

<b>NAME OF THE METHOD</b>	<b>Ben jij er klaar voor?! (Are you ready?!)</b>
<b>CHARACTERISTICS</b> <b>According to strengths model</b>	Competences Opportunities
<b>MAIN GOALS</b>	Peer-to-peer training to prepare youngsters for leaving care.
<b>REGION OF IMPLEMENTATION</b> <i>Please fill in the geographical area(s) in which the method is used.</i>	The Netherlands
<b>THEORETICAL FRAMEWORK/IDEA/VIEW</b> <i>When a certain view on care or a specific theoretical framework is used, please add it here.</i>	
<b>GENERAL DESCRIPTION OF THE METHOD / IMPLEMENTATION</b> <i>Describe the method in general. How is the method implemented?</i>	One day training with interactive part (game, cards...). The training is focused on practical aspects of living alone. Young people are requested to think about their role in becoming independent.
<b>STEPS OR PHASES</b> <i>Does the method have a stepwise process? Which are the steps?</i>	The day is divided in morning and afternoon. The morning focusses on the training and the afternoons is about skills.
<b>MATERIAL</b> <i>Which material is needed?</i>	Box with material: 95 euros
<b>COST OF THE METHOD (EXCL. PERSONEL)</b> <i>Is the method freely available or not?</i>	Training 645 – 800 euros
<b>COMPETENCES OF THE AFTER CARE WORKER(S)</b> <i>Are any specific competences required? Can it be implemented by professionals, volunteers, ...?</i>	External people come into the organisation for the training.
<b>IN WHICH WAY IS THE METHOD SUCCESSFUL?</b> <i>Explain why the method works or seems to work, under which conditions. If research has been done on the method, please also add the information (link, publication, ...).</i>	Since young people that left residential care have developed the training, it is in line with what is needed by youngsters.
<b>MORE INFORMATION AT</b> <i>Is a website or publication available?</i>	<a href="https://benjijerklaarvoor.nl/uploads/Ben-jij-er-klaar-voor-implementatie-nieuwe-versie-sept-2016.pdf">https://benjijerklaarvoor.nl/uploads/Ben-jij-er-klaar-voor-implementatie-nieuwe-versie-sept-2016.pdf</a> <a href="https://benjijerklaarvoor.nl/">https://benjijerklaarvoor.nl/</a>