



SAPIENZA
UNIVERSITÀ DI ROMA



Co-funded by
the European Union

YOUTH WORKERS VIRTUAL EXCHANGES TRAINING

6 days, 36 hours of interactive FREE online training sessions

25-26 January 2025, 1-2, 8-9 February

9am-3pm (Italy-Tunisia-Algeria), 10am-4pm (Lebanon), 11am-5pm (Turkiye)





IN BRIEF

This 6-day free online training equips participants with essential skills supporting identifying and protecting youth in using internet safely. Designed for aspiring trainers and mentors, teachers, social and youth workers, the program combines interactive sessions, hands-on activities, and expert insights to foster impactful learning.

🔍 KEY TOPICS COVERED

INTERNET SAFETY

Cybersecurity
Internet Addiction
Social Risks
Information Trustfulness

SOFT SKILLS FOR AWARENESS

Teamwork, adaptability, and problem-solving.
Critical Thinking, Leadership

FACILITAING GROUPS

Debate Training
Intercultural Debate
Post-debate methodologies

SAFE CHANGES Toolkit Presentation

Interactive Group Work Sessions

why join?



- » Gain essential skills to support youth in digital safety, communication, and personal and professional development.
- » Learn to navigate challenges such as cybersecurity, internet addiction, and social risks to guide young people effectively.
- » Empower youth in achieving their personal and professional goals by fostering critical thinking, cross-cultural collaboration, and resilience in the digital age.
- » It's completely **free**!
- » Receive a prestigious **certificate** from Sapienza University (Rome, Italy).

The training will be in English with group activities also in English. So a good level of English is required by registered participants.

Training SAFE CHANGES agenda.



Day 1 Agenda: January 25, 2025

Session	Presenter	Time (CET)	Time (EET)(Lebanon)	Time (TRT)(Turkiye)
Welcome and Project Presentation	Prof. Isabella Chiari	9:00–9:45 AM	10:00–10:45 AM	11:00–11:45 AM
Participant Introductions	Partner Staff	9:45–10:25 AM	10:45–11:25 AM	11:45 AM–12:25 PM
Break	–	10:25–10:40 AM	11:25–11:40 AM	12:25–12:40 PM
Module A: Cybersecurity	Emre Sonmez	10:40–12:10 PM	11:40 AM–1:10 PM	12:40–2:10 PM
Lunch Break	–	12:10–12:55 PM	1:10–1:55 PM	2:10–2:55 PM
Module B: Internet Addiction	Prof. Isabella Chiari	12:55–2:25 PM	1:55–3:25 PM	2:55–4:25 PM
Wrap-Up and Q&A	Prof. Isabella Chiari	2:25–3:00 PM	3:25–4:00 PM	4:25–5:00 PM

Day 2 Agenda: January 26, 2025

Session	Presenter	Time (CET)	Time (EET)(Lebanon)	Time (TRT)(Turkiye)
Module C: Social Risks	Prof. Isabella Chiari	9:00–10:30 AM	10:00–11:30 AM	11:00 AM–12:30 PM
Break	–	10:30–10:45 AM	11:30–11:45 AM	12:30–12:45 PM
Module D: Information Trustfulness	Alessia Pierro	10:45–12:15 PM	11:45 AM–1:15 PM	12:45–2:15 PM
Lunch Break	–	12:15–1:00 PM	1:15–2:00 PM	2:15–3:00 PM
Tools and Facilitation Strategies	Rafida Alhajali	1:00–2:15 PM	2:00–3:15 PM	3:00–4:15 PM
Debate Training (Part 1) - Information Trust	Alessia Pierro	2:15–3:00 PM	3:15–4:00 PM	4:15–5:00 PM

Day 3 Agenda: February 1, 2025

Session	Presenter	Time (CET)	Time (EET)(Lebanon)	Time (TRT)(Turkiye)
Introduction to Soft Skills	Prof. Fiorenza Deriu	9:00–10:20 AM	10:00–11:20 AM	11:00 AM–12:20 PM
Break	–	10:20–10:35 AM	11:20–11:35 AM	12:20–12:35 PM
Effective Communication	Prof. Fiorenza Deriu	10:35–1:00 PM	11:35 AM–2:00 PM	12:35–3:00 PM
Lunch Break	–	1:00–1:45 PM	2:00–2:45 PM	3:00–3:45 PM
Debate Training (Part 2) - Social Risks	Prof. Isabella Chiari	1:45–3:00 PM	2:45–4:00 PM	3:45–5:00 PM

