



Education and Culture DG

'Youth in Action' Programme



# I-QUEST

## LEARNING DIARY

OWNER'S NAME: .....

### Intro: What's this tool about?.. And why?

*This TOOL* was developed especially for the pilot training course "Quest for Quality in Training and Networking Projects of the Youth in Action programme." (Q4Q TC in short) which took place in Tallinn, Estonia on the 15-20 of October 2011.

This Q4Q TC project was funded by **European Commission** under its **Youth in Action** Programme (YiA). Project is organised within the framework of the **Training and Co-operation Plan** (aka TCP) in co-operation between French, German, Hungarian and Estonian National Agencies of the YiA with direct support of respective sending National Agencies involved.

SALTO European Training Calendar link: <http://www.salto-youth.net/tools/european-training-calendar/training/q4q-quest-for-quality-in-training-and-networking-projects.2177/>

*The Q4Q team found I-QUEST* as one of the good, big, concrete outcomes of the TC. We got a definite confirmation that it is **a good tool to be used to support the learning process** (aka Youthpass process) and to make it a continuous process throughout the training course or any other learning opportunity. We saw many participants spending time with their I-QUEST even when the "official time" was over. We got positive feedback from the participants of the TC...

And so, we decided

... *to improve* the design of I-QUEST (to redesign it)

... *to complete* it following the suggestions of our participants

**AND**

**... to disseminate it and share this tool with a wider audience,  
so that YOU could explore, modify, adapt and use it according to your needs,  
and give us ideas for further improvements of I-QUEST! ☺**

# I-QUEST

## More info: what's that? Where did it happen? And why?

*The aim of the Q4Q TC* was “to train on the improvement of qualitative elements in Actions 4.3 / 3.1 Training and Networking projects (A4.3/3.1 T&N) of the Youth in Action programme.” Among many others, one of the key quality-elements was considered to be “supported learning process”. And at the same time the TC itself was trying to put those different key-elements for quality as much as possible into practice, among others supporting the learning process.

So, I-QUEST was from one side

*... a tool to support the learning process* of the Q4Q participants

and from the other side

*... a tool to develop participant's competences in planning and supporting the learning process* (when they are themselves taking a role of project co-ordinators, facilitators, trainers etc)

## How does it go? What is its logic? What is its flow?

*I-QUEST* is a learning diary.

The diary is following the flow of the TC Q4Q (see the daily programme attached) in a way that the participants could **step by step** define learning, learning objectives for themselves, note down their own learning and everything **related to learning and Youthpass** (<http://www.youthpass.eu>) through different little day-tasks related to learning, through sessions concerning learning and through reflection moments of the TC that were included in the program with questions and ways of reflection for each day.

The logic that I-QUEST is following (going all through the Q4Q) is as follows...

**Define learning for yourself → Set your learning goals → Reflect on your own learning and thinking processes through each day → Consolidate your learning throughout the TC → Reflect on importance of reflection, on different learning styles → Evaluate the supported learning process at the TC → Find ways to support the learning process of others → Relate the learning process to Youthpass as a tool**

## What did the participants think of this tool?

*I-QUEST got feedback from the participants* of Q4Q and all of them found it a very good tool, as something they would use with their own target groups (young people), as something they would adapt to their own needs... It was suggested to rethink about the design of the I-QUEST and to provide more space for different reflections. Also one participant found the tool was really useful, but he would like to have it also in virtual form, so that one could fill it in already online as not everyone is a “writing learner” anymore.

### Please, contact Q4Q TC team-members for Your feedback and ideas:

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## Q4Q TC DAILY PROGRAMME

*(the very final version of the programme is to be issued in the project's final report)*

	15 <sup>th</sup> of October 2011	16 <sup>th</sup> October 2011, Sunday	17 <sup>th</sup> October 2011, Monday	18 <sup>th</sup> October 2011, Tuesday	19 <sup>th</sup> October 2011, Wednesday	20 <sup>th</sup> October 2011, Thursday	
09:00	Arrival of Participants	Introduction to Q4Q	Youth work, non-formal education and intercultural learning in own contexts	VISIBILITY and DISSEMINATION of projects' results	Consolidating learning through the course	Departure of participants	
11.00		Break	Break	Break	Break		
11.30		Magnifying Q4Q Getting 2 know each other	From needs of young people to our field of action to youth policy	Key elements in a good quality project	Supporting learning processes and Youthpass as a tool		
13.00		Lunch	Lunch	Lunch	Lunch		
14.30		Competence and Quality in youth work	YiA, it's actions and our organisational realities	The quest for quality challenge: work with a project's APPLICATION	Visibility and dissemination of Q4Q		
16.00		Break	Break	Break	Break		
16.30		Non-formal learning and Intercultural learning	QUALITY as a concept Visibility and Dissemination	Future perspectives	Evaluation of the training		
18.00		Reflection time	17.10 city time	Reflection			
19.00		Dinner	Dinner	20.00 Dinner out	Dinner		dinner
20.30		Welcome evening!!	Intercultural Evening	Night out	Games, chat, relaxation		Farewell Party

### CO-ORGANISERS:



**JUGEND für Europa**  
Deutsche Agentur  
für das EU-Programm  
JUGEND IN AKTION

*living europe*



DG Éducation et culture

**Programme «Jeunesse en action»**  
Agence française du Programme européen  
Jeunesse en action



MOBILITÁS



# DEAR Q4Q TC PARTICIPANT!

## I-QUEST IS YOUR LEARNING DIARY.

IT HELPS YOU ON THE 4-DAYS Q4Q JOURNEY IN FINDING YOURSELF AS  
AN INFINITE LEARNER.

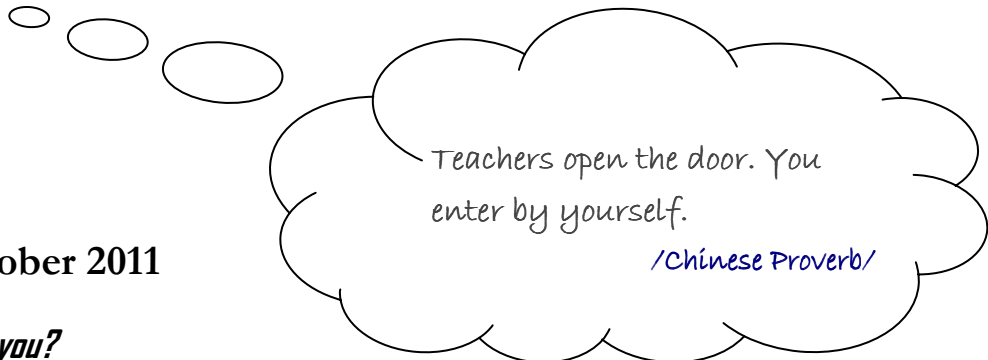
YOUR WISHES, YOUR WAY OF BEING AND BEHAVING, YOUR WAY OF  
SEEING THE WORLD AND YOURSELF.

IT HELPS YOU TO DEFINE LEARNING FOR YOURSELF,  
FIND YOUR PREFERRED WAYS OF LEARNING,  
PREFERRED CORNERS AND COMPANY FOR LEARNING,  
DEFINE YOUR NEEDS AND OUTCOMES OF LEARNING.

IT HELPS YOU TO PUT YOUR LEARNING INTO CONCRETE FORM  
- A WORD, A PHRASE, A PICTURE, A MUSIC, A SYMBOL -  
SO YOU CAN ALSO USE IT IN YOUR CONTINUAL LEARNING JOURNEY  
AFTER THOSE FOUR DAYS.

