



COMANITY



COMANITY
Online Course
Guidelines for learners

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1. Links to the online course

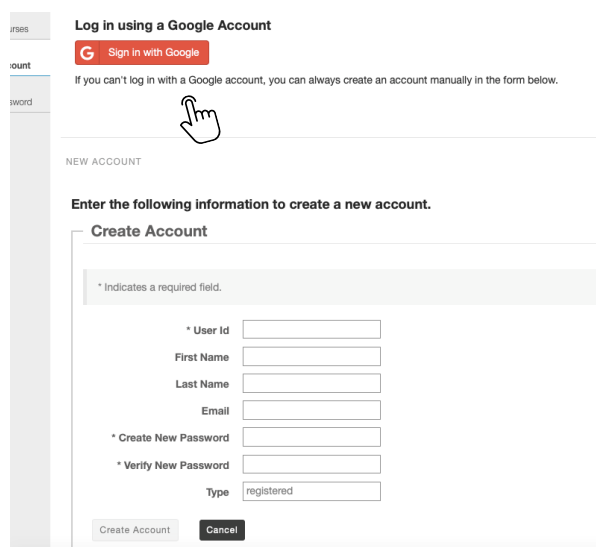
The online course is **available to any organisation and individual interested** at the following address: <http://opened.unir.net/portal>. You can also access the course through the COMANITY website and the COMANITY Hub.

Access the ONLINE COURSE

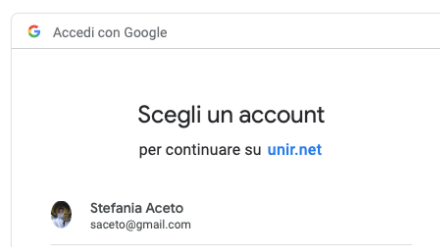
2. Registration

It is necessary to register to get access to the course. We have created a quick registration process for you so that you can easily register by using your Google credentials.

To do so, once you get in the UNIR Open Education Platform following the link above (or through the COMANITY website or Hub) **click on the red tab: Sign in with Google**.



You will be then asked to choose which Google account you want to use to access to the OpenEd platform. **Click on your preferred option.**



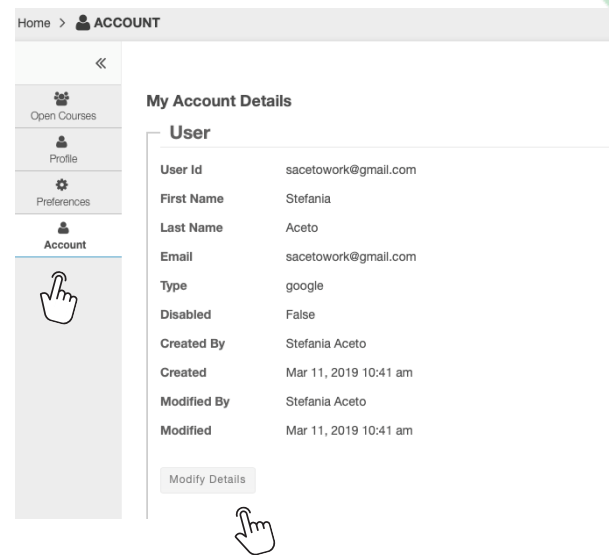
The next step is the acknowledgement of the **privacy policy** of UNIR, which is responsible for the data treatment of the learners accessing the COMANITY course. **Please read it carefully and give your consent to continue by clicking on Accept.**



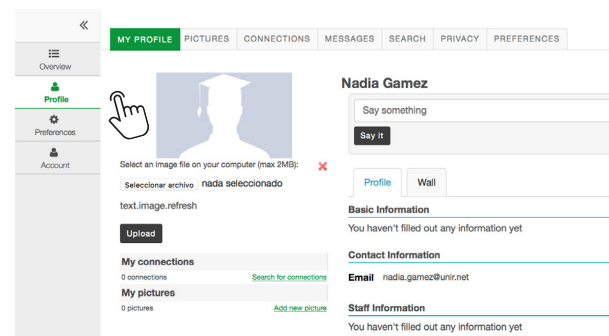
3. Personalisation

By clicking on **Account** in the left menu bar you can see the features of your account.