Day 4 Agenda: February 2, 2025

Session	Presenter	Time (CET)	Time (EET)(Lebanon)	Time (TRT)(Turkiye)
Team Building	Prof. Fiorenza Deriu	9:00–10:20 AM	10:00–11:20 AM	11:00 AM–12:20 PM
Break	–	10:20–10:35 AM	11:20–11:35 AM	12:20–12:35 PM
Leadership Styles and Theories	Prof. Fiorenza Deriu	10:35–1:00 PM	11:35 AM–2:00 PM	12:35–3:00 PM
Lunch Break	–	1:00–1:45 PM	2:00–2:45 PM	3:00–3:45 PM
Intercultural Online Debate	Prof. Isabella Chiari	1:45–3:00 PM	2:45–4:00 PM	3:45–5:00 PM

Day 5 Agenda: February 8, 2025

Session	Presenter	Time (CET)	Time (EET)(Lebanon)	Time (TRT)(Turkiye)
Motivation and Engagement	Prof. Fiorenza Deriu	9:00–10:20 AM	10:00–11:20 AM	11:00 AM–12:20 PM
Break	–	10:20–10:35 AM	11:20–11:35 AM	12:20–12:35 PM
Conflict Management and Negotiation	Prof. Fiorenza Deriu	10:35–1:00 PM	11:35 AM–2:00 PM	12:35–3:00 PM
Lunch Break	–	1:00–1:45 PM	2:00–2:45 PM	3:00–3:45 PM
Post-debate Dialogue	Group G Facilitators	1:45–3:00 PM	2:45–4:00 PM	3:45–5:00 PM

Day 6 Agenda: February 9, 2025

Session	Presenter	Time (CET)	Time (EET)(Lebanon)	Time (TRT)(Turkiye)
Creativity and Problem-Solving	Prof. Fiorenza Deriu	9:00–10:15 AM	10:00–11:15 AM	11:00 AM–12:15 PM
Break	–	10:15–10:30 AM	11:15–11:30 AM	12:15–12:30 PM
Stress Management and Self-Development	Prof. Fiorenza Deriu	10:30–12:00 PM	11:30 AM–1:00 PM	12:30–2:00 PM
Lunch Break	–	12:00–12:45 PM	1:00–1:45 PM	2:00–2:45 PM
Toolkit Illustration	Prof. Isabella Chiari	12:45–1:15 PM	1:45–2:15 PM	2:45–3:15 PM
Feedback Session	Prof. Isabella Chiari	1:15–1:30 PM	2:15–2:30 PM	3:15–3:30 PM
Final Test	Prof. Isabella Chiari	1:30–2:00 PM	2:30–3:00 PM	3:30–4:00 PM
Wrap-Up and Q&A	Prof. Isabella Chiari	2:00–3:00 PM	3:00–4:00 PM	4:00–5:00 PM



Join Zoom Meeting:
<https://uniroma1.zoom.us/j/84357647193>

A short presentation of the project.



The SAFE CHANGES Project is an innovative initiative co-funded by the **European Union under the Erasmus+ program Virtual Exchanges**, aimed at equipping facilitators, youth workers, and mentors with the skills and tools to support young people in navigating the digital world and building resilience. The project focuses on fostering safe internet practices, communication, mentorship, and career guidance to address challenges like cybersecurity, internet addiction, and social risks, aligning with the EU's mission to enhance education, inclusion, and career readiness globally.

Coordinated by **Sapienza University of Rome, Italy**, in collaboration with **key partner organizations in Turkiye, Lebanon, Tunisia, and Algeria**, this strategic partnership draws on the diverse expertise of institutions to deliver impactful, high-quality training programs.

The free online training engages **240 youth workers** across three cycles and five countries, providing hands-on modules covering topics like digital safety, communication strategies, mentorship techniques, and tools to navigate local labor markets. Participants gain practical skills to foster critical thinking, cross-cultural collaboration, and personal growth among youth, empowering them to address challenges and achieve their goals.

Upon completion, participants will receive a certification from Sapienza University, recognizing their expertise in youth empowerment and their commitment to fostering digital resilience and inclusion.

you will receive



» **An e-book and all powerpoints used during the training**

 **Toolkit for Training Activities**

» **Upon acknowledgement of 70% of attendance a final certification provided by**



SAPIENZA
UNIVERSITÀ DI ROMA



SAPIENZA
UNIVERSITÀ DI ROMA



SAPIENZA UNIVERSITY in Rome, Italy (www.uniroma1.it), is the largest university in Europe and has extensive experience in fostering student orientation and professional development. Each year, the university organizes events focused on job orientation, understanding the labor market, and preparing students for integration into the workforce. Through its Career Service, Sapienza equips students with essential tools for job searching, while offering permanent mentoring services and peer-to-peer support across all departments.

