



Erasmus+

Info_Pack for Participants

“Conflict Resolution Approaches for Enhancing Intercultural Dialogue”

Training course in
Estonia, Tallinn, 26th of August (Sunday) –
1st of September (Saturday) 2018

Organised by NGO Youth Club Active and Youth Centre
Vihasoo

Financed by the Erasmus+





We are really grateful for being able to invite you, this creating an interesting cultural mix: Estonia, Poland, Germany, Spain, Cyprus, Greece, Slovenia and Italy. If you bring your good mood, curiosity, talents, hesitation, critical voice, great ideas, skills, sense of humour, and match that all with our enthusiasm and wish to make you feel home here, the message is clear – we'll do it and do it well!

For us organization of training course is a very big mission, according to experience we know how it is important for youth workers to receive new inspiration for future work with youth, as well develop and improve different skills.

The core of the programme is focused on getting experience and knowledge. Please be prepared for a challenge. There will be time to talk, discuss, share, create, become a part of conflict resolution workshop, organize social campaigns, debate as well as dance, sing and have a party! Please note that **there will be no time for shopping or sightseeing during the days of the Training course, but there will be a free day in the city of Tallinn.**

Please make sure to read this Information Pack carefully before you come! Further, you will also find some little preparation tasks for you – just to make you feel connected before you come and to bring interesting contributions as well.



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What to bring

There are a number of things we would like you to bring along.

1. Presentation about your organization. Bring some **visual material** (posters, leaflets, photos etc.) presenting your region and organisation. In relation to the exchange's theme, we would like to see **local activities, projects realised in your region even your community projects** you are proud of.
2. Presentation about your country during the session – “Intercultural evening”. Bring all things, which can shortly present your country. Also, a typical taste of your region or country for a common **culture evening**. If some of that is produced locally, even better! Please don't bring too much. Keep it simple and no more than 5-10 min.
3. Fill in the application form by link till the **1st of July** – <https://goo.gl/forms/3bgU9DFqCdqlFvhU2>
4. Find tickets to Estonia in frames of the limit and buy them in the soon time! **Deadline is the 15th of July**. **Before buying tickets ask for confirmation from Estonian coordinator Lena Gusseva** – lena.gusseva@clubactive.eu or via e-mail of organisation info@clubactive.eu .She can also help you with all of the logistic questions!!!
5. Take comfortable clothes for theatre workshops as you need it to feel free and for working hard
6. Be ready for RAIN, because you are coming to NORTH country! We will mostly spend time inside, but for walking and to see how beautiful is Tallinn you need to feel yourself comfortable. Check the weather here: <http://www.weather.ee/> Estonia is surrounded by the sea – so, during your free day you can use this option to swim in the Baltic sea.
7. Endless amounts of good mood and motivation for work and leisure! Have you got any hidden talents? Surprise us!
8. Keep all flight tickets (boarding passes, invoices) and checks from travel cost to our national agency. If you would like to back your money, don't lose them.



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Summary:

Title: "Conflict Resolution Approaches for Enhancing Intercultural Dialogue"

Dates: 26.08.2018-01.09.2018 (8 days) 25.08.2018 - arrival and 02.09.2018 – departure

Participants: 3 participants per country, youth workers 20-45 years old

Venue: Tallinn, Estonia

Description of the project:

The project "Training on Conflict Resolution Approaches for Youth workers" addresses the needs of 26 youth workers from 8 Partners NGOs (from Estonia, Poland, Germany, Spain, Cyprus, Greece, Slovenia, Italy). Nineteen of them face fewer opportunities and expressed interest to join an international activity/training in order to be further developed on conflict resolution/management and inclusive practices for:

- a) supporting and motivating their youngsters behave responsibly and being active citizens.
- b) understanding stages of conflicts and apply conflict techniques to manage them. This way they will reduce acts of stereotypes and social exclusion.
- c) be more efficient with their approach when working with their youngsters.

Therefore through this project and Activity we will provide means, methods, examples, practices and share ideas through joyful learning using NF approaches in order to empower them with the development of their basic key competences and with the increase their self confidence.



