

# AGENDA DANCE4LIFE EXPERIENCE 2020

This year the Dance4Life network has shown great resilience and creativity, we have jointly taken on the challenge of moving the Journey4Life online, and now we are getting ready for the next experiment: the first-ever online Dance4Life Experience! The topic of this year's Dance4Life Experience is *Harnessing digitalization as a way to increase scale and impact.*

You are invited to join us on Wednesday October 28 and Thursday October 29. During these days, we will be experiencing and learning about interactive digital facilitation, a great skill to have in these times, and we will be learning about safeguarding and mental health. We look forward to seeing you there!

## WEDNESDAY OCTOBER 28: INTERACTIVE DIGITAL FACILITATION

All times in CET. Find out [here](#) what time this day starts in your local time.

- 08.50 – 09.00 Arrival time
- 09.00 – 09.15 Welcome and opening activity
- 09.15 – 11.15 Digital facilitation workshop
  - *In this collaborative and fun training you'll gain the tools, frameworks and confidence to lead online collaboration and engagement in a digital world! Participants will learn how to run engaging online meetings, workshops and events.*
  - *Jess Malz from Inbo (a learning design and facilitation agency) and Trainer4Life Shani will deliver this interactive workshop.*
- 11.15 – 11.25 Break
- 11.25 – 12.20 The online Journey4Life
  - *Join this session for a taster of the design process, find out how our Youth Empowerment Goes Online (YEGO) team transformed activities from face-to-face to an online format led by Trainers4Life Rekha, Sajan, Shani and more.*
  - *Experience an activity from the online Journey4Life.*
  - *Q&A session - ask the Trainers4Life your questions about digital facilitation.*
- 12.20 - 12.50 Creative facilitation
  - *Trainer4Life Shani will deliver a session about using art as an engaging training tool online.*
- 12.50 – 13.00 Wrapping up the day

15.00 – 16.00 Optional: Experience an online Journey4Life session on WhatsApp

Sign-up during this day to experience a 60-minute version of the online Journey4Life in instant messenger format.

## **THURSDAY OCTOBER 29: SAFEGUARDING AND MENTAL HEALTH**

**All times in CET. Find out [here](#) what time this day starts in your local time.**

08.50 – 09.00 Arrival time

09.00 – 09.10 Welcome and opening activity

09.10 – 09.40 Covid-19 and mental health

- *Trainers4Life Yvonne and Shani will host a grounding session and introduce the topics for the day ahead.*

09.40 – 12.20 Psychological first aid: barriers, mitigation and recovery strategies for young people

- *Dr. Manasi Kumar a clinical psychologist and psychotherapist and Senior Lecturer at the University of Nairobi in Kenya.*
- *Participants are equipped with mitigation strategies to support young people's mental health during this time and beyond, according to the major barriers identified together in the session.*

12.20 – 12.50 Digital safety issues

- *Alona Kryvuliak, Head of the National Toll-Free Hot Lines and social assistance Department at La Strada Ukraine.*
- *The risks of conducting programs online (cyber bullying, sexting & security issues) and examples of measures and strategies to mitigate this for young people.*

12.50 – 13.00 Wrapping up the day