



**YOUTH SOLUTIONS FOR
COMMUNITY BENEFIT**

02.10.23 - 21.01.24

PROGRAM GUIDE



[ENTRESOCIALE.EU](https://entresociale.eu)
[@ENTRESOCIALE](https://twitter.com/entresociale)



Co-funded by
the European Union



WELCOME TO ENTRE SOCIALE

Entre Sociale is a platform designed for young and enthusiastic individuals who wish to make a positive impact in their communities. Regardless of the background, **all that is required is passion and commitment** to create a difference. Our mentors will equip youth with the essential skills to bring their ideas to life.

The program consists of **12 sessions**, conducted by experts in relevant fields. The participants will **work in groups of 5** throughout the program to **carry out an idea** that they come up with together. Furthermore, they will have an opportunity to **earn a mini-grant** to support the implementation of their project within Entre Sociale.

This program is available for individuals aged 18 - 30 with legal residence in the Czech Republic. The program is free of charge thanks to the support of the European Union. Entre Sociale is awarded the auspices of the President of the Parliament of the Czech Republic.



OUR METHODOLOGY

Our methodology empowers young people to become **active, engaged citizens** who contribute positively to society. We create an environment where their **opinions, ideas, and concerns are valued** so they see that they can actually change and influence their surroundings.

We emphasize the **development of transferrable skills** and capacities, such as problem-solving abilities, management, leadership, communication, collaboration skills, creativity, critical thinking, and many more. We strive to create **a long-lasting impact** so that our participants can successfully handle real-world challenges in the future.

Participants are encouraged to learn from their peers through collaborative activities, workshops, and discussions. They also **welcomed to network and build connections** with experts and like-minded youth.

LEARNING OBJECTIVES

PROFESSIONAL DEVELOPMENT

- Project Management
- PR & Marketing
- Design Thinking
- Graphic & Motion Design
- Public Speaking
- Fundraising
- Grants Writing
- Presentation & Pitching

PERSONAL GROWTH

- Leadership
- Creativity
- Self-Awareness
- Integrity
- Decision-Making
- Adaptability
- Resilience
- Commitment

MINI-GRANTS

To provide the space for creativity of the participants, **we provide mini-grants** to allow the participants to test their ideas on a smaller scale.

This fosters independence, ownership, and real-world application – a feature often absent in similar programs.

HOW DOES IT WORK?

The Entre Sociale concept is based on informal **experiential learning** and teamwork, where participants have the opportunity to go through the entire project management cycle from start to finish, and even receive a **mini-grant** to support the implementation of their own idea.

It is a so-called "**incubator of social initiatives**", where participants learn by doing and in the meantime bring positive changes to society.

The program was designed so that individual **workshops complement each other**, taking teams through the **entire project management cycle, from initiation to implementation and closure**. All workshops were gamified to make the teaching truly interactive and reflect real-world tasks.



OUR PROGRAM

- **Brainstorming Session**
02.10.2023
- **Project Management I**
09.10.2023
- **Project Management II**
16.10.2023
- **Design Thinking**
23.10.2023
- **(Digital) Marketing**
30.10.2023
- **Art Stations**
06.11.2023
- **Confidence Coaching**
13.11.2023
- **Presentation & Pitching**
20.11.2023
- **Fundraising**
27.11.2023
- **Grants Writing**
04.12.2023
- **Closing Ceremony**
11.12.2023
- **Mastermind**
01/2024

OUR MENTORS



Valery Senichev
Founder
@Forbes Ideal Place



Ivan Kobelev
Certified Trainer,
Workshopper & Coach



Martin Vallo
Marketing Director
@Tech Startups



Vojtěch Veselý
COO @Mebster
ESN Liberec Founder



Stefania Felicia Pavel
Expert Evaluator
@AMIRES



Michaela Holotňáková
Presentation Master
@Nadání a dovednosti



LEARNING MODULES

BRAINSTORMING

Module one: Form groups of five based on preferences. **Brainstorm** community solutions, and **commit** to a shared project that addresses local needs throughout the entire program duration.

PROJECT MANAGEMENT I

Module two: Start with the introduction into **project management** - community needs analysis, setting objectives, and timeline. Expert guidance for **practical application** to be provided during the session.

PROJECT MANAGEMENT II

Module three: Dive **deeper into project management:** KPI setup, risk handling, or budget control. You'll gain the **skills to develop projects** with a high level of professionalism and expertise.

DESIGN THINKING

Module four: Guided by a coach, **prototype and test the ideas**. Learn design thinking, and conduct actual research. **Master giving and receiving feedback** for optimal outcomes.

