

Application

Programme	Erasmus+
Action Type	KA122-ADU - Short-term projects for mobility of learners and staff in adult education (KA122-ADU)
Call	2024
Round	Round 1

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Context

Welcome to the application form for Adult Education

Please verify that your organisation is eligible for the field you have chosen. If you are not certain which field you can apply for, you should contact your National Agency for advice.

Field of application	Adult Education			
Project title	Sotsiaalkindlustusameti koolitajate arendamine			
Project title in English	Developing Social Insurance Board Trainers			
Project start date (dd/mm/yyyy)	Project duration	Project end date (dd/mm/yyyy)	National Agency of the applicant organisation	Language used to fill in the form
01/06/2024	18	30/11/2025	EE01- Education and Youth Board (Haridus-Ja Noorteamet-HARNO)	Estonian

For further details about the available Erasmus+ National Agencies, please consult the following page [List of National Agencies](#).

Rules on number of participations: according to the Erasmus+ Programme Guide, within a period of any five consecutive call years, an organisation can receive a maximum of three grants for short-term projects in the same field (adult education, school education, or vocational education and training). Grants received in the 2014-2020 period do not count towards this limit.

If you would like to participate in Erasmus+ each year, please consider applying for an accreditation.

Project Summary

Please provide short answers to the following questions to summarise the information you have provided in the rest of the application form.

Please use full sentences and clear language. In case your project is accepted, the summary you provided will be made public by the European Commission and the National Agencies.

i. Background: Why did you apply for this project?

Sotsiaalkindlustusameti koolitajad on oma valdkonna eksperdid, kuid neil puudub sügavam arusaam täiskasvanute õppimisest. Sotsiaalkindlustusameti koolitajad ei oma pedagoogilisi või andragoogika alaseid teadmisi ja oskusi ning seetõttu viivad nad koolitusi läbi kui eksperdid. Koolitajatel puuduvad oskused planeerida ja struktureerida koolitusi ning kasutada erinevaid õppemeetodeid sh tehnoloogilisi, et hõlbustada õppimist ja teadmiste kinnistamist.

Please provide a translation in English.

The trainers of the Social Insurance Board are experts in their field, but they lack a deeper understanding of adult learning. Social Insurance Board trainers do not possess pedagogical or andragogical knowledge and skills, and therefore they conduct training sessions as experts. Trainers lack the skills to plan and structure training sessions and to utilize various teaching methods, including technological ones, to facilitate learning and knowledge retention.

ii. Objectives: What do you want to achieve by implementing the project?

Sotsiaalkindlustusameti koolitajatel on kvaliteetsed teadmised täiskasvanud õppijast ning nad oskavad praktiliselt koolituste planeerimisel ja ülesehitamisel antud sihtrühmaga arvestada. Sotsiaalkindlustusameti koolitajatel on kvaliteetsed teadmised pedagoogikast ning õppemeetoditest ning nad oskavad praktiliselt koolituste planeerimisel ja ülesehitamisel neid kasutada.

Please provide a translation in English.

The trainers of the Social Insurance Board have quality knowledge about adult learners, and they can practically take into account the given target group when planning and structuring training sessions. Social Insurance Board trainers have quality knowledge about pedagogy and teaching methods, and they can practically use them when planning and structuring training sessions.

iii. Results: What results do you expect your project to have?

Sotsiaalkindlustusameti töötajatel on olemas teadmised ja oskused, mis võimaldavad neil ette valmistada ja läbi viia kvaliteetseid koolitusi erinevatele sihtrühmadele. Tänu sellele on kasvanud ühe aasta jooksul koolitustel osalenud inimeste rahulolu koolituste kvaliteediga ning nad on saanud paremad teadmised ja oskused, et osutada erinevaid teenuseid kõigile abivajajatele.

Please provide a translation in English.

The trainers of the Social Insurance Board have the knowledge and skills necessary to prepare and conduct high-quality training sessions for various target groups. As a result, the satisfaction of individuals attending the training sessions has increased over the course of one year, with them acquiring better knowledge and skills to provide various services to all those in need.



Applicant organisation

OID	Legal name	Country	Region	City	Website
E10356237	Social Insurance Board	Estonia	Eesti	Tallinn	

Participating Organisations

To complete this section you will need your organisation's identification number (OID).

If you have an OID number please introduce it in this section.

If you are not sure if you have OID number, you can check here: [Organisation Registration System](#)

If you do not have OID number, you can create one here: [Register New Organisation](#)

Taotleja - Social Insurance Board (E10356237 - EE)

Organisation ID	Legal name	Country
E10356237	Social Insurance Board	Estonia

Applicant Organisation details : Social Insurance Board

Legal name	Social Insurance Board
Country	Estonia
Region	Eesti
City	Tallinn

My organisation plans to work with other supporting organisations that are not going to host our participants, but are going to help with the implementation of activities.

No

Background

In this section you should answer the question: "Who are you as an organisation?"

If you are applying on behalf of a larger organisation with multiple departments or sections, it is important that you clearly describe the structure of the entire organisation and explain which parts of the organisation are working in the field covered by this application. The field of the application is stated in the section 'Context'. It can be adult education, vocational education and training, or school education.

The following information is completed based on the information linked to your organisation identification number (OID):

Is the organisation a public body?	Is the organisation a non-profit?
Yes	Yes

Please choose the organisation type that best describes your organisation.

Type of organisation	Local Public body
Does your organisation provide any formal or informal learning programmes relevant for this application?	Yes

Please briefly present your organisation.

i. What are your organisation's main activities? What kind of learning programmes is your organisation offering? If your organisation is providing more than one educational programme, please specify which of those programmes belong to the field of this application.

Sotsiaalkindlustusameti missioon ei ole mitte ainult pakkuda suurepäraseid avaliku teenuste lahendusi, vaid ka toetada inimesi isiklikus ja professionaalses arengus. Meie koolitused hõlmavad olulisi teemasid nagu laste ja perede heaolu, lastekaitse, eneseabi teadlikkus, ohvriabi ja palju muud.