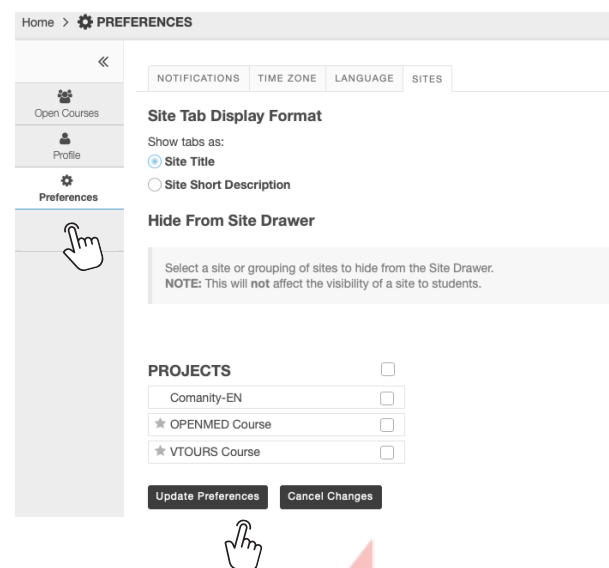
By clicking on **Modify details** you can modify your password.



By clicking on **Profile** in the left Menu bar you can provide more information about yourself (your picture, a sentence about yourself, basic information about yourself).



You can select the **COMANITY** course as **favourite Sites** so that they will appear always on the top of your Menu. To do so, you must click on **Preferences** in the left menu bar, and then click on **Sites**, tick on Comanity in the project list (in your preferred language) and then on **Update preferences**.



4. Access to the COMANITY Course

Once registered, you will get access to the UNIR Open Education platform, where a number of Open Courses are available. Feel free to browse them all, and click on Join to access the Comanity Course.

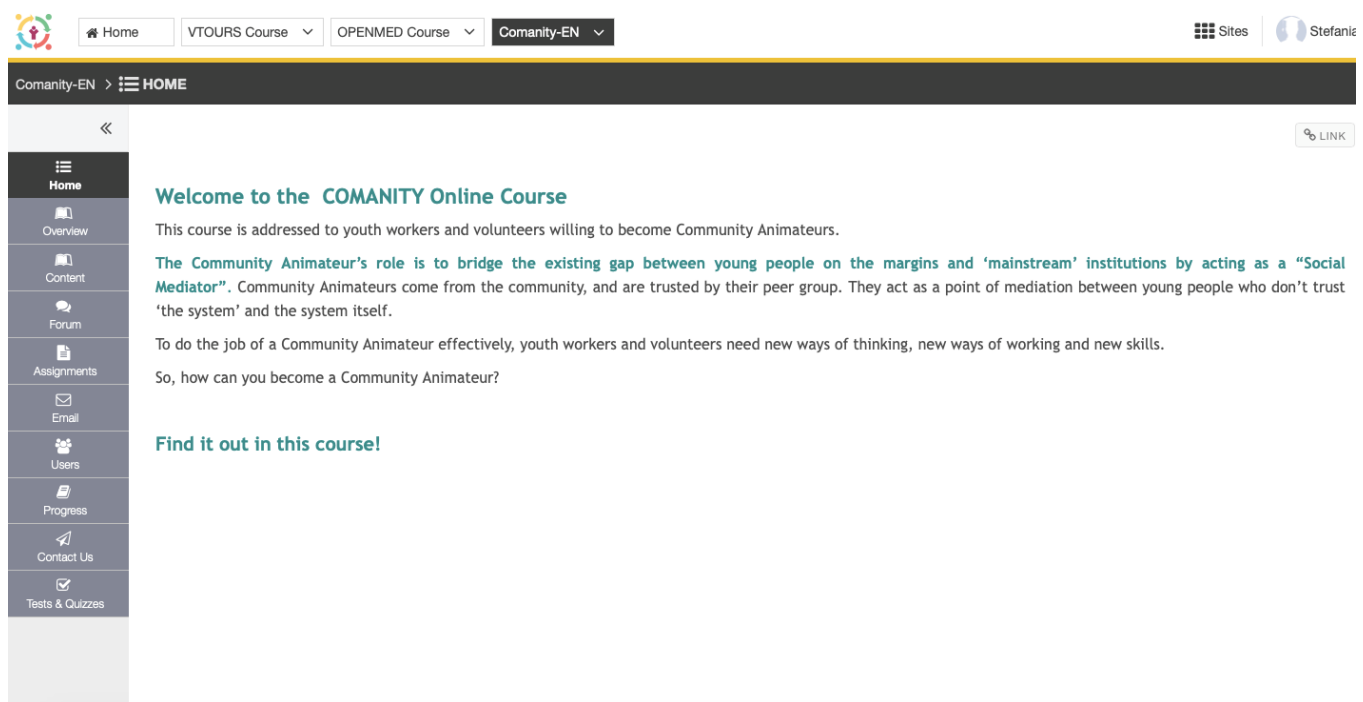
The course is available in English, Greek, Italian and Spanish, so please **click on Join choosing your preferred language.**