PR & MARKETING

Module five: Gain skills in online **project promotion** through advertising and social media. Learn outcome sharing and building future collaborations. Get **insights from a seasoned marketer** for practical success.

CONFIDENCE COACHING

Module six: With a coach, unlock professional potential. **Leverage strengths** for project success, cultivate a **success-oriented mindset**, and maximize personal development.

PRESENTATION PITCHING

Module seven: Learn **public speaking and pitching** techniques to **convey your project** to your audience, experts, and the public. Don't let a brilliant idea go unnoticed—effective communication is essential.

FUNDRAISING & GRANTS

Module eight & nine: Kick-starting projects, and insights into funding sources. **Learn fundraising techniques, grant and tender acquisition**, and top-notch proposal creation from experienced experts.

BENEFITS FOR PARTICIPANTS

- **Personal Growth:** Young people will improve their self-awareness, resilience, and adaptability to navigate challenges and setbacks more effectively.
- **Skill Development:** Our program will equip the participants with a range of valuable skills, beneficial for personal development and future employment opportunities.
- **Empowerment:** Participants will gain confidence and a stronger sense of self-esteem, feeling empowered to contribute positively to their communities, and having more control over their lives.
- **Community Engagement:** Youth will learn to actively engage with and contribute to their communities. This can lead to a sense of belonging, increased civic awareness, and a commitment to social responsibility.
- **Networking:** We provide a platform for young people to connect and network with peers and experts from diverse backgrounds. These connections can lead to lasting friendships, collaborations, and opportunities for personal and professional growth.

PROJECT OUTCOMES

- **Personal Growth:** Our participants tried a hand in and have **successfully implemented 6 small-scale initiatives** and now feel better equipped to develop personal projects or businesses focusing on benefiting society, ecology, and sustainability.
- **Skill Development:** Our participants have developed many hard and soft skills essential in the modern workplace, such as cultural awareness, communication, negotiation, collaboration, social responsibility, and conflict resolution, and expanded their professional and personal networks.
- **Empowerment:** Participants are more **aware of the benefits of social entrepreneurship for individuals' lives and society** in general and are empowered to create solutions to emerging communal issues.
- **Community Engagement:** The project created an active community of open-minded, active young citizens who can spot social issues and develop conscious, green, sustainable, and innovative solutions for them.



PROJECT OUTCOMES

6 projects of our participants were developed through mini-grants. **Explore them on Instagram in the project cards**

ARTHERO



Mental Health through Art

Two art-therapy sessions with a psychologist in Prague, and the dates 29.11 and 10.1 really made a difference for young people

AWKWARD MEETUP



Meet-up about Social Anxiety

Event for students of University in Hradec Kralové which took place on the 8.12 and helped people overcome social anxiety

SPROUT KINDNESS



Planting of Seeds in University

Charity & educational distribution of greenery to support the concept of food cultivation and sustainability

NAVIGO



Opportunities for Students

Festival, which took place on December 9 in Brno and navigated young minds to their bright future full of interesting activities and career opportunities

VISTABROAD.COM



Expatriate Advisory by Expats

An educational hub and podcast by foreigners for foreigners in Czechia on the topic of employment