Täienduskoolitusasutuste tegevusnäitajad 2022 aastal - Sotsiaalkindlustusamet (väljavõte EHIS).

Eakate ja puudega täiskasvanute hooldamine - väljaantud tunnistuste arv 102. Läbiviidud kursuste arv 4.

Sotsiaaltöö ja nõustamine - väljaantud tunnistuste arv 21. Läbiviidud kursuste arv 8.

Meie poolt pakutavate täienduskoolituste kalender: <https://sotsiaalkindlustusamet.ee/asutus-uudised-ja-kontakt/asutuse-info/taienduskoolitused>

ii. Please describe the people attending learning activities at your organisation. What are their profiles and age groups? In particular, please mention if you are regularly working with participants with fewer opportunities, and how?

Sotsiaalkindlustusameti poolt läbiviidavatel koolitustel osalevad inimesed on üle-Eesti erinevatest organisatsioonidest. Nende töövaldkonna üldine nimetus on sotsiaalvaldkond. Need on näiteks organisatsioonid, kes tegelevad lastega, kes vajavad tähelepanu või abi. Näiteks lastekodud, turvakodud. Samuti on meie sihtrühmaks, keda me koolitame, ohvriabi ja lepitusteenust pakkuvad organisatsioonid sh rehabilitatsioonikeskused. Veel saab välja tuua näiteks suurema sihtrühmana, kellele viime läbi koolitusi, perevanemad, asenduskodude vanemad. Kindlasti on ka palju koolitusi suunatud erinevatele hooldekodudele, eakate kodudele. Ametinimetuste poolt keda koolitame, saame välja tuua näiteks KOV sotsiaaltöö spetsialistid, perelepitajad, tugikeskuste spetsialistid, lastekodude kasvatajad, lastekaitsetöötajad, sotsiaaltöötajad, lapsendajad, eeskostepereid, kriisiabi spetsialistid, jne. Inimesed, kes meie koolitustel osalevad on 90% ulatuses naised, kuna sotsiaalvaldkond on traditsiooniliselt olnud pigem naissoost inimeste töövaldkonnaks. Koolitustel osalejate keskmine vanus on 35-55 eluaasta vahel.

Sotsiaalkindlustusamet töötab süsteemselt ja teadlikult vähemate võimaluste osalejatega, pakkudes koolitusi tasuta. Samuti viime läbi koolitusi üle-Eesti ning toome koolitused nõ osalejatele koju kätte. Veebiteel läbiviidavate koolituste puhul tagame eelnevalt, et kõigil osalejatel oleks juurdepääs arvutile ja internetile.

iii. How many years of experience does your organisation have implementing these learning programmes?

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What is the size of your organisation in terms of number of learners and staff? If your organisation is working in more than one field of education and training, please only include learners and staff in the field of this application.

Number of learners	400
Number of teaching staff	35
Number of non-teaching staff	30



Past Participation

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Newcomer organisation			Yes	
Less experienced organisation			Yes	
First time applicant			Yes	

Would you like to make any comments or add any information to the summary of your organisation's past participation?

Sotsiaalvaldkond areneb Eestis väga kiiresti ning riigi poolt on pandud Sotsiaalkindlustusametile mitmeid kohustusi koolitada erinevaid sihtrühmasid, et oleks tagatud sotsiaalteenuste osutamise ja tugiteenuste kõrge kvaliteet. Selleks, et koolitusi läbi viia, on väga oluline, et Sotsiaalkindlustusameti koolitajad oleksid professionaalsed ja varustatud tänapäevaste teadmiste ja oskustega.

Project objectives

What are the most important needs and challenges your organisation is currently facing? How can an Erasmus+ mobility project help improve your organisation for the benefit of all of its learners? Please illustrate your answers with concrete examples.

Sotsiaalkindlustusametil on kaks peamist vajadust ehk väljakutset:

1. Väljakutse: Koolitajad on oma valdkonna eksperdid, kuid neil puudub sügavam arusaam täiskasvanute õppimisest. Sotsiaalkindlustusameti koolitajad ei oma pedagoogilisi või andragoogika alaseid teadmisi ja oskusi ning seetõttu viivad nad koolitusi läbi kui eksperdid. Samas me aga teame, et ekspert ei võrdu automaatselt hea koolitaja ning seetõttu peame oluliseks anda läbi erinevate koolitus- ja arengutegevuste Sotsiaalkindlustusameti koolitajatele tänapäevased teadmised ja oskused täiskasvanud inimeste õppimisest ja õpetamisest. Mida teadlikumalt meie koolitajad täiskasvanud õppijat ja tema õppimist suudavad toetada ja kujundada, seda paremat sotsiaalvaldkonna teenuseid koolitustel osalenud inimesed suudavad anda oma klientidele ja sihtrühmale ehk seda paremaid ja kvaliteetsemaid sotsiaalteenused suudame riigina oma kodanikele anda. Näiteks, Sotsiaalkoolitajatel puuduvad oskused planeerida ja struktureerida koolitusi ning kasutada erinevaid õppemeetodeid sh tehnoloogilisi, et hõlbustada õppimist ja teadmiste kinnistamist. alkindlustusameti poolt koolitame asenduspere lapsevanemaid. On äärmiselt oluline, et pärast koolituse läbimist asenduskodu lapsevanem suudab abi vajavale lapsele pakkuda turvalist ja stabiilset kodu sh oskab märgata nii lapse käitumist, kui analüüsida iseenast ja paljudki muud.