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The project is also connected to the priorities of E+ because it supports mobility of youth workers with fewer opportunities for personal and professional development. Also through this, it will be promoted intercultural dialogue and respecting of diversity. As a result youth workers will turn into multipliers of basic fundamental issues for solidarity and cooperation and reduce of conflict and marginalization in their youth work but also in macro level in wider lifelong community.

The project will last 12 months and the Activity will be implemented in 8 days TC with 26 participants (2 trainers and 1 support staff are included), in Estonia Tallinn 22-30/8/18 (arrival and departure days are included) Our project managers and trainers will:

- implement tools and methods basically from Non Formal Learning (like simulations, outdoor activities, debriefing, case studies, Role Plays, Theatre based sessions, reflection etc),
- promote visibility and disseminate along with all partner organizations the power of E+ programme and results;
- bring and establish a stable and fruitful impact to the pax, to their organizations, to local, regional and wider LLL Society.

Objectives of the Training for yw with fewer opportunities:

1. To increase, through NFL activities, the skills and competences of 26 yw on conflict resolution and conflict management in order to facilitate their daily work with and in their local community.
2. To develop self-confidence of 26 yw on how to solve unexpected conflicts and acts of discrimination within their practice. Self confidence will be achieved through the new methods, presentations, teamwork and transmitted to the specific target groups;
3. To create products and Tools, as good examples of cooperation, that will support conflict resolution and management, which will be disseminated to local and international Youth field to enhance solidarity and inclusion.
4. To increase awareness on the importance of the implementation of social inclusion practices in the youth work as an ally to conflict management. Dealing with diversity, asks a high level of awareness which will be totally increased mainly during the activities: "Stages of Conflict", "conflict management techniques" and "nuclear factory debate".
5. To train 26 yw to develop strategies and activities to tackle conflicts and empower solidarity in their community especially when dealing with inactive youths, stereotypes and diversity.



The expected impact on participants:

As a direct impact we expect more openness in the attitude of the 26 participants that can suggest ways on how they can improve their opportunities they have as youth workers who face new unexpected situations in society. They will also develop their competence on social skills and managing conflicts, suggesting ideas and even solving small scale problems that are related to their own life or to their own societies.

The expected impact for participating organizations is that they will reform and improve their policy and practice regarding the themes of the project. Moreover, participating organizations might prepared more projects under E+.

Moreover, local communities to open themselves to the rest of the world disseminating any effort they are doing regarding the topic of youth participation and social inclusion.

Some of the project outcomes and results: Youthpass for participants, booklet (with nfi tools and experiences), related social media pages and newspaper articles, website, new partnerships, small scale local workshop.



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NGO Youth Club Active

NGO Youth Club Active is a mobile youth organization, which was created with help of the Youth Center Vihastelagaet, which is working since 1994 in the field of youth in Tallinn, Estonia. (www.vihastelagaet.ee)

We involve youth from the age of 11th years old and provide variety of activities for self-development.

The role of our organization is to promote the non-formal education, to involve youngsters in different social activities on local and international levels.

INFO ABOUT ACTIVE:

Promo Video- <http://clubactive.eu/videos/>

Instagram - youthclubactive

Facebook - <https://www.facebook.com/youthclubactive>

Web site - www.clubactive.eu

E-mail: info@clubactive.eu

Our main activities we coordinate on 5 different fields:

PROJECTS

VOLUNTEERING

NON-FORMAL LEARNING EVENTS, YOUTH FORUMS, TRAININGS, SEMINARS, WORKSHOPS

CAMPS

YOUTH LABOUR MARKET



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The main activities or topics are making the effective involvement in: youth cultures (theatre, music, dance, and art), organizing workshops and entertainments for youngsters (Flash mob, forum-theatre, juggling or different types of games), media and communication – intercultural learning through international projects, especially with the support of the Erasmus+ programme (Youth Initiatives, Youth Exchanges, Training courses, EVS projects). Often our activities are in cooperation with municipalities or cultural, social, volunteer organisations.

We are used to work with local and international funds support, that to realise different events, entertainments, youth forums, seminars and trainings.

