ResponseAbility
Info Package for Participants

Be a change maker: developing responseAbility for positive change
A training course (TC) for youth workers about finding a response to the global challenges of the 21st century

Dear participants,

We are happy to send you the info package for “Be a change maker: developing responseAbility for positive change – A training course for youth workers about finding a response to the global challenges of the 21st century”.
This package covers all you need to know before coming to Bonn – please make sure to read every line in this document very carefully! If you have any questions or concerns do not hesitate to get in touch with us.

We are really excited to have you on board 😊

Your TC coordinators & trainers
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This project is funded by the European Union and organized by rootAbility
About the Training course

Trainer Team

**Lukas Figge** (German, living in Maastricht, NL) is a passionate pilgrim, who walked three times the Camino to Santiago de Compostela. On those pilgrimages he experienced how self-exploration and introspection can be used for personal transformation and positive change. He is currently finishing a PhD on the **sustainability of globalization** at Maastricht University. For **rootAbility**, Lukas has prepared and delivered various trainings and workshops on sustainability, volunteer engagement, communication and workshop facilitation.

**Dominique Verschuren** (Dutch, living in Paris) is a professional trainer, youth worker, organiser and writer. He is the lead trainer of **Connected Elephant** (CE) whose expertise is identity and non-formal learning. CE believes that awareness and a practical understanding of our one’s identity serves all of our relationships, learning experiences and talent development. CE delivers trainings, presentations, publishes and coaches on the following topics: vulnerability, passions, resilience, sexual identity, communication, empowerment, mental health, European identity and integration. Key target groups are youth and youth workers.

Background and theme of the project

The post-modern world offers all kinds of opportunities but at the same time humanity is facing unprecedented trans-dimensional sustainability challenges. Accelerating and interconnected global changes in the environment, technology, demography and economy threaten our very way of life: Rising sea levels, refugee crises, unstable economies, failed states, biodiversity loss, increasing income inequality. Solutions cannot be solved by the mindsets and skills that created them in the first place. They demand a new set of skills and competencies that are necessary to respond and create transformative change processes.

More than ever before it’s necessary that the current generation of young people (or youth: between 15 and 25 years of age) is able to improve the society of tomorrow. The greatest contribution they can make is to find and develop their own individual response based on their passions, talents and potential. A pre-condition for this is to re-connect to our concerns about the world, and the emotions and feelings that arise when we do so. Change makers need to
ground their actions in acceptance, gratitude, hope and compassion in order to develop responses that are powerful, appropriate and resourceful.

Overall aim
With this training course we create a space for building responseAbility through reflection on our concerns and passions as well as becoming more conscious of our personal learning process. We believe that gaining a deeper understanding of who we are and what we can do for others is an empowering process which can lead to positive changes for the future of society. Moreover it is necessary that youth workers know how they can support young people in facing their own challenges and thereby continue to grow as a person. After the training, participants will be able to lead young people in their organisations and communities through a personal learning journey to craft and find powerful and meaningful responses to the sustainability challenges of the 21st century.

Objectives
• to explore the concepts of responseAbility, positive change and active hope
• to explore acceptance, gratitude, hope and compassion in order to improve our abilities to develop our responses
• to raise awareness of our identity through reflecting on our challenges, concerns, talents and passions
• to encourage a learning mindset which realizes that everything is possible
• to stimulate the creativity, vulnerability, confidence and resilience of the participants
• to encourage and serve the participants in planning their learning process also after the training course and also implement with their target groups
• to learn more about the Erasmus+ program and its actions, and Youth Pass as a tool of recognition of the key competences

Approach of and mindset for the course

The approach and methodology
This training course will be based on non-formal and informal education with a self-directed learning approach. That means that the participants are responsible for their own learning and the facilitators provide activities and guide the participants through the process. The training course will be highly participatory, interactive and experiential. The working methods will include case studies, working in pairs and small groups, meditations, contemplations, team building activities, role plays, discussions, and self-assessment. Some sessions will be complemented by theoretical inputs and all of them will be followed by reflection (in the group or individually).
Participants are...
Youth workers, project leaders and educators involved in youth work. The participants will have a multiplier role, in other words: they will adapt what they learn in this training course to the context of working with young people. In their future projects and daily work they can incorporate tools, methods and theory which they have learned during this TC. They can also use their personal learning and development in their daily work with their own target groups.