2. Väljakutse: Sotsiaalkindlustusameti koolitajatel puudub pedagoogiline ettevalmistus, mis aitaks neil pedagoogiliselt koolitustegevust üles ehitada ning samuti ei valda nad erinevaid aktiivõppe meetodeid sh digitaalseid, millega hõlbustada ja kinnistada õpitut. Iga koolitaja on olnud nõ "iseõppija", kes ei oska teadlikult õppeprotsesse sh tehnoloogiliselt juhtida nii, et koolitused oleksid tulemuslikud. Seega oleme võtnud fookusesse mitmekülgset Sotsiaalkindlustusameti koolitajaid koolitada ja arendada, et neil oleksid pedagoogilised baasteadmised ja oskused õpetamisest ja õppimisest. Näiteks, kui Sotsiaalkindlustusameti koolitajad viivad läbi psühholoogilise esmaabi koolitusi erinevatele organisatsioonidele, siis me teame, et inimestel on erinevad õpistiilid, me teame, et vahepeal on oluline korrata või siis testida arusaamist, me teame, et on oluline saavutada koolituse eesmärk ja õpiväljundeid ning neid hinnata. Kui seda kõike teeb aga koolitaja, kes ei valda erinevaid õppemeetodeid, ei oska seostada õppesisu ja õpiväljundeid või siis kasutab valesid hindamismeetodeid koolitustulemuste hindamiseks (näiteks hindab praktilisi oskusi testiga), siis on koolitusel osalenud inimesed küll osa võtnud koolitusest, kuid kui saabub reaalne olukord organisatsioonis, et on vaja päriselt kriisisituatsioonis abivajajale abi osutada, siis ta sellega hakkama ei saa. Kui Sotsiaalkindlustusameti koolitajad omavad pedagoogilisi baasteadmisi ja oskusi sh digitaalseid, siis on koolituste tulemused ja mõju pikaajalised ja koolitustel osalejatel on uued teadmised ja oskused kinnistunud ning saavad neid rakendada teadlikult kui antud olukord tekib.

Please define the objectives your organisation wants to achieve by implementing this Key Action 1 mobility project. Your objectives should be concrete, realistic, and should represent a real benefit for your organisation and its learners.

Objective 1

Title

What do you want to achieve?

Sotsiaalkindlustusameti koolitajatel on kvaliteetsed teadmised täiskasvanud õppijast ning nad oskavad praktiliselt koolituste planeerimisel ja ülesehitamisel antud sihtrühmaga arvestada

Explanation

Which needs and challenges described in the previous question are addressed by this objective, and how?

Koolitajad on oma valdkonna eksperdid, kuid neil puudub sügavam arusaam täiskasvanute õppimisest. Sotsiaalkindlustusameti koolitajad ei oma pedagoogilisi või andragoogika alaseid teadmisi ja oskusi ning seetõttu viivad nad koolitusi läbi kui eksperdid. Samas me aga teame, et ekspert ei võrdu automaatselt hea koolitaja ning seetõttu peame oluliseks anda läbi erinevate koolitus- ja arengutegevuste Sotsiaalkindlustusameti koolitajatele tänapäevased teadmised ja oskused täiskasvanud inimeste õppimisest ja õpetamisest. Mida teadlikumalt meie koolitajad täiskasvanud õppijat ja tema õppimist suudavad toetada ja kujundada, seda paremat sotsiaalvaldkonna teenuseid koolitustel osalenud inimesed suudavad anda oma klientidele ja sihtrühmale ehk seda paremaid ja kvaliteetsemaid sotsiaalteenused suudame riigina oma kodanikele anda.

Measuring success

How are you going to evaluate if the objective has been reached?

Sotsiaalkindlustusameti poolt läbiviidavatel koolitustel on osalejate rahulolu koolituse kvaliteediga ühe aasta jooksul tõusnud vähemalt 3%.

Objective 2**Title**

What do you want to achieve?

Sotsiaalkindlustusameti koolitajatel on kvaliteetsed teadmised pedagoogikast ning õppemeetoditest ning nad oskavad praktiliselt koolituste planeerimisel ja ülesehitamisel neid kasutada

Explanation

Which needs and challenges described in the previous question are addressed by this objective, and how?

Koolitajatel puuduvad oskused planeerida ja struktureerida koolitusi ning kasutada erinevaid õppemeetodeid sh tehnoloogilisi, et hõlbustada õppimist ja teadmiste kinnistamist. Sotsiaalkindlustusameti koolitajatel puudub pedagoogiline ettevalmistus, mis aitaks neil pedagoogiliselt koolitustegevust üles ehitada ning samuti ei valda nad erinevaid aktiivõppe meetodeid sh digitaalseid, millega hõlbustada ja kinnistada õpitut. Iga koolitaja on olnud nõ "iseõppija", kes ei oska teadlikult õppeprotsesse sh tehnoloogiliselt juhtida nii, et koolitused oleksid tulemuslikud

Measuring success

How are you going to evaluate if the objective has been reached?

koolitustel osalejate rahulolu on koolituse kvaliteediga ühe aasta jooksul tõusnud vähemalt 3%.

What topics are you going to work on in your project?

Digital skills and competences

Quality assurance

New learning and teaching methods and approaches

Activities

Please choose the types of activities you would like to implement in your project and complete the details for the activities you have chosen, please open each type of activities from the table below by clicking on their name.

In this table and in the specific summary tables below you can see the overview of the information you have provided.

Before completing this table, make absolutely sure that you are familiar with descriptions and rules of each activity type as presented in the Erasmus+ Programme Guide. It is best to

complete the table with the Programme Guide open.

Pay particular attention to types of activities reserved for staff and for learners. Staff are teachers, trainers and other persons working in adult education. Adult learners are persons who are being taught.

Secondly, please note the important differences between group and individual activities for learners. Individual mobility format requires an individual learning programme, evaluation and recognition of learning outcomes for each participant. In group activities, a single joint learning programme is defined for the whole group and individual evaluation is not required. For a complete description of the requirements and comparison of funding rules, please refer to the Programme Guide.

Activity type	Number of participants	Average duration for participants (in days)	Number of accompanying persons	Average duration for accompanying persons (in days)	Total Grant (EUR)
Courses and training	20	5	5	5	70 475,00
Total	20		5		70 475,00

Courses and training

In this part of the application form, you need to create a list of participants and groups of participants that you plan to involve in Courses and training . These details will serve to assess your proposal and to calculate the needed budget.

