

EUROPEAN CITIZENSHIP

# ACTIVE EUROPEAN CITIZENSHIP: EMPOWERING YOUTH FOR THE FUTURE



*Your Mobility Partner*

## **COURSE OVERVIEW**

The Active European Citizenship in the 21st Century course empowers young people to understand their rights, responsibilities, and opportunities as European citizens while developing the skills to actively participate in democratic life. Through interactive activities, debates, simulations, and teamwork, participants will explore key topics such as European values, diversity, sustainability, and civic engagement. A strong focus will be placed on practical application: throughout the course, participants will work collaboratively to design and present a youth-led project that promotes active citizenship and can be implemented in their schools or communities. By the end of the course, they will have gained both knowledge and hands-on experience to become changemakers in Europe.

## **TARGET AUDIENCE**

This course is designed for young people, high school or university students, members of youth associations, and community groups who want to develop the skills to become active and aware European citizens. It is ideal for those who wish to better understand the values, rights, and opportunities of the European Union and learn how to create projects with real impact in their school or community.

## **REQUIREMENTS**

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

## **COURSE OBJECTIVES**

The objectives of the course are:

- To help young people understand their rights, responsibilities, and opportunities as European citizens.
- To foster a sense of belonging to the European community and promote active democratic participation.
- To develop teamwork, communication, leadership, and problem-solving skills.
- To empower participants to design and implement youth-led projects with real community impact.
- To encourage critical thinking about diversity, inclusion, sustainability, and European values.

## CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at [trainingcourses@mobilityfriends.org](mailto:trainingcourses@mobilityfriends.org) or visit our website at [www.mobilityfriends.org](http://www.mobilityfriends.org).

## LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

- 1.Explain the main values, rights, and responsibilities of European citizenship.
- 2.Describe how European institutions work and how young people can engage in democratic processes.
- 3.Demonstrate teamwork, communication, and leadership skills in collaborative activities.
- 4.Design and present a youth-led project that promotes active citizenship and can be applied in their school or community.
- 5.Reflect critically on issues related to diversity, inclusion, sustainability, and civic participation in Europe.

## METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

## ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

## DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

## PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

## LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

## CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

## OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

# **COURSE CONTENTS**

## **MODULE 1: UNDERSTANDING EUROPEAN CITIZENSHIP**

- What it means to be a European citizen in today's world.
- Rights, responsibilities, and opportunities for young Europeans.
- Key EU values: democracy, equality, diversity, human rights, and sustainability.
- Inspiring stories of young changemakers in Europe.

## **MODULE 2: HOW THE EUROPEAN UNION WORKS AND WHY IT MATTERS**

- Overview of EU institutions: Parliament, Commission, Council, and their roles.
- How EU decisions affect everyday life.
- Ways for young people to influence policies and take part in European democracy.
- Erasmus+, European Solidarity Corps, Youth Parliament, and other opportunities.

## **MODULE 3: DIVERSITY, INCLUSION AND INTERCULTURAL DIALOGUE**

- Understanding cultural diversity as a strength of Europe.
- Combating stereotypes, discrimination, and hate speech.
- Practical activities for empathy, teamwork, and intercultural communication.
- Real examples of youth-led initiatives promoting inclusion.

## **MODULE 4: SUSTAINABILITY AND GLOBAL CITIZENSHIP**

- The role of the EU in climate action and the Sustainable Development Goals (SDGs).
- Youth engagement in environmental activism and social innovation.
- Examples of projects where young people led change in their communities.
- Connecting local action to global challenges.

## **MODULE 5: DEMOCRATIC PARTICIPATION AND YOUTH EMPOWERMENT**

- Understanding political participation: voting, campaigns, and advocacy.
- How to express opinions and influence decision-making.
- Debating, negotiation, and public speaking exercises.

*\*Please note that program content may be subject to change based on input from our trainers.*

# COURSE CONTENTS

## MODULE 6: LEADERSHIP, TEAMWORK AND PROJECT MANAGEMENT

- Developing leadership skills and shared responsibility in teams.
- Problem-solving and decision-making in collaborative contexts.
- Tools for project planning (Canva, Trello, Padlet, Miro).
- Creating an action roadmap for community impact.

## MODULE 7: COLLABORATION ACROSS BORDERS

- Building networks with young people from other European countries.
- Exploring youth exchanges, volunteering and cross-border projects.
- How Erasmus+ can support youth-led initiatives.
- Examples of impactful international collaborations.

## MODULE 8: DESIGNING AND IMPLEMENTING YOUTH PROJECTS

- Turning ideas into action: from concept to execution.
- Groups design a concrete project to be applied in their school or community.
- Support in preparing visual materials, pitches, and presentations.
- Peer-to-peer mentoring and feedback from trainers.

## MODULE 9: FINAL PROJECT PRESENTATION AND ACTION PLAN

- Public presentation of youth-led projects with feedback from peers and trainers.
- Reflection on the skills and knowledge gained.
- Creating a **personal and group action plan** for future civic engagement.
- Exploring opportunities for project continuation and Erasmus+ funding.

# MOBILITY FRIENDS TRAINING CENTER



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for Employment and Labor Relations

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