

“Quality First”

Training course on supporting youthworkers run inclusive and high-quality youth exchanges with special attention on inclusion, youth participation, group leader roles, Erasmus+ tools, sustainability, and intercultural dialogue to better support young people with fewer opportunities.

02 - 10 May 2026, Rio Maior, Portugal



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Themes:

Youth participation and European values: Promoting active citizenship, European awareness, and aligning with the Youth Participation Strategy, the EU Youth Strategy and Youth Goals. Inclusion and diversity: Fostering inclusion and supporting young people with fewer opportunities, ensuring their active involvement in youth exchanges. Involvement methodology: Developing strategies and tools to involve young people in every phase of a youth exchange project, from planning and preparation to implementation and evaluation, ensuring meaningful participation. Roles and responsibilities of group leaders: Preparing group leaders to take on key roles in inclusive youth exchanges, focusing on safety, protection, and the active engagement of all participants.

Quality in youth work: Promoting Erasmus Youth Quality Standards and equipping youth workers to create impactful and well-organized youth exchanges. Project development and leadership: Enhancing the skills needed to design, manage, and lead inclusive youth exchange projects effectively with, for and by young people with fewer opportunities. Sustainability and green practices: Promoting environmentally friendly and sustainable approaches in youth exchanges.

The overall aim of the project is to empower youth workers with the knowledge, skills, and tools necessary to design and implement high-quality, inclusive youth exchanges that actively engage young people, especially those with fewer opportunities. By focusing on themes such as inclusion, diversity, youth participation, sustainability, and intercultural exchange, our project seeks to strengthen the capacity of youth workers to foster meaningful involvement of young people at every phase of a youth exchange. Additionally, the project aims to equip group leaders with the competencies needed to ensure the safety, protection, and active engagement of participants, ultimately promoting the values of active citizenship, social inclusion, and European awareness in line with the Erasmus+ programme and the EU Youth Strategy.

By the end of the project, participants will:

Youth Participation Strategies: How to align youth work with the EU Youth Strategy and encourage active citizenship and European values in young people. Inclusion and Diversity Practices: Methods to foster inclusion and actively involve young people with fewer opportunities in all aspects of youth exchanges. Involvement Methodology: Techniques to meaningfully engage young people at every phase of a youth exchange, including planning, implementation, and evaluation. Group leadership skills: Roles and responsibilities of group leaders, including ensuring the safety, protection, and active participation of all group members in inclusive youth exchanges. Erasmus+ Programme and Quality Standards: A comprehensive understanding of the Erasmus+ programme, including its Youth Quality Standards and how to ensure high-quality youth exchange project implementation. Non-formal learning and key competences: Skills to support young people's learning through Youthpass and the development of the 8 key competences. Project development and management: Skills to design, implement, and evaluate inclusive youth exchange projects effectively. Sustainable practices: Knowledge of environmentally friendly approaches and tools like the Greening the Youth Exchanges Checklist to integrate sustainability into youth work.

The objectives of the training course are:

- Train youth workers practical methods to actively engage young people, especially those with fewer opportunities, in all phases of youth exchange projects—from planning to evaluation.

- Provide group leaders with the skills to ensure the safety, well-being, and meaningful involvement of young participants, emphasizing their role in creating inclusive and secure environments.
- Guide youth workers in using Youthpass to support learning and competence development in young people during youth exchanges.
- Train participants to design, coordinate, and execute inclusive and high-quality inclusive youth exchange projects tailored to diverse groups.
- Familiarize participants with tools and resources, such as the Inclusion Meter and sustainability checklists and guidelines to incorporate environmentally conscious practices into youth exchanges.
- Prepare youth workers to navigate cultural diversity, fostering understanding and communication among participants from different backgrounds.
- Initiate inclusive youth exchanges based on the needs and interests of young people with fewer opportunities represented by participants and partners.
- Create an Inclusion to Youth Exchanges brochure in order to give a digital comics' creation guidelines for group leaders to integrate inclusive practices into their projects

The methodology of the TC:

Our methodology is firmly rooted in youth work principles, ensuring that participants leave the training equipped with the skills, knowledge, and tools to deliver high-quality, inclusive youth exchanges that empower young people and reflect the values of the Erasmus+ programme. Our experienced international trainers' team will use a non-formal education approach, fostering an interactive, inclusive, and learnercentred environment.

