

Invitation to the

Train the Mentor programme

of Co-AGE Volunteers, a project
of the “Interreg V-A Slovakia-Austria 2014-2020” program

The project Co-AGE Volunteers, a Slovak-Austrian cooperation for intergenerational volunteering has been started in January 2021. The vision of our project is to build a transnational network of regional actors to support the commitment of young volunteers in their work with elderly people and promote intergenerational solidarity in the border region of Slovakia and Austria.

Goals and structure of the Co-AGE Volunteers Mentoring Programme

We believe that the success of the project depends a lot on those, who work daily with the young volunteers and build the bridge between the elderly and young. The staff of senior homes, daycare centres or other organisations dealing with elderly people might benefit a lot from extending voluntary support, young volunteers, on the other hand gain invaluable experiences through their deployment.

To **utilise all the potential of voluntary work**, especially that of youth volunteering, we created **methodological support programme for the staff members** of senior homes, day care centres and senior organisations dealing with volunteers or planning to launch a voluntary programme.

Our programme addresses following issues:

- Strengthening personal skills of non-professional volunteer coordinators eg. communication, problem solving, leadership, etc.
- Onboarding and continuous training – knowledge transfer to the youth
- Strengthening the long-term commitment of young people
- Evaluation of personal efforts, direct feedbacks
- Coaching and supervision
- Defining good practises for supporting the cooperation between old and young

The Mentoring Programme is made up of **4 seminar days** targeting a methodological training for non-professional volunteer coordinators and **3 subject-specific workshops**, where participants analyse good practises of the intergenerational cooperation in exchange with further experts.

To whom we recommend our training

The “Co-AGE Volunteers” Mentoring Programme is dedicated to strengthening the personal soft skills of the professional **staff of senior homes, daycare centres or similar organisations** who are (or planned to) dealing with volunteers in their daily job, without being volunteer coordinators.

We also recommend or mentor training for **voluntary organisations** who supports or plan to support elderly people and are ready to involve young volunteers in this mission, especially in international exchange. The training is focusing on the cooperation between old and young, which might be an interesting add-on also for experienced volunteer coordinators.

The **thematic workshops**, which are organic parts of the Train the Mentor action, are planned to elaborate the practical aspects of intergenerational volunteering and will provide valuable knowledge on subject-specific issues, like e.g. common activities of elderly people and young volunteers, dealing with mental or physical disabilities of elderly, death and grief, etc. The topics of the workshops will be defined in collaboration with the training participants and further experts are going to foster the knowledge exchange within the scope of the events.

Setup

The training consists of 4 face-to-face seminar days (ca. 8 hrs) and 3 personal workshops (ca. 3 hours), which are scheduled in **January - March 2022 by arrangement with the participants**.

The learning process of the participants will be evaluated during the seminars and participants receive a **training certificate** (confirmation of participation) with details on the thematic.

Preliminary schedule and work plan

Course event	Place and Date / suggestion	Topics
1 st Seminar day	Thursday, 20 Jan 2022 09:00 – 17:00 in Vienna	Introducing the concept of “mentoring” <ul style="list-style-type: none"> - 09:00-12:00 Interactive webinar from Prof. Thomas A. Bauer on communication and conflict resolution, reflection questions as self-study task - Participants onboarding and expectation - Project introduction - What is mentoring? (characteristics, expectations, profile) - Team building and group dynamic

