

In-Service Training

Addicted to Life



22-28 October
2012

@ Thessaloniki,
Greece

Aenao.org
Funded by LLP



ADDICTED TO LIFE

GREECE, 22 – 28 October 2012

A seven-day In-Service Training on the topic of smoking prevention in the context of the European Lifelong Learning Programme.

All expenses are covered by your National Agency (food, accommodation, course fees, travel expenses)

The Lifelong Learning Programme (LLP) 2007 – 2013

The LLP aims to contribute through lifelong learning to the development of the European Union (EU) as an advanced knowledge society, with sustainable economic development, more and better jobs and greater social cohesion. In particular, it aims to foster interchange, co-operation and mobility between education and training institutions and systems within the EU so that they may become a world quality reference. For more information on the legal basis for the proposal to submit an application read the 2009 Call documents at http://ec.europa.eu/education/llp/doc848_en.htm

Background of the Grundtvig Programme

Grundtvig is part of the European Commission's Lifelong Learning Programme (LLP) and aims to strengthen the European dimension in adult education and lifelong learning across Europe by increasing participation and making it more equitable.

All successful Grundtvig projects will have to contribute to one of the overall objectives of the programme:

- ⇒ to respond to the educational challenge of an ageing population
- ⇒ to help provide adults with pathways to improving their knowledge and competences

What is in-service training?

The objective of the Grundtvig In-Service Training action is to help improve the quality of lifelong learning by enabling adult educators to undertake professional development in another European country. In-Service Training provides opportunities for adult educators to develop their practical teaching, counseling, coaching and/or management skills. Courses must have a strong European focus and must relate to the applicant's professional activities in the field of adult education. The training courses can be from 5 working days up to 6 weeks, taking place in a country other than the one where they live and work. Examples of course topics are:

- ⇒ The content and delivery of adult education.
- ⇒ The accessibility of learning opportunities for adults, in particular for disadvantaged social groups.
- ⇒ The management of adult learning, including governance at local and regional level, administration, quality assurance, support services such as counseling and guidance, developing community-based schemes for adult learning etc.
- ⇒ The system/policy-related aspects of adult education.

Who can apply?

Any organization or individual involved in adult education, whether in a formal, non-formal or informal learning environment (including voluntary staff). Applications will normally be submitted through an organization, which must have a legal identity and be able to enter into legally binding agreements, signed by its legal representative. However, applications may be submitted by individuals, e.g. in the case of former teachers or those wishing to re-enter adult education. Within Grundtvig, the definition of an 'adult' is a person over 25, or a younger person no longer undergoing initial education within the formal school or higher education system.

Eligible applicants

Eligible applicants include:

1. Those already working in adult education
 - ✓ Teachers and trainers in adult education;
 - ✓ Heads and managerial / administrative staff of organizations directly or indirectly involved in providing adult learning opportunities;
 - ✓ Staff involved in intercultural adult education, or working with migrant groups, travellers, occupational travellers and ethnic communities;
 - ✓ Staff working with adults with special learning needs;
 - ✓ Staff such as mediators and street educators working with adults at risk;
 - ✓ Counselors or career advisors;
 - ✓ Staff working in local or regional authorities dealing with adult education, including the inspectorate; and
 - ✓ Persons involved in the in-service training of adult education staff.
2. Those planning to start/return to a career in adult education
 - ✓ Former teachers and other educational staff re-entering adult education;

- ✓ Persons who have completed a qualification leading to a career in adult education and intend to start or re-start a career in adult education; or
- ✓ Persons who can demonstrate their intention to work in adult education who are currently in another labour market situation (working in another field, retirement, absence from professional life due to family responsibilities etc.).