IN YOUR I-QUEST YOU CAN PUT DOWN YOUR LEARNING,  
THAT IS ALSO  
YOUR IDEAS, ABSTRACTIONS, DISCOVERIES, NEW QUESTIONS,  
CONCLUSIONS ...

USE THIS I-QUEST NOT AS A MUST, BUT AS A POSSIBILITY...  
DON'T TAKE IT AS A LAW, BUT AS A SUPPORT FRAME - A PLATE  
WHERE YOU CAN GATHER YOUR FAVOURITE SNACKS...



Day 1 – 16<sup>th</sup> of October 2011

**LEARNING - what is it for you?**

*GLUE HERE A PICTURE  
THAT IN SOME WAY  
ANSWERS THIS QUESTION FOR YOU*

**KEY-words of learning:**

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## LEARNING OBJECTIVES

Have a look on your own expectations for this Q4Q training course!

What do you expect?

And what about learning?

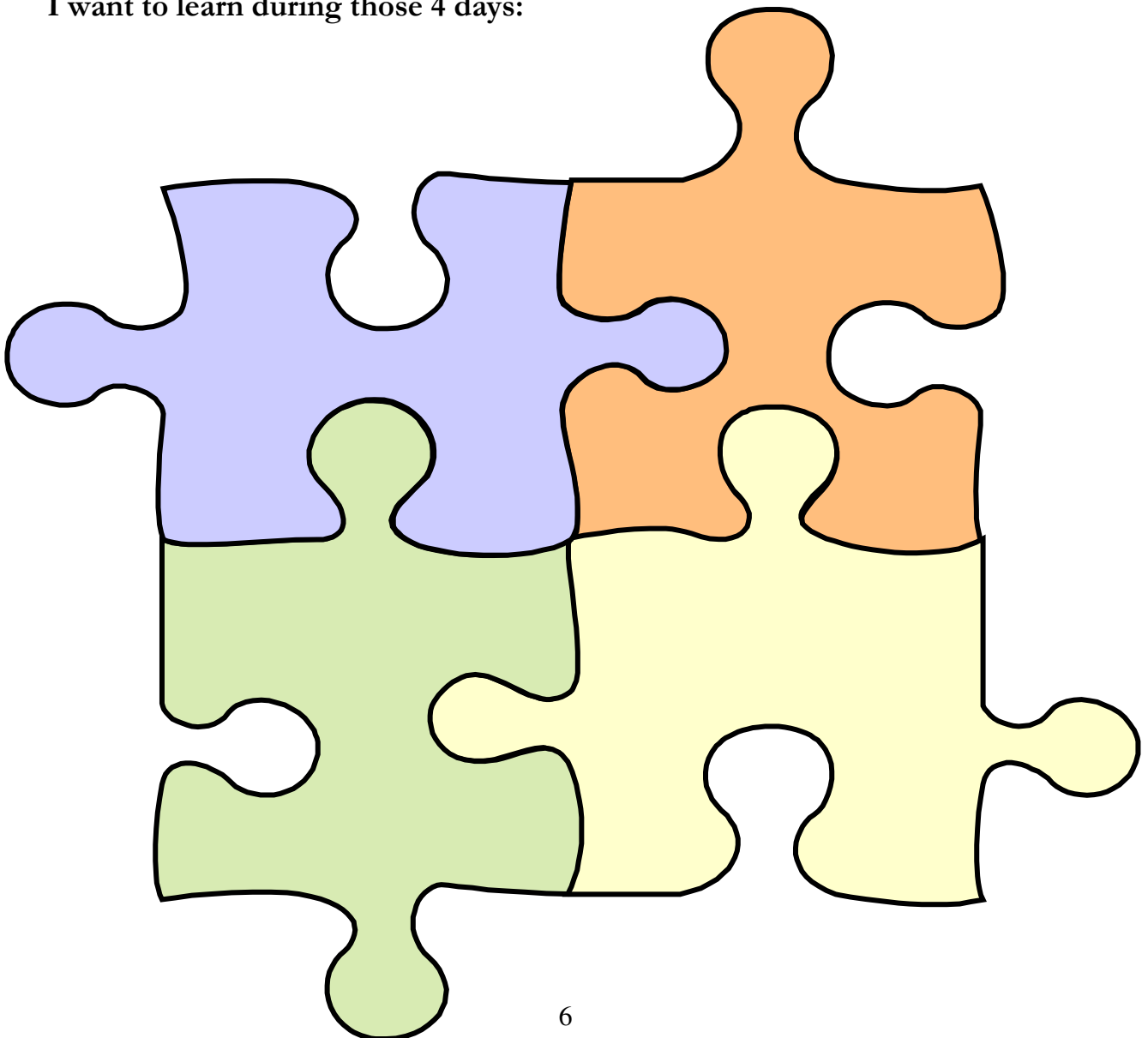
What do you want to learn during those 4 days?

Be as concrete as you can!

*(It can be knowledge. It can be a skill. It can be an understanding of something. It can be a new idea. It can be confirmation to something. It can be a conclusion. It can be a new fact. It can be answer to a question. It can even be a question itself!  
...It can be what ever you consider learning to be!)*

[Remember – the opened door is not yet learning! Going through it is... ]

**I want to learn during those 4 days:**



## NOTES

*... whatever you find important to note down about learning and reflection (LLL, group reflection, etc) today...*

## GROUP REFLECTION (15')

- How was the day?
- What do you expect from tomorrow?

**PERSONAL REFLECTION – Use words /symbols /pictures... Choose a music, a quotation, ... [30']**

- ***What NEW or OLD NEW did you get from this day?***(It can be a new knowledge, a discovery / a rediscovery, realizing something about yourself, a question that raised in your head, a conclusion that you made, a new fact, a new way of doing something, confirmation to some idea of yours, ...)
- ***Your own participation and responsibility taking:*** what are you satisfied with about your own participation? What could you do different tomorrow as to taking responsibility for learning and participating?



Day 2 – 17<sup>th</sup> of October 2011

Perplexity is the  
beginning of knowledge.