NGO Youth Club Active is accredited, which allows us to organise EVS projects in frames of the Erasmus+ programme (Youth in Action programme)

The main goals of organization are:

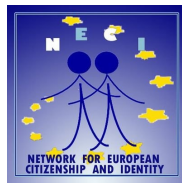
- * To support youth initiative (help in the process from idea to realization)
- * To increase among youth self-empowerment and self-esteem
- * To involve young people to be an active part of Erasmus+ programme (Youth in Action programme) and other local and international funds for youngsters and youth workers.

MISSION:

To support youth formation in active citizenship

OBJECTIVES:

- * To increase among youth sense of initiative and entrepreneurship
- * To enhance employability and improve career aspects
- * To involve youth in local and international projects
- * To support tolerant ways of thinking among young people
- * To support the cooperation in the field of youth work both within Europe and outside, as well as in own country, city, region
- * To facilitate cooperation between young people from different countries
- * To provide different activities for youngster according their interests and needs



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Travel instructions

The venue and your travel

We will stay in Hotel Dzingel, located in the suburb of Tallinn.

We will be accommodated in **rooms** with the capacity of 2 or 3 people, pay attention that all of you will be mixed. All rooms are clean and simple and have shower with WC.

Bed linen and small towel are provided.

Wi-Fi is available. Everybody will have possibility to use it.
Meals and coffee-tee brakes are provided during the TC.

There is also opportunity to use SAUNA

Here the website: <http://www.dzingel.ee/en/>





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Travel instructions

Each group will have their own arrival and departure time, but you can adapt it into the project conditions.

Arrival in Tallinn – 25th August 2018, check in 14.00 in the Hotel (Dinner is the first meal at 18.30 and then we will start programme)

Departure from Tallinn- 2nd of September 2018, check out 12.00 (early breakfast is also available, if you want to departure earlier in the morning)

**IF YOU ARRIVE EARLIER OR DEPART LATER YOU ARE COVERING ADDITIONAL EXPENCES BY YOURSELF!
ERASMUS+ COVER JUST PROJECT ACTIVITY DATES!!!**

If you need any help from Estonian group in searching for cheap hotels or hostels - ask us!

Logistic instructions.

Public Transport:

Info about tickets for public transport <http://www.tallinn.ee/eng/pilet/Ticket-prices>

1) From airport to City Centre You can use **Bus 2** (direction to Reisisadam (A-terminal)) you need to get of bus stop **A. Laikmaa** around 16 minutes

BUS Timetable <https://transport.tallinn.ee/#bus/2/a-b/13516-1/en>



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From bus stop **A. Laikmaa** You need to go to Bus stop Hobujaama by walk 2 minutes

<https://www.google.ee/maps/dir/A.+Laikmaa,+Tallinn/Hobujaama,+10117+Tallinn/@59.4370565,24.7555764,17z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x4692936086e71b8f:0x95d857695c539610!2m2!1d24.7575446!2d59.4367056!1m5!1m1!1s0x469293609ae16fa1:0xe4f378f2790f0287!2m2!1d24.758184!2d59.4374121!3e2>

OR

2) From airport to City Centre you can use TRAM 4 you need to get of tram stop **Hobujaama**

TRAM Timetable <https://transport.tallinn.ee/#tram/4/b-a/13513-1/en>

From Hobujaama but BUS stop Hobujaama to Hotel you can use Bus 5 (direction to Männiku) you need to get of bus stop **P. Kerese**

BUS Timetable <https://transport.tallinn.ee/#bus/5/b-a/12221-1/en> around 25 minutes

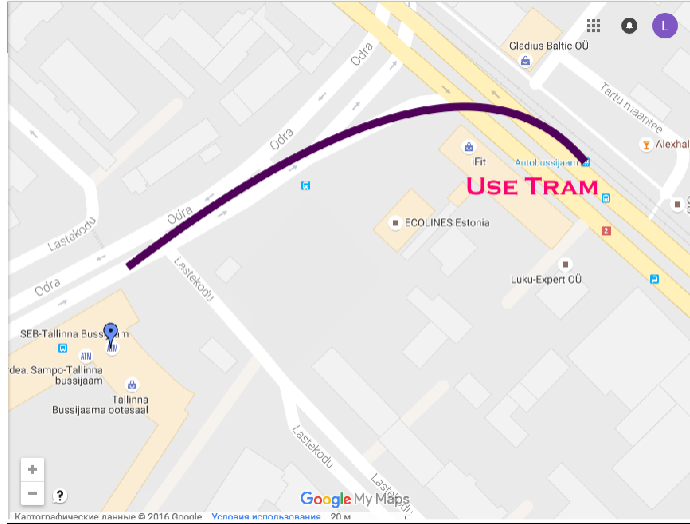
Hotel Dzingel (Männiku tee 89, 11213 Tallinn) <http://www.dzingel.ee/kontakt/kaart/>