GRUNDTVIG

*** Staff working in any sector of adult education, including:**

- Teachers/trainers in adult education and the trainers of such teachers/trainers;
- heads and managerial staff of organisations providing adult learning opportunities;
- staff involved in intercultural adult education, or working with migrant workers and travellers;
- staff working with adults with special educational needs;
- staff working with adults at risk, for example, mediators and street educators;
- counsellors or career advisors;
- the inspectorate;
- Other education staff at the discretion of national authorities.
- Former and unemployed teachers re-entering the profession after a period away from teaching



*FORMAL, INFORMAL AND NON-FORMAL DEFINITIONS

Formal learning usually takes place in schools, universities or training institutions and leads to a diploma or certificate. **Non-formal** learning takes place alongside the mainstream systems of education and training and does not typically lead to formalized certificates. It may be provided in the workplace and through the activities of civil society organizations and groups (e.g. trades unions and discussion groups, political parties) or through organizations or services which have been set up to complement formal systems (e.g. arts, music or sports classes). **Informal** learning can be found everywhere, e.g. in families, in the workplace, in local communities, in theatre groups, or can also refer to individual activities at home, like reading a book.

Description of Training Contents

Preparation	<p>The participants will:</p> <ul style="list-style-type: none"> ➤ Receive the educational material " Addicted to life" , published by AENAO (book+DVD) ➤ Explore the website http://www.who.int/topics/tobacco/en ➤ Fill in a pre-departure questionnaire regarding their expectations from the course in order to enable our trainers to plan the appropriate content. ➤ Prepare a ppt presentation on different thematic areas on smoking prevention.
Objectives	<p>The seven-day training course is addressed to adult learners, working in the field of formal/ non formal education and deals with analyzing smoking prevention interventions. It presents and analyzes the "best practice" "Addicted to life ", that was implemented in Greece, (in the school setting) and awarded two distinctions(from the Pedagogical Institute of Greece in 2008, and from the 1str European Youth Convention in 2010).As a result a YIA training course(3.1) and a LDV VETPRO were implemented.</p> <p>During the training the participants should become familiar with the non-formal learning procedures through their own experience as trainees.</p> <p>Later on, this experience would guide them, so they themselves would become efficient trainers/facilitators, act as multipliers and run the intervention in their own settings.</p> <p>The project is expected to:</p> <ul style="list-style-type: none"> ✓ Share ideas from different points of view on the theme of smoking ✓ Increase knowledge on the topic of smoking prevention ✓ Suggest and explore techniques to prevent smoking ✓ Promote non formal education among teachers/trainers/providers of education in a multicultural setting ✓ Co -formulate innovative strategies and utilize them in the local communities ✓ Provide the participants the skills to become trainers and act as peer educators and multipliers in their own settings.
Methodology	<p>The workshop will be based on non- formal education. During the training itself, participants should have a very dynamic role, as all the methods that we plan to use are based on non-formal principles; these are encouraging exchange of experiences and active involvement, sharing of thoughts and feelings, learning by doing. Different social realities, personal preferences and</p>

	<p>experiences, cultural differences and educational systems should influence our approaches to learning and training. The training will consist of experiential, co-operative, active learning methods with innovative materials, such as group discussions, teamwork, role-playing, brainstorming, movement games, group and personal reflection, observation of individual and group dynamic process, creative arts, humor, peer support, relaxation, outdoor activities.</p> <p>Power-point presentations of the theoretical background and power-point presentations of participants' (different thematic areas of smoking prevention) will be intergraded in the training course.</p> <p>The daily feedback procedures will be contributing to the evaluation of the project.</p> <p>Furthermore, field trips to relevant organizations will be implemented, in order to exchange experience with the experts.</p>
Follow-up	<p>The educational material will be uploaded on our website (http://aenao.org).</p> <p>The participants will be given a list with the postal and email addresses of each person and the trainers. It is anticipated, due to the dynamic nature of the course, that participants will maintain contact (through e-mail or personal meetings) with each other and with the trainers, in order to offer peer support and generate ideas and good practices about the active learning exercises.</p> <p>Moreover, they should share the resource materials with their colleagues and inform them about the gained skills.</p> <p>We expect that participants will transfer new knowledge, skills and gained competences in their country and they will become efficient trainers/facilitators, act as multipliers and run the intervention in their own settings.</p>