The university has developed specialized programs, such as Short Specialization Programmes in communicative and soft skills for life and the labor market. It also facilitates connections between students and companies through its JobSoul service, which maps opportunities and coordinates internships and apprenticeships. Beyond its university programs, Sapienza collaborates with the Territorial Unit LazioDisco to enhance employability for youth outside traditional academic paths. This includes analyzing youth needs, improving service delivery for territorial mobility, enhancing learning quality, and providing regional labor market insights.

The Safe Changes ToT trainingteam.



📍 **ISABELLA CHIARI (Rome, Italy)** is a Professor of Linguistics and Computational Linguistics at Sapienza University of Rome. She has authored over 70 books and journal articles, with a focus on communication, migration studies, and language education. Renowned for her expertise in corpus linguistics, multilingualism, and the interplay between language and identity, she has significantly advanced both theoretical research and practical applications in these areas. Isabella has led numerous international and EU funded projects. Fluent in multiple languages, including Italian, English, and Arabic, she combines academic skills with practical humanitarian efforts to foster cultural understanding and empower vulnerable communities. Isabella Chiari is Chief Coordinator of the Your Path project.

📍 **FIORENZA DERIU (Rome, Italy)** Fiorenza Deriu is a sociologist and professor at Sapienza University of Rome, where she serves as the Rector's Delegate for the Erasmus Mundus Program and for the coordination of the Erasmus+ Program 2021-2027. She is the President of the Bachelor's Degree Program in "Statistics, Economics, and Society" and directs the second-level Master's program in "Big Data: Statistical Methods for the Knowledge Society." She teaches several courses in sociology and statistics and is the academic coordinator for student mobility under the Erasmus Program. Additionally, she coordinates European projects such as the Jean Monnet module "SPEAK-UP" and the Erasmus+ project "ResearchCult." Her academic work is deeply intertwined with extensive research on topics such as gender inequalities, active aging, and social policies. As the author of numerous scientific publications, her recent studies focus on the theory of social investment, social housing policies, and violence against women. Her work combines teaching, research, and a strong commitment to European and international policies.

📍 **RAFIDA ALHAJALI (Hitchin, UK)** is a psychologist with a first-class BSc and a Master's in Clinical Psychology with commendation. She has extensive experience in trauma care, mentoring, and research, particularly focused on refugees and individuals with PTSD. Fluent in Italian, Arabic, and English,



Rafida has worked as a Recovery Worker Coordinator and Clinical Researcher, contributing to workshops and studies on trauma and mental health. She is passionate about cultural sensitivity and trauma-focused therapies, aiming to empower vulnerable populations through her work.

👤 **EMRE SÖNMEZ (Istanbul/Pavia, Turkiye)** is a dedicated professional holding Master of Science in World Politics and International Relations at the Università di Pavia. With a strong academic foundation, he holds a Bachelor of Science degree in Political Science and International Relations from Istanbul University, graduating with a remarkable GPA of 3.57/4.00. Emre has over eight years of experience as a civil servant at the Ministry of Justice in Turkey, working in Gaziantep and Istanbul. He is fluent in English (C1), a native Turkish speaker, and has intermediate proficiency in Italian (A2). Emre's academic interests include inequality, globalization, neoliberalism, and migration, enriched by an international perspective gained through an exchange program at the Pedagogical University of Krakow in Poland and is cooperating with Sapienza University in multiple European projects.

👤 **ALESSIA PIERRO (Rome, Italy)** Amal for Education aps Project Manager with experience in the design and monitoring of humanitarian projects, particularly in education, integration, and personal development. She holds an Erasmus Mundus Joint Master's Degree in International Humanitarian Action, with expertise in project cycle management, forced migration, international law, and donor procedures. Alessia has collaborated with organizations like UNDP, UNRWA, and Echo100Plus, contributing to knowledge management, emergency logistics, and field operations. She has led emergency distributions for displaced populations and supported stakeholder engagement and policy compliance, showcasing her ability to work under pressure in highly demanding contexts. Alessia's international background spans roles in Greece, Turkiye, and Jordan, reflecting her adaptability and commitment to global humanitarian efforts.

👥 **The supporting team** is composed by 8 tutors from Sapienza University from English and Anglo American Studies degree.

how to register



- » **Follow the link to access the registration form and choose registration language**

<https://tinyurl.com/25unb86f>

- » **Use the QR code and fill the registration form**



- » **Contact: info@amaleducation.net**