

# COACH ME IF YOU CAN

Double stage training course

Funded by the  
Erasmus+ Programme  
of the European Union



# ABOUT THE PROJECT



36  
participants

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## Azerbaijan

1st stage: 22-29 April, 2023  
incl travel days



## Czech Republic

2nd stage: 10-17 July, 2023  
incl travel days

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**Deadline to select participants**  
**15th of January 2023**



Our project is designed as a long-learning process. The first stage is followed by the second one. Therefore the participation in both stages is crucial to reach the desired impact. Technical details will be shared with selected participants!



# ORGANIZATIONS

## Applicant organization: Genesis ZS

Genesis is a non-profit, non-governmental organization working with young people, people with disabilities, and fewer opportunities. They work in the fields of active citizenship, sustainable development, human rights, ecology, leadership, coaching, media literacy.

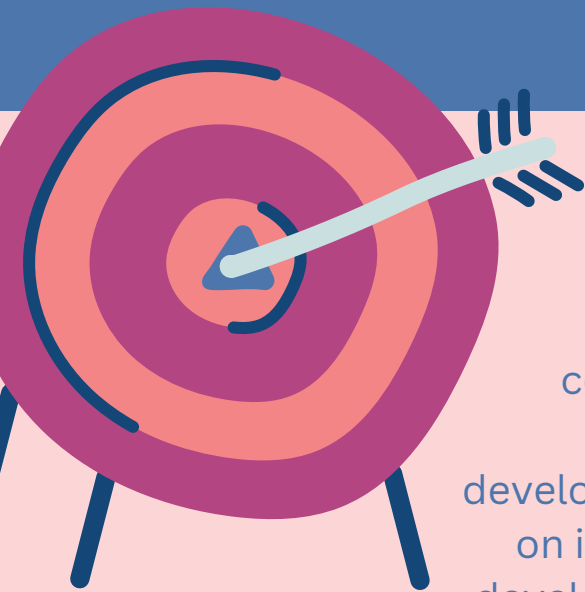


## Host organization: Common Sense" Youth Organization

"COMMON SENSE" Youth Organization was founded by a group of young people as a non-political, non-profit, non-governmental organization in the city of Sumgait in 2006. CSYO has 16 years of experience working through non-formal education, concentrating on youth work, voluntarism, peace-building, social economy, active citizenship and participation.