The screenshot displays the UNIR research Open Courses platform. The header includes the UNIR research logo and links for 'Log in with Google' and 'Guest Login'. The main navigation bar shows 'Gateway > OPEN COURSES'. A sidebar on the left contains links for 'Open Courses', 'New Account', and 'Reset Password'. The main content area, titled 'Browse', features a search bar and a grid of course cards. Each card includes a logo, course title, member count, and a 'Join' button. The 'Comanity-EN' course is circled in red, and a hand cursor points to its 'Join' button.

Course Name	Members	Description
VTours Course [ES]	513 Members	Bienvenido al curso VTours
VTours Course [FI]	9 Members	Welcome to the V-TOURS Course This course is meant to help you in your first experiences as a worker. As a student, the work environment can be completely or partially unknown to you: we want you to be familiar with th...
OPENMED Course	116 Members	OpenMed OERCourse 1...
VTours Course [MK]	59 Members	Добројдовте на курсот VTours
OPENMED COURSE [AR]	93 Members	OpenMed OERCourse
Comanity-EN	8 Members	Welcome to the COMANITY Online Course This course is addressed to youth workers and volunteers willing to become Community Animateurs.

5. How to take the course

Once you have logged in to the course, you will be taken to the **Home page**.



From there, you can have access to (see left **Menu bar**):

- **Overview:** providing an overview on the course and the link to the Training Handbook.
- **Content:** providing access to all project modules.
- **Forum:** providing access to the forum of your learning group. Your mentor or a moderator will manage the forum, create discussions and invite you to participate.
- **E-mail:** allowing you to have individual contacts with your peers and with the mentor.
- **Progress:** recording your progress in the course.
- **Assignments:** storing the assignments you have been requested to submit within the activities of the modules. In each module a set of activities is foreseen and for some of them you will have to submit assignments.
- **Test and quizzes:** at the end of each module you will have to take a self assessment test to check what you have learnt. Tests are multiple choice, and only one answer is correct. After submission of the test, you will be able to see whether you replied correctly or not, and what was the correct answer.
- **Resources:** where you can store and share with other learners the resources you wish (documents, links, web sites), categorised by Competence Area and modules. All learners have access to resources and can upload and delete them.
- **Dropbox:** this is your personal area where you can store documents that only you can have access to.

If you have technical problems related to the use of the course, an helpdesk is active (in English only) at the following email address: transfer.ict@unir.net.

From the **Content** option, you can get access to the whole set of modules of the Comaninity Course.