The **draft programme** of the training is as follows:

Day 1	Arrival- Registration- welcome activities
Day 2	Ice breaking, group building Presentation of Grundtvig program. Introduction to the programme (flow, objectives, outcomes) Energizers Expectation of the participants. Hopes and fears Group contract. Reflection groups. Intercultural evening
Day 3	Educational visit to relevant agencies Energizers Peer education and non-formal education Increasing knowledge on smoking. Addiction as Risk Factor Reflection Groups
Day 4	Energizers Smoking - Consequences to Health Outdoor Activity Passive Smoking Sum Up and Plenary Session Energizers Ppt of the participants Reflection groups
Day 5	Energizers Ppt of the participants. Energizers Tobacco Industry Profits Creating an Anti-smoking Advertisement Reflection groups Movie (optional)
Day 6	Morning session Energizers Health-self Protection Sum Up and Plenary Session Evening session Energizers Quitting Smoking Raw models Reflection groups
Day 7	Morning session Energizers Peer- influence Resistance to Peer Pressure Enhancing Self-esteem Evening session Energizers Field trip Plenary discussion Reflection groups
Day 8	Morning session

	Energizers Back to Hopes and Fears Final Evaluation Evening session Institution /Organization Market International café and Networking Closing and feedback Farewell party
Day 9	Departure

Type of certification awarded

IN THE LANGUAGE OF THE TRAINING:

Cert. of attendance including description of training content and time input or Europass training

ENGLISH:

Cert. of attendance including description of training content and time input or Europass training

Trainers' ID

Sdoukou Marketa is clinical psychologist. She has been trained in learning by participation methodology. As trainer she is specialized in peer education and in youth health promotion topics. She is highly involved in international projects in the frame of LLP and YIA . Besides her activities as freelance trainer, she's also involved in international project management.

Nataliya Nikolova was graduated in Social Science (Bulgaria). She has a degree in Culture and Southeast European political studies (Greece). She works in the area of the non –formal education with special interest on decision making process, human rights and societies in transition. She was trainer in Salto and works as freelance trainer.

Both trainers have experience in the use and teaching of active learning methods, in various educational and counseling settings.

Maximum number of participants envisaged: 22

DETAILS OF SPECIAL NEEDS PROVISION (IF PRESENT):

All dietary requests are met in the choice of host family. We are also sensitive to religious and ethnic needs in the choice of accommodation.

SPECIAL REMARKS:

Participants should arrive at the venue before the course begins and stay until the end of the course. Accommodation and dinner for the arrival night and breakfast for the departure day are provided.

Eligible Countries

According to the "Lifelong Learning Programme", the workshop is open to participants from:

- The 27 EU Member States
- Iceland, Liechtenstein, Norway (the "EFTA-EEA countries")
- Turkey

Working language

English

Dates and Venue

The In-Service Training "Addicted to Life" (1st session) will take place from 30 June until 6 July 2012 in Thessaloniki, Northern Greece.

The exact venue will be announced soon.

AENAO's Profile



The N.G.O. Aenao was established in 2006 in Thessaloniki, Greece. It occupies a group of scientists - volunteers, and is coordinated by experienced scientists. AENAO aims to:

- Promote health, creating networks and implementing projects based on non-formal education and learning by experience methodology.
- Develop the consciousness of community of health.
- Inform the community on issues regarding science in the broad sense, culture, religion and education.
- Design programs that encourage social cohesion, protect the human rights and respect the environment.
- Undertake national and international collaboration with reliable agents, in order to exchange experience and best practices.

- Empower women to take initiatives and improve their socio-economic status
- Empower young people, enhance and build their personal skills.
- Inform society on innovative programs and activities which are consistent with the organization's aims and disseminate their results through conferences, seminars, meetings, etc.
- Organize campaigns and initiatives that benefit the society.