FOOD CONNECT



Reduction of Food Disposal

Charity food collection to support conscious consumption and reduce food waste

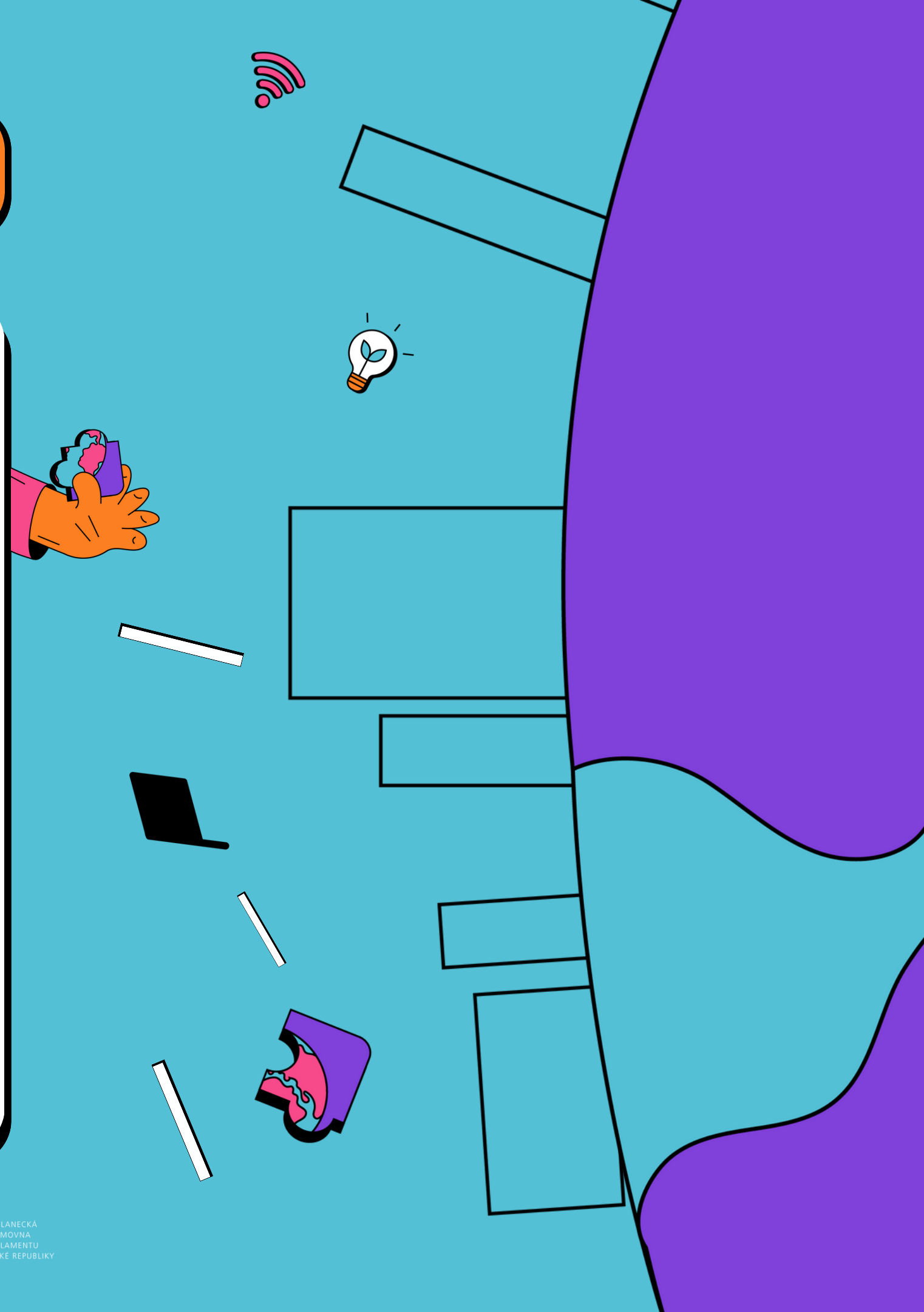
Entre Sociale had a broader impact not only on the friends, families, and peers of our participants but also on the attendees of our teams' mini-projects and events, as individuals and groups were sharing information about Entre Sociale, its program and outcomes on social media, schools, universities, free-time and youth organizations, and local communities.

PARTICIPATORY EDUCATION

In our interactive program, we combined several educational approaches, such as **learning-by-doing, teamwork, project work, non-formal, informal and experiential education** approaches in order to equip our participants with universal skills that can be used all over the globe and in different professional areas.

We strived to support and **empower youth to become world-class specialists** regardless of origin, residence, health conditions, language, culture, etc., and it only depended on themselves and their vision. We also focused on **digital competencies, critical thinking, working with information, and self-study**. We allowed our participants to try different professional regions to explore and understand various career paths or even entrepreneurship better.

During the project, we monitored and assessed the hard and soft skills of our participants, and at the end of the project, **we documented the increase in skills and overall self-confidence**.



LEARNING OUTCOMES


Entre Sociale got positive feedback from the participants that for them it was a **one-of-a-kind opportunity** to learn, grow, and make a real impact in their communities, not only bringing positive changes but also doing good for society. As an **exchange for the quality knowledge they get for free**, they have created **six unique youth-driven solutions for social problems** in their communities they deeply care about.



According to participants, the **acquired skills will be handy at the interviews and workplace** while collaborating, creating new concepts, managing projects, and leading teams. **Youth feel more confident** in communication skills, teamwork, public speaking and presentation, time and finance management, adaptability and risk-taking. **Entre Sociale has an overall satisfaction score of 4.6*** from our participants.