*/Kahlil Gibran/*

**TASK OF THE DAY:**

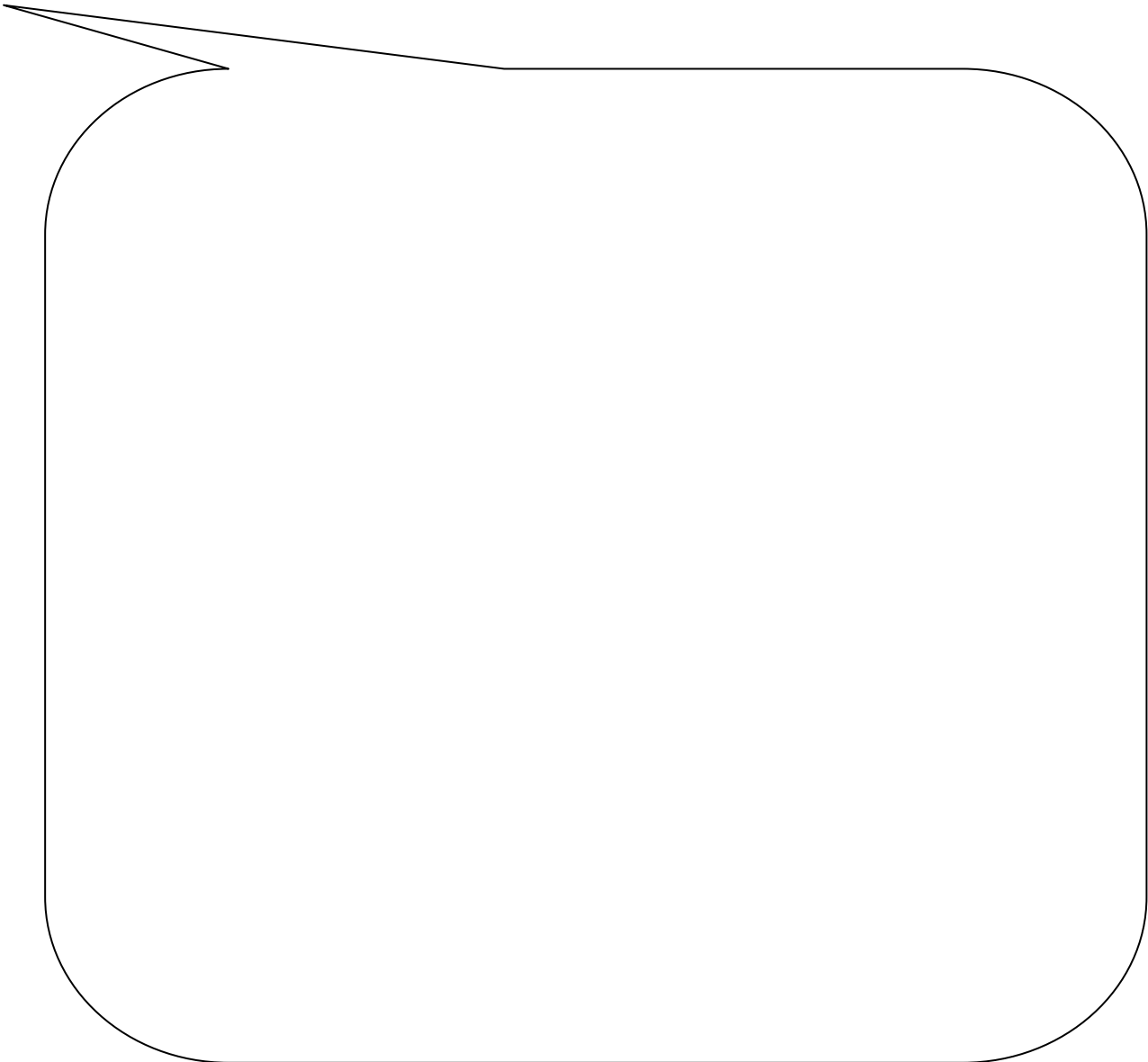
**Observe yourself and what happens in your head.**

**And write down EVERY QUESTION that runs through your head during this day!**

**Not only directly topic-related questions, but also the ones that somehow immerge from some discussion, group work etc...**

**NB!** *Special attention to the questions that appear linked to things that **you thought you knew** or things that always **seemed so natural** that you never questioned them! And also the questions that **cannot be answered** too easily by trainers, other participants, your mom, your spiritual teacher...*

**My questions:**



**STOP NOW! What were you thinking about? What was happening in your head right now?**

.....

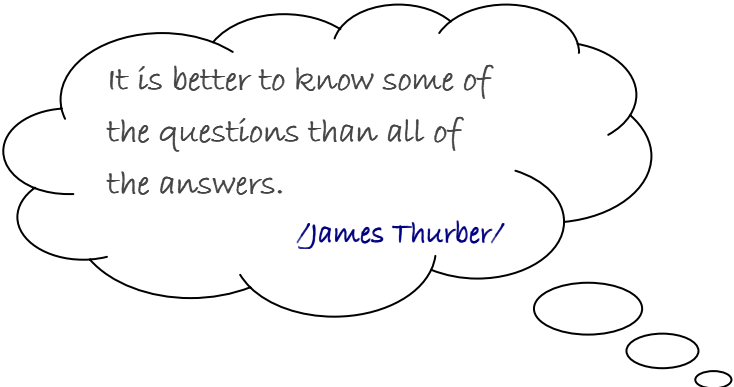
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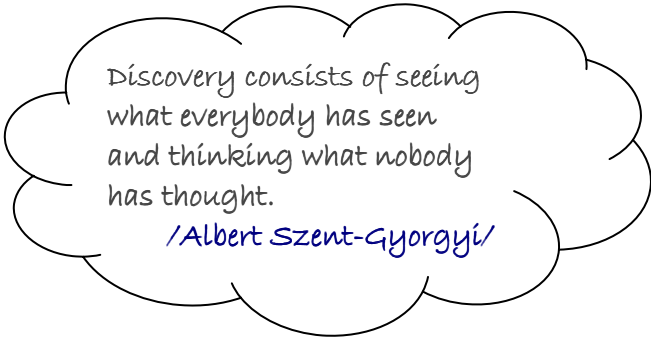
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**BUDDY REFLECTION – Discuss the following questions with your reflection buddy on the way to town!**

- What did you **like / not like** today about the **sessions**?
- What did you **like / not like** today about your **own participation**?
- Any **answers** that you got today?
- Any **questions** that you got today?
- What did you **learn** today?



Day 3 – 18<sup>th</sup> of October 2011



Discovery consists of seeing  
what everybody has seen  
and thinking what nobody  
has thought.