Content

Home

Overview

Content

Forum

Assignments

Email

Contact Us

Tests & Quizzes

Area 1. Emotional Intelligence

- Module 1. [Intra-personal competences](#)
- Module 2. [Inter-personal competences](#)
- Module 3. [Adaptability](#)
- Module 4. [Affective competences](#)

Area 2. Community Animateur

- Module 1. [Advice, guidance and support to promote social inclusion of young people](#)
- Module 2. [Mapping Networking Mediation](#)
- Module 3. [Organising and managing information to promote social inclusion of young people](#)
- Module 4. [Delivering participation programmes for social inclusion](#)
- Module 5. [Empowering young people](#)

Area 3. Digital Competences

- Module 1. [Organising and managing resources for online self-regulated development](#)
- Module 2. [Programme and content creation](#)
- Module 3. [Empowering Young People](#)

Area 1. Emotional Intelligence

- Module 1. [Intra-personal competences](#)
- [Text Format](#)
- [Testing Multimedia](#)
- [Templates](#)
- [Div](#)

Once you have selected **your module**, you will be able to access its content...

Overview

Content

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Users


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Tests & Quizzes

AREA Emotional Intelligence

Module 1. Intra-personal competences



Intra-personal competences

... allow people to assess their emotional intelligence, and support their relationship with external environment and other

About this module

The module will address the competences which enable individuals to accurately assess their emotional intelligence and how this is likely to shape their relationship with the external world and with others. The module will explain more in depth: emotional self-awareness, self-confidence, good enoughness, self-esteem, feeling in control of the situations.

The skills acquired through this module are useful in everyday life, in personal life and also in social context. The learners will have the possibility to apply these skills to better understand themselves as individuals who interact as social human beings, citizens and workers.

Learning objectives

- to deepen the psychological concept of emotional intelligence
- to acquire the knowledge of the main competences of self-awareness and self-management
- to understand the concept of Good Enoughness and its implications in every day's life
- to learn the situations on which an individual has control and the ones on which he/she has not control
- to understand the differences between self-confidence, self-esteem and self-efficacy

... and do the foreseen **activities**.

Let's start

- [Section 1. Emotional Intelligence](#)
- 📄 [Activity 1 - Section 1. Be aware of yourself!](#)
- [Section 2. Good Enoughness](#)
- [Section 3. Self-esteem](#)
- 📄 [Activity 2 - Section 3. Tips to build your self-confidence](#)
- [Section 4. Self-efficacy](#)
- 📄 [Activity 3 - Section 3. Are you confident enough?](#)

Test your skills and knowledge

- ☒
- [Comanin Test - Module 1](#)

To know more: Reference material and Webliography

- [Reference material](#)

Summary

- ## Module 1. Intra-personal Competences

6. How to submit an activity

In order to submit an activity or assignment, you click on one activity to see the instructions. In the same page, if it is possible you can add an attachment or text in the text box, and then submit. After a submission and when the mentor provides feedback, learners will see their activity as evaluated, and they will access the comments or the evaluation.

As a first activity, you are requested to write a pledge on how you will be opening up your course/teaching during the Open

Some examples of such a pledge:

- You can select a course of yours and commit to transform it into an open course, possibly made available at no cost to students.
- Or you can select a learning resource that you are actually using (a book, a set of powerpoints, or the content covering a video).
- Or, you can commit to adopt an open teaching or open assessment strategy within your course, and describe this strategy.

Please prepare your pledge, including:

- the objectives of your project work
- the activities that you will run during the project work
- the main results of your project work
- the benefits that your project work will bring to you, to your students and to your institution.