The proposed planning should give a realistic representation of what you intend to implement. Of course, all plans must evolve. During implementation you will be allowed to change details such as destinations, the number of participants and duration of activities, as long as you continue working towards the same objectives.

The purpose of this section is to calculate the budget needed to implement your planned activities. You can use the button below to read the detailed funding rules and better understand the calculations below. The section introduces an important new concept: 'Mobility flow'. A mobility flow is a participant or a group of participants going to the same destination for the same duration of time and with same arrangements. If some participants going to the same destination need to have different arrangements (for example, different travel distance or mode of travel, different duration, Blended mobility activities, etc.) then you should split that mobility flow into two or more separate ones to be able to specify the differences. It is allowed to have more than one flow going to the same destination.

The information that you provide in this table will be automatically copied in the budget details. You can come back to this table at any point in case you want to change the data or separate a mobility flow into two.

Mobility flow ID	Destination country	Number of participants	Duration (in days)	Number of accompanying persons	Duration for accompanying persons (in days)
COURS-01	Spain	4	5	1	5
COURS-02	Portugal	4	5	1	5
COURS-03	Greece	4	5	1	5
COURS-04	Luxembourg	4	5	1	5
COURS-05	Malta	4	5	1	5
Total		20	25	5	25

Mobility flow ID	Destination country	Number of participants	Participants with fewer opportunities	Blended mobility	Sustainable means of transport (green travel)	Non-teaching staff
COURS-01	Spain	4	0	☐	☒	1
COURS-02	Portugal	4	0	☐	☒	1
COURS-03	Greece	4	0	☐	☒	1
COURS-04	Luxembourg	4	0	☐	☒	1
COURS-05	Malta	4	0	☐	☒	1
Total		20	0			5

Description (Courses and training)

Please describe your plans for Courses and training. If you plan to organise more than one activity of this type, your answers should cover all of the planned activities.

Please describe the planned content and profiles of participants in Courses and training.

Projekti tegevused on suunatud Sotsiaalkindlustusameti koolitajate professionaalse arengu toetamise osana. Lisaks Sotsiaalkindlustusameti koolitajate arengu toetamisele Eesti siseselt on oluline pakkuda koolitajatele võimalusi ka osaleda suurematel koolitustel ja kursustel väljaspool Eestit. See annab võimaluse Sotsiaalkindlustusameti koolitajatel saada juurde uusi teadmisi ja oskusi, suhelda erinevatest riikidest pärit koolitajatega, luua ja osaleda erinevates võrgustikes ning osaleda aruteludes.

Seega annavad koolitused ja kursused:

Uute teadmiste ja oskuste omandamine: Väljaspool Eestit kursustel ja koolitustel osalemine võimaldab koolitajatel omandada uusi teadmisi ja oskusi, mis võivad olla olulised nende töö tõhususe ja professionaalse arengu seisukohast.

Parimate praktikate jagamine: Väljaspool Eestit toimuvad koolitused ja kursused võimaldavad koolitajatel tutvuda erinevate riikide parimate praktikatega koolitamise valdkonnas ning õppida, kuidas neid praktikaid oma töös rakendada.

Rahvusvahelise võrgustiku loomine: Väljaspool Eestit toimuvad koolitused ja kursused pakuvad võimalust luua kontakte ja suhelda teiste koolitus, pedagoogika ja andragoogika valdkonna spetsialistidega üle maailma. See avab uusi koostöövõimalusi, võimaldab teadmiste ja kogemuste vahetamist ning aitab lahendada ühiseid väljakutseid.

Mitmekesisuse pädevuse arendamine: Väljaspool Eestit toimuvatel koolitustel ja kursustel osalemine võimaldab koolitajatel arendada mitmekesisuse pädevust ja avatust erinevate kultuuride ja töömeetodite suhtes. See on oluline, kui nad töötavad mitmekultuurilises keskkonnas või peavad suhtlema erinevate rahvuste ja kultuuridega õppijatega.

Isiklik ja professionaalne areng: Väljaspool Eestit toimuvatel koolitustel ja kursustel osalemine aitab koolitajatel laiendada oma silmaringi, avardada oma arusaama koolituse, pedagoogika ja andragoogika valdkonnast ning arendada oma isiklikku ja professionaalset potentsiaali.

Sotsiaalkindlustusameti koolitajad töötavad Sotsiaalkindlustusametis erinevatel ametipostidel ning on kõik oma valdkonna eksperdid, kes lisaks oma igapäevasele tööle on kavandanud ja läbiviinud koolitusi erinevatele sihtrühmadele. Nad on osalenud koolituste õppekavade väljatöötamisel, koolituste planeerimisel, koolituste läbiviimisel ja koolitustulemuste hindamisel. Kõik Sotsiaalkindlustusameti koolitajad, kes osalevad õpirändes valdavad inglise keelt suhtlustasandil ja on võimelised aru saama ning väljendama end inglise keeles.

Please briefly describe the expected learning outcomes: what are the participants going to learn as a result of Courses and training.

Learning outcomes of mobility activities must be recognised after the activity, as defined in the [Erasmus quality standards](#). You can use [Europass Mobility](#) as a standardised recognition document, or you can apply a different instrument for the same purpose.

Õpirändel osalenud Sotsiaalkindlustusameti töötaja:

mõistab täiskasvanu õppija eripära ning arvestab sellega koolituse planeerimisel ja läbiviimisel;

mõistab pedagoogilisi aluspõhimõtteid ning järgib neid oma koolituste planeerimisel ja läbiviimisel;

valmistab ette koolituse õppekava ning ehitab üles korrektse koolituse struktuuri, arvestades koolituse eesmärki ja õpiväljundeid;

mõistab erinevaid õppemeetodeid sh digitaalseid ning rakendab neid koolituste läbiviimisel;

analüüsib iseenda kui koolitaja pädevusi ning väärtustab elukestvat õppimist.

After the activities have taken place, how are you going to evaluate the learning outcomes of Courses and training.