AENAO's educational material in the field of health promotion has been recognized by the national educational authorities and has been recommended for the school curriculum. AENAO is an active member of the INGO "Healthy network".

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**Want to know more? Please find more
 information on the AENAO website:**

<http://aenao.org>

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HOW TO BECOME THE PARTICIPANT OF THE COURSE STEP BY STEP

- ➔ Send us an email that you would like to participate in the course.
- ➔ We will send you by e-mail information confirming your pre-registration. Print and keep it, because you will need to enclose it to your application for a Grundtvig grant to National Agency.
- ➔ **Contact your National Agency** and ask about the action: "Grundtvig in service training for adult education staff", **deadline for application for a grant and all required documents.**

APPLICATION DEADLINE FOR THIS SESSION IS 30 APRIL 2012

- ➔ Fill in the application form, you will find it on the website of your National Agency, and enclose confirmation of preregistration and any other documents required by your National Agency.
- ➔ If you successfully get a Grundtvig grant you should contact us, as soon as possible, to confirm your participation in course.

If your application is approved, please send an e-mail to inform us.

DO NOT BOOK TICKETS BEFORE YOU CONTACT US!

- ➔ After that, we will formally register you as a participant of the course and send you all needed logistic information.

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*All the expenses are paid by your
 national agency if you receive the grant
 (course fees, food, accommodation &
 travel expenses)*

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Contact data of NGO Aenao

NGO Aenao

Catherine Amoutzia
Pouliou 3, 54655
Thessaloniki, Greece

Tel. +30 2310 420489

Fax +30 2310998143

Contact persons: [Catherine Amoutzia](#), [Katerina Gerolympou](#)

Website: <http://aenao.org/atf3.aspx> **E-mail:** info@aenao.org



Contact data of your NA - Lifelong Learning Programme - National Agencies

Austria

Österreichischer Austauschdienst – Nationalagentur Lebenslanges Lernen

Schreyvogelgasse 2 A-1010 Wien (Tel : (43) 1 534 08-0 Fax : (43) 1 534 08-20
lebenslanges-lernen@oead.at Website <http://www.lebenslanges-lernen.at>

Belgium/ Flemish Community

EPOS vzw National Agency for Lifelong Learning Koning Albert II-laan 15 B-1015 Brussel

Tel : +32 (0)2/553.98.67 Fax : +32 (0)2/553.98.80 E-mail: info@epos-vlaanderen.be
Website <http://www.epos-vlaanderen.be/>

Belgium/ French Community

Agence francophone pour l'éducation et la formation tout au long de la vie

Chaussée de Charleroi 111 B - 1060 Bruxelles Tél : (32) 2 542 62 78 Fax : (32) 2 542 62 93
aef@aef-europe.be Website : www.aef-europe.be

Belgium/ German speaking Community

Agentur für Europäische Bildungsprogramme VoG Gospert 1 B-4700 Eupen Tel : (32)

87 596300 Fax : (32) 87 556474 edgar.hungs@dgov.be Website :
<http://www.dglive.be/agentur>

Bulgaria

Human Resource Development Centre (HRDC) 15, Graf Ignatiev Street, 3th floor BG-

1000 Sofia Tel : (359) 2 91 550 10 Fax : (359) 2 91 550 49 hrdc@hrdc.bg Website
<http://www.hrdc.bg>

Cyprus

Foundation for the management of European Lifelong Learning Programmes

Prodromou and Demetracopoulou, 2 CY-1090 Nicosia Tel (357) 22800893 Fax (357) 22800941 Website <http://www.llp.org.cy/>

Czech Republic

National Agency for European Educational Programmes - Centre for International Services Senovazne namesti 24 CZ-116 27 Praha 1 (Contact: Na Pořičí 4, CZ-110 00 Praha 1) Tel.: (420) 221 850 100 Fax: (420) 234 621 144 info@naep.cz Website : <http://www.naep.cz/>