		<ul style="list-style-type: none"> - Basics of volunteer coordination
2 nd Seminar day	<p>Thursday, 27 Jan 2022 09:00 – 17:00</p> <p>in Bratislava</p>	<p>Boosting personal skills</p> <ul style="list-style-type: none"> - Reflection Q&A with Thomas A. Bauer - Strengthening the participants´ personal soft skills: <ul style="list-style-type: none"> ● Personal communication skills ● Feedback: giving and receiving in a multi-cultural environment ● Conflict resolution ● Building confidence and social competences (self and others) ● Work-life balance, self-awareness - Self-study task: situation experiences in working environment (good examples, conflict cases, trouble shooting, innovation)
3 rd Seminar day	<p>Thursday, 17 Feb 2022 09:00 – 17:00</p> <p>in Vienna</p>	<p>Exploitation of youth volunteering</p> <ul style="list-style-type: none"> - Do´s and don´t´s of voluntary coordination - Target group “youth” (Prof. Tomas A. Bauer / Andreea Prasacu) - Communication with volunteers (cross-border and local) <ul style="list-style-type: none"> ● Volunteer´s onboarding procedure ● Leadership ● Employee interviews ● Cross border volunteering: cultural differences ● Motivation ● Termination ● Strengthening the resilience of young people - Discussion and reflection on self-study task, preparation of presentation

4 th Seminar day	Thursday, 24 Feb 2022 09:00 – 12:00 Vienna/Bratislava/Hybrid	<p>Preparing the “intergenerational volunteering” pilot action</p> <ul style="list-style-type: none"> - Presentation and analysis of self-study cases - Thematic preparation of workshops - Reflexion and feedback - Networking possibilities - Framework of the pilot action “cross border volunteering in intergenerational context” - Certification process and closing session
1 st Workshop 2 nd Workshop 3 rd Workshop	Thursday, 24 Feb 2022 12:00 – 17:00	<p>The subject-specific workshops are part of the Mentoring Programme and are dealing with the aspects of intergenerational cooperation.</p> <p>Examples:</p> <ul style="list-style-type: none"> - Joint activities with elderly and young people - Dealing with dementia or other mental disabilities - Death and grief from the young volunteer’s point of view <p>The exact topics of the thematic workshops will be defined in collaboration with the seminar participants to ensure a most serviceable mixture of knowledge. Experienced professionals and experts will support the participants during the workshops and enable an efficient knowledge transfer.</p>

All training units are planned as face-to-face events, although, depending on the pandemic situation and related restrictions, we may have to switch for **online or hybrid** events.

Training costs

The Co-AGE Volunteers project and its actions are co-financed by the Interreg V-A Slovakia-Austria 2014-2020 program and the European Regional Development Found. Thus, it is **free of charge** for all participants. The project covers costs of travel and subsistence during the seminar days and workshops.

Requirements

- The mentoring programme is designed to build up capacities for the **professional staff** of organisations dealing with the elderly target group and open for youth volunteering. Team spirit, structured way of working, organisational skills and empathy are usually prerequisites for these positions and are also advantageous for the participants of the Mentoring Programme.
- The training language is English, so basic **language skills** are required (at least level B1). The training is conducted by German and Slovakian speaking trainers, who also support communication between participants if required. All learning materials are available in English, German and Slovakian.
- The training events are in Vienna and Bratislava, thus geographical flexibility and **willingness to travel** is a requirement.
- Due to potential restrictions in regard to the **Covid-19** Pandemic, we are obliged to respect the effective regulations of Austria and Slovakia, eg. participants might be required to present a validated European Covid-Certificate or need to be tested before joining the face-to-face training sessions.
- Unfortunately, there is also a risk, that some events cannot be visited in person and seminars and workshops will be organised virtually. For these cases, a solid **internet connection** and some basic digital skills are required.

How to apply

Interested parties are invited to register [here](#) until **20 December 2021**. We will get in contact with you. Might you have any questions regarding the training programme, the registration, or other technical issues, do not hesitate to contact our colleague:

Orsolya Bedenknecht
external project support
orsolya.bedenknecht@ipcenter.at
+43 650 821 6696

We are looking forward to hearing from you and welcoming you to our seminar.

Yours sincerely,





Interreg
Slovakia-Austria
European Regional Development Fund



the partnership
of Co-AGE Volunteers

BFI Burgenland
ADEL Slovakia
Österreichische Jungarbeiterbewegung
IRVS Inštitút rozvoja verejnej správy