The methodology is designed to provide youth workers with both theoretical knowledge and hands-on tools they can immediately apply in their practice.

Using Kolb's Experiential Learning Cycle, participants will actively engage in simulations, role-playing, and real-life scenarios that reflect the realities of youth exchanges. Example: A role-playing activity will simulate a group leader addressing challenges in an inclusive youth exchange.

Peer learning is essential in youth work, fostering the exchange of experiences, tools, and best practices among participants. Example: During the project development sessions, participants will share tried-and-tested strategies for inclusion and diversity, enriching each other's perspectives. Small-group work and intercultural dialogue will ensure collaborative learning while valuing diverse experiences.

Special attention will be given to inclusion-focused activities, ensuring participants are equipped to engage marginalized young people actively. Tools like the Inclusion Meter from SALTO Inclusion will be used to assess and enhance participants' understanding of inclusion strategies.

Practical outputs like the Inclusion to Youth Exchanges brochure will reflect the participants' commitment to making youth exchanges accessible to all. Youthpass Reflection Groups will be held daily to help participants connect their learning to the ETS youth work competences and the broader objectives of their youth work practice.

Participants will create personal learning plans, ensuring their takeaways are actionable and aligned with their professional goals.

The training will offer thematic workshops:

Involvement methodology: Hands-on sessions will demonstrate how to actively engage young people in every phase of a youth exchange, from planning to evaluation.

Roles of group leaders: Practical workshops will highlight the responsibilities of group leaders in ensuring safety, inclusion, and meaningful participation of young people with fewer opportunities.

Sustainability: Participants will explore the Greening Youth Work Checklist by the Council of Europe, learning how to embed environmentally friendly practices in their youth projects. Each session will blend theoretical insights with real-world examples and tools, ensuring relevance to participants' contexts.

The training will encourage participants to produce concrete outputs, such as: A brochure for group leaders of inclusive youth exchanges, co-created using digital and creative tools such as digital comics' creations. Action plans for implementing inclusive and impactful youth exchanges in their local contexts. Dedicated sessions will help participants build a network of collaborators for future Erasmus+ projects. By sharing organizational profiles and priorities, participants will identify synergies and develop ideas for future partnerships.

Evaluation will be embedded throughout the training process: Daily reflection groups will ensure that participants' feedback shapes the programme. Mid-programme reviews will provide opportunities to refine the approach. Final evaluations will assess participants' learning outcomes and the overall impact of the training.

Theoretical and practical background:

Participants will gain insights into Erasmus+ programme objectives and priorities focusing on its Inclusion and Diversity Strategy and Youth Quality Standards. The training is grounded in the priorities of the Youth Participation Strategy and the EU Youth Strategy 2019-2027, emphasizing youth participation, inclusion, and sustainability.

The programme integrates Youthpass as a tool for learning recognition and competence development and focus on the 8 key competences of young people and ETS youth workers' competence model.

SALTO Inclusion and Diversity Resources: Tools like the Inclusion Meter and Sustainability Checklists are used to guide project planning. Sessions focus on equipping participants with the skills and knowledge required for inclusive leadership in youth exchanges as group leaders. Sessions on planning inclusive youth exchanges based in the needs and interests of target groups of our partners and participants based on the requirements of Erasmus+ programme.

Who can participate in the TC:

2-4 youth workers on behalf of each Partner who

- are actively involved in youth work and have experience working with young people, especially those with fewer opportunities.
- have experiences at least in one international youth exchange under Erasmus+ programme as a previous participant, group leader, coordinator, etc.
- should be interested in expanding their international networks and learning about best practices in European youth work.
- work directly with youth with fewer opportunities and are interested in enhancing their skills in inclusion and diversity.
- are eligible to receive Erasmus+ funding for youth exchange projects or already accredited to participate or host one.
- ready to take part in the whole TC, condition to be reimburse.
- to be able to communicate English language.
- fill the register form ask by organizers.