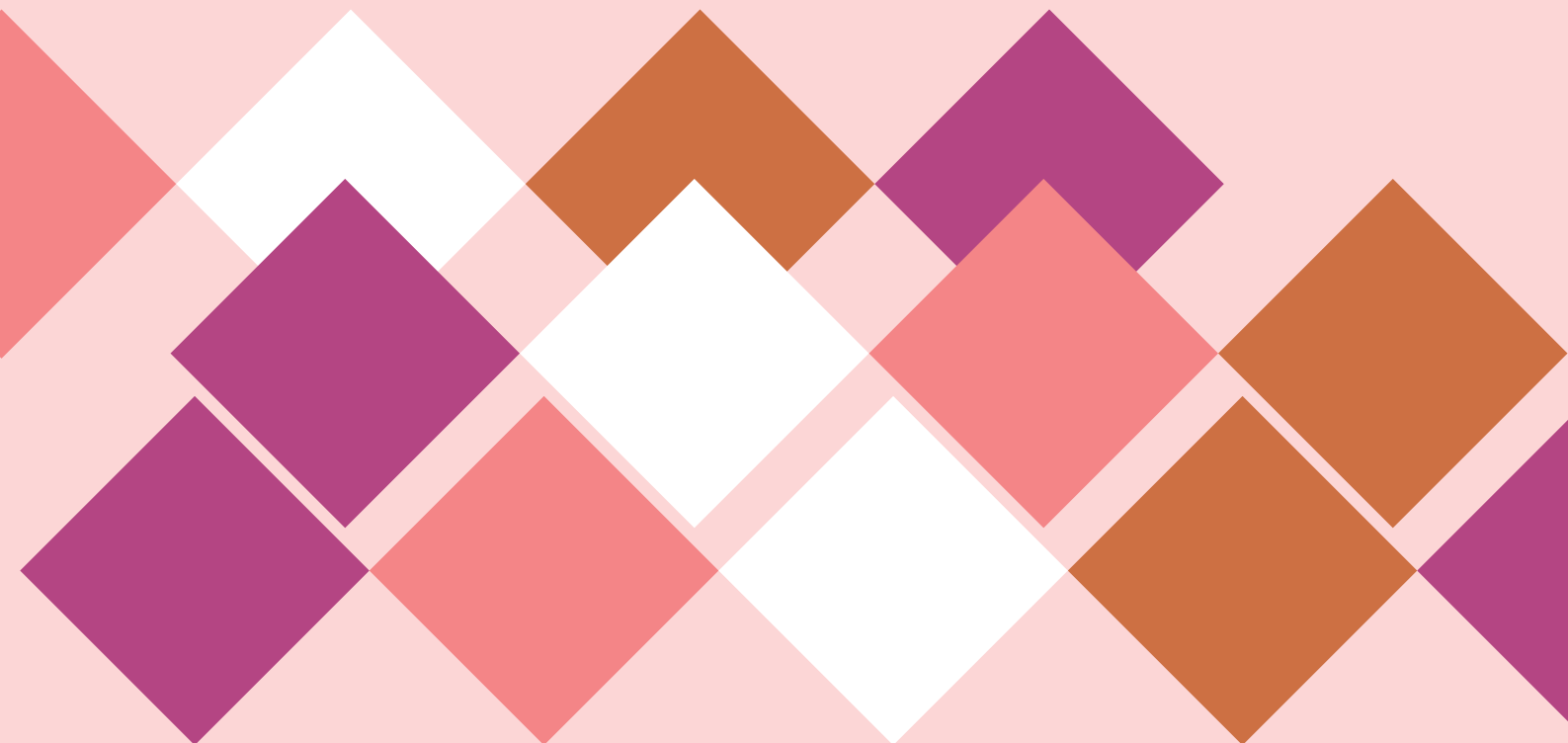


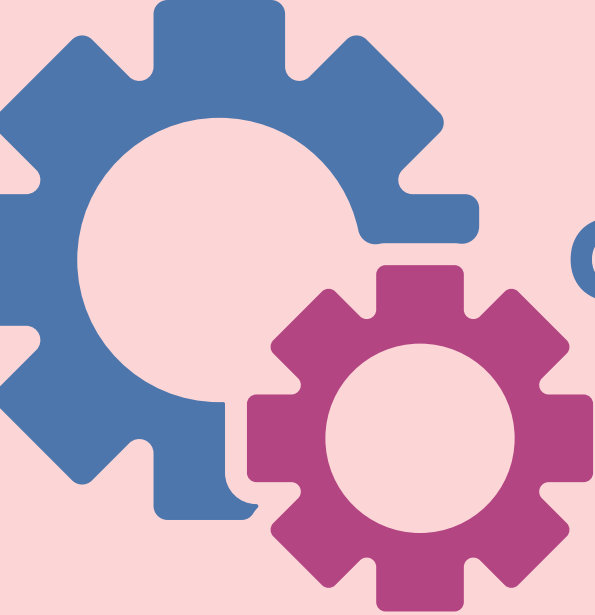
# AIM OF THE PROJECT



The Erasmus+ project “Coach me if you can” is intended for youth workers starting with giving tools for working on personal development, continued by giving empathic communication & coaching instruments, aiming at improving peace-building attitudes and skills through the self-development process. To increase the project's impact on its participants and contribute to the sustainable development of youth workers, the project consists of two Training Courses (TC).

- The first TC will principally focus on the personal development of youth workers and the growth of their self-awareness & cognitive abilities.
- During the 2nd stage, we will provide participants with frames and tools of coaching, communication, and conflict transformation.





# OBJECTIVES OF THE PROJECT

- To stimulate the self-development process of the participants
- To gain awareness of new methodologies (coaching, empathic communication, and conflict transformation) to raise the quality of youth work
- To increase employability and participation of youth workers, develop their personal and professional skills
- To give the tools of coaching, communication, and conflict transformation for their daily life and youth work
- To build partnership and future cooperation based on this project under Erasmus+
- To promote the respect of diversity, intercultural, and interreligious dialogue
- To give information on Erasmus+ and EU opportunities.



# Your Profile

## Who does fit to this project?



Youth workers who are 20 years old and older



Working directly with youth such as youth workers, counselors, educators, trainers, etc.



Having a good understanding of the local socio-economic reality in which they operate youth programs, especially in regards to the reality and challenges faced by youth, including marginalized and discriminated youth population



Willing to get inspired by youth work methodologies and tools from other contexts and applying them into own context



Motivated to conduct follow-up activity



# TRAVEL LIMITS



The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. Only most economical transportation can be used. The travel costs will be reimbursed according to amounts stated below.

Country	Limit	Participants
Belarus	345 €	3
Croatia	345 €	3
Czech Republic	345 €	5
Georgia	165 €	3
Italy	345 €	5
Slovakia	345 €	3
Spain	805 €	3
Türkiye	260 €	3
Ukraine	260 €	3
Azerbaijan	195 €	5



Each partner organization is responsible to send 3 participants

## Covid-19 entry rules to Azerbaijan

1. Covid-19 passport with 2 doses (dates are not important)
2. Recovery certification



# PROJECT COSTS AND REIMBURSEMENT

Accommodation, food and transportation will be fully covered by the hosting organisation.

Reimbursement of both stages will be done via bank transfer to the account of the sending organization.

The project is funded by  Erasmus+

**15 €**

**\*WILL BE USED FOR THE LOCAL TRANSPORTATION\***



**PLEASE, KEEP ALL THE INVOICES,  
BOARDING PASSES,  
TICKETS ETC. IN ORIGINAL FORM IN  
ORDER TO BE ELIGIBLE FOR THE  
REIMBURSEMENT**





# CONTACT PERSON



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Hope to meet you soon!