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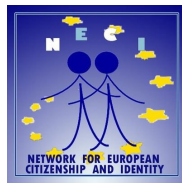
From coach station (Tallinn bussijaam)

By walk 2 minutes go to tram stop (Autobussijaam) Tram number 3 or 4 you need to get of tram stop **Hobujama its near Viru Keskus.**



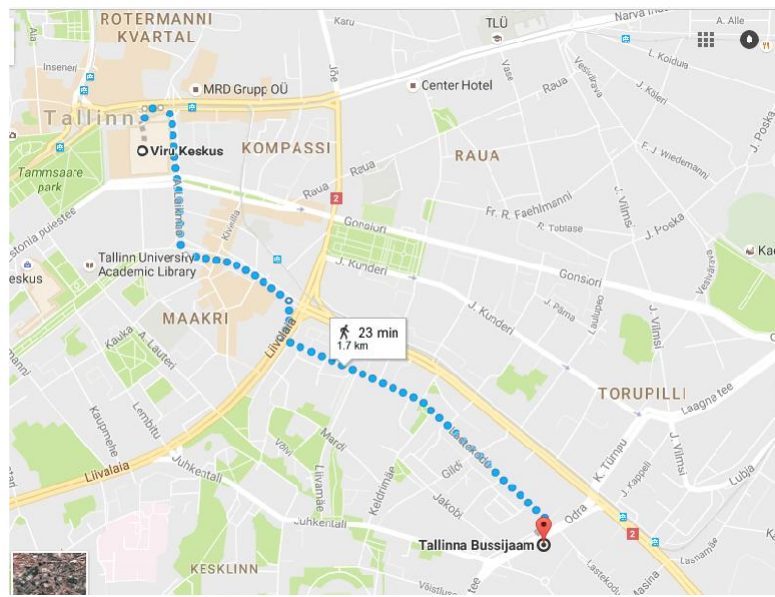
From Hobujaama but BUS stop Hobujaama to Hotel you can use Bus 5 (direction to Männiku) you need to get of bus stop **P. Kerese**
BUS Timetable <https://transport.tallinn.ee/#bus/5/b-a/12221-1/en> around 25 minutes

Hotel Dzingel (Männiku tee 89, 11213 Tallinn) <http://www.dzingel.ee/kontakt/kaart/>



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From coach station (Tallinn bussijaam) BY WALK 23 MIN near Viru Keskus bus stop HOBUJAAMA



From bus stop Hobujaama to Hotel you can use Bus 5 (direction to Männiku) you need to get of bus stop **P. Kerese**

BUS Timetable <https://transport.tallinn.ee/#bus/5/b-a/12221-1/en> around 25 minutes

Hotel Dzingel (Männiku tee 89, 11213 Tallinn) <http://www.dzingel.ee/kontakt/kaart/>



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Ferry port Reisisadam (A. B. D Terminals)

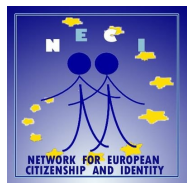
By walk to bus stop **Hobujaama** near Viru Keskus



From bus stop Hobujaama to Hotel you can use Bus 5 (direction to Männiku) you need to get of bus stop **P. Kerese**

BUS Timetable <https://transport.tallinn.ee/#bus/5/b-a/12221-1/en> around 25 minutes

Hotel Dzingel (Männiku tee 89, 11213 Tallinn) <http://www.dzingel.ee/kontakt/kaart/>



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Finances, reimbursement:



This training course is financed by the «Erasmus+» Programme. It means that **limits of your travel expenses will be covered by the Estonian National Agency**. Please be sure to **bring all travel tickets, invoices and boarding passes** – without them, it will be difficult to claim money for you!

Insurance we ask you to organize for you by yourselves. Our national agency is not provided this money in the project budget. But we really recommend you to do the insurance! Also, we advise to have the medical European card.

