

Prosilient VET Newsletter #1

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Welcome to our first Newsletter. Here we present a round-up of recent project activities, events, latest publications and social media activity of PROSILIENT VET project.

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About the project

Prosilient VET is an Erasmus + KA220 VET- Cooperation partnerships in vocational education and training – project carried out by 4 European organisations from Italy, Bulgaria, Romania and Austria to support professional development of trainers and experts in the field of VET.

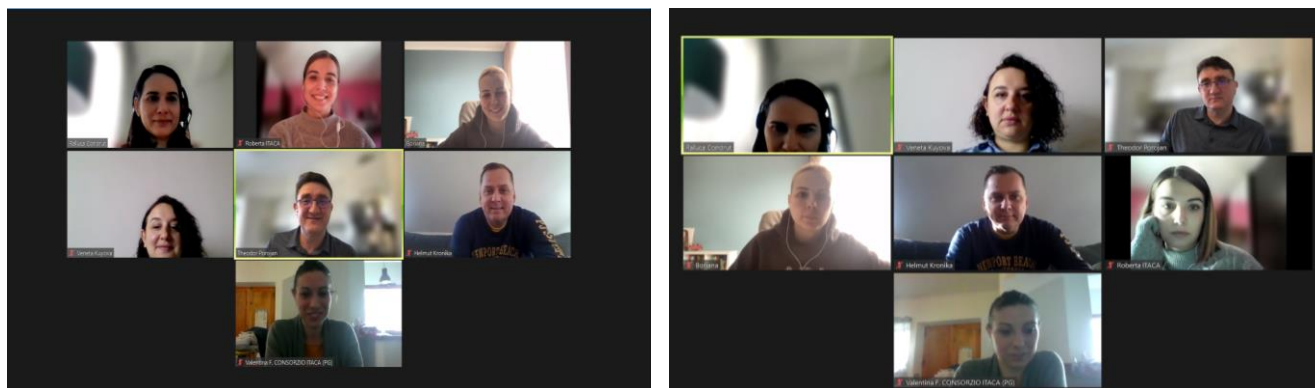
The project started in March 2022 and will last for 18 months.

Project objectives

Prosilient VET project has the following objectives:

- **To emphasise** that resilience is an important capacity that CVET trainers should develop and nurture, so as to be able to address unexpected challenges in their daily practice.
- **To promote** a more effective form of resilience- prosilience, which emphasises on prevention rather than on remedial reaction to negative reaction.
- **To enhance CVET trainers' prosilience** in their professional daily practice by focusing on the importance of trainers' intended self-care work in order to be effective and provide high quality teaching in a sustained manner.

[Kick-off meeting - 2nd March 2022, Online on Zoom](#)



Photos: Project team members

The meeting took place on the online Zoom platform and has been organised by CREFOP (Centrul de Resurse pentru Educatie si Formare Profesionala), the Romanian lead partner of the project together with three other organisations from Bulgaria, Italy and Austria (Your Ideas Matter, Consorzio Itaca and BEST).

During the meeting, coordinated by CREFOP, timing and methods for carrying out the project activities have been defined.

First dissemination activities

First, partners designed and chose the official project **logo**, that represents the concepts of prosilience, training, strength, wellbeing, self-care and proactivity.

After the definitive logo had been chosen by the partners, the first stage was completed with the creation of the Prosilient VET **official website**, available in English and in each partner's primary languages (Romanian, German, Bulgarian and Italian). The website will be active during the whole project's lifetime, and even after it if there will be the conditions to continue and/or make the project grow up. Link to the project's website: www.prosilientvet.eu

Moreover, the official **Facebook page** was created: [@prosilientvet](https://www.facebook.com/prosilientvet)

[Second Transnational Partner Meeting - 10th June 2022, Sofia \(Bulgaria\)](#)