Denmark

Cirius - Agency for information about education and training in Denmark Fiolstraede 44 DK-1171 Copenhagen K Tel : (45) 33.95.70.00 Fax : (45) 33.95.70.01 cirius@ciriusmail.dk Website <http://www.ciriusonline.dk/>

Estonia

Centre for Educational Programmes, Archimedes Foundation Koidula 13A EE-10125 Tallinn Tel : (372) 696 24 10 Fax : (372) 696 24 26 hkk@archimedes.ee Website: <http://www.archimedes.ee/hkk>

Finland

Centre for International Mobility (CIMO) Säätöpankinranta 2A (POB 343) FI-00531 Helsinki Tel. : (358) 207 868 500 Fax : (358) 207 868 601 Website <http://www.cimo.fi> <http://www.leonardodavinci.fi/>

France

Agence Europe Education Formation France 25, Quai des Chartrons F - 33080 Bordeaux Tel : (33) 5 56 00 94 00 Fax : (33) 5 56 00 94 80 contact@2e2f.fr Website : <http://www.europe-education-formation.fr>

Germany

Nationale Agentur Bildung für Europa (Leonardo da Vinci, Grundtvig) Robert-Schuman-Platz, 3 D-53175 Bonn Tel : (49) 228 107 1676 Fax : (49) 228 107 2964 na@bibb.de Website : <http://www.na-bibb.de>

Hungary

Tempus Public Foundation Lónyay utca 31 - H-1093 Budapest postal address : POB 508 - H-1438 Budapest Tel. : (36) 1 237 13 00 Fax : (36) 1 239 13 29 gabriella.kemeny@tpf.hu Website <http://www.tka.hu> <http://www.tpf.hu> <http://www.studyinhungary.hu>

Iceland

Landskrifstofa Menntaáætlunar Evrópusambandsins Dunhaga 5 IS- 107 Reykjavik Tel. : (354) 525 43 11 Fax. : (354) 525 58 50 lme@hi.is Website <http://www.lme.is>

Ireland

Léargas the Exchange Bureau (Comenius, Leonardo da Vinci, Grundtvig, Study visits)

189, Parnell Street, IE- Dublin 1 Tel. : (353) 1 8731411 Fax. : (353) 1 8731316
lifelonglearnin@leargas.ie Websites <http://www.leargas.ie> <http://www.llp.ie>

Italy

Agenzia Scuola - AS (Comenius, Erasmus, Grundtvig, Visite di Studio) Via Magliabechi

11 - 50122 FIRENZE Tel. : (39) 055 238 03 48 Fax. : (39) 055 238 03 43 email
agenziaalp@indire.it Website <http://www.programmallp.it>

Latvia

Akadēmisko programmu agentūra – APA (Comenius, Erasmus, Grundtvig, Study visits)

Blaumana iela 28 LV-1011 Riga Tel. : (371) 728 01 38 Fax. : (371) 728 01 08 apa@apa.lv
Website <http://www.apa.lv>

Liechtenstein

Agentur für Internationale Bildungsangelegenheiten Postplatz 2, Postfach 22 LI-9494

Schaan Tel. : (423) 236 7220 Fax. : (423) 236 7224 leonardo@llv.li Website
www.aiba.llv.li

Lithuania

Education Exchanges Support Foundation Gelezinio Vilko str.12 LT-01112 Vilnius Tel :

(370) 5 261 0592 / 5 249 7134 Fax : (370) 5 249 7137 / 7141 info@smpf.lt Website
<http://www.smpf.lt>

Luxembourg

Agence nationale pour le programme européen d'éducation et de formation tout au

long de la vie ANEFORE a.s.b.l. 16, boulevard Royal L-2449 Luxembourg Tel. (352) 247
852 84 fax (352) 247 852 93 info@anefore.lu Website: www.anefore.lu