*/Albert Szent-Gyorgyi/*

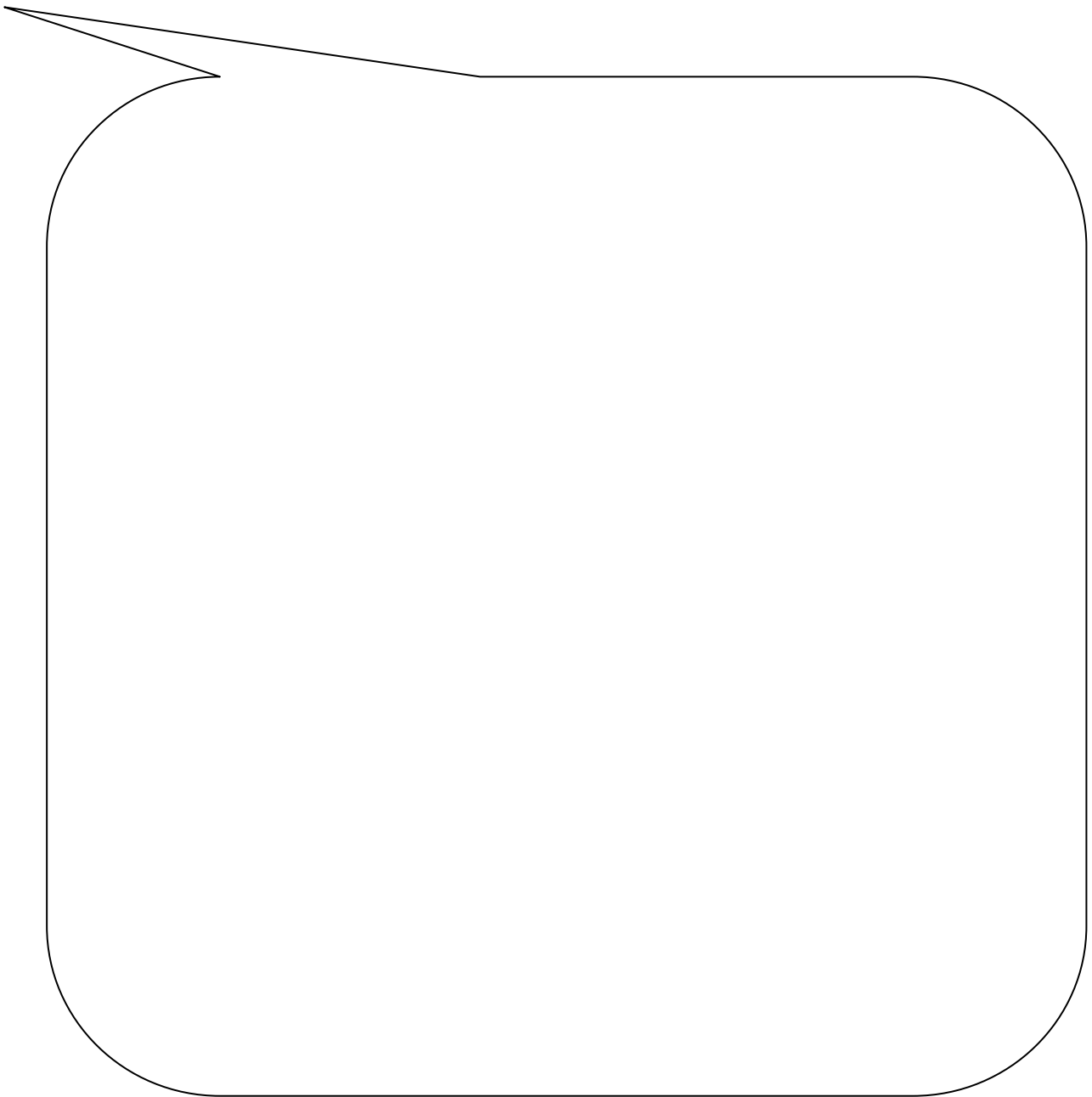
**TASK OF THE DAY:**

**Observe yourself and what happens in your head.**

**And write down EVERY NEW THOUGHT, REFLECTION, IDEA that runs through your head during this day!**

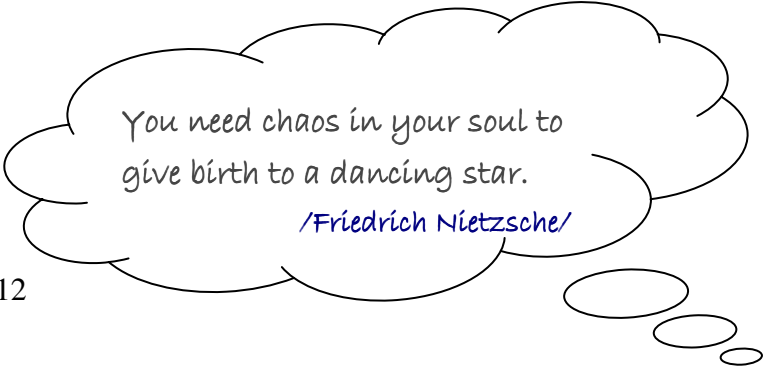
**Not only directly topic-related ideas, but also the ones that somehow immerge from some discussion, group work etc...**

**My abstractions, reflections, thoughts, discoveries...**



**PERSONAL REFLECTION – Use words /symbols /pictures... Choose a music, a quotation, ... [20']**

- *What new things have you got during this training?*
- *Have you learnt / discovered something new about yourself?*  
[It can be your reactions to something, your behaviour in different situations, your feelings about some activities, what you like what not etc]

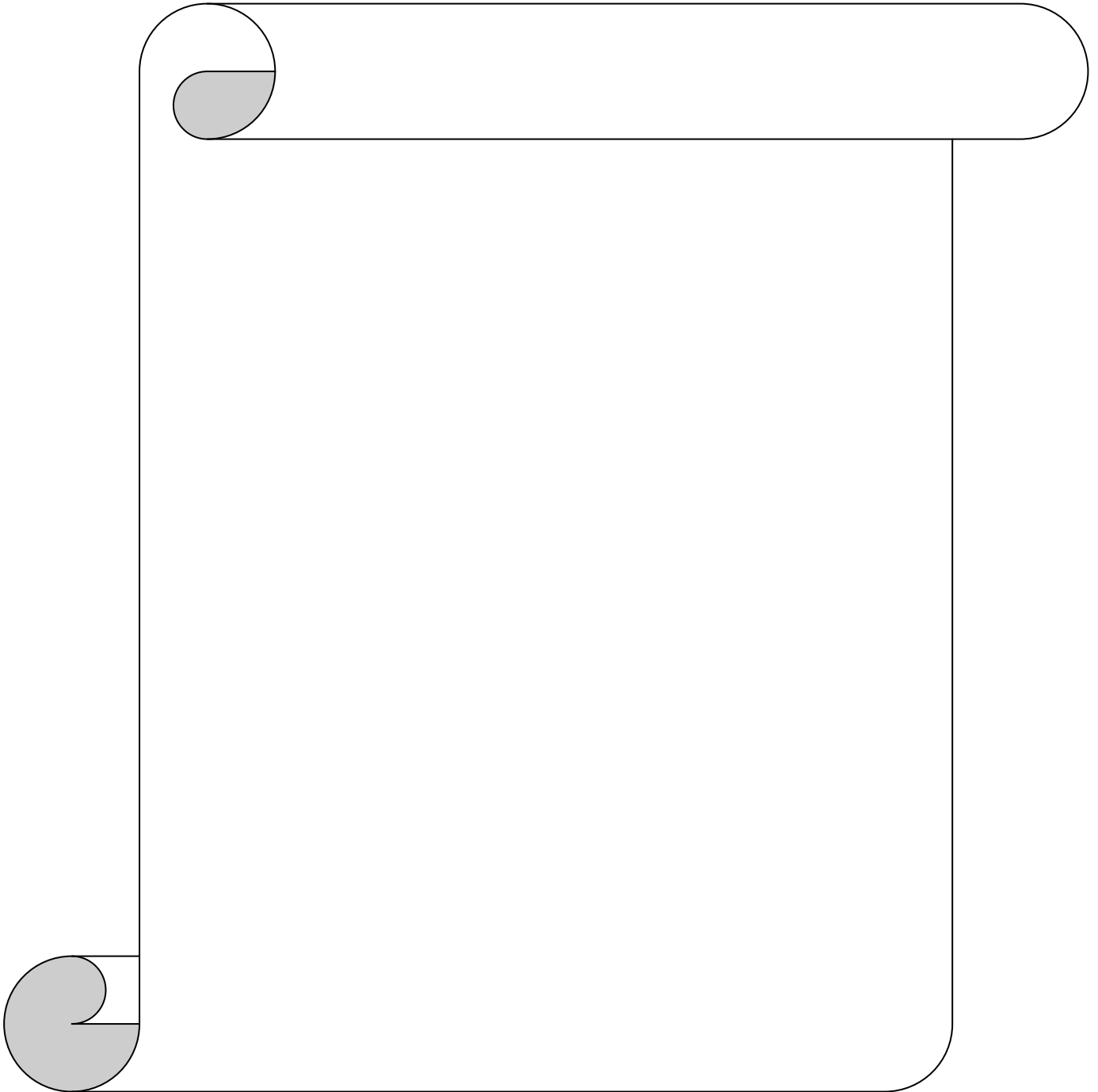


You need chaos in your soul to  
give birth to a dancing star.