1. Sotsiaalkindlustusameti koolitajad, kes osalesid õpirändel peavad läbi viima ühe avaliku seminari Sotsiaalkindlustusameti töötajatele, kus nad demonstreerivad oma uusi teadmisi ja oskusi.

2. Eneseanalüüs(enesehindamise küsimustik).

3. Sotsiaalkindlustusameti koolitajate poolt läbiviidavate koolituste osalejate rahulolu tõus aasta jooksul.

To which project objectives will Courses and training contribute?

Objective 1 : Sotsiaalkindlustusameti koolitajatel on kvaliteetsed teadmised täiskasvanud õppijast ning nad oskavad praktiliselt koolituste planeerimisel ja ülesehitamisel antud sihtrühmaga arvestada , Objective 2 : Sotsiaalkindlustusameti koolitajatel on kvaliteetsed teadmised pedagoogikast ning õppemeetoditest ning nad oskavad praktiliselt koolituste planeerimisel ja ülesehitamisel neid kasutada

How did you find or how are you going to find hosting organisations for Courses and training?

What kind of organisations are you consider as hosting organisations for these activities?

Oleme kaardistanud hetkel kaks konverentsi, mille raames toimuvad erinevad praktilised töötoad.

Need on:

EDULEARN24: 16th annual International Conference on Education and New Learning Technologies.

ICERI 2024 - The 17th Annual International Conference of Education, Research and Innovation.

Ülejäänud koolitused ja kursused oleme planeerinud leida läbi erinevate koolitajaid esindavate organisatsioonide organisatsioonide nagu EPALE, ANDRAS.

Please explain your request for accompanying persons to enable your National Agency to decide if it is justified.

Saatvate isikutena on kaasa planeeritud Sotsiaalkindlustusameti töötajad, kes veel ei ole koolitusi läbi viinud, kuid plaanivad seda teha. See on oluline järelkasvu süsteemseks loomiseks ja koolituskvaliteedi hoidmiseks. Näiteks kui mõni tänane Sotsiaalkindlustusameti koolitaja peaks töölt lahkuma, siis oleme ette valmistanud uued potentsiaalsed koolitajad. See tegevus on oluline jätkusuutliku koolitustegevuse jätkumiseks.

Budget

Budget summary

Activity type	Organisational support (EUR)	Individual support (EUR)	Travel (EUR)	Course fees (EUR)	Linguistic support (EUR)	Preparatory visits (EUR)	Inclusion support (EUR)	Total (EUR)
Courses and training	2 000,00	43 350,00	17 125,00	8 000,00	Not applicable		0,00	70 475,00
Total	2 000,00	43 350,00	17 125,00	8 000,00			0,00	70 475,00

Details

Activity type	Individual support for participants (EUR)	Individual support for accompanying persons (EUR)	Standard travel (EUR)	Sustainable means of transport (green travel) (EUR)	Inclusion support for participants (EUR)	Inclusion support for organisations (EUR)
Courses and training	34 680,00	8 670,00		17 125,00	0,00	0,00
Total	34 680,00	8 670,00		17 125,00	0,00	0,00

Organisational Support

Organisational support covers various costs directly linked to the implementation of mobility activities and not covered by other cost categories..

This includes preparation (pedagogical, intercultural and other), mentoring, monitoring and support of participants during mobility, services, tools and equipment needed for virtual components in blended activities, recognition of learning outcomes, sharing results and making the European Union funding visible to the public.

Please keep in mind that organisational support covers costs incurred by both sending and hosting organisations (except in the case of staff mobility for courses and training). The grant should be shared between the two organisations according to their tasks and expenses.

Mobility flow ID	Activity type	Destination country	Number of participants	Number of accompanying persons	Organisational support unit cost (EUR)	Organisational support grant (EUR)
COURS-01	Courses and training	Spain	4	1	100,00	400,00
COURS-02	Courses and training	Portugal	4	1	100,00	400,00
COURS-03	Courses and training	Greece	4	1	100,00	400,00
COURS-04	Courses and training	Luxembourg	4	1	100,00	400,00
COURS-05	Courses and training	Malta	4	1	100,00	400,00
Total			20	5	500,00	2 000,00

Travel

Travel grant covers the return travel costs of participants and accompanying persons from their place of origin to the venue of the activity.

Mobility flow ID	Activity type	Exceptional costs for expensive travel	Destination country	Number of participants	Number of accompanying persons	Sustainable means of transport (green travel)	Travel Distance	Travel unit cost (EUR)	Travel grant (EUR)
COURS-01	Courses and training	☐	Spain	4	1	☒	3000 - 3999 km	785,00	3 925,00
COURS-02	Courses and training	☐	Portugal	4	1	☒	3000 - 3999 km	785,00	3 925,00
COURS-03	Courses and training	☐	Greece	4	1	☒	3000 - 3999 km	785,00	3 925,00
COURS-04	Courses and training	☐	Luxembourg	4	1	☒	2000 - 2999 km	535,00	2 675,00
COURS-05	Courses and training	☐	Malta	4	1	☒	2000 - 2999 km	535,00	2 675,00
Total				20	5				17 125,00

Individual Support

Individual support covers costs of subsistence for participants and accompanying persons during the activity. Please note that in order for calculations to be completed, you need to specify your National Agency in section Context and you need to choose the destination country in section Activities.

Individual support can also cover subsistence costs for travel time before and after the activity. For more details, please refer to the Programme Guide.