We expect from participants at all times to the best of their abilities to...
... be fully committed to the process - to reflect, share, experience and participate in all activities
... keep a clear mind, that is neither intoxicated nor distracted
... have taken care of important personal and professional matters beforehand, so that those do not intervene with the TC
... be on time for all of the deadlines, sessions and appointments
... challenge themselves to step out of their comfort zones
... be willing to look into themselves and reflect on their professional and private life
... join us on an intensive and unforgettable journey
<table>
<thead>
<tr>
<th>Time</th>
<th>Day 1 22 May Sunday</th>
<th>Day 2 23 May Monday</th>
<th>Day 3 24 May Tuesday</th>
<th>Day 4 25 May Wednesday</th>
<th>Day 5 26 May Thursday</th>
<th>Day 6 27 May Friday</th>
<th>Day 7 28 May Saturday</th>
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<tbody>
<tr>
<td>7.00-8.00</td>
<td>Meditation / Yoga</td>
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<td>Departure</td>
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<td>7.30-9.00</td>
<td>Breakfast</td>
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<tr>
<td>9.30-11.00</td>
<td>Introduction and framing</td>
<td>Reflection in pairs</td>
<td>Vulnerability II</td>
<td>Inconvenient feelings</td>
<td>Learning Mindset</td>
<td>Networking &amp; project creation</td>
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<td>11.00-11.30</td>
<td>Team building</td>
<td>Sustainability and me</td>
<td>How to deal with ambiguity?</td>
<td>Passion</td>
<td>Erasmus+ &amp; Youthpass</td>
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<td>11.30-12.45</td>
<td>Lunch Break</td>
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<tr>
<td>15.00-16.30</td>
<td>River of life: Who am I, how did I get here</td>
<td>Compassion</td>
<td>Sharing Methods / Free time</td>
<td>Vision &amp; Action</td>
<td>Transition &amp; Accountability</td>
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<td>16.30-17.00</td>
<td>break</td>
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<tr>
<td>17.00-18.30</td>
<td>Vulnerability I</td>
<td>Gratitude</td>
<td>Sharing Methods / Free time</td>
<td>Inspiring communication</td>
<td>Evaluation</td>
<td>Closing session</td>
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<td>18.30-19.30</td>
<td>Dinner</td>
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<td>20.00-22.00</td>
<td>Welcome evening</td>
<td>Game evening</td>
<td>Movie evening: Planetary</td>
<td>Intercultural evening</td>
<td>Pitching / Project evening</td>
<td>Farewell party</td>
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Content preparations

**Sustainability and positive change**

There are many global challenges in the 21st century – it is important to note that this course is NOT primarily about those, but rather about how participants relate and respond to those – consciously and un-consciously. While the challenges are all interconnected in some way or another, different people will emphasize different issues (e.g. climate change, inequality, poverty, migration, military conflict, to name just a few). We do not expect expert knowledge on all or even one of those issues, what is much more important is that participants have at least some basic awareness and knowledge of (some of) those global challenges – ideally those that they are most passionate and concerned about. It is even better if those have a direct link to the local conditions of your organizations, projects and youth.

We assembled some content material in terms of movies, videos and books.

Watch (some of) the following documentaries on sustainability – of course there are many more, but this is a good list to start with (click on linked titles – some are freely available – you can find others on Netflix):

Movies on the challenges:
- [Home](#)
- [Cowspiracy](#)

Movies on positive change
- [Disruption](#)
- [The Shift](#)
- [Crossroads](#)
- [How to change the world](#)
- You can find more here: [The Top 100 Documentaries we can use to change the world](#)

Two lists of suggested TED talks on ecological sustainability:
- [http://www.ted.com/playlists/151/earth_appreciated](#)
- [http://blog.ted.com/12-talks-to-watch-this-earth-day/](#)

Suggested books – if you have more time and like to read:
- [The more beautiful world our hearts know is possible](#) by Charles Eisenstein
- [Active Hope](#) by Joanna Macy and Christ Johnstone
Meditation & Yoga
Please note that the meditations / yoga sessions in the morning are optional, yet highly recommended. This part of the TC is a little bit more open and strongly depends on the demands and inputs from participants. Please note that guided meditations will be part of the methodology and prior experience is highly recommended. If you have no prior experience or want to dive deeper into this we recommend you to read up on it and do at least 5 guided meditations in the 2-3 weeks before the TC.

Material:
- Introductory
  - Read: How to meditate: 10 important tips
  - Video: All it takes is 10 mindful minutes

- Many guided meditations can be found here — we suggest the following:
  - 20 min body scan
  - 15 min loving kindness
  - 15 min mountain meditation
  - 20 min seated meditation
  - See which one works best for you 😊

Things to bring

Inter-cultural evening
Bring a passion object that tells something about you and/or your cultural background – this can be...
- ... related to your national, regional, local context
- .... a rather personal or a more general item
- ... funny or very serious
- .... about something you really love, but also something that you dislike, but is still considered typical for your cultural context
- just be creative!

