



EURO motivational.net





INDEX

- Presentation letter
- The four proposals

Youth field :

-  Workshops for youth workers
-  Innovative practices for the emotional management for youth

Education field :

-  Workshops for adult education workers
-  Innovative practices for the emotional management in education



With this letter we want to invite you to participate in the project *EUROmotional*_{net}

We are searching for one or two **organisations** in each country which would like to be part of this initiative. During the next years, we would like to create a European net, with more than 200 organisations collaborating together in different projects related to the **Emotional and Conflict Management**.

Are you interested?

Overview:

With this project, we aim to create a net of NGO's and schools which would like to improve their emotional management skills.

We, as facilitators and promoters of education and youth, face, continuously, the challenge of managing the big mental confusion of our students. This confusion, most of the time, is caused by the accumulation of feelings.

We live in oppressive societies which mistreat our young people, specially if they come from other cultures, they have other languages, have any disability or they just don't belong to the mainstream.

We need to create a movement which interrupts these oppressions. In order to do so, we need that everyone, both educators and students, knew how to recover from the confusion that we have internalised.

Our NGO has been working 20 years with young people and educators of our region. Now, we want to share our experience and work with other NGOs in order to spread the important approach that *EUROmotional*_{net} offers.

What do we offer you?

All the necessary support in order to apply for the Erasmus Plus grant and to join the project. We have designed a strategy which allows your organisation to submit up to 4 different projects related to emotions. Two in the area of youth and two in the area of education.

In this document, you will find an overview of all the 4 projects and the conditions in which we can work together.

We provide you a model project, almost ready to be submitted (it only needs you to fulfill a few fields) in the lines KA1 and KA2 from the Erasmus Plus Programme.

If you are not familiar with the action lines of education in Erasmus Plus or you never applied for a grant, relax. The process will be very simple and you will count with the help of our specialists at all times.

If you are interested in collaborating in one or more projects, you only have to fill in this application form. Like this, we will start the process of knowing each other: [form](#).

The four proposals we have in the **EURO motivational_{net}** are:

Two projects in the

Youth field :

KA1

Workshops for youth workers

- *Tools and skills for emotional management.*
- *Fighting against power abuse.*



KA2

Innovative practices for the emotional management for youth

- *Tools box for emotional management (24 month project).*



Two projects in the

Education field :

KA1

Workshops for adult education workers

- *Tools and skills for emotional management.*
- *Fighting against power abuse.*



KA2

Innovative practices for the emotional management in education

- *Tools box for emotional management (24 month project).*



Workshops for youth workers

- Training 1:** **Tools and skills for emotional management** ([see overview](#)).
Training 2: **Together against power abuse and violence** ([see overview](#)).



TRAININGS' INFORMATION:

- Number of partners:** 4 (*we can suggest partners*).
Who submits the project?: Your organisation. It has to be submitted to your National Agency.
Duration of the course: 7 days.
Number of participants: 20.
Location: North of Spain, Cantabria.
Deadline: 2nd of February 2017.

MAIN TASKS:

- Permacultura Cantabria will be in charge of the organisation and training of the course.
- Your organisation will be in charge of promoting the call and managing the organisation of participants.
- Permacultura Cantabria will be, at all times, collaborating for the good development of the project.
- Your organisation will be in charge of the final evaluation presentation.

COLLABORATION PHASES:

- The first step is to show interest in any of our projects sending the following: [form](#).
- We will send you the project almost finished, so that you can check it, together with the collaboration conditions.
- You will have to fill some of the fields of the project, in order to adjust it to your organisation.
- Once adjusted, you will send us the fulfilled project, so that one of our specialists can check it. If the quality is not as expected, we will continue working on it, until we have a good project.
- Finally, we will send you the project, ready to have the mandates attached and to be sent to your National Agency.

Innovative practices for the emotional management for youth

Tools box for the emotional management (24 month project)

- Main activity 1:** Two work meetings, one in Spain and the other one in your country.
Main activity 2: Creation of an e-book for the emotional management.
Main activity 3: A presentation, in each country, of the work done.

DETAILS:

- Number of partners:** 3
Who submits the project?: Your organisation. It has to be submitted to your National Agency.
Duration: 24 months.
Deadline: 2nd of February 2017.

MAIN TASKS:

- Permacultura Cantabria will be in charge of editing the e-book in Spanish.
- Your organisation will be in charge of translating and editing the book in your language. (This task can be negotiated).
- Each organisation will be in charge of one of the working meetings and of the final presentation.

COLLABORATION PHASES:

- The first step is to show interest in any of our projects sending the following [form](#).
- We will send you the project almost finished, so that you can check it, together with the collaboration conditions.
- You will have to fill some of the fields of the project, in order to adjust it to your organisation.
- Once adjusted, you will send us the fulfilled project, so that one of our specialists can check it. If the quality is not as expected, we will continue working on it, until we have a good project.
- Finally, we will send you the project, ready to have the mandates attached and to be sent to your National Agency.

