

<p><u>Name of the best practice :</u></p> <p>Youth Advisors (Jeugdadviseurs)</p>	<p><u>Organisation name :</u> JAC Oost-Brabant Contact name : Ruben Smets</p> <p>Adress : Redingenstraat 6, 3000 Leuven Phone number : 003216241035 email : ruben.smets@cawoostbrabant.be Website: www.jacoostbrabant.com</p>
<p><u>Summary :</u></p> <p>Youth Advisors is a project about friends helping friends! Youngsters have a tendency go to their peers when they have a problem (peer support). The purpose of this project is to try to get these young people to counselling. We give youth advisors some basic “tools” for helping their friends and it is a way for us to keep in touch with young people. Youth Advisors are also ambassadors for JAC. The project started more than 10 years ago. The course starts in February with a weekend. Here we work primarily experiential, and with the group (teambuilding). The program runs until June, there is a meeting every two weeks. There is not a fixed day on which the meetings will take place, it all depends on the group. During the meetings, we will always have lunch or dinner together. During each meeting we will work with different topics, chosen by the youth advisors (drugs, communication, friendship, ...). We focus on a group of about 15 youth advisors. For young people aged between 15 and 25 years.</p>	
<p><u>Required competences :</u></p> <p><i>Individual level</i></p> <p><u>General knowledge:</u></p> <ul style="list-style-type: none"> • Knowledge about different topics (Drugs, Friendship, Communication, ...) • Youth cultures • Experiential learning (it is not a sit-and listen course) • Young life styles • Young peoples hang outs • Young diversity <p><u>User knowledge:</u></p> <ul style="list-style-type: none"> • Being young (15-25) • Variety of motivation • Prerably also a variety of engagements. 	<p><i>Organisational level</i></p> <p><u>General knowledge:</u></p> <ul style="list-style-type: none"> • Low threshold (easy accessibility) • Ensure results of dialogue • Feedback of dialogue • Create fun and interesting meetings • Empower young people • Topics that are important for youngsters • Openness for youngsters to have influence and give input on subjects/topics • Local Organisations (welfare, ...) • Create an environment where young people want to be involved • Ongoing evaluation <p><u>User knowledge</u></p> <ul style="list-style-type: none"> • To be aware of Youth Advisors

<p><u>Skills:</u></p> <ul style="list-style-type: none"> • Up to dat on most topics (latest research) • Workshop skills • Communication methods • Experience of working with young people • Knowledge of JAC Oost-Brabant • Presentations <p><u>Social competencies/attitudes:</u></p> <ul style="list-style-type: none"> • Engage different young people • To be able to approach young people, talk to them • Approach and talk to other organisations who work with young people • Creativity • Open minded and easy going (not judging) • Reflectiveness 	<ul style="list-style-type: none"> • Help their friends better • Courage to be involved (this can be achieved through the process of meetings, gatherings) <p><u>Skills:</u></p> <ul style="list-style-type: none"> • Bounding between young people and JAC Oost-Brabant • Diversity of the dialogue • Ensure the selection of the participants • Outreaching, working together with partners for recruiting and attracting youngsters • Multiple communication methods, social media, face to face, formal promotion, ... • Solution focus skills • <p><u>Social competencies/attitudes:</u></p> <ul style="list-style-type: none"> • Open minded • Welcoming • Flexible • Engaging • Empowering •
<p><u>Useful tips / observations :</u></p>	

Best practice