

**Formação de Formadores “Capacit-A! Promovendo a participação política das Jovens Mulheres através de novos programas pedagógicos”**  
**Training of Trainers: “Train Her! Increasing Young Women political participation through effective training programmes”**

Hours	Day 0 3 Out	Day 1 4Out	Day 2 5Out	Day 3 6Out	Day 4 7Out	Day 5 8Out	Day 6 9 Out	
	Arrivals	<b>Intro + “breaking stones”</b>	<b>“Breaking stones”</b>	<b>Preparation of practices</b>	<b>Practices</b>	<b>Closing the process</b>	<b>Next steps + Evaluation</b>	
9h30		Late brakfast	Human Rights / Women rights	Non Formal Education + Competences Ethic of trainer+ Experiential learning cycle Design a session - Methodologies	2 Workshops lead by participants	Teams of trio feedback and evaluation of practices	Elements of project Handbook Recomendations Conference in Cascais & Next Steps	
11h30		Intro + Expectations + “Agreement”+ How are we from Faro?	Gender assesment	Introduction to workshops + teams of trio composition + input on feedback	2 Workshops lead by participants	Post pre questionnaire on competences + self assesment	<b>OFICIAL CLOSING</b> with oficial guests and presentation of results	
13h00		Lunch						
14h30		Interculturality	Participation	Preparation of workshops in team of participants trios	2 Workshops lead by participants	FREE AFTERNOON	Final Evaluation	
16h30			Dilemmas and Challenges on Youth Participation		2 Workshops lead by participants		Preparaing Last Night & Packing	
18h00			Reflection group	Reflection group	Prep workshops	Reflection group		
19h00		Dinner						
20h30		Welcome evening	FREE NIGHT	Dancing in Cape Verde	Prep workshops	International Café Debate	FREE NIGHT	Farewell party

	Introduction, programme, long term project, framework
	Informal moments – some moment should be confirmed
	Thematic blocks for discussion and inputs
	Theoretical background about training in Non formal education and Self assesment competences
	Practices of participants: facilitation of workshops
	Evaluation moments

**Main objective of Training:**

To develop main competences of educators and youth workers in Non Formal Education when working on Young Women Political Participation