Workshops for adult education workers

KA1

- Training 1:** Tools and skills for emotional management ([see overview](#)).
Training 2: Together against power abuse and violence ([see overview](#)).



TRAININGS' INFORMATION:

- Who submits the project?:** Your organisation. It has to be submitted to your National Agency.
Duration of the course: 7 days.
Number of participants: 3.
Location: North of Spain, Cantabria.
Deadline: 2nd of February 2017.

MAIN TASKS:

- Permacultura Cantabria will be in charge of the organisation and training of the course.
- Your organisation will be in charge of promoting the call and managing the organisation of participants.
- Permacultura Cantabria will be, at all times, collaborating for the good development of the project.
- Your organisation will be in charge of the final evaluation presentation.

COLLABORATION PHASES:

- The first step is to show interest in any of our projects sending the following: [form](#).
- We will send you the project almost finished, so that you can check it, together with the collaboration conditions.
- You will have to fill some of the fields of the project, in order to adjust it to your organisation.
- Once adjusted, you will send us the fulfilled project, so that one of our specialists can check it. If the quality is not as expected, we will continue working on it, until we have a good project.
- Finally, we will send you the project, ready to have the mandates attached and to be sent to your National Agency.

Innovative practices for the emotional management in education

KA2

Tools box for the emotional management (24 month project)

- Main activity 1:** Two work meetings, one in Spain and the other one in your country.
Main activity 2: Creation of an e-book for the emotional management.
Main activity 3: A presentation, in each country, of the work done.

DETAILS:

- Number of partners:** 3 (we can suggest a third partner).
Who submits the project?: Your organisation. It has to be submitted to your National Agency.
Duration: 24 months.
Deadline: 29th of March 2017.

MAIN TASKS:

- Permacultura Cantabria will be in charge of editing the e-book in Spanish.
- Your organisation will be in charge of translating and editing the book in your language. (This task can be negotiated).
- Each organisation will be in charge of one of the working meetings and of the final presentation.

COLLABORATION PHASES:

- The first step is to show interest in any of our projects sending the following: [form](#).
- We will send you the project almost finished, so that you can check it, together with the collaboration conditions.
- You will have to fill some of the fields of the project, in order to adjust it to your organisation.
- Once adjusted, you will send us the fulfilled project, so that one of our specialists can check it. If the quality is not as expected, we will continue working on it, until we have a good project.
- Finally, we will send you the project, ready to have the mandates attached and to be sent to your National Agency.

SUMMARY OF THE FORMATIONS:

Tools and skills for emotional management

“ Tools and skills for emotional management “ is a 7-days Training Course for youth workers in Cantabria (Spain). It aims to connect organisations focused on improving their perspective about the emotional management with target groups. 4 countries will be involved.

During this Training Course (TC) we will work to know and identify emotions, as well as acquire knowledges, skills and attitudes to help youth to work with emotions. We also aim to create future partnerships and improve our skills in using Information and Communication Technologies to promote virtual communication.

In this training we work with theoretical and practical contents regarding emotions. We will try to share and increase our perspective about the different European Programmes, about emotional management, and we will share our proposals to develop together future Projects.

There are 3 main aims in the activities design for this project:

- *To share and exchange good practices concerning emotional management and get a deeper knowledge about emotional management with youth.*
- *To develop programmes and ideas to collaborate in the future in possible KA1, KA2 or KA3 framework.*
- *To know new ICTs to facilitate virtual collaboration.*

SUMMARY OF THE FORMATIONS:

Fighting against power abuse and violence

This project aims to develop a 7-days Training Course in Cantabria (Spain) to connect 20 youth workers from organisations focused on dealing with youth issues, power abuse and violence. Participants will come from 4 different countries.

The Training Course will aim to meet each other, share our points of view and to plan future European actions to fight against power abuse and violence.

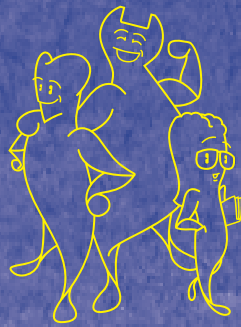
Everyone can experience power abuse, exclusion and other ways of abuse depending on their identities: gender, religion, social position, education, physical condition, etc. Age abuse is systematic in our whole life. Young people experience a strong social pressure to fit in, suffering from power abuse on the part of different social agents (family, school, labour market...).

Young people may suffer oppression due to different identity aspects, simultaneously. For example a young, Muslim, disabled woman may suffer abuse for her age, gender, cultural and physical reasons, and may be discriminated for not fitting in the social, cultural and physical status. So, do you think this woman's opinion would be taken into account with the same value as a white adult man's opinion in a group conversation? This could be an example of power abuse.

Power abuse are all those actions that undermine human integrity, which excludes the person and gives less value for his/her social identity. There is also institutional power abuse; access to resources is different for people according to their language, image, social class, etc.

In this seminar, we aim to share and increase our perspective about different European Programmes and power abuse, and we will share our proposals to develop future projects together.

Methodology will be dynamic and participative, promoting discussions and group work, as well as interaction between participants.



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