

Watergratt



are happy to welcome you to



Training Course

9-17 April, Harjumaa Estonia

Project Description

The topic of youth violence is of the big concerns among the youth workers, teachers and support workers on the global level. Children before their teens are frequent victims of domestic violence. The exact statistics are often hard to find, as around 60% of the presidents are left unreported or 'swept under the carpet'.

Partner countries represented on this project have cultural elements that are fueling the expression of violent behaviours:

- Romania and Turkey are facing high level of domestic violence;
- Latvia and Estonia are having a background of ethnicity related conflicts;
- Italy, UK and Denmark have a long-lasting inner debate concerning the question of having a wide number of immigrants in the country, which is especially relevant throughout the Brexit campaign.

Due to the relevance of the subject to the everyday work of the partners of this project - working with groups of young people, who are exposed or witness violence and abuse the idea was born to create a project to create/adapt/update methodology on prevention of abusive and violent behaviour among young people that would be effectively transferable to youth workers' current work.

Thus, this project is an initiative that supports a network of youth and social workers, and teachers that promote a preventive approach to conflicts and violence among their beneficiaries.

We will gather for a 7 day experiential learning training course that will take place in Harjumaa, Estonia between 10th and 16th of April (+2 travel days).

Objectives

- to equip 24 youth and social workers, and teachers with relevant competencies for recognising, understanding and preventing the occurrence (or the potential of occurrence) of interpersonal conflicts generated by abusive and violent behavioural patterns that they would be able to use in their daily work with groups of young people from different backgrounds (rural areas, ethnic and religious minorities, unemployed or facing poverty, victims of bullying or violence, precarious family background);
- to provide y.ws with knowledge, understanding and confidence on how to start a conversation about violence with young people and which methods to use as an aid by going through the specific scenarios and case studies that would

foster a deeper understanding of the concept of violence and how to find possible solutions to tackle it;

- to strengthen the cooperation between the partners by creating an international network of youth workers motivated to initiate new international actions that would prevent the occurrence of violence.

The methodology is based on NFL methods and includes case studies, text analysis, kinesthetic learning, competitions, personal assessment, forum theatre, image theatre and improvisation, video presentations, research activities, exploration of surroundings, an individual/pair/group reflection.

Topics covered within the training course: definitions on violence and connected topics, anger, aggression, dynamics of conflicts, stereotypes and prejudices, decision-making processes, understanding perceptions, surroundings and reactions, assertive communication, emotional dynamics, labelling theory, misbehaving, perceiving vulnerabilities.

Who is the project for

The project was designed for youth and social workers, volunteers and teachers, and other people who work with young people on a daily basis.

We expect to have a group of participants who are eager to transfer the methodology in a practical way in their groups of youngsters and also to promote the concept of preventive education in their daily work. We will work on the transferability of the results during the whole week and we strongly encourage the sharing dimension of the learning process, so be ready to bring with you real examples from your work.

The minimum age limit is 18, without any other limitation.

Good level of English is needed, as this will be the main working language.

We aim to have an overall number of 26 participants from the following countries: Romania, Latvia, Estonia, Denmark, Turkey, Italy, Greece and the UK.

Also, we expect the participants to:

- bring their input related to their work with groups of youngsters, by proposing the concepts they need to explore in their current work;

- express their learning needs regarding: topics, the use of holistic facilitation and preventing the occurrence of violent acts;
- take part in the promotion of the concept and being involved in the dissemination schemes;
- commit to stay involved in follow-up activities since they want to explore and continue working in the youth field.

Logistics and organisation

During the project week, accommodation, food and all the other project-related expenses will be covered by the Erasmus+ programme. Reimbursement for travel costs will be made by bank transfer after the training course, in around 3-4 months, upon presentation of all original tickets (including return tickets), receipts/invoices and boarding passes.

When buying tickets, bear in mind that there is a fixed maximum amount reimbursable for your individual trip costs. The sum, set by the European distance calculator, covers the travel costs from your home city to the venue and back. Travel costs exceeding the maximum reimbursable amount will be covered by participants themselves.

Estonia - 20 eur

Romania - 275 eur

Latvia - 180 eur

Greece - 360

Turkey - 360 eur

UK - 275

Italy - 360 eur

Denmark - 275 eur

It is mandatory to have **valid travel and medical insurance** during your travel. The host organisation will not cover any personal health costs. A European Health Insurance Card is valid in Estonia and you are invited to register for it if you don't have any yet. Please ask your sending coordinator for more info.

None of the participant country residents require a visa to enter Estonia. However, it is important for you to make sure your passport or ID card is valid for at least 6 month prior to your travel.

NB! A valid COVID-19 passport is a must! Please make sure to get full vaccination prior before making a final decision to come to the training course.

Info about the venue will be provided to the selected participant ASAP. We're looking for a palace outside of the city to escape the hectic city life and plunge into the atmosphere of pristine Estonian nature with it's forests and sea side. However, to change scenery and learn more about Estonian culture, we're planning a trip to Tallinn in the middle of the week.

In order to cover all the expenditures of the implementation, we invite each of you to support us with an individual contribution of 30 € upon your arrival in Estonia (only if you are selected and confirmed for joining the training course).

About the trainer organisations:

Watergratt Pirita NGO has 2 directions with one of them being development of civic society. Our main target group are young people. Our members possess a proven track of experience in development of educational programmers and organisation of non-formal educational events on a local and international level, such as youth exchanges and training courses under the frames of Erasmus + EU programme and/or independent courses on various topics. Members of the team are certified specialists with proven track of experience in working with vulnerable young people and adults, mentoring young people at risk, delivery of mental first aid and providing support through non-formal educational methods, experiential learning through outdoor activities and mentorship.

IPTA (Projects and Ideas for Active Youth) is a non-governmental organisation with nine years of experience in working with Romanian youth using both formal and non-formal tools and methods. Our activity is focused on designing and delivery of educational programs and is conducted at both local and international level, for a large variety of youngsters. The topics that we address most frequent are preventive education against addictions, violence and unhealthy relationships among youngsters, with an emphasis on social inclusion and community development.

Please fill the application form by March, 13 by following the next link:
<https://forms.gle/FCGCxMUcXQU776yD7>

Additional information:

Watergratt Pirita NGO
suetaitlen@gmail.com