Game evening
For this event bring a photo of you as a child / baby

Sharing Methods
Those sessions are also open for participants to share methods, which are relevant for the topics covered in the TC. You can share your ideas already before — see communication section below, but it is also sufficient to let us know during the TC.
Practical & Travel information

Venue
The TC takes place at ‘Haus Venusberg’, Haager Weg 28-30 in 53127 Bonn, Germany

When & how to get there
Participants are responsible for booking their own travel – the partner organizations may support them in the process.

Please make sure to book your travel so that you **arrive at the venue before 6pm** on Sunday 22 May and **depart after 9am** on Saturday 28 May.
For a good overview of options on how to get anywhere see [Rome2Rio.com](http://Rome2Rio.com)

By plane
Suggested airports: [Cologne-Bonn](http://Cologne-Bonn) (CGN) & [Düsseldorf](http://Düsseldorf) (DUS)
See the links for how to get from the airports to Bonn central station by bus or train
Make sure to carbon offset your flight using [Atmosfair](http://Atmosfair)

By train & bus
To Bonn Hauptbahnhof (central station), using [Deutsche Bahn](http://Deutsche Bahn) and/or [Thalys](http://Thalys) (via Cologne)
From Bonn Hauptbahnhof you take the following buslines to Haltestelle (stop) Setürnerstrasse, see and check the schedules [here](http://here)

- Line 600, direction Ippendorf Altenheim
- Line 601, direction Venusberg Uni-Kliniken
- From the bus stop walk the following route to **Haus 2**
Accommodation & food
- Shared rooms with 4 participants, shared WC/bathroom on the floor
- Towels, duvet covers, etc. are provided
- Breakfast, lunch and dinner are included
- All meals are vegetarian
- There is a supermarket next to the venue (Kaiser’s in the map)

Other information
- Participants should have a travel & health insurance (European health card)
- Internet pass can be purchased for 5 euros (per person for the whole week)
- Expected weather end of May: between 10 and 21 degrees – but with climate change these days you never know for sure ;)
- The currency in Germany is Euro/€ - there is an ATM close to the venue

Financial conditions
- Accommodation and food is covered as described above
- Participation fee of 70 € applies to all participants
- Travels costs will be reimbursed the following way:
  - Travel takes place within one week before and after the course
  - Reimbursement = your actual travel costs – participation fee
  - Actual travel costs are determined based on documentation of your receipts
  - Participants have to show/document their receipts for the travel costs to the organizers and fill in the provided excel template
  - Please send the tickets and invoice via email to the coordinators as soon as you booked the travel (so before the TC)
  - The reimbursement will be made via bank transfer after the training course and only when rootAbility has received all the travel tickets and bills
  - Maximum reimbursement is determined by distance calculator provided by European Commission and is the following:

<table>
<thead>
<tr>
<th>Countries</th>
<th>Max Reimbursement</th>
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<tbody>
<tr>
<td>Travelling from Belgium, Netherlands and Germany</td>
<td>180 – 70 = 110 €</td>
</tr>
<tr>
<td>Travelling from all other countries</td>
<td>275 – 70 = 205 €</td>
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</table>
For example, a participant travelling from ‘all other countries’:
- If travel costs are higher than 275€, reimbursement = 205 €
- If travel costs are X€ less than 70 €, the participant has to pay amount X€ to rootAbility
- If travel costs are any amount Y between 70 and 275€, then the participant will be reimbursed amount Y-70€

**Communication & Coordination**

**Please follow these principles**
- Contact us anytime if you have any questions, concerns or feedback
- Communicate any changes that are relevant for the running of the TC as soon as possible to your organization and the TC coordinator(s) – this concerns
  - Your (non-) participation in the course
  - All travel related issues, including costs and the exact itinerary
  - Your contact details
  - Anything else we need to know for a smooth functioning of the TC – all information will be treated confidentially
- Choose the way of communication that is most suitable
- Always respond within a suitable time-frame
- If you do not get a respond within a suitable timeframe call the respective person
- If you cannot reach the primary coordinator make sure to reach the secondary one
- Please note that Lukas will not be reachable between 29 April and 14 May, therefore please contact Dominique during this time

**Social Media**
- (Request to) join the Facebook group to connect with other participants already beforehand
  https://www.facebook.com/groups/211796249197236/
- There you can introduce yourself and your organization with a few and precise sentences to the participants and trainers
- Feel also free to share material that you think is relevant for the TC