**Federatia Organizatiilor Ramnicene de Tineret Educatie si Sport (F.O.R.T.E.S)**

**presents**

RISE

Research and Inclusion for

Sustainable Employability

01.02.2015 – 01.02.2016

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| **ACTIVITY PROGRAMME FOR A TRAINING** | | | | | |
| Activity n° | 1 | | | | |
| Participating organisations | Romania - Federatia Organizatiilor Ramnicene de Tineret Educatie si Sport (F.O.R.T.E.S) Bosnia and Herzegovina - Youth Centre "Kosmos"  Bulgaria – “GLOW” Association  Macedonia – Association for Progress, Education and Lobbying ( PEL) Malta – Active Youth (AT) Spania - Federación de Casas de Juventud de la Comunidad Valenciana (FCJCV)  Portugal - ProAtlântico - Associação Juvenil | | | | |
| Venue | | Duration | | | |
| City | Country | Start date | End date | Activity duration (excluding travel days) | Travel days |
| Ramnicu Sarat | Romania | 30-March-2015 | 06-April-2015 | 8 | 2 |
| Activity Programme | | | | | |
| Timetable | Activities | | | | |
| *DAY 0*  Arrival and accommodation of participants | | | | | |
| *DAY 1* | | | | | |
| 8:00 AM | Breakfast | | | | |
| 11:00 AM | Official opening of the training course.  Administrative issues | | | | |
| 3:00 PM | Analysis of the User Guide Information  of Ramnicu Sarat | | | | |
| 5:00 PM | Tour of the town | | | | |
| 8:00 PM | Social time | | | | |
| *DAY 2* | | | | | |
| 10:00 AM | Get to know each-other : Selfie ;  RISE characters | | | | |
| 11:00 AM | Common agreements | | | | |
| 12:00 AM | Backpack of expectations,fears and contributions | | | | |
| 3:00 PM | Interractive presentation of the project  and Erasmus+ programme | | | | |
| 5:00 PM | Youthpass journey & National Volunteering Certificate | | | | |
| 6:00 PM | Secret friend game - Wonderwall | | | | |
| 9:00 PM | Intercultural night: 2 promotors | | | | |
| *DAY 3* | | | | | |
| 10:00 AM | Face yourself | | | | |
| 11:00 AM | Life-line ; Self-reflection ;  Sharing | | | | |
| 3:00 PM | Whatever you think,think the opposite - Building adaptable employees Session 1 | | | | |
| 4:30 PM | Who am I? | | | | |
| 5:00 PM | Emerging Order in Open space | | | | |
| 6:30 PM | Youthpass reflection  in groups | | | | |
| 9:00 PM | Intercultural night:  2 promotors | | | | |
| *DAY 4* | | | | | |
| 10:00 AM | Team building game : Reverse the blanket | | | | |
| 10:30 AM | Workshop | | | | |
| 11:30 AM | Café debate | | | | |
| 3:00 PM | Whatever you think,think the opposite - Building adaptable employees Session 2 | | | | |
| 4:00 PM | Experiences and learnings  related to jobs | | | | |
| 5:00 PM | Photovoice | | | | |
| 6:30 PM | Youthpass reflection  in pairs | | | | |
| 9:00 PM | Intercultural evening  Romania | | | | |
| *DAY 5* | | | | | |
| 10:00 AM | Brainpickings: introducing the concept of "happiness" in the society cell Or how to avoid depression caused by working stress | | | | |
| 10:30 AM | Workshop:  Take a glimpse into the future | | | | |
| 11:30 AM | Workshop : Letters to employers  RaISE your voices | | | | |
| 3:00 PM | DO's and DON’T's on a job's interview | | | | |
| 4:00 PM | I don't have a job yet, but I'm working on it! | | | | |
| 6:00 PM | Individual Youthpass reflection and Midterm evalution;  self evaluation form:Give us a feedback/Give you a feedbak | | | | |
| 9:00 PM | Movie night: The secret life of Walter Mitty | | | | |
| *DAY 6* | | | | | |
| 9:30 AM | Movie's retrospective | | | | |
| 10:00 AM | Wake up your Entrepreneurship spirit! | | | | |
| 11:00 AM | Content of a bussines plan- Start up | | | | |
| 3:00 PM | Develop your own bussines plan  Set up a bussines team | | | | |
| 5:30 PM | Present your bussines plan | | | | |
| 6:30 PM | Individual Youthpass reflection | | | | |
| 9:00 PM | Intercultural evening 2 promotors | | | | |
| *DAY 7* | | | | | |
| 9:00 AM | The importance of IT competences in getting a job | | | | |
| 9:30 AM | Workshop: Business atelier | | | | |
| 11:30 AM | Research and Inclusion for Sustainable Employability  City Council | | | | |
| 3:00 PM | Youthpass journey ending  Task Cards | | | | |
| 5:00 PM | Final evaluation: formal and non-formal  Secret friend revealing | | | | |
| 8:00 PM | RISE - closing ceremony | | | | |
| *DAY 8* | | | | | |
| 10:00 AM | Youthpass-port awarding | | | | |
| 2:00 PM | Packing and departure | | | | |