



CALL FOR APPLICATION FOR SHORT COURSE “ZERO LONELINESS SKILLS”

Loneliness is an unwelcome feeling of lack of companionship, which happens when there is a loss of the social interaction that we want from usual friends and families. It is unplanned State of being alone and when you are unplanned lonely, your brain needs social interaction like how you need foods when you're hungry. World leading Experts said that: Loneliness is a global and silent pandemic and has serious negative effects to human health physically, mentally, psychologically and emotionally.

Zero loneliness is product name owned by Tele-Mentorship and contains more prevention measures to loneliness in form of detailed activities to fight against the Loneliness in community including trainings to raise up awareness about loneliness in population and services to prevent loneliness to victims.

Zero loneliness skills equal to the package of needed skills to alleviate loneliness to yourself and to someone and downing it from harmful level up to zero. Zero loneliness skills including but not limited to know what loneliness is in deep and its causes, loneliness prevalences worldwide, most likely loneliness victims, long-term loneliness consequences, how to deal with loneliness on yourself, how to deal with loneliness on others, social skills to make new friends, positive use of social media.

TRAINING OUTCOMES

After completing this training, you will be able to:

- Define what loneliness as serious and global problem
- Discuss loneliness prevalence worldwide.
- Peoples who are most likely to experience loneliness.
- Indicate how long-term, chronic loneliness can affect physical health.
- Identify key steps for dealing with yourself loneliness and loneliness to others
- Recognize barriers to dealing with loneliness.
- Having skills to make new friends
- Having skills to use social media positively
- Right to be one of zero loneliness messengers' team to inform community
- Right to be one of zero loneliness professionals and activists to heal community

TRAINING SCHEDULE AND CLASS LOCATION

Course Hours per cohort: 72hours

Class Hours per cohort: 6Hours (2Hours per Day and 3Days per Week)

Class Meeting: Online class via google meet

Program and Time: Evening program 7:30-9:30PM CAT UTC+02:00.

Learning Period: From 20th January 2025, we will learn in different cohorts, and you will attend according to your availability and the last cohort will be trained not beyond 30th March 2025

PARTICIPATION AND CERTIFICATION

Participation fees: Each participant will attend for **FREE OF CHARGE**

Certification right: Any participant who voluntary need to be certified

Certificate title: How to deal with Loneliness

Certification Hoster: will be offered by Tele-Mentorship as Hoster of the short course

Certification Fees: He/she will be asked to pay 8260Rwf for certification services



ELIGIBILITY PROFILE

- Having 18 ages old and above
- Having at least secondary education level and above, in any field
- Ability to understand, speak, write Kinyarwanda language and English
- Having a good quality Smart Phone or computer and strong internet for attending online classes
- Having skills in tourism, social work, customer care, guests keeping, public speaking are advantages
- Having skills in gym assistance, relax assistance and Recreation assistance are advantages
- Having skills in journey assistance and video call interaction are advantages
- Having skills to smile, hug, respect, listen closely and to be polite are advantages
- To be physically clean and to be neat in clothing is mandatory
- Awareness about local Landscapes and recreational places is an advantages
- Female Young Professionals are encouraged to apply

LEARNING MODEL

Trainers will encourage and support adults learning mood with high degree of participation in order to get more outputs from trainees/mentees

BENEFITS TO TRAINEE

- Being member of zero loneliness messengers
- Being able to deal with yourself loneliness and other's loneliness
- Being certified as loneliness activist (If you want)

BENEFITS TO BE CERTIFIED AS ZERO LONELINESS ACTIVIST

- Having skills proof in loneliness movement
- Being eligible to the worldwide loneliness linked opportunities
- Being eligible to be on lists of loneliness professionals to abide all charity projects
- Being eligible to apply for associate trainer position on this short course
- Being eligible to apply for working in zero loneliness togetherness services as service provider including (Home together, Relax Together, Journey together, Gym together and Line together)

STEPS TO FOLLOW:

1. Apply via displayed form
2. Receive an invitation to join WhatsApp group of participants
3. Get a link to participate in online class
4. Being skilled on how to deal with loneliness
5. Pay for certification to proof your skills (If you want)

APPLICATION

IF you have burning desire and willing to be loneliness activist, please, send your application via this form <https://forms.gle/ggcNAnCpK74YXvq27> before 15th February 2025 23h59, as the last cohort will be trained not beyond 30th March 2025.

For more information, contact training organizer on telemotorship@gmail.com or call on +250798 652380

Signed by
TELE-MENTORSHIP
Administration
15th January 2025