Reimbursement will be given to each participant or organization to bank accounts by bank transfer after the training course during one month. Reimbursement will be given according to travel cost limit sums. If you spent less than your travel limit you will receive this price because, we need for each given sum invoice or bills.

What is more, pay attention that we will take per each participant 20 eur as a participant fee. We will book the Estonian restaurant for the traditional Tallinn evening and manage excursion in the old city. This sum we will cut from the travel cost limit sums. See the limit sums below.



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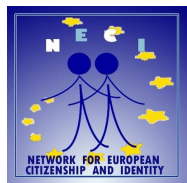
Travel budget:

Name of organisation + country	Number of participants	BUGDET for travel cost
NGO Youth Club Active/NGO Youth Centre Vihasoo - Estonia	5 people (3 participants + 2 trainers)	0
Network for European Citizenship and Identity CYPRUS – (Cyprus)	4 people (3 participants + 1 trainer)	2000-2999 km – 360 eur per person
NECI Spain (SPAIN)	3 participants	2000-2999 km – 360 eur per person
Mladinski center Zagorje ob Savi (SLOVENIA)	3 participants	500-1999 km – 275 eur per person
L'Orma (ITALY)	3 participants	500-1999 km – 275 eur per person
C.E.T. Platform Hellas (GREECE)	3 participants	2000-2999 km – 360 eur per person
East West East Germany e. V. - Germany	3 participants	500-1999 km – 275 eur per person
Asociatia Tineri pentru Dezvoltare Durabila in Europa (ROMANIA)	3 participants	500-1999 km – 275 eur per person

Currency

The Estonian unit of currency is the **EURO**.

www.tavid.ee



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Draft timetable:

	Day 0 Date 25.08.2018	Day 1 Date 26.08.2018	Day 2 Date 27.08.2018	Day 3 Date 28.08.2018	Day 4 Date 29.08.2018	Day 5 Date 30.08.2018	Day 6 Date 31.08.2018	Day 7 Date 01.09.2018	Day 8 Date 02.09.2018 (Departure day)
Before noon	Arrival of the participants	Energizer Mission is possible Team building activity: Expectations -Risks- Contribution -who are you	Morning Activities Outdoor activity: Energizer A waking up activity Facing conflict: What can I do? Be yourself, start making the change	Morning Activities Outdoor activity: Energizer A waking up activity World Cafe Internal - external risk assessment in the youthfield	Morning Activities Outdoor activity: Energizer A waking up activity On the way to solution: Managing Conflicts Conflict Managing techniques	Morning Activities Energizer A waking up activity Debate line The Nuclear factory debates	Morning Activities Energizer A waking up activity Presentati on of Erasmus + programme Networking and NGO Fair	Energizer A waking up activity Youth pass and self-assessment Paper evaluation (quantitative form)	Break departure Train evaluation



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Afte rn o n	<p>Welcoming</p>	<p>Harmonization and Clarification to basic Project principles</p> <p>Social Inclusion vs Conflict in youths.</p> <p>Brainstorming Session</p>	<p>Structured outdoor day- Cultural orientation</p>	<p>Stages of Conflicts</p> <p>Conflict resolution by playing</p>	<p>Designing/modifying non-formal games for All</p> <p>Implementation and evaluation of the planned games</p>	<p>What would be your response?</p> <p>response.</p> <p>Reflection groups</p>	<p>Open space technology</p> <p>What is Open Space Technology best used for?</p> <p>Presentation of OST work and planning the next partnerships for health and inclusion project</p>	<p>Meditation on 7 days</p> <p>T-shirt drawing</p> <p>collection with positive feedback.</p> <p>Poster design</p>	
Eve ni ng	<p>Icebreakers</p> <p>Presentation of the agenda</p>	<p>Reflection group</p>	<p>Reflection group</p>	<p>Reflection group</p>	<p>Reflection group</p>	<p>Intercultural afternoon/evening</p>	<p>Evening in the city together</p> <p>Reflection group</p>	<p>Reflection group</p>	



Additional INFORMATION

In case of emergency – POLICE NUMBER is 112

TRAINERS team:

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Hosting Contact of ORGANAZERS

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