

Confidence to Co-Create

A training course

11h to 18th July
(including travel days)

Piirsalu, Estonia



Co-funded by
the European Union

About the training course!

What is this training about?

When working with young people or international volunteers, we often expect initiative, creativity and meaningful engagement... yet we rarely provide a clear process for how this should actually happen.

Confidence to co-create gives mentors, youth workers and volunteer coordinators practical tools to support young people volunteers in shaping activities that matter both to them and to young people.

The training explores how to balance structure and freedom: combining organisational needs, volunteer motivation and real impact for young people. Participants will experiment with creative methods and learn how to guide volunteers from task-oriented beginnings toward confident ownership and initiative.

The program starts Saturday, 11th July with dinner (7 pm EET) and ends Saturday, 18th July with breakfast. During the program, there will be one free afternoon when you can visit the beautiful town of Haapsalu.



*Welcome to
Estonia!*

Who is it for?

Youth workers, mentors or tutors supporting ESC / IVS volunteers,
people working with young people or volunteers
former volunteers who want to support others' learning journeys

Participants will develop

- Flexibility through adaptive thinking and improvisation skills to apply design thinking when developing youth activities
- Practical approaches for supporting long-term volunteers
- Problem-solving and creative confidence
- Mentoring and coaching competences supporting youth participation
- Strategies for balancing structure with volunteer initiative

Training approach

- Interactive and practice-based learning
- Design thinking & creative facilitation methods
- Reflection on real mentoring situations
- Tools you can directly apply in your organisation

Core idea

Meaningful volunteer engagement happens at the intersection of three elements:

- the needs of the organisation
- the strengths and passions of the volunteer
- the real interests of young people



Piirsalu is a small place in west side of Estonia, where you can become one with the flat land in the middle of grain fields and nature that is peculiar to Estonia. The training takes place in the center of Piirsalu village, in a building that is on the list of heritage protection because of its architecture, which is designed in 1985.

The accommodation is in shared 3 person or single rooms.



Venue and travel



The closest (and the only international) airport is Lennart Meri Tallinn airport. We will provide you information to get from the airport to Piirsalu by public transportation.

The travel budget maximum:

10-99 km - 23€

100-499 km - 180€ (Green travel* 210€)

500-1999 km - 275€ (Green travel 320€)

2000-2999 km - 360€ (Green travel 410€)

*Green travel budget applies when at least 51% of travel is bus/train/shared car

Trainers



Rob van Leeuwen - a passionate in improv theatre, non-formal education and international volunteering, which started by a learning process as a volunteer in South Africa and Indonesia.

Liis Leppmaa - a teacher on a daily basis, approaching everything creatively, a fan of non-formal learning and self-development, volunteers' tutor and project manager in the host organization.



Geter Ehrenpreis - a former youth worker, now trainer and project coordinator with a passion for intercultural learning, youth participation and inclusion in youth work. Also a project coordinator in Association of Estonian Open Youth Centres.



General information

Covered by the project

- Flights and local transport based on the maximum per distance (see above)
- Meals during the training (except for one meal in Haapsalu)
- Accommodation in shared rooms
- Activities
- There is no participation fee

What else to bring

- Toiletries and personal hygiene products
- Comfortable foot ware for inside (flip flops /slippers)
- Shoes that are suitable for a walk outside as we will do some outdoor
- A warm jacket (preferably wind/rain proof)
- Comfortable clothes (we'll update you on the weather)
- We will provide you with mosquito repellent but you are welcome to bring your own.
- Reusable water bottle
- Sunscreen
- Estonia uses Type F and Type C outlets
- Some snacks or sweets to share with the group during international coffee break

Additional information:

Geter Ehrenpreis
geter.ehrenpreis@ank.ee
WhatsApp: +372 5668 3669

[Application form](#)
Apply by 31st of May

10

FACTS ABOUT ESTONIA

- ① Estonia, officially the Republic of Estonia (Estonian: Eesti Vabariik), is a country on the eastern coast of the Baltic Sea in Northern Europe.
- ② The territory of Estonia consists of the mainland and of 2.222 islands in the Baltic Sea, covering a total area of 45.227 km².
- ③ One of the world's most digitally- advanced societies.
- ④ With a population of 1.3 million Estonia is one of the least populous members of the EU, the OECD, the Schengen Area, NATO, and from 2020, the United Nations Security Council.
- ⑤ It is bordered to the north by Finland, to the west by Sweden, to the south by Latvia, and to the east by Russia.
- ⑥ The official language of the country, Estonian, is the second-most- spoken Finnic language.
- ⑦ 2005 - the first state to hold elections over the Internet
- ⑧ 2014 - the first state to provide e-residency.
- ⑨ Estonian citizens receive universal health care, free education, and the longest paid maternity leave in the OECD.
- ⑩ The sovereign state of Estonia is a democratic unitary parliamentary republic divided into fifteen counties.