Submission

Assignment Text

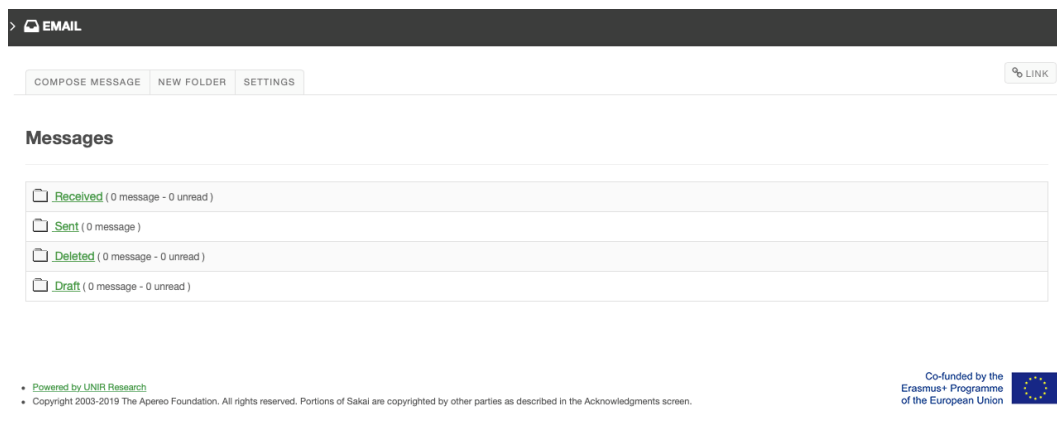
This assignment allows submissions using both the text box below and attached documents. Type your submission in the box below.

