

STYPA 2020

What to expect...



European Patients Forum



PEOPLE
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Youth Group

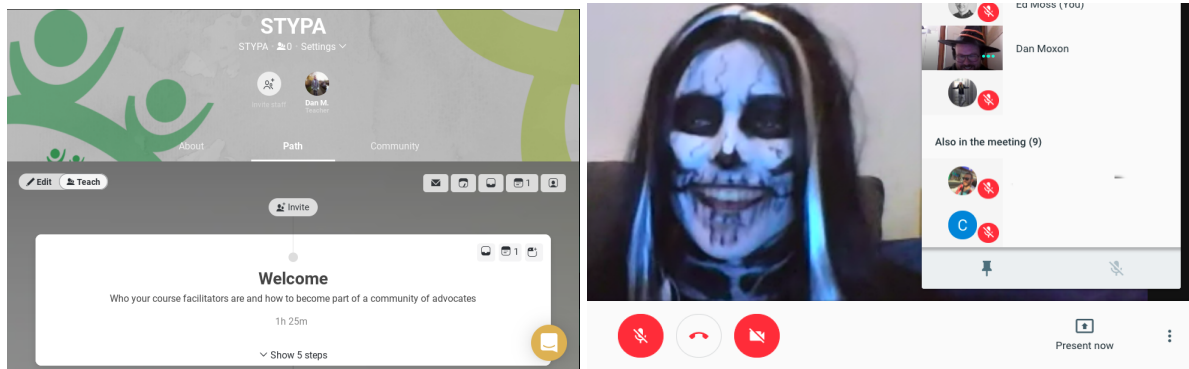
Introduction

The Summer Training Course for Young Patient Advocates (STYPA) is a European Patients Forum (EPF) project which supports young patient advocates to develop their advocacy skills. Now in its fourth year, this year we hope to have nearly 50 young advocates taking part from across Europe.



The purpose and nature of the STYPA 2020 programme is to support, through high-quality training and coaching, young patient advocates or representatives of young patient advocates who have the motivation to learn more about patient advocacy and maximise their leadership potential in real environment settings.

How will the programme work ?



STYPA has always used a mixture of online learning, webinars and a face to face training courses to support its participants. Sadly, due to COVID-19 restrictions we can't safely run the face to face course that was planned for July this year. So instead we will expand the online components and webinars to make sure STYPA participants still have a great experience. You will need access to a computer or tablet that is connected to the internet and capable of video chat to take part in the programme. Mobile devices can be used, but they are not recommended.

This means as a STYPA participant you will be actively collaborating with young patient advocates from across Europe, from May to October. This happens through a series of online line hangouts, and a dedicated online platform that teaches you everything you need to know about advocacy, as well as helps STYPA participants interact with each other as the programme develops. The programme has two phases "Learning Together" and "Team Challenges".





★ Phase 1 - Learning together

This phase starts at the end of May 2020 and lasts until July (see the next section for dates.)

The online learning platform

At the start of the programme you will be given access to an online learning platform containing videos, activities, and tasks to do together with other participants on the theme of advocacy. New content will be released on the platform every two weeks. You should expect to spend at least 1 hours per week on the online tasks from the end of May to the start of July.

Whole group online hangouts

From May to July all STYPA participants will take part in a series of online hangouts. These take place roughly every two weeks and last 1.5hr. These will help you connect with other advocates in the programmes, and explore your advocacy work in more detail.

★ Phase 2 - Team Challenges

This phase runs Mid July 2020 until the end of October (see the next section for dates.)

Team webinars and team leaders

In July participants will be split into small teams around 8 to 10 advocates. Each team will be led by a Team leader, who will be a STYPA graduate from last year's programmes. Teams will have a team hangout once a month lasting 1.5hr. You will work together with your team to undertake your own advocacy campaigns and projects, based on the topics and causes you are interested in.

Team challenges

To help teams with their advocacy projects they will be set a series of 'team challenges'. Each challenge is an activity that you can do that will help you with your advocacy campaign. Teams are awarded points based on the challenges they complete, and compete against each other to be STYPA 2020's winning team. The challenges are things that you do in real life, as part of your role as an advocate - it could be things like organising a petition, or meeting with a decision maker. How much time you put into these is up to you - it is based around your project.

The people supporting you

EPF is an umbrella organisation that works with patients' groups in public health and health advocacy across Europe. Our members represent specific chronic disease groups at EU level or are national coalitions of patients. EPF also has a very active Youth Group of young patient advocates, who guide and direct EPF's work.

EPF commissions People, Dialogue and Change (PDC) to provide training and support for STYPA participants. PDC specialises in supporting youth advocacy and youth activism.

Staff from EPF and PDC work together to deliver the programme.