Mobility flow ID	Activity type	Destination country	Number of participants	Duration (in days)	Number of accompanying persons	Duration for accompanying persons (in days)	Travel days	Individual support base rate for participants (EUR)	Individual support base rate for accompanying persons (EUR)	Individual support grant for participants (EUR)	Individual support grant for accompanying persons (EUR)	Total individual support grant (EUR)
COURS-01	Courses and training	Spain	4	5	1	5	5	169,00	169,00	6 760,00	1 690,00	8 450,00
COURS-02	Courses and training	Portugal	4	5	1	5	5	169,00	169,00	6 760,00	1 690,00	8 450,00
COURS-03	Courses and training	Greece	4	5	1	5	5	169,00	169,00	6 760,00	1 690,00	8 450,00
COURS-04	Courses and training	Luxembourg	4	5	1	5	5	191,00	191,00	7 640,00	1 910,00	9 550,00
COURS-05	Courses and training	Malta	4	5	1	5	5	169,00	169,00	6 760,00	1 690,00	8 450,00
Total			20	25	5	25	25			34 680,00	8 670,00	43 350,00

Course fees

Course fees cover enrolment fees for courses and training.

Mobility flow ID	Activity type	Destination country	Number of participants	Duration (in days)	Request maximum course fees	Total number of days for course fees	Course fees unit costs (EUR)	Course fees grant (EUR)
COURS-01	Courses and training	Spain	4	5	☒	20	80,00	1 600,00
COURS-02	Courses and training	Portugal	4	5	☒	20	80,00	1 600,00
COURS-03	Courses and training	Greece	4	5	☒	20	80,00	1 600,00
COURS-04	Courses and training	Luxembourg	4	5	☒	20	80,00	1 600,00
COURS-05	Courses and training	Malta	4	5	☒	20	80,00	1 600,00
Total			20	25				8 000,00

Inclusion Support

Inclusion support covers various costs related to the organisation of mobility activities for participants with fewer opportunities.

Support is provided in two forms: inclusion support for organisations and inclusion support for participants. Inclusion support for organisation is a fixed sum per participant intended to cover administrative and other minor costs. Inclusion support for participants covers 100% of any actual cost linked to the participants with fewer opportunities and their accompanying persons. For example, this can include hiring assistants or translators, as well as costs related to travel and subsistence if the standard grants for these categories are not sufficient to cover the costs. In the latter case, the full amount of travel and subsistence costs should be requested through Inclusion Support.

Mobility Flow ID	Activity type	Destination country	Number of participants in the mobility flow	Number of participants with fewer opportunities	Inclusion support for organisations (EUR)	Inclusion support for participants (EUR)
COURS-01	Courses and training	Spain	4	0	0,00	0,00
COURS-02	Courses and training	Portugal	4	0	0,00	0,00
COURS-03	Courses and training	Greece	4	0	0,00	0,00
COURS-04	Courses and training	Luxembourg	4	0	0,00	0,00
COURS-05	Courses and training	Malta	4	0	0,00	0,00
Total			20	0	0,00	0,00

Exceptional costs

Exceptional costs may be claimed for costs linked to entry requirements for specific countries (including visas, residence permits, vaccinations, and medical certificates) and financial guarantee (if such a guarantee is requested by the National Agency).

Cost type	Activity Type	Mobility Flow ID	Number of participants in the mobility flow	Number of persons supported with this cost item	Description and justification of expenses (EUR)	Eligible costs (EUR)	Support Rate (%)	Eligible amount
Total								

☐ The National Agency has requested a financial guarantee.

Quality Standards

Organisations implementing mobility activities must adhere to a common set of Erasmus quality standards. The standards exist to ensure good mobility experience and learning outcomes for all participants, and to make sure that all organisations receiving the Programme's funding are contributing to its objectives. In a mobility consortium, Erasmus quality standards apply to activities implemented by all beneficiary organisations: the coordinator and the consortium members.

The Erasmus quality standards are part of the Erasmus+ call for Key Action 1 projects. They are also presented below so you can read and easily access them again while writing your application. Where needed, appropriate application of Erasmus quality standards in the national context will be further interpreted by the relevant National Agency.

Please carefully read the Erasmus quality standards presented below and confirm your agreement.

I. Basic principles

- **Inclusion and diversity:** the beneficiary organisations must respect the principles of inclusion and diversity in all aspects of their activities. The beneficiary organisations must ensure fair and equal conditions for all participants.

Whenever possible, the beneficiary organisations should actively engage and involve participants with fewer opportunities in their activities. The beneficiary organisations should make maximum use of the tools and funding provided by the Programme for this purpose.

- **Environmental sustainability and responsibility:** the beneficiary organisations must promote environmentally sustainable and responsible behaviour among their participants. The beneficiary organisations should make maximum use of the funding provided by the Programme to support sustainable means of travel.
- **Digital education – including virtual cooperation, virtual mobility and blended mobility:** the beneficiary organisations should use digital tools and learning methods to complement their physical mobility activities, and to improve the cooperation with partner organisations. The beneficiary organisations should make maximum use of the digital tools, online platforms, and other opportunities provided by the Programme for this purpose.
- **Active participation in the network of Erasmus organisations:** one of the objectives of the Programme is to support the development of the European Education Area. Beneficiary organisations should seek to become active members of the Erasmus network, for example by hosting participants from other countries, or by taking part in exchanges of good practices and other contact activities organised by the National Agencies or other organisations. Experienced organisations should share their knowledge with other organisations that have less experience in the Programme by providing advice, mentorship or other support. Where relevant, beneficiary organisations should encourage their participants to take part in alumni activities and networks.

II. Good management of mobility activities

- **Core tasks - keeping ownership of the activities:** the beneficiary organisations must keep ownership of core implementation tasks and may not outsource these tasks to other organisations.

The core tasks include financial management of the programme funds, contact with the National Agency, reporting on implemented activities, as well as all decisions that directly affect the content, quality and results of the implemented activities (such as the choice of activity type, duration, and the hosting organisation, definition and evaluation of learning outcomes, etc.)

- **Supporting organisations, transparency and responsibility:** in practical aspects of project implementation, the beneficiary organisations may receive advice, assistance or services from other organisations, as long as the beneficiary organisations keep control of the content, quality and results of the implemented activities, as described under 'core tasks'.