SUSTAINABILITY

SCALABILITY



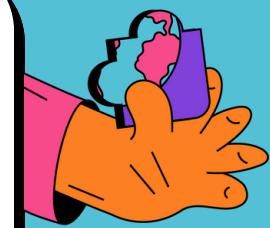


Entre Sociale's model of fostering social entrepreneurship and youth empowerment can be **replicated and scaled to other communities or regions**. Its success can inspire similar initiatives, multiplying its impact over time.

CAPACITY BUILDING



By equipping participants with practical skills and knowledge, the **project invests in human capital**. Empowered individuals are better positioned to drive sustainable development within their communities, creating a ripple effect of positive change.

NETWORKING



Entre Sociale builds **networks among participants, professionals, and stakeholders**. These connections facilitate ongoing collaboration, resource-sharing, and mentorship, strengthening the project's sustainability through collective action.

ADAPTABILITY

The project is responsive to evolving needs and challenges. Its emphasis on **continuous learning and innovation** ensures relevance and effectiveness in dynamic environments, enhancing long-term viability.

TIMELINE

Month 1

1

Initiation

In this phase, we secured funding, allocated budgets, set up project management accounts, assigned tasks inside the team, and organized our workflow.

2

Months 2-4

Preparation

Here, we finalized the venue, catering, website, established branding and merchandise, and secured agreements with experts, and other contributors.

Months 5-7

3

Recruiting

In this phase, we developed and implemented a PR strategy, generated content for social media platforms, and facilitated the recruitment of participants.

4

Months 8-11

Implementation

Throughout the project implementation phase, we conducted our educational workshops, partnered with experts and diligently maintained our project's quality standards.

