

F E L L O W S H I P



# FOSTERING EMOTIONAL INTELLIGENCE AND SOCIAL SKILLS IN YOUTH WORK

N E W S L E T T E R 1

PROJECT NUMBER:  
2022-2-DE04-KA220-YOU-000099970



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# FELLOWSHIP PROJECT

The project responds to the intricate challenges of our time by emphasizing the vital importance of cultivating emotional intelligence (EQ) among individuals, particularly focusing on the needs of young people and adults. Recognizing that success in various facets of life extends beyond intellectual prowess, the project aims to provide individuals with the essential awareness, competencies, and practices necessary to effectively navigate the uncertainties inherent in contemporary society.

It aligns with evolving workplace dynamics by addressing the growing significance of emotional intelligence, positioning it on par with technical skills in hiring processes. Emphasizing holistic development, the project not only seeks to enhance academic and professional performance but also places a significant emphasis on improving physical and mental well-being through stress management.

Furthermore, it underscores the role of emotional intelligence in fostering positive relationships, facilitating effective communication, and creating a supportive social environment. In summary, the project stands as a comprehensive initiative dedicated to empowering individuals to thrive in the modern world through the cultivation of emotional intelligence across diverse aspects of life.





# PROJECT OBJECTIVES

The primary objectives of the FELLOWSHIP project are:

- 1.Design and implement an innovative co-design training program for Youth Workers focused on coaching and supporting young people in developing social and emotional skills, including emotion regulation, empathy, and kindness.
- 2.Enhance the quality of youth work by updating the skills of Youth Workers, contributing to the bridging of the gap from education/training to the professional sphere.
- 3.Develop three key Work Packages (WPs):
  - WP2: Create an evidence-based e-handbook and an Outdoor Games Guide on emotional intelligence.
  - WP3: Design a Board Game on Emotional Intelligence and a Digital/Serious Game on Emotional Intelligence.
  - WP4: Establish FELLOWSHIP Learning & Training Labs to lead e-learning content development and facilitate transnational collaboration among partners.
- 4.Empower Youth Workers with essential skills, including communication, self-confidence, conflict resolution, teamwork, and empathy, through face-to-face training and e-learning platforms.





5. Conduct a piloting phase by integrating project content into an international training course for Youth Workers, collecting feedback from educators to enhance project outputs.

6. Extend the project's impact by having participating Youth Workers disseminate their learning outcomes to 18 young people in their respective countries.

6. Achieve broader project outcomes, including the development of a Project Management Plan, Quality Assurance and Evaluation Plan, collaborative workspace, transnational meetings, newsletters, Dissemination and Exploitation Plan, and various dissemination materials for wider reach.

## TRANSNATIONAL PROJECT MEETINGS (TPMS)

The two scheduled Transnational Partner Meetings (TPMs) stand as pivotal junctures within the FELLOWSHIP project, providing a platform for collaborative synergy among all participating partners. The Kick-off Meeting in Schwäbisch Gmünd marks the commencement of our collective journey, while the Final Project Partners Meeting in Thessaloniki serves as the culminating point, symbolizing the shared achievements and outcomes of our collaborative efforts.



Each partner's commitment is manifested through the presence of two representatives at every TPM, ensuring a multifaceted exchange of ideas, perspectives, and expertise. The active participation of all project coordinators underscores the significance of these gatherings, wherein project management issues are comprehensively discussed, the strategic planning of subsequent phases is carefully charted, and innovative ideas find fertile ground for exploration.

TPMs serve as dynamic forums not only for refining coordination and communication among partners but also for the ongoing monitoring and evaluation of project progress. These meetings become incubators of innovation, where new ideas are not only introduced but are collectively shaped into actionable plans. The fine-tuning process extends beyond the logistical aspects of coordination; it encompasses a comprehensive approach to refining the very essence of our collaboration.

## FELLOWSHIP ACTIVITIES

FELLOWSHIP Games Research Preparatory Activities: This Outdoor Games Guide will be a collection of outdoor games, which youth workers can use to teach young people about Emotional Intelligence & Personal Development through interactive activities in real-life settings.



This outdoor game guide will solve the problem educators often face when they have to communicate the complexities of how improve themselves via improving their skills in Emotional Intelligence with their learners, especially when the learners are young people that hold so many misconceptions on various related issues

FELLOWSHIP Games on Emotional Intelligence Improvement: Work Package 3 activities will contribute further to the overall personal and professional development of our target groups. The online educational game (Serious Game) in order to advance the skills, promote and motivate in a playful manner the learners for developing their knowledge, skills, and competences on how to tackle climate change through sustainable food consumption & production, achieving the greatest positive impact, through the use of ICT game-based environment. Work Package 3 Leading Organisation is the Coordinator EFI-Tech and co-leading is P3 Fifty-Fifty

FELLOWSHIP Learning & Training Labs: Work Package 4 activities contribute to the overall achievement of FELLOWSHIP project by bringing together youth workers and youth from 4 European countries, to interact and cooperate towards a common goal; elevate their skills, knowledge, and understanding of how their actions and activities regarding their social and personal development through the improvement of their emotional intelligence skills.





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NEWSLETTER 1

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