*/Friedrich Nietzsche/*

## NOTES

*... whatever you find important to note down about learning and reflection (group work, group reflection, etc) today...*



### **GROUP REFLECTION [25']**

- *Share your personal reflection*
- *How was this day?*
- *What do you expect from tomorrow - the last day of the TC:*
  - *What do you expect from yourself?*
  - *What from the TC (other participants, organizers, trainers)?*

Day 4 – 19<sup>th</sup> of October 2011

**TASK OF THE DAY:**

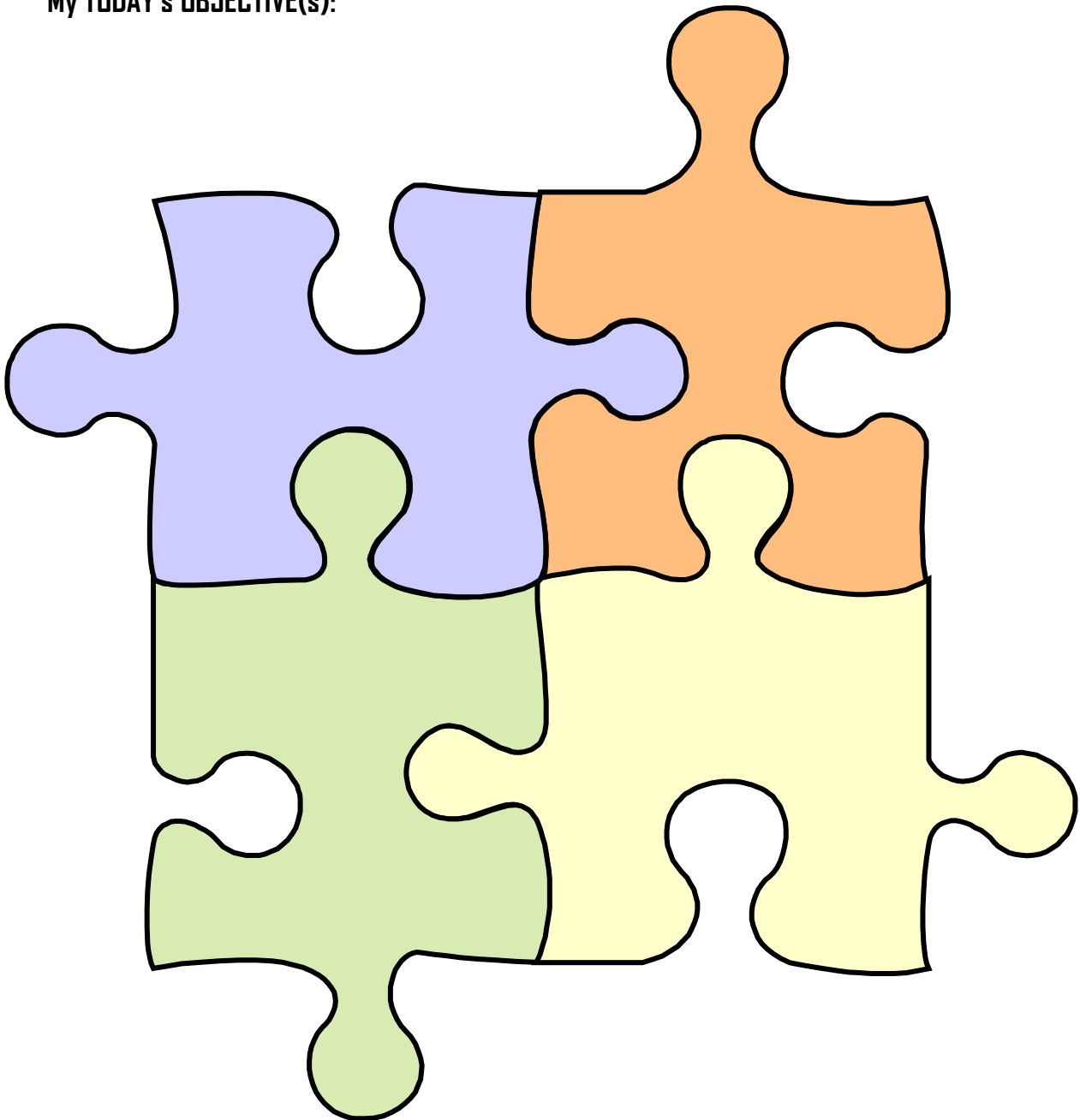
**Look back to your LEARNING OBJECTIVES!**

- Did you learn some of this?
- What is still not fulfilled?
- **Choose/define at least 1 question/objective** (knowledge / skill / learning / ...) that has to get an answer/solution today and **take the responsibility** for getting it answered!

Experience is not what happens to a man; it is what a man does with what happens to him.

*/Aldous Huxley/*

**My TODAY's OBJECTIVE(s):**



**WHAT HAVE I LEARNT? [skills, knowledge, attitudes]**

<b>What?</b>	<b>How?</b> (which method, activity, ...)	<b>When?</b> (free time, specific session, continuous process ...)	<b>With whom?</b> (alone, group work, one to one discussion...)	

**MY PREFERENCES in LEARNING**

*GLUE HERE*

*THE QUESTIONNAIRE OF*

*PREFERENCES*



**WHY IS REFLECTION NEEDED?** [list down arguments]

.....

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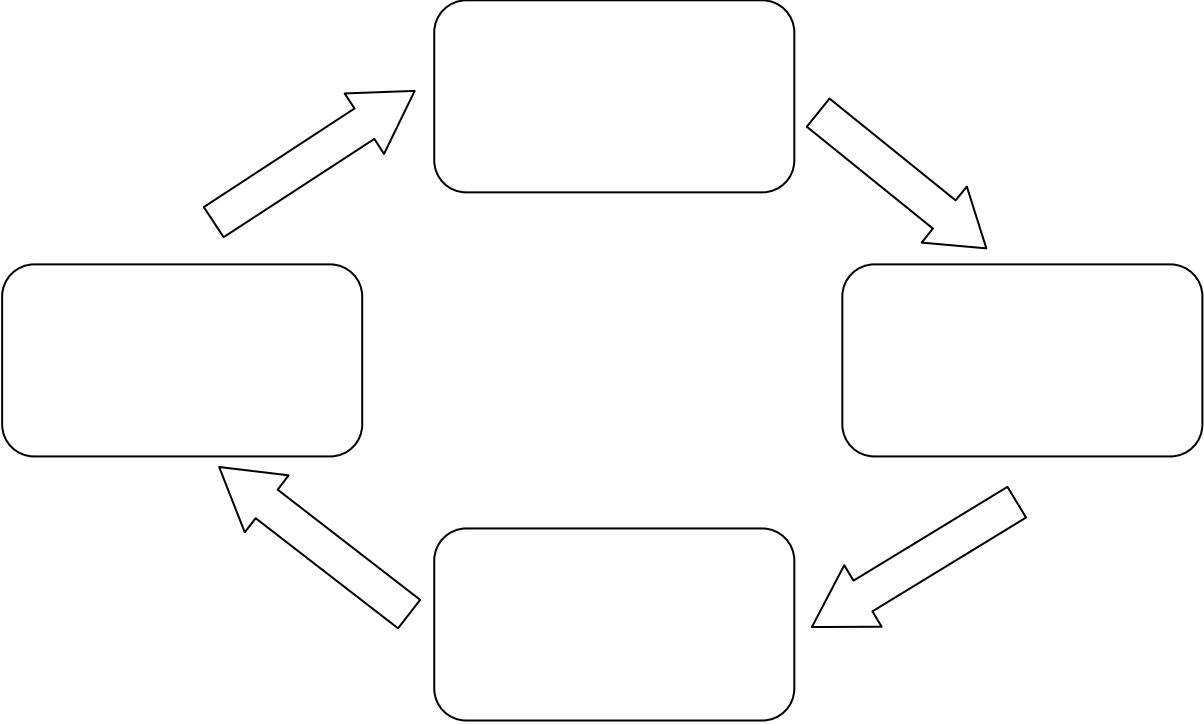
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**EXPERIENTIAL LEARNING CYCLE**