If beneficiary organisations use programme funds to pay other organisations for specific implementation tasks, then the obligations of such organisations must be formally defined to ensure compliance with the Erasmus quality standards and protection of the Union funds. The following elements must be included in the formal agreement between the beneficiary and the service provider: tasks to be carried out, quality control mechanisms, consequences in case of poor or failed delivery, and flexibility mechanisms in case of cancellation or rescheduling of agreed services that guarantee fair and balanced sharing of risk in case of unforeseen events. Documentation defining these obligations must be available for review by the National Agency.

Organisations that assist the beneficiary with specific implementation tasks (on paid or voluntary basis) will be considered supporting organisations and must be registered in the official reporting tools. The involvement of supporting organisations must bring clear benefits for organisational development of the beneficiary organisation and for the quality of mobility activities.

In all cases, the beneficiary organisation will stay responsible for the results and quality of implemented activities, regardless of the involvement of other organisations.

- **Contributions paid by participants:** as a form of co-funding, the beneficiary organisation may ask participants in mobility activities for contributions to pay for goods and services necessary for the implementation of those activities. The size of the participants' contributions must remain proportional to the grant awarded for the implementation of the activity, must be clearly justified, collected on a non-profit basis, and may not create unfair barriers to participation (especially concerning participants with fewer opportunities). Additional fees or other participant contributions cannot be collected by supporting organisations or other service providers chosen by the beneficiary organisation.
- **Integrating results of mobility activities in the organisation:** beneficiary organisations must integrate the results of the implemented mobility activities (e.g. knowledge gained by staff in professional development) in their regular work, in order to benefit the organisation as a whole, its staff, and learners.
- **Developing capacity:** beneficiary organisations should use the programme funds (and organisational support in particular) in a way that gradually increases their capacity to work internationally on a sustainable, long-term basis. In a mobility consortium, all organisations should benefit in this way.
- **Regular updates:** beneficiary organisations must regularly encode the information about planned and completed mobility activities in the tools provided for this purpose by the European Commission.
- **Gathering and using participants' feedback:** beneficiary organisations must ensure that participants complete the standard report about their activities, as provided by the European Commission. The beneficiary organisations should make use of the feedback provided by the participants to improve their future activities.

III. Providing quality and support to the participants

- **Practical arrangements:** the beneficiary organisations must ensure the quality of practical and logistic arrangements (travel, accommodation, visa applications, social security, etc.). If these tasks are delegated to the participant or a service provider, the beneficiary organisation will remain ultimately responsible for verifying their provision and quality.
- **Health, safety and respect of applicable regulation:** all activities must be organised with a high standard of safety and protection for involved participants and must respect all applicable regulation (for example regarding parental consent, minimum age of participants, etc.). The beneficiary organisations must ensure that their participants have appropriate insurance coverage, as defined by the general rules of the Programme and the applicable regulation.
- **Selection of participants:** participants must be selected through a transparent, fair and inclusive selection procedure.
- **Preparation:** participants must receive appropriate preparation in terms of practical, professional and cultural aspects of their stay in the host country. The preparation should be organised in collaboration with the hosting organisation (and the hosting families, where relevant).
- **Monitoring and mentoring:** where relevant based on the format of the activity, the sending and hosting organisations must identify a mentor or a similar key person who will be following the participant during their stay at the hosting organisation and who will help them achieve the desired learning outcomes. Particular attention should be given to the introduction and integration of the participants at the hosting organisation, and to the monitoring of the learning process.
- **Support during the activity:** participants must be able to request and receive support from their hosting and sending organisations at any time during their mobility. Contact persons in both organisations, means of contact, and protocols in case of exceptional circumstances must be defined before the mobility takes place. All participants must be informed about these arrangements.
- **Linguistic support:** the beneficiary organisation must ensure appropriate language training, adapted to the personal and occupational needs of the participants. Where appropriate, the beneficiary organisation should make maximum use of the specific tools and funding provided by the Programme for this purpose.
- **Definition of learning outcomes:** the expected learning outcomes of the mobility period must be agreed for each participant or group of participants. The learning outcomes must be agreed between the sending and hosting organisations, as well as the participant (in case of individual activities). The form of the agreement will depend on the type of the activity.
- **Evaluation of learning outcomes:** learning outcomes and other benefits for the participants should be

systematically evaluated. Results of the evaluation should be analysed and used to improve future activities.

- **Recognition of learning outcomes:** formal, informal and non-formal learning outcomes and other results achieved by the participants in mobility activities must be appropriately recognised at their sending organisation. Available European and national instruments should be used for recognition whenever possible.

IV. Sharing results and knowledge about the programme

- **Sharing results within the organisation:** beneficiary organisations should make their participation in the Programme widely known within the organisation and create opportunities for participants to share their mobility experience with their peers. In case of mobility consortia, the sharing should take place in the whole consortium.
- **Sharing results with other organisations and the public:** beneficiary organisations should share the results of their activities with other organisations and the public.
- **Publicly acknowledging European Union funding:** beneficiary organisations should make their participation in the Programme known in their community and in the wider public. Beneficiary organisation also must inform all participants about the source of their grant.

Subscribing to Erasmus Quality Standards

To apply for a Key Action 1 mobility project, your organisation must subscribe to the quality standards described above and accept to be evaluated based on those standards. Please read the following statements carefully and confirm your agreement:

- ☒ I have read and understood the above quality standards
- ☒ I understand and agree that these quality standards will be used as part of the criteria for evaluation of my project at final report stage

Follow-up

What will your organisation do to contribute to the basic principles defined by the [quality standards](#) : inclusion and diversity, environmental sustainability and responsibility, digital education, and active participation in the network of Erasmus+ organisations?