Borislava Ananieva - EPF Youth Strategy and Capacity Building Assistant



Borislava joined the EPF Secretariat team in May 2019. She is a two-time kidney transplanted patient and a founding member of the EPF Youth Group. Currently she is the EPF Youth Strategy Assistant, working on the EPF Youth Strategy connecting the Youth Group to the Secretariat and representing the young patient perspective in a range of activities.

Elena Balestra - EPF Membership & Capacity Building Manager



Elena joined EPF in April 2017. As Membership and Capacity Building Manager, she is responsible for liaising with the EPF members, the Membership strategy and the Capacity Building Programme

Dan Moxon - PDC Director



Dan is a trainer and researcher in the field of youth activism and youth participation, working with multiple organisations across Europe to enable them to support young people's voices.

Ed Moss - PDC associate



Ed is a coach and trainer with over 10 years expertise in facilitation, training and support. He supports a variety of individuals and organisations with growth and change.

Meelika Hirmo - PDC associate



Meelika is an expert on communication and advocacy campaigns. She has coordinated various local, European and global civic society projects in the field of youth and democracy, environment, culture and active citizenship in general.

As well as the people above in the second phase of the programme you will have a dedicated team leader, who will be a former STYPA graduate.



Want to contact the team?

The team is here to provide you with support from the moment the training launches at the end of May until it finishes at the end of October.

You can reach out to us at any time for advice and support on your advocacy work. - you don't have to wait until the online hangouts.

After the training launches in May, you can get in touch:

- By using the project Whatsapp group - you will get details of this soon.
- By emailing projects@peopledialoguechange.org

If you have enquiries before the projects starts, you can get also get touch with Borislava on borislava.ananieva@eu-patient.eu



Key dates



Phase 1- Learning together

- Online platform opens - Approx 9th May
- 1st whole group online hangout - 19th May
- 2nd whole group online hangout - 2nd June
- 3rd whole group online hangout - 16th June
- 4th whole group online hangout - 30th June (tbc)
- 5th whole group online hangout - 6th July
- 6th whole group online hangout - 8th July

All team hangouts take place from **19.30-21.00 pm Central European Time**. (That's 18.30-20.00 UK time and 20.30 - 22.00 Eastern European Time)



Phase 2 - Team Challenges

During this phrase, participants attend only their own team's hangout. Teams meet on different nights of the week and during the programme you can choose which team you join based on which times you are available.

Team Hangouts			
<i>Team Monday</i>	<i>Team Tuesday</i>	<i>Team Wednesday</i>	<i>Team Thursday</i>
27th July	28th July	29th July	30th July
24th Aug	25th Aug	26th Aug	27th Aug
21st Sept	22nd Sept	23rd Sept	30th Aug
19th Oct	20th Oct	21st Oct	22nd Oct

There are also two whole group hangout where **all participants from all teams** join

- Advocacy challenges hangout- drop in advice session - 6th September (tbc)
- Celebration event hangout- to mark the end of the programme - 29th Oct

All hangouts take place from **19.30-21.00 pm Central European Time**. (That's 18.30-20.00 UK time and 20.30 - 22.00 Eastern European Time)



What next?

You will be emailed instructions on how to join the learning platform and hangouts on or around **9th of May**. The first activities and hangout are all focused on explaining the programme in more detail to you, so for now just sit back and relax!

Extra support for team leaders



What is a team leader's role

Anyone who has already attended STYPA can be a team leader. Team leaders take part in all the same activities that other participants do, but take on responsibility for leading a team at the end phase of the programme. It's a great opportunity to develop your leadership skills even further, and think about how you work with a team of people to achieve advocacy goals.

The jobs of a team leader are

- **Being proactive in the online platforms** and encouraging other participants to interact. We sometimes rely on team leaders to be the people who are first to volunteer to share their views, to help get discussion started. You will have seen some of the activities before, so you will be able to do them quickly and focus on sharing them with others.
- **Hosting the team webinars** - the main role of the team leader is to host the webinars for their team. These will follow the same format as STYPA 2019 - but it is up to you how you host them and what approach you take (maybe you want to change the way your team leader did it last year, that's fine!). We will give you a written guide with all the tools and instructions you need to operate the software and organise the session.
- **Encouraging and supporting your team** - part of the role of the team leader is to keep your team engaged and motivated through the programme. This means reminding them that webinars are coming up, checking in to see if they are doing ok with challenges, and letting the staff know if anyone needs more support.



Team leader hangout dates

To provide the support that team leaders need, we will be offering coaching sessions just for team leaders. We have one at the start of the programme, so you can ask more questions about the role overall, and then the rest take place the week before your team webinars. You can also contact the EPF and PDC team at any time for extra help.

- 23rd June
- 21st July
- 18th Aug
- 8th Sept
- 13th Oct

All hangouts take place from **19.30-21.00 pm Central European Time**. (That's 18.30-20.00 UK time and 20.30 - 22.00 Eastern European Time)