Malta

European Union Programmes Agency – EUPA 36, Old Mint Street MT-Valletta VLT 1514

Tel : (356) 25586132 Fax : (356) 25586139 llp.eupa@gov.mt Website
<http://www.llp.eupa.org.mt/>

Netherlands

National Agency For Lifelong learning Kortenaerkade 11 NL-2518 AX 's-Gravenhage

Tel : (31) 704 260 251 (31) 704 260 259 Website www.na-lll.nl

Norway

Norwegian Centre for International Cooperation in Higher Education –

Senter for Internasjonalisering av høyere utdanning - SIU Vaskerelven 39 (POBox 7800 -
N-5014 Bergen) N-5020 Bergen Tel : (47) 55 30 88 00 Fax : (47) 55 30 88 01 siu@siu.no

Website <http://www.siu.no/llp>

Poland

Foundation for the Development of Education System ul. Mokotowska 43 PL-00-551
Warsaw Tel : (48) 22 622 3712 Fax : (48) 22 622 3710 kontakt@frse.org.pl Website
<http://www.frse.org.pl>

Portugal

Agencia Nacional do Programma "Aprendizagem ao Longo da Vida" Av. Infante
Santo, nº 2 - piso 4 PT-1350-178 Lisboa Tel : (351) 21 3944760 Fax : (351) 21 3944737
agencianacional@proalv.pt Website <http://www.proalv.pt>

Romania

**National Agency for Community Programmes in the Field of Education and
Vocational Training** 133, Calea Serban Voda, 3rd Floor, 4th District RO-040205
Bucharest Tel : (402) 1.201.07.00 Fax : (402) 131 13500 agentie@anpcdefp.ro Website
<http://www.anpcdefp.ro>

Slovakia

SAAIC - National Agency of the Lifelong Learning Programme Staré grunty 52 SK-842
44 Bratislava Tel : (421) 2 654 289 11 Fax : (421) 2 654 244 83 llp@saaic.sk Website
<http://www.saaic.sk/llp>

Slovenia

CMEPIUS - Centre of the Republic of Slovenia for Mobility

and European Educational and Training Programmes Ob železnici 16 SI-1000 Ljubljana
Tel : (386) 1 5864.251 Fax : (386) 1 5864.231 info@cmepius.si [maja.mihelic-
debeljak@cmepius.si](mailto:maja.mihelic-debeljak@cmepius.si)

Website <http://www.cmepius.si/>

Spain

Organismo Autónomo Programas Educativos Europeos (OAPEE) Paseo del Prado, 28 -
1ª planta 28014 Madrid Tel : (34) 91 506.56.85 Fax : (34) 91 506.56.89 oapee@oapee.es
Website <http://www.oapee.es>

Sweden

Internationella programkontoret för utbildningsområdet Kungsbrogatan 3A, 2 tr (Box 220
07) SE-104 22 Stockholm Tel : (46) 8 453 72 00 Fax : (46) 8 453 72 01
registrator@programkontoret.se Website <http://www.programkontoret.se/>

Turkey

The Centre for EU Education and Youth Programmes Huseyin Rahmi Sokak N°2,
Cankaya TR-06680 Ankara Tel. : (90) 312 409 6000 Fax : (90) 312 409 6009

bilgi@ua.gov.tr Website <http://www.ua.gov.tr>

United Kingdom

UK National Agency ECOTEC (Leonardo da Vinci, Grundtvig, Study visits) 28-34 Albert Street UK-Birmingham B4 7UD Tel. : (44) 845 199 2929 Fax : (44) 121 616 3779
llp@ecotec.com Website : <http://www.leonardo.org.uk>

Republic of Croatia

Agencija za mobilnost i programe EU (Agency for Mobility and EU Programmes)
Gajeva 22 10 000 Zagreb Tel : +385 1 5005 635 Fax : +385 1 5005 699 info@mobilnost.hr
Website : www.mobilnost.hr

The former Yugoslav Republic of Macedonia

**National Agency for European Educational Programmes and Mobility Национална
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