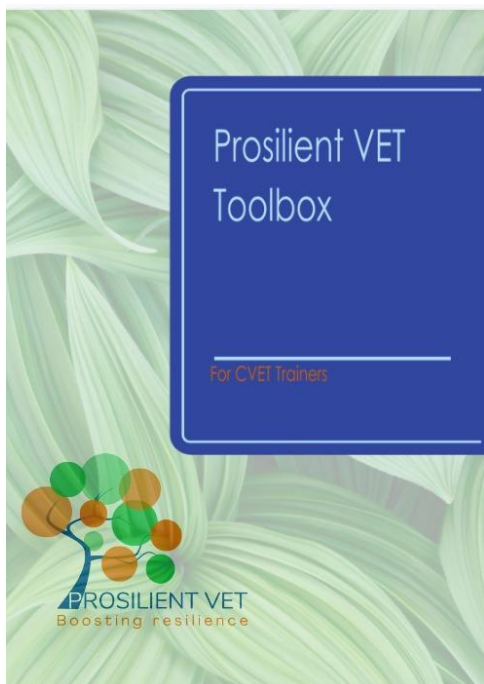


The second Transnational Partners Meeting was held in Sofia (Bulgaria) on June, 10th. Your Ideas Matter, the Bulgarian project partner, hosted the partners' representatives in a very nice space in the Sofia city centre in order to discuss the PROSILIENT VET activities and procedures: Project Management and Financial planning and reporting procedures; the development of the Toolbox and its thematic areas; the dissemination activities; QA and Evaluation mechanisms.



Development of the Prosilient VET Toolbox

The Prosilient VET Toolbox is the main **output** of the project. The objective of this output is to provide a self-paced, self-learning repository of tools and resources for CVET trainers, which will support them in **building their prosilience**.



This Toolbox will be an **online accessible tool** both in a pdf version and an online digital document, available in English and all partner languages.

It is divided in four thematic fields: **Self-evaluation and Self-Reflection, Self-care, Handling digitalisation in VET, Addressing specific challenges**. Along with a short theoretical explanation, why each factor matters in the process, trainers will have the opportunity **to learn and implement concrete practical activities** in order to develop certain characteristics.

Trainers can use the Toolbox at their own pace and at a preferred moment of time, **emphasising on wellbeing and wellness aspects** of their professional development.

The prosilient trainers will be able to create a **more positive learning environment**, which will increase motivation for learning and development of learners and their learning achievements.

Third Transnational Partner Meeting - 2nd December 2022, Vienna (Austria)



The third meeting has been organised by BEST (BEST Institut für berufsbezogene Weiterbildung und Personaltraining GmbH), the Austrian partner of the project. During the meeting, coordinated by CREFOP, the partners had the opportunity to analyse and discuss the state of the art of the project. The main topics concerned the finalisation of the Toolbox and its translation in partner languages and the scheduling of the 4th meeting and the Multiplier event in Bucharest, Romania.

Moreover, partners discussed the next CVET trainers' training and following piloting activities, together with the ongoing reporting and dissemination activities to implement.

Partners profiles



CREFOP, the project coordinator, is an NGO founded in 2006, which is actively involved in quality improvement of education and vocational training and in the development of good practice in this domain. Crefop actively promotes the principles of cooperation and non-discriminatory access to resources of various factors involved in socio – economic life at local, regional, national and international level.



Consortio ITACA is a consortium of different cooperatives and companies which mainly operate in the sectors of tourism, communication, culture and professional services. It works to create local and international networks and it does it through innovative proposals, also facilitating communication systems with the use of digital technologies, web tools and social media.



Your Ideas Matter (YIM) combines the efforts of highly skilled professionals dedicated to transformation of the education system in Bulgaria and developing up-to-date training opportunities for teachers and trainers in the education and training sectors. YIM is an active partner to the NGO sector in Bulgaria being involved in the design of projects, training, coaching and psychological counselling activities. YIM's scope of work covers the education and training spectrum with strong focus on VET.



BEST Institut für berufsbezogene Weiterbildung und Personaltraining GmbH was founded in 1990 as an independent Austrian organisation for providing continuous training, vocational qualification and career services. Its main activities comprise the development of innovative training programmes for young (+16) individuals and adults, many of them disadvantaged and with migration background, on continuous and vocational training, counselling & coaching and activation for job seekers and employees. BEST offers various train-the-trainer programmes to improve standards of training and coaching delivery.