blessed Jurgis Matulaitis social center	<a href="mailto:Vaikai.ir.jaunimas@gmail.com">Vaikai.ir.jaunimas@gmail.com</a>

### About coordinator CSJC :

The CSJC has a strong position in the field of youth, sport and cultural development of the island, especially with the organisation of actions about various topics regarding all publics.

There are four main missions that the CSJC works on :

- An issue of social utility
- A sporting challenge
- An issue of public service
- A challenge for sustainable development
- For a few years now, the establishment is developping the island internationnaly.