**NOTES**

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NEEDED CONDITIONS FOR LEARNING TO TAKE PLACE

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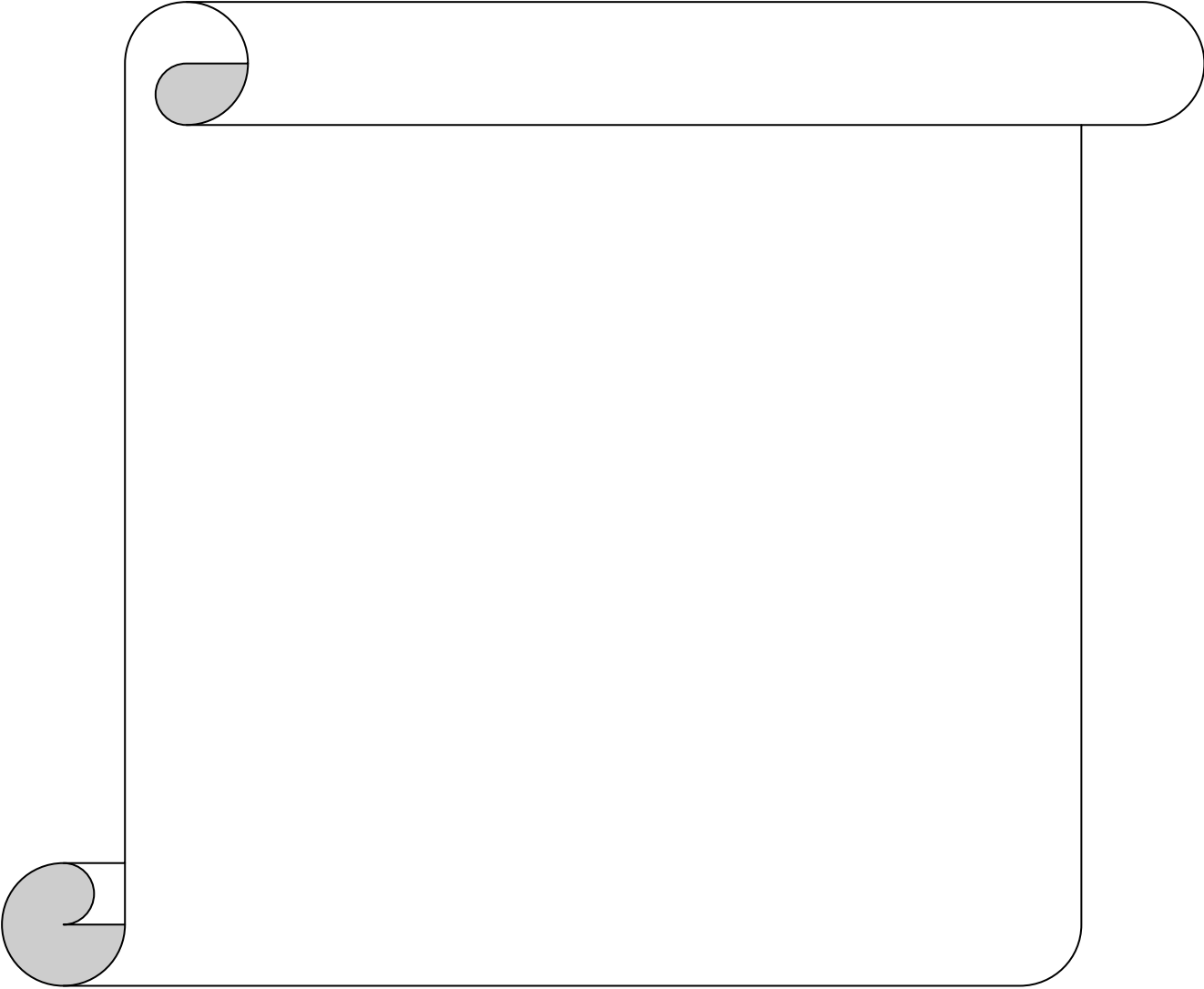
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Learning is not compulsory... neither is survival.  
W. Edwards

**LEARNING STYLES**

**NOTES**

... what ever you find important to note down from this session about learning styles...



**What about ME?**

In a new learning situation I usually choose *to do / to watch*. (participation/ observation)

In a new learning situation I usually choose *to feel / to think*. (use feelings-intuition / use reason)

My preferred learning style is .....

My least liked learning style is .....

*YOU CAN GLUE HERE*  
*SOME MATERIALS PROVIDED*  
*OR ANYTHING ELSE*  
*YOU FIND IMPORTANT*  
*ABOUT THE TOPIC*

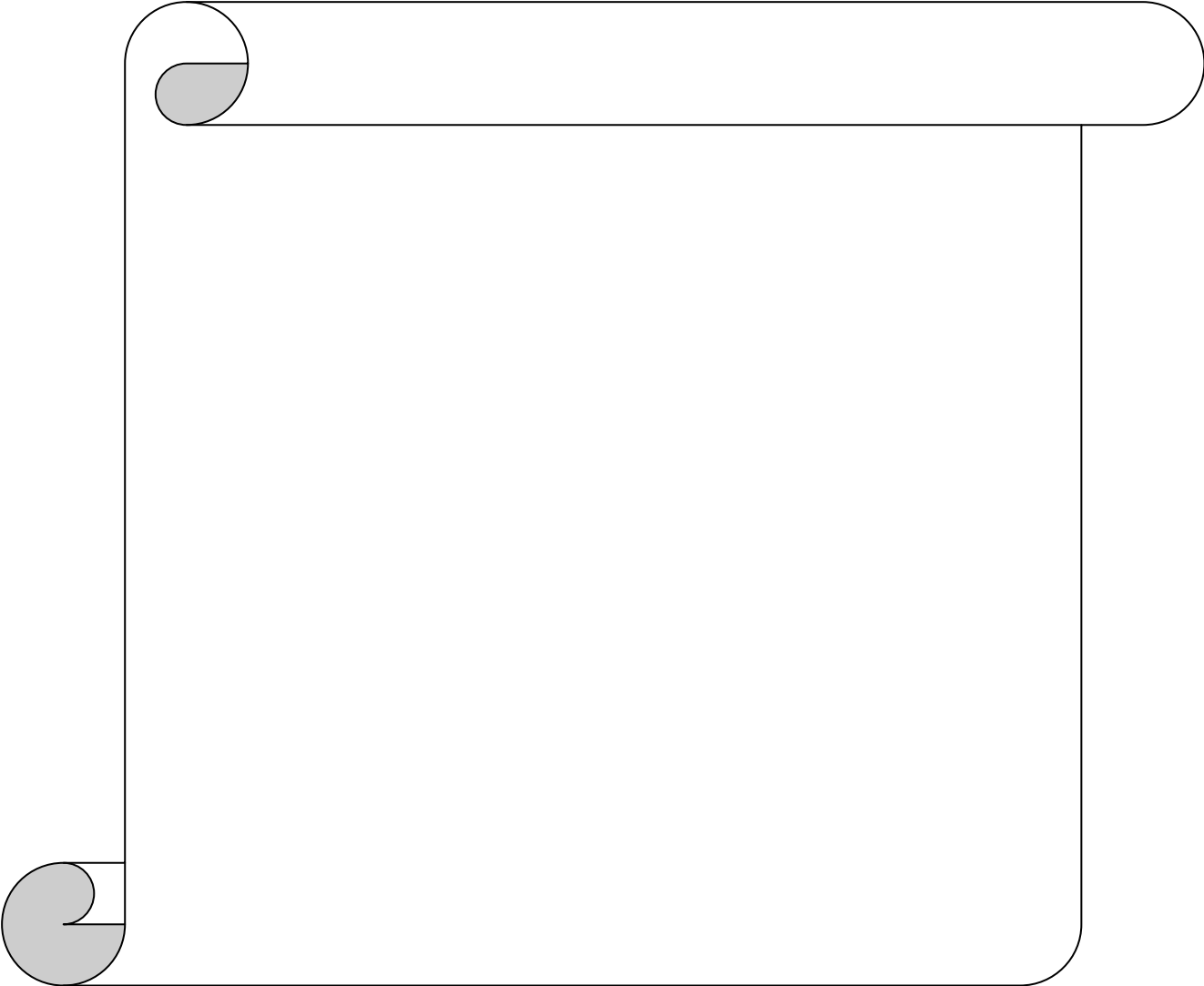
If the facts don't fit the  
theory, change the facts.