Kõik Sotsiaalkindlustusameti koolitajad on kaasatud projekti ettevalmistusse ja läbiviimisesse. Kõigile Sotsiaalkindlustusameti koolitajatele, kes tegelevad oma põhitöö kõrvalt ka koolitustegevusega on loodud võrdsed ja õiglased võimalused kandideerida õpirände projekti. Koolitajad töötavad Sotsiaalkindlustusameti erinevates osakondades ning seega on tegemist väga erinevate sotsiaalvaldkonna ekspertidega ning erinevate kogemustega koolitajatega. Kõik koolitajad viivad läbi pärast õpirändel osalemist ühe avaliku seminari kõigile Sotsiaalkindlustusameti töötajatele. Projekti meeskond kaalub põhjalikult projekti rahalisi vahendeid ning teeb parimad otsused säästlike reisimisviiside toetamiseks. Projekti meeskond kasutab projekti elluviimisel digitaalseid vahendeid, et täiendada füüsilist õpirännet ja parandada koostööd partnerorganisatsioonidega. Projektiga seotud koolitajad avaldavad erinevates kanalites arvamusi lugusid ja toetavad teisi õpirännetes.

Please describe your project team and the division of tasks in it. Who will participate in the project team – please mention the persons' roles, positions and expertise, not their names. How will the key project tasks be divided among the project team: selection of participants, preparation of participants, supporting participants during the activity, defining the learning programmes, recognition of learning outcomes, overall supervision and ensuring the respect of quality standards.

Projekti juht. Koolitusvaldkonna ekspert. Tema roll on eest vedada, inspireerida ning kaasata - osalejate valik, osalejate ettevalmistamine, osalejate toetamine, kvaliteedistandardite järgimise tagamine
Projekti metoodik. Koolitusvaldkonna õpidisainer. Tema roll on eelkõige seada õpiväljundid ning järgida nende saavutamist - osalejate toetamine, õpiväljundite määratlemine, õpiväljundite tunnustamine, üldine järelvalve, kvaliteedistandardite järgimine
Projekti assistent. Koolitusvaldkonna ekspert, kes vastutab tehnilise poole eest ning tema roll on toetada osalejaid ning järgida kvaliteedistandardeid.
Projekti hindamiskomisjon, kuhu kuuluvad erinevate osakondade juhid. Nende roll on aidata kaasa võrdse ja õiglase osalejate valiku tegemisel - osalejate valik, osalejate toetamine

What will you do to integrate the results of implemented mobility activities in your organisation's regular work?

Õpirände tulemused kavatseme lõimida organisatsiooni igapäevatöösse läbi Sotsiaalkindlustusameti poolt pakutavate koolituste ettevalmistamise ja läbiviimise. Kõik Sotsiaalkindlustusameti koolitajad, kes osalevad õpirändes, tegelevad ka koolituste ettevalmistamise ja läbiviimisega ning seega saavad kasutada uusi teadmisi ja oskusi oma koolitustegevuses.

What will your organisation do to share the results of its activities and knowledge about the Programme?

i. To share results within your organisation

Sotsiaalkindlustusameti siseveebis, seminaridel, koolitajate võrgustikul, osakonna koosolekutel, organisatsiooni juhtrühma koosolekul, organisatsiooni üldisel infokoosolekul, sisekoolitustel, Sotsiaalkindlustusameti kodulehel ja Facebooki lehel

ii. To share results with other organisations and the public

Sotsiaalkindlustusameti koostööpartnerite infolehtedes, sihtrühmade koolitamisel, Sotsiaalkindlustusameti kodulehel, Sotsiaalkindlustusameti Facebookis

iii. To publicly acknowledge European Union funding

Avalik teavitus Sotsiaalkindlustusameti kodulehel, Facebooki lehel

EU Values

The Erasmus+ programme's implementation, and therefore, the programme beneficiaries and the activities implemented under the programme, have to respect the EU values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities, in full compliance with the values and rights enshrined in the EU Treaties and in the EU Charter of Fundamental Rights.

Article 2 of the TEU: The Union is founded on the values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities. These values are common to the Member States in a society in which pluralism, non-discrimination, tolerance, justice, solidarity and equality between women and men prevail.

Article 21 of the EU Charter of Fundamental Rights: 1. Any discrimination based on any ground such as sex, race, colour, ethnic or social origin, genetic features, language, religion or belief, political or any other opinion, membership of a national minority, property, birth, disability, age or sexual orientation shall be prohibited. 2. Within the scope of application of the Treaties and without prejudice to any of their specific provisions, any discrimination on grounds of nationality shall be prohibited.

Subscribing to EU Values

☒ I confirm that I, my organisation and the co-beneficiaries (where applicable) adhere to the EU values mentioned in Article 2 of the TEU and Article 21 of the EU Charter of Fundamental Rights

☒ I understand and agree that EU Values will be used as part of the criteria for evaluation of the activities implemented under this project

Annexes

The maximum size of a file is 15 MB and the maximum total size is 100 MB.

Declaration on Honour

Please download the Declaration on Honour, print it, have it signed by the legal representative and attach.

File Name	File Size (kB)
DOH -Taotleja kinnitus.asice	150
Total Size (kB)	150

Other Documents

If needed, please attach any other relevant documents (a maximum of 9 documents). Please use clear file names.

If you have any additional questions, please contact your National Agency. You can find their contact details here: [List of National Agencies](#).

File Name	File Size (kB)
Total Size (kB)	0
Total Size (kB)	150

Checklist

Before submitting your application form to the National Agency, please make sure that:

- ☒ It fulfills the eligibility criteria listed in the [Programme Guide](#).
- ☒ All relevant fields in the application form have been completed.
- ☒ You have chosen the correct National Agency of the country in which your organisation is established. Currently selected NA is: EE01- Education and Youth Board (Haridus-Ja Noorteamet-HARNO)

The documents proving the legal status of the applicant must be uploaded in the Organisation Registration System, here: [Organisation Registration System](#) (for more details, see the Programme Guide - "Information for applicants").

Original content and authorship

- ☒ I confirm that this application contains original content authored by the applicant organisation.
- ☒ I confirm that no other organisations or individuals external to the applicant organisation have been paid or otherwise compensated for drafting the application.

Protection of Personal Data

Please read our privacy statement to understand how we process and protect [your personal data](#)



Submission History

Version	Submission time (Brussels time)	Submission ID	Submission status
1	16/02/2024 21:26:27	1506695	Submitted