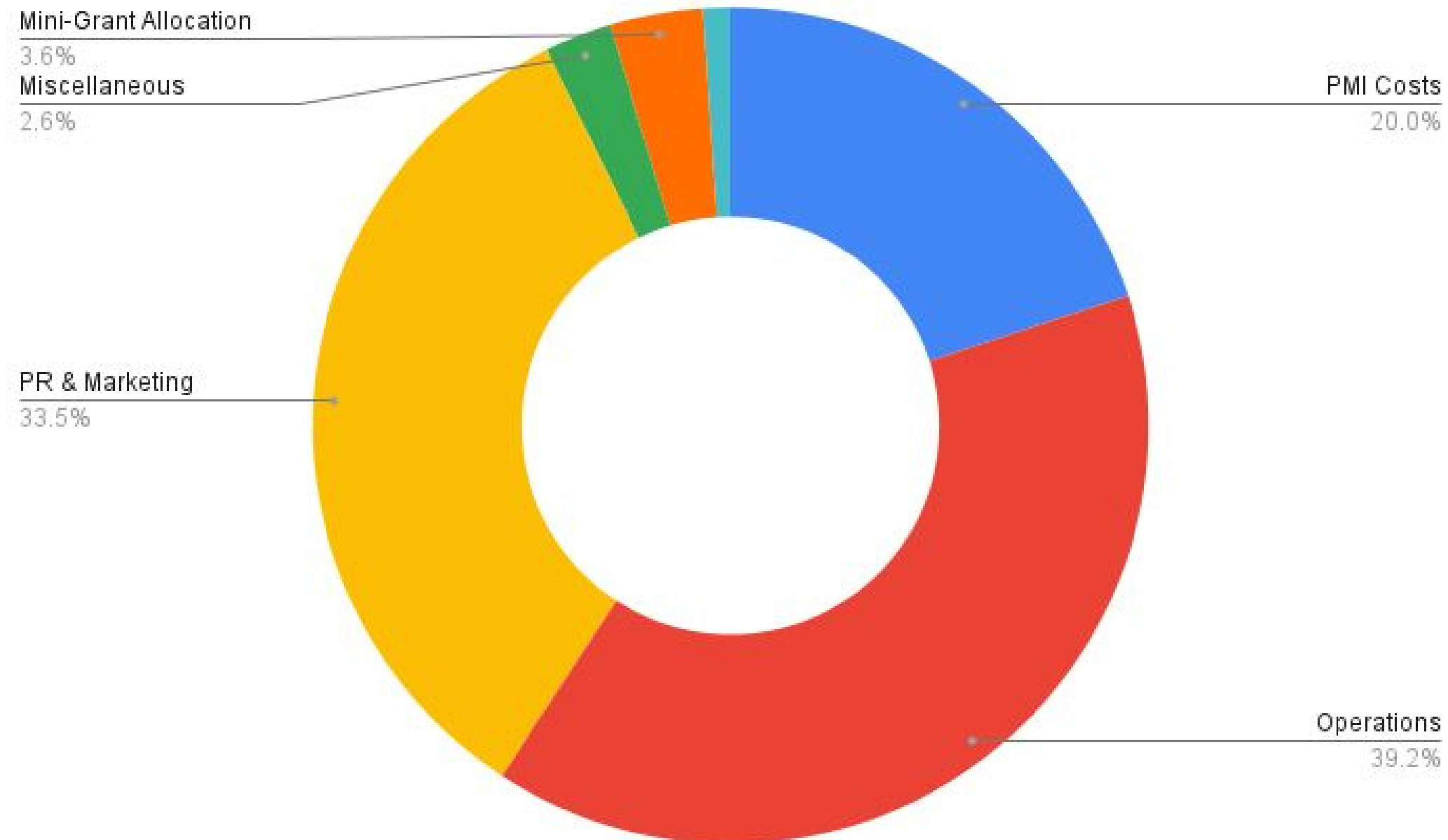
Month 12

5

Dissemination

During this phase, we disseminated project outcomes to stakeholders, publicly announced results, fostered new partnerships, and ensured the visibility of project achievements.

PROJECT BUDGET



Entre Sociale is a project co-funded by the European Union via Erasmus+ Program.

Grant awarded: 37.644,00 €

Project Reference: **2022-3-CZ01-KA154-YOU-000100539**



OUR TEAM



Anastasia Saliakhova

Founder

Anastasia brings experience in designing and managing youth educational projects.



Marharyta Liashenko

Project Manager

Marharyta ensures successful implementation and participant' support.



Zofia Wolska

Project IT Guru

Zofia digitalizes project's procedures and updates online content.



Ivan Bassov

Communications Manager

Ivan moderates digital channels and serves as the point of contact.

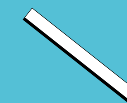


PHOTO GALLERY



GET IN TOUCH



**Anastasia
Saliakhova**

Founder

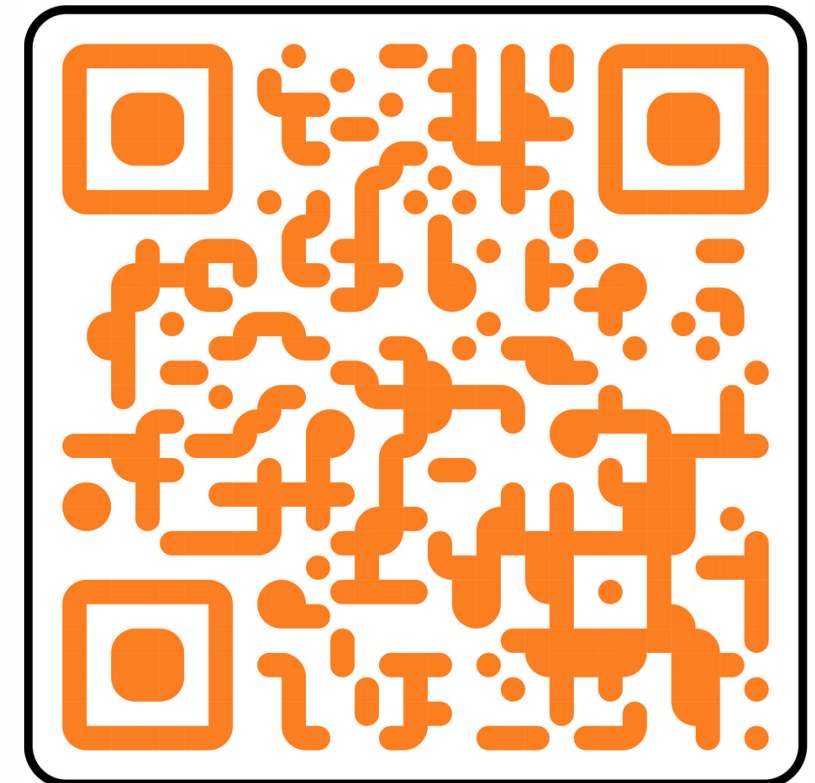
+420 775 525 831
anastasia@entresociale.eu

PARTNERSHIPS



We are open to establishing
partnerships
with educational institutions
and other stakeholders
to make a meaningful and
positive impact.

CONNECT



ENTRE SOCIALE

YOUTH SOLUTIONS FOR
COMMUNITY BENEFIT



Co-funded by
the European Union



[ENTRESOCIALE.EU](https://entresociale.eu)
[@ENTRESOCIALE](https://twitter.com/entresociale)