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# ACTIVE TRAINING

Step by step to be an active trainer or teacher

Reggio Emilia, Italy

# About the training



**Active Training** is one of the most popular Progetto Crescere's training courses.

It's a fabulous experience for everyone who is interested in conducting groups in an innovative way.

## Target Group

This specific course can be attended by any professional who deal with groups (teachers, counselors, teacher trainers, HRM professionals, principals, educators, etc. ).

# What can you learn from this training



Active training techniques and methodologies in an informal and experiential way

How to involve participants in training courses and how to be a mediator of learning processes

How to observe group dynamics, prevent and deal with conflicts in the group

How to create settings and tasks for the group

# Training Programme

## Day 1

### FIRST STEP:

How to welcome a training group

## Day 2

### SECOND STEP:

The trainer/teacher as a mediator in learning processes

## Day 3

**THIRD STEP:** Participants' profiles

## Day 4

### FOURTH STEP:

Setting and Instruction

## Day 5

### FIFTH STEP:

Final Evaluation

# Day 1

## FIRST STEP: How to welcome a training group

### *Morning*

- Ice-Breaking Activities: some useful instruments
- How to collect expectations
- How to involve participants introducing themselves (Participants Presentations)
- Progetto Crescere Presentation: a Social Cooperative

### *Afternoon*

- Guided visit of Reggio Emilia



# Day 2

## SECOND STEP: The trainer/teacher as a mediator in learning processes

### *Morning*

- How to guide a group



### *Afternoon*

- How to observe dynamics in a group
- How to involve participants



# Day 3

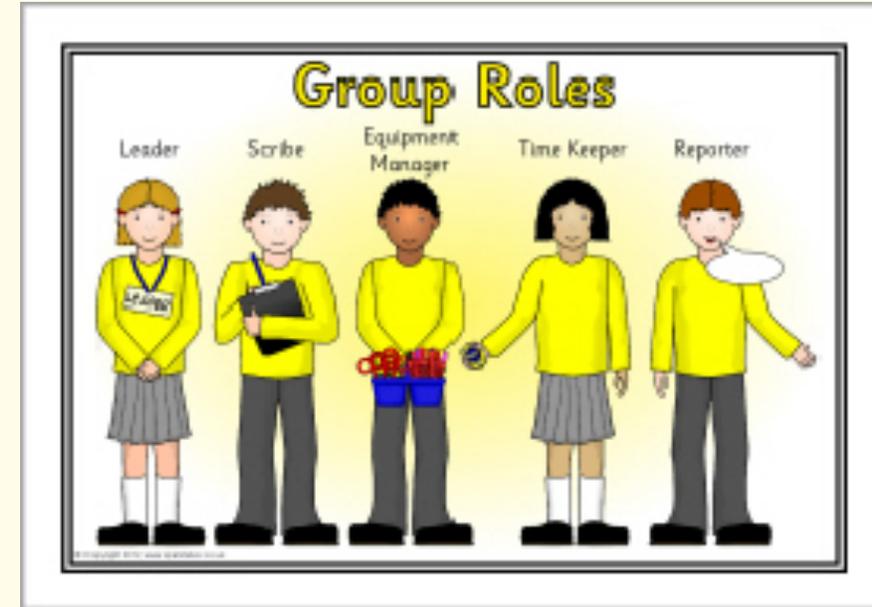
## THIRD STEP: Participants' profiles

### *Morning*

- Different profiles in a group (leader, etc.)

### *Afternoon*

- How to prevent prevarication



# Day 4

## FOURTH STEP: Setting and Instruction

### *Morning*

- How to create a task
- How to form groups
- How to prepare settings

### *Afternoon*

- Role of the observer
- How to give instructions



# Day 5

## *Morning*

- Final Expressive Evaluation
- Dissemination Plan
- Final evaluation of the group



# Methodologies

The Progetto Crescere methodology is based on direct experiences, i.e. **learning by doing**.

So you will be asked to participate to laboratories, simulations, practical activities and games. Moreover, every participant will be asked to share his personal experiences with the group.

The course's methodology is already an example of an active way to conduct groups.



# Arrangement

The course is organized in Progetto Crescere's meeting room.

DISTANCE FROM PROGETTO CRESCERE TO THE CITY CENTRE: 1,1 km (13 minutes walking; 15 minutes by bus).

## **Local Transports**

Public transport and taxis provide fast connection from and to the city center. It's easy to reach the railway station, taking just a bus from the hotel.

## **Accommodation**

Reggio Emilia offers different possibilities. You can consult all opportunities here: <http://turismo.comune.re.it/en/hotels-and-restaurants/where-to-stay>

We will be pleased to help you, in case of need.



# Costs



**450,00 €** per participant.

Amount includes:

**Course fee:** 350,00 € preparation for the course, tuition, training materials (European grant covers 70 euros per day = 70 euros x 5 = 350 euros)

**Organizational costs:** 100,00 € administration costs, cultural visit in Reggio Emilia with guide, educational visits (if included in the programme), bus tickets to arrive to our site, the farewell dinner (European grant covers this cost. Your organization receives 350 euros for organization costs)

## **Farewell dinner**

*Everyday it's possible to have lunch near the meeting room with a selection of typical Italian food (Each meal costs 10,00 € per person)*



# Contacts

PROGETTO CRESCERE  
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