Source

B I U S X² M³ A⁴ A⁵ A⁶ A⁷ A⁸ A⁹ A¹⁰ A¹¹ A¹² A¹³ A¹⁴ A¹⁵ A¹⁶ A¹⁷ A¹⁸ A¹⁹ A²⁰ A²¹ A²² A²³ A²⁴ A²⁵ A²⁶ A²⁷ A²⁸ A²⁹ A³⁰ A³¹ A³² A³³ A³⁴ A³⁵ A³⁶ A³⁷ A³⁸ A³⁹ A⁴⁰ A⁴¹ A⁴² A⁴³ A⁴⁴ A⁴⁵ A⁴⁶ A⁴⁷ A⁴⁸ A⁴⁹ A⁵⁰ A⁵¹ A⁵² A⁵³ A⁵⁴ A⁵⁵ A⁵⁶ A⁵⁷ A⁵⁸ A⁵⁹ A⁶⁰ A⁶¹ A⁶² A⁶³ A⁶⁴ A⁶⁵ A⁶⁶ A⁶⁷ A⁶⁸ A⁶⁹ A⁷⁰ A⁷¹ A⁷² A⁷³ A⁷⁴ A⁷⁵ A⁷⁶ A⁷⁷ A⁷⁸ A⁷⁹ A⁸⁰ A⁸¹ A⁸² A⁸³ A⁸⁴ A⁸⁵ A⁸⁶ A⁸⁷ A⁸⁸ A⁸⁹ A⁹⁰ A⁹¹ A⁹² A⁹³ A⁹⁴ A⁹⁵ A⁹⁶ A⁹⁷ A⁹⁸ A⁹⁹ A¹⁰⁰ A¹⁰¹ A¹⁰² A¹⁰³ A¹⁰⁴ A¹⁰⁵ A¹⁰⁶ A¹⁰⁷ A¹⁰⁸ A¹⁰⁹ A¹¹⁰ A¹¹¹ A¹¹² A¹¹³ A¹¹⁴ A¹¹⁵ A¹¹⁶ A¹¹⁷ A¹¹⁸ A¹¹⁹ A¹²⁰ A¹²¹ A¹²² A¹²³ A¹²⁴ A¹²⁵ A¹²⁶ A¹²⁷ A¹²⁸ A¹²⁹ A¹³⁰ A¹³¹ A¹³² A¹³³ A¹³⁴ A¹³⁵ A¹³⁶ A¹³⁷ A¹³⁸ A¹³⁹ A¹⁴⁰ A¹⁴¹ A¹⁴² A¹⁴³ A¹⁴⁴ A¹⁴⁵ A¹⁴⁶ A¹⁴⁷ A¹⁴⁸ A¹⁴⁹ A¹⁵⁰ A¹⁵¹ A¹⁵² A¹⁵³ A¹⁵⁴ A¹⁵⁵ A¹⁵⁶ A¹⁵⁷ A¹⁵⁸ A¹⁵⁹ A¹⁶⁰ A¹⁶¹ A¹⁶² A¹⁶³ A¹⁶⁴ A¹⁶⁵ A¹⁶⁶ A¹⁶⁷ A¹⁶⁸ A¹⁶⁹ A¹⁷⁰ A¹⁷¹ A¹⁷² A¹⁷³ A¹⁷⁴ A¹⁷⁵ A¹⁷⁶ A¹⁷⁷ A¹⁷⁸ A¹⁷⁹ A¹⁸⁰ A¹⁸¹ A¹⁸² A¹⁸³ A¹⁸⁴ A¹⁸⁵ A¹⁸⁶ A¹⁸⁷ A¹⁸⁸ A¹⁸⁹ A¹⁹⁰ A¹⁹¹ A¹⁹² A¹⁹³ A¹⁹⁴ A¹⁹⁵ A¹⁹⁶ A¹⁹⁷ A¹⁹⁸ A¹⁹⁹ A²⁰⁰ A²⁰¹ A²⁰² A²⁰³ A²⁰⁴ A²⁰⁵ A²⁰⁶ A²⁰⁷ A²⁰⁸ A²⁰⁹ A²¹⁰ A²¹¹ A²¹² A²¹³ A²¹⁴ A²¹⁵ A²¹⁶ A²¹⁷ A²¹⁸ A²¹⁹ A²²⁰ A²²¹ A²²² A²²³ A²²⁴ A²²⁵ A²²⁶ A²²⁷ A²²⁸ A²²⁹ A²³⁰ A²³¹ A²³² A²³³ A²³⁴ A²³⁵ A²³⁶ A²³⁷ A²³⁸ A²³⁹ A²⁴⁰ A²⁴¹ A²⁴² A²⁴³ A²⁴⁴ A²⁴⁵ A²⁴⁶ A²⁴⁷ A²⁴⁸ A²⁴⁹ A²⁵⁰ A²⁵¹ A²⁵² A²⁵³ A²⁵⁴ A²⁵⁵ A²⁵⁶ A²⁵⁷ A²⁵⁸ A²⁵⁹ A²⁶⁰ A²⁶¹ A²⁶² A²⁶³ A²⁶⁴ A²⁶⁵ A²⁶⁶ A²⁶⁷ A²⁶⁸ A²⁶⁹ A²⁷⁰ A²⁷¹ A²⁷² A²⁷³ A²⁷⁴ A²⁷⁵ A²⁷⁶ A²⁷⁷ A²⁷⁸ A²⁷⁹ A²⁸⁰ A²⁸¹ A²⁸² A²⁸³ A²⁸⁴ A²⁸⁵ A²⁸⁶ A²⁸⁷ A²⁸⁸ A²⁸⁹ A²⁹⁰ A²⁹¹ A²⁹² A²⁹³ A²⁹⁴ A²⁹⁵ A²⁹⁶ A²⁹⁷ A²⁹⁸ A²⁹⁹ A³⁰⁰ A³⁰¹ A³⁰² A³⁰³ A³⁰⁴ A³⁰⁵ A³⁰⁶ A³⁰⁷ A³⁰⁸ A³⁰⁹ A³¹⁰ A³¹¹ A³¹² A³¹³ A³¹⁴ A³¹⁵ A³¹⁶ A³¹⁷ A³¹⁸ A³¹⁹ A³²⁰ A³²¹ A³²² A³²³ A³²⁴ A³²⁵ A³²⁶ A³²⁷ A³²⁸ A³²⁹ A³³⁰ A³³¹ A³³² A³³³ A³³⁴ A³³⁵ A³³⁶ A³³⁷ A³³⁸ A³³⁹ A³⁴⁰ A³⁴¹ A³⁴² A³⁴³ A³⁴⁴ A³⁴⁵ A³⁴⁶ A³⁴⁷ A³⁴⁸ A³⁴⁹ A³⁵⁰ A³⁵¹ A³⁵² A³⁵³ A³⁵⁴ A³⁵⁵ A³⁵⁶ A³⁵⁷ A³⁵⁸ A³⁵⁹ A³⁶⁰ A³⁶¹ A³⁶² A³⁶³ A³⁶⁴ A³⁶⁵ A³⁶⁶ A³⁶⁷ A³⁶⁸ A³⁶⁹ A³⁷⁰ A³⁷¹ A³⁷² A³⁷³ A³⁷⁴ A³⁷⁵ A³⁷⁶ A³⁷⁷ A³⁷⁸ A³⁷⁹ A³⁸⁰ A³⁸¹ A³⁸² A³⁸³ A³⁸⁴ A³⁸⁵ A³⁸⁶ A³⁸⁷ A³⁸⁸ A³⁸⁹ A³⁹⁰ A³⁹¹ A³⁹² A³⁹³ A³⁹⁴ A³⁹⁵

