



2ND PROJECT ARTICLE

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Know and Can

Empowering Educators through Practice: Know and Can's Experience in the "On My Feet" Training

In May 2024, representatives of the **Know and Can Association** took part in the international training for educators in **Prague, Czech Republic**, as part of the *On My Feet* project. The training gathered professionals working with young people from disadvantaged backgrounds, aiming to improve their teaching strategies, boost youth engagement, and foster key life and career skills.



The training introduced us to a **rich and well-structured educational course**, composed of **10 thematic modules**, each packed with interactive, reflective, and experiential activities. The



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course's design perfectly aligned with the project's goal—developing soft skills, emotional literacy, and critical thinking among vulnerable youth.

What We Learned:

Personality and Inclusion (Module 1)

We explored personality typologies and their classroom impact. Using creative tasks like “Playful Portraits” and “The Human Knot,” we saw firsthand how understanding individual traits boosts inclusion and team dynamics.

Communication Matters (Module 2)

Through verbal, non-verbal, and written communication games, we discovered how tailored communication strategies help each learner express themselves confidently—especially important when working with at-risk youth.

Cooperation and Teamwork (Module 3)

Interactive sessions like *Magic Maze* and *Tropical Storm* taught us to foster trust, cooperation, and leadership from an early age—skills vital for both education and employment.

Assertiveness and Emotional Literacy (Module 4 & 8)

Video-based reflections, role plays, and emotion-driven games showed us how to build classroom cultures rooted in respect, confidence, and emotional awareness.

Critical Thinking and Argumentation (Modules 5 & 9)

From analyzing fake news to debating real-world topics, these modules emphasized critical thinking as a life skill. Learners engaged deeply through videos, black stories, and argument simulators.

Self-Presentation and Public Speaking (Module 6)

Through elevator pitches and simulators, we practiced boosting students' confidence and articulation—essential for social integration and future careers.

Conflict Resolution and Life Planning (Modules 7 & 10)

Activities like “Where Are We Going to Camp?” and “Ikigai” encouraged problem-solving, self-awareness, and goal-setting, ending the course with a powerful message of purpose and growth.



Final Thoughts

The *On My Feet* course is not only a training for youth educators—it is a complete guide for building **empathy, resilience, and agency** in learners. For us at Know and Can, the experience in Prague was both enriching and practical. We returned inspired and equipped to adapt these methods into our local context, ensuring that **young people from disadvantaged groups have access to engaging, transformative education.**