*/Albert Einstein/*

**INTELLIGENCES**

**NOTES**

... what ever you find important to note down from this session about different intelligences...



**What about ME?**

**My strongest intelligences are .....**

**My weakest intelligences are .....**

**In the first place I'd like to develop these types in myself:**

.....

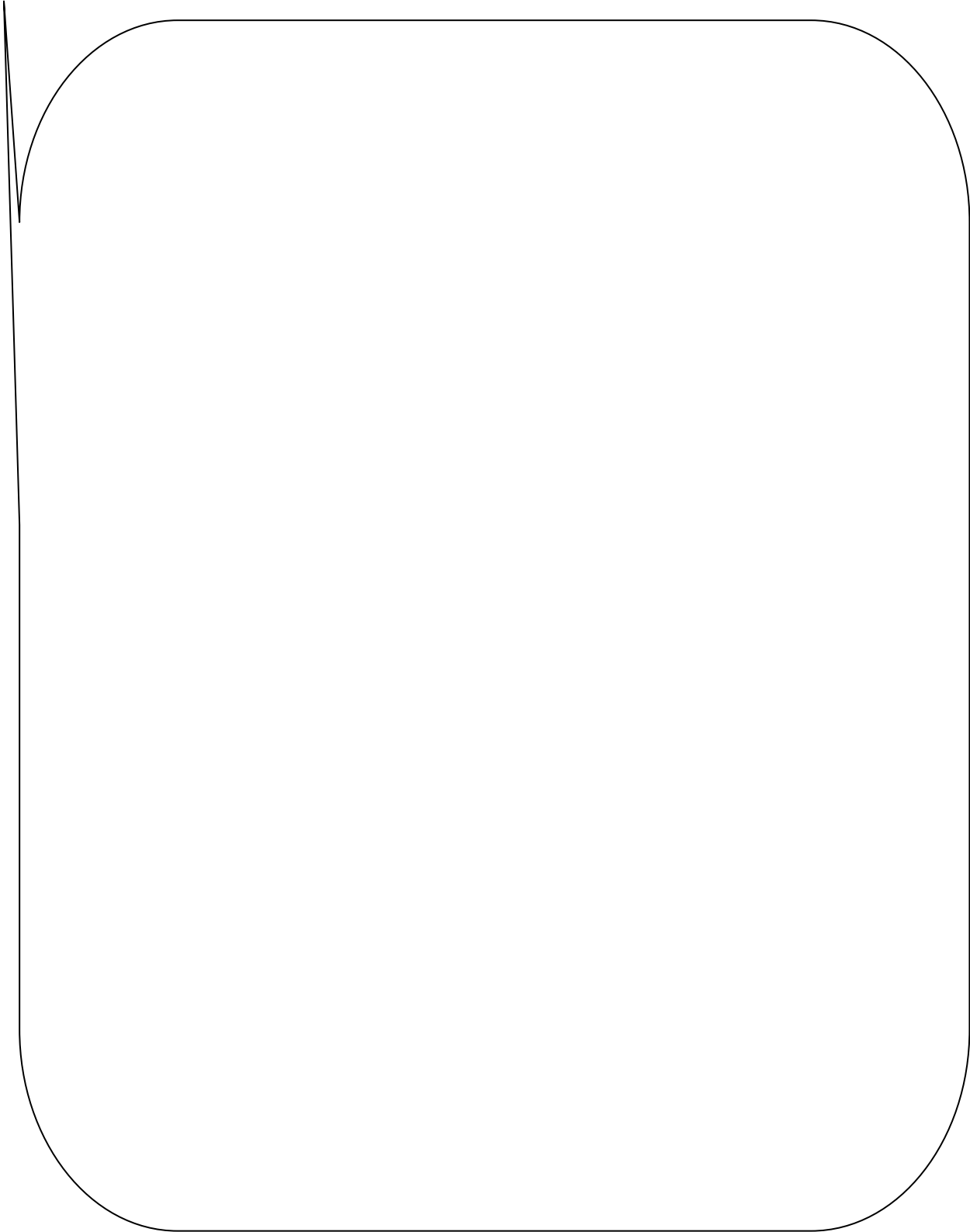
*YOU CAN GLUE HERE*  
*SOME MATERIALS PROVIDED*  
*OR ANYTHING ELSE*  
*YOU FIND IMPORTANT*  
*ABOUT THE TOPIC*

Whenever you are asked if you can  
do a job, tell 'em, 'Certainly I can!'  
Then get busy and find out how to  
do it.

*/Theodore Roosevelt/*

# SUPPORTED LEARNING PROCESS

- What **support measures for learning** did we use at the Q4Q training?
- Did we and how did we consider different learners, **different learning styles**?
- How much did we focus on **different intelligences** in our methods and ways to conduct sessions?