7. Interaction with mentors

You will be able to interact with your mentor via email, clicking on the email button in the menu bar.



8. How to take a test and get feedback

At the end of each module, you will take a self assessment test to help you check what you have learnt. Once you have selected the test, click on Begin Assessment to start.

Begin Assessment

"Assessment Test - Area 2 - Module 5" for Comaniry-EN

This assessment is due **Thursday, 2019-Oct-31 12:00 AM**.

There is no time limit for this assessment.

This assessment is **linear**, which means you will see questions one at a time and you will **not be able to go back** to a previous question after clic

You can submit this assessment 3 time(s). Answers from previous attempts will not be available within the assessment during subsequent attempt

Begin Assessment

Cancel



Tests are multiple choice and only one answer is correct.

Once you have submitted your test, you can have access to a feedback report where you can see whether you answered correctly or not.

Question 1 of 5

The process of empowerment refers to ...

- ☐ A. cope with stressful situation
- ☐ B. a process of gaining greater control over life events
- ☐ C. a greater participation in community life

[Reset Selection](#)

Next

Save

Exit



Once you have selected your reply, click on [Next](#) to move to the next question. Don't forget to save in case you want to continue the test later.

Once you have reached the final question and answered, click on [Submit for Grading](#) to hand in your test.

Assessment Test - Area 2 - Module 5

Part 1 of 1 -

Question 5 of 5

Positive Youth Development is...

- ☐ A. an umbrella term to refer to fields which have as main principle the promotion of youth access to pos society
- ☒ B. when a child grows in a positive environment, and he/she becomes resilient
- ☐ C. a process through which people can gain greater power on their lives

[Reset Selection](#)

Next

Save

Submit for Grading



To get feedback about your questionnaire, click on [Continue](#) in the next window.

Submission Assessment Test - Area 2 - Module 5

Course Name	Comanity-EN
Creator	Silvia Margarita Baldiris Navarro
Assessment Title	Assessment Test - Area 2 - Module 5
Number of submissions remaining	2 out of 3
Confirmation Number	377-42-963be7e5-7bed-4ef5-bc2b-8b22f677fdf1-Tue May 28 15:43:32 CEST
Submitted	05/28/2019 03:43:32 PM

You will receive an email receipt for this submission. You can change your email notification settings via Home -> Preferences -> Notific

Continue



You will then have access to the list of Assignments, and at the end of the page you will see the list of your submitted assignments.

Submitted Assessments

You have completed the assessments listed below. Unless Feedback Available displays "n/a" (not applicable), feedback will be available at the time shown. If feedback is available for particular submissions, it will be seen under "View All Submissions/Scores".

View All Submissions/Scores View Only Recorded Scores						
Title	Statistics	Recorded Score	Feedback Available	Individual Score	Time	Submitted
Assessment Test - Area 2 - Module 5	n/a	n/a	Immediate			
			Feedback	n/a	n/a	2019-05-28 3:43 PM



By clicking on Feedback you will see how you performed in the test (correct and wrong answers).

Project partners



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DE LA RIOJA

unir



COMANITY is a project under Erasmus+ KA3 “Support for Policy Reform - Social inclusion through Education, Training and Youth”. It involves 9 partners from 8 European countries and runs for 24 months from December 2017 to November 2019.

For more info contact admin@arcola-research.co.uk.

Learn more about the project here:

www.comaniry-project.eu

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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