In several areas of the Erasmus+: Youth in Action programme, youth workers and trainers are increasingly required to be able not only to work with groups of young people but, also, to accompany individuals through the various learning and personal development processes on offer. Although one-to-one dialogue may seem like an obvious and natural form of communication, many youth workers feel they need training in order to appropriately support young people through their individual development and learning processes.

**THE AIMS OF THIS TRAINING COURSE:**

- **To empower** and **equip** youth workers with the competences needed to work **individually** with young people in order to **support** their learning processes.

Within this, we seek:

- To share and exchange about various **types of contexts**, **approaches** and the learning effects of different **environments**;
- To explore what "supporting learning" means in one-to-one relationships;
- To practise different one-to-one **learning support methods** and **approaches**;
- To develop the skill of initiating & **supporting self-reflection** about learning;
- To make links between these approaches and the **wider picture**, e.g. to make connections with the “ETS Competence model for youth workers working internationally”.

**RESULTS! ACCORDING TO PARTICIPANTS**

- significantly raised their confidence to support individual learning reflection of young people
- improved their communication skills and became more skilled in using reflection methods
- understood how individual learning processes are influencing group process and vice versa
- increased their understanding of Youthpass process and its importance to recognition of non-formal learning
- significantly increased their understanding of the concepts of learning and different ways to support learning.

**KEYWORDS OF ONE 2 ONE EXPERIENCE!**

- Friendship
- Feedback
- Personal
- Learning
- Support
- Reflection
- Empowering
- Experience
TARGET GROUP

Target group and profile of participants:
- professionals and volunteers - youth workers and/or youth leaders, youth trainers, EVS mentors, educators etc., who see a need for developing their competences in working individually with young people.
- those who want to facilitate learning in youth work through one-to-one relationships, for example, in supporting the Youthpass process
- 18 years old and older and able to actively participate in English

THE FRAMEWORK OF ONE 2 ONE LEARNING PROCESS offers a much longer support for participants’ learning than a “standard” one-off training course. Each participant is accompanied by one of the trainers throughout the entire process – before, during and after the seminar there’s a one-to-one talk with each participant.

PROGRAMME OF TRAINING COURSE

<table>
<thead>
<tr>
<th>1 day</th>
<th>2 day</th>
<th>3 day</th>
<th>4 day</th>
<th>5 day</th>
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</thead>
<tbody>
<tr>
<td>Exploring and sharing each other contexts</td>
<td>Stretching our understanding of inner readiness and competence</td>
<td>One 2 One Skills building session II</td>
<td>Reflection on practice sessions</td>
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<tr>
<td>TC framework</td>
<td>The importance of reflection and how to reflect</td>
<td>One 2 One Skills building session III</td>
<td>One 2 One models, techniques and methods</td>
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<tr>
<td>What is learning? Stages of learning</td>
<td>Supportive relationship</td>
<td>One 2 One Skills building session IV</td>
<td>One 2 One Practice time: -with team member -with peer buddies</td>
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<tr>
<td>Welcome, Getting to know each other</td>
<td>Youthpass process Competence model for youth workers</td>
<td>One 2 One Skills building session I</td>
<td>Free time</td>
<td>Self preservation in One 2 One</td>
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<td>Identifying learning</td>
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<td>One 2 One competences</td>
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<td>Evaluation of the Training course</td>
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<tr>
<td>One 2 One Inspirational Evening</td>
<td>Self organised evening</td>
<td>Local experience - dinner out</td>
<td>Self organised evening</td>
<td>Farewell Evening</td>
</tr>
</tbody>
</table>

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