

'Role of A Youth Worker' Capacity Building Training Program

Facilitated by : Wathsaridu Karunarathna; Chathura Pieris
(Professional Youth Workers' Association, Sri Lanka)
Date : 7th October 2018
Time : 8.00 am – 5.30 pm
Venue : Institute of Technology, University of Moratuwa – Sri Lanka
Participants : 50 University students (Age 20-24)

Program Outline

It is a known fact that young people have been a part of most of the revolutionary incidents that happened all over the world either willingly or unwillingly. Therefore, it is of utmost importance that youth workers advocate for young people to identify their potential they possess in youthhood.

In the Sri Lankan context, University students happened to be a significant youth group who are manipulated by many external forces and personal agendas. Identifying the greater need for enabling and empowering these young people to explore their role in the society and dealing with value dilemmas, the facilitators from the **Professional Youth Workers Association Sri Lanka** organized a one-day capacity building training program titled 'Role of a Youth Worker'. The sessions were designed following the Module '**Ocean in a Drop**' (A module introduced by the Commonwealth, Pravah India, Community the Youth Collective and Professional Youth Workers Association Sri Lanka).

The training program covered the sessions of:

- Understanding 5th Space
- Role of youth worker
- Anatomy of discrimination
- Leadership styles and inputs for session design

With the increasing number of challenges faced by young people it was rewarding to see young people genuinely passionate about identifying their role in the society. The one-day training program was delivered on bilingual basis where each and every participant was equally valued and respected. It is imperative that young people actively engage in the decisions that directly affect their lives. Youth families, adults, organizations, policymakers and communities as a whole benefit when young people have a voice that is valued, utilized and mainstreamed. The learning commandments to *Make the learner responsible for learning; Introduce challenge in learning to draw learners out of their comfort zones and Build a win-win, fun informal atmosphere during learning* were practiced. It invoked their feelings as learning is enhanced by engaging emotions. The training program helped to increase their self-esteem, enhance leadership skills, increase sense of responsibility and take the role from self to society. Furthermore, it promoted resiliency by building on youth strengths, including energy, enthusiasm and creativity.

Mahatma Gandhi once said, "The best way to find yourself is to lose yourself in the service of others" - which is the core idea of the concept of 5th Space on Inside Out Leadership. The training program designed and implemented upon the Ocean in a Drop caused to develop an identity for themselves. In their journey to transform the world young people will find that at the same time they are themselves transformed.

Prepared by – Wathsaridu Karunarathna

A Civil Engineer by profession yet having extensive experiences in Advocacy, Youth Centric Development and Sustainable agriculture. A facilitator of the Professional Youth Workers Association Sri Lanka who is working towards building competencies of youth workers in Sri Lanka.

A Pictorial Report on 'Role of A Youth Worker' Capacity Building Training Program