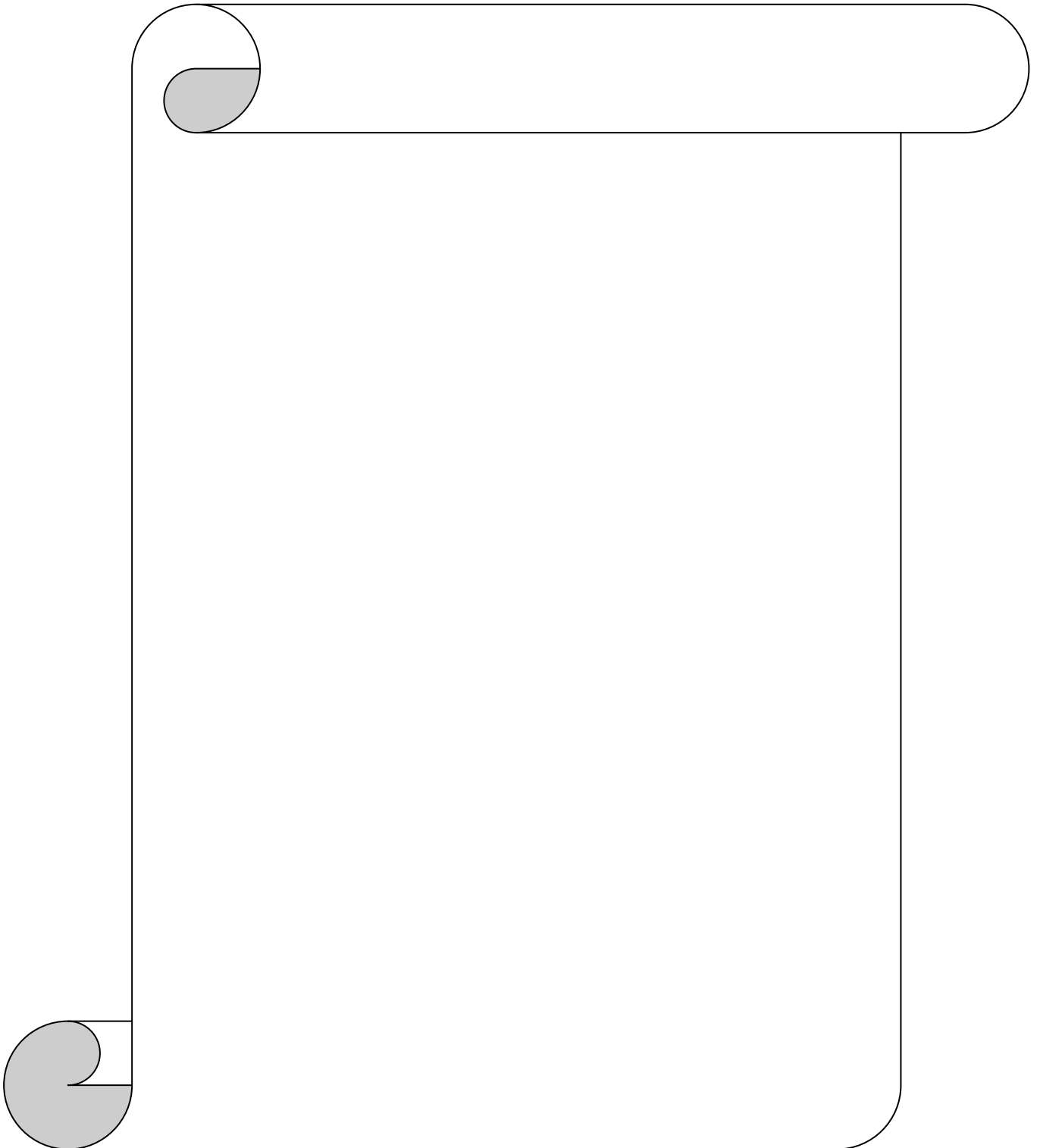
## YOUTH PASS

What is it?

Why is it?

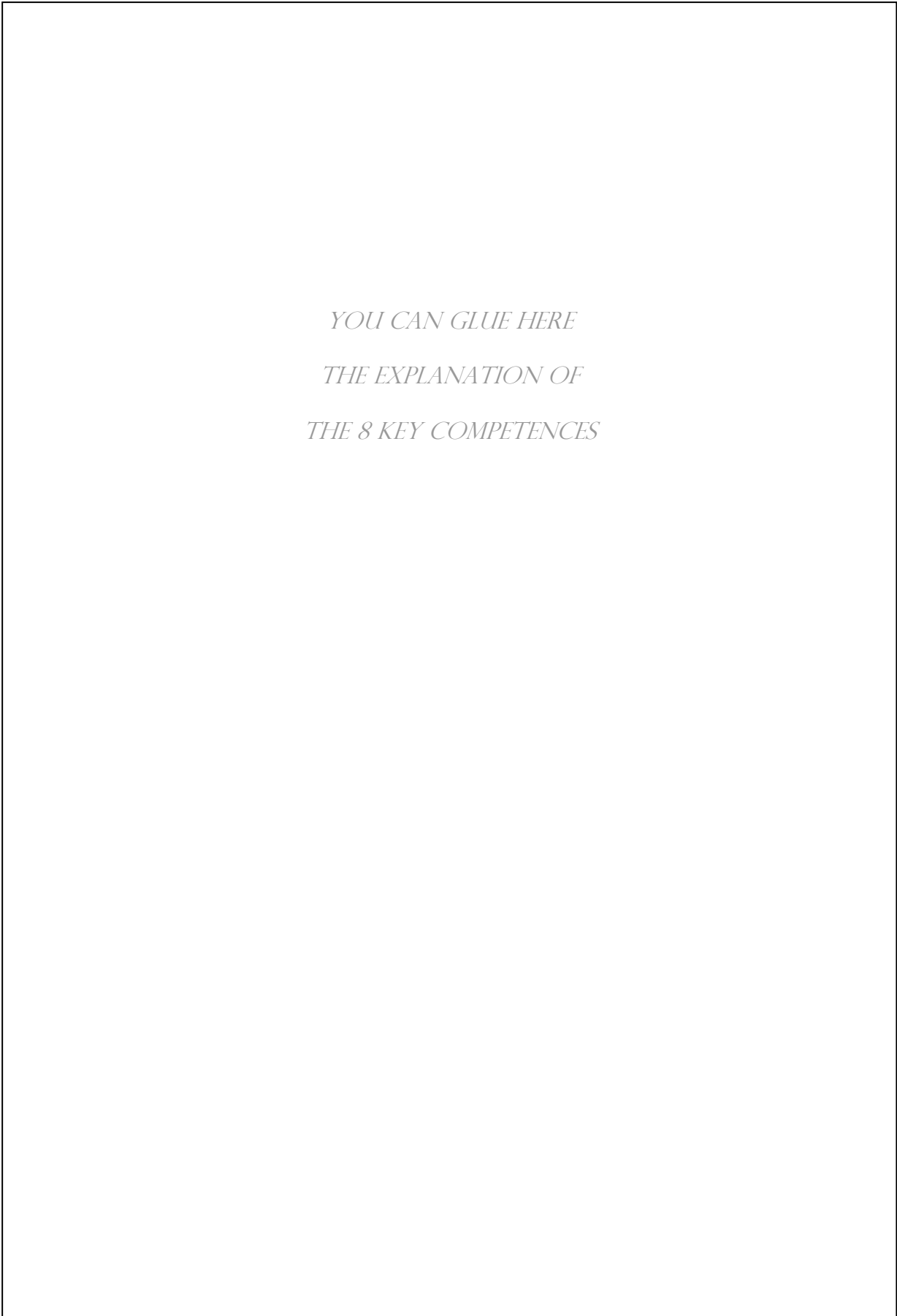
How did it come?

...?





**KEY COMPETENCES**



*YOU CAN GLUE HERE  
THE EXPLANATION OF  
THE 8 KEY COMPETENCES*

## MY key competences

### 1. Connect your learning with key competences!

- Look back to the grid where you wrote down your learning from this Q4Q training!
- The last column of the grid is empty. Write "key competence" as title!
- Write down the category of the corresponding key competence after each of your learnings!

### 2. Describe 1, 2 or 3 of your gained competences hereby as for Youth Pass!

- Write as short as possible and as much as needed!
- When describing a competence, tell what it is, how (which activities, methods), when (1 workshop, throughout the training, personal reflection, ...), with whom you gained this competence.
- Also add, how and why can this competence be useful for you in the future.

Competence: .....

Description:

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Competence: .....

Description:

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Competence: .....

Description:

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