Eligible countries: EU member states.

Host organisation: "H2O" – Associação de Jovens de Arrouquelas

PIC nº 948226896

OID nº E10014850

Erasmus accreditation in Youth nº 2020-1-PT02-KA150-YOU-000007725

Preliminary programme:

| Hours | Day 1 Arrival day | Day 2 Day of exploration | Day 3 Day of the fundamental base of Erasmus+ programme | Day 4 Day of roles and responsibilities | Day 5 Day of involvement and inclusion | Day 6 Day of inclusive youth exchange projects | Day 7 Day of guidelines for group leaders | Day 8 Day of agreements | Day 9 Departure day |
|-----------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------|
| 7.00– 09.00 | Arrival of participants | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | breakfast |
| 09.30– 11.00 | Registration and accommodation | Getting to know each other | Exploring the Youth Participation Strategy of the European Commission | Understanding the formal and content- wise criteria of youth exchanges | Involvement methodology of young people to all phases of a youth exchange project | Youthpass and 8 key competences for young people within youth exchanges – how to support learning of young people | Presentation of the projects | Presentations of the Guidelines for group leaders of inclusive youth exchanges | Departure of participants |
| 11.00- 11.30 | | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | |
| 11.30– 13.00 | | Building our learning community – Connecting through awareness and expression | Connecting local & international youth work with the EU Youth Strategy | Ensuring high- quality youth exchanges through Erasmus Youth Quality Standards | Inclusion meter by SALTO Inclusion and Diversity RC | Greening the youth exchanges – sustainability checklist by Council of Europe and Sustainable event guideline by SALTO Inclusion and Diversity RC | Assessment of the projects and feedback for improvements | Personal and group Action Plan Partnership agreements | |
| 13.00- 15.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 15.00- 16.30 | Welcome to the Training – Building our learning community | Introduction to the project and training programme | Profile, needs and interests of our young people with fewer opportunities | Inclusion and Diversity Strategy | Inclusion in action – Field visit to youth NGOs & culturally diverse communities in Rio Maior | Idea and project development for inclusive youth exchanges | Inclusion to youth exchanges guidelines for group leaders through digital comics’ creations. | Youthpass and ETS competences for youth workers | |
| 16.30- 17.00 | Coffee break | Coffee break | Coffee break | Coffee break | | | | Coffee break | |

| | | | | | | | | | |
|------------------|-----------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------|-----------------|-----------------------------------------------------|------------------|--|
| 17.00– 18.30 | Introduction of participants | Erasmus+ programme in general and Youthpass with the ETS competences | Our organisation in the Erasmus+ | Roles and responsibilities of group leaders especially safety and protection of young people | Reflecting on the Day: Daily evaluation and learning process | | Reflecting on the Day – Daily evaluation & learning | Final evaluation | |
| 18.30 – 19.00 | Arranging safe place for participation | Reflecting on the Day – Daily evaluation & learning process | Reflecting on the Day – Daily evaluation & learning process | Reflecting on the Day – Daily evaluation & learning process | | | process | | |
| 19.30- 20.30 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 21.00- | Cultural connection & community evening | Intercultural evening with locals | Discovering Rio Maior – A Cultural Treasure Hunt | Passion evening | Rio Maior A cultural evening with local youth | Working evening | Working evening | Farewell party | |



Financial conditions:

The food and accommodation will be provided and paid by the organizers. Travels costs will be counted based on the distance calculator of European Commission and reimbursed either by bank transfer after the course, by bank transfer, máx till 2/3 months (in Euros €), after we received all documents: Travels Tickets; official invoices and boarding passes, we don't accept Prtsc photos.

Contact Us!



Project Coordinator in Lithuania

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