



"SPEAK PEACE: NVC tools in youth work" TC

09.01 – 17.01.24, Aparan, ARMENIA



Co-funded by
the European Union

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dialogos }

altera_lab.

What is it about?

Conflict transformation and non-violent communication tools are necessary in the contemporary world due to the amount of violence, aggression and warfare happening around us. Violent strategies to approach conflict cause a common threat to humanity, which leads to relations of competition and mistrust between humans. These patterns are deeply rooted in the culture at all levels that can become dramatically harmful to human relationships.

There is a lack of intercultural peaceful communication and dialogue competences' development for better understanding and integration into multicultural environments. This particularly affects the youth sector as young people are on their way of personality formation and more sensitive towards outside influences. We consider it of crucial importance to shape the visions and knowledge of young people in multicultural environments and to advocate for a more peaceful world through conflict transformation and non-violent communication.



The specific objectives of this TC are:

- To equip youth workers and leaders from Program and EECA Partner countries with the tools of conflict transformation and non-violent communication**
- To promote conscious and non-violent behavior among participants with the use of non-formal education methods to be afterwards applied in their workplaces with young people**
- To get acquainted with the situation of conflict transformation in the participating countries and make the exchange of best practices**
- To develop participants' competences on intercultural learning, communication and culture of peace to be transferred in further work with their target groups**
- To form a network among like-minded organisations and develop follow-up projects within the project topic**

Participants



Youth workers and young leaders from Germany, Italy, Estonia, Latvia, Finland, Ukraine, Georgia, Armenia interested and working in field of intercultural dialogue and peace education with young people with fewer opportunities.

CONDITIONS OF PARTICIPATION

- **3 participants 18+ per country**
- **truthful engagement and motivation to be active within the theme of the project and to learn in the international group**
- **participation in all the stages of the project**
- **excessive commitment to follow-up activities and networking**

Activity timetable

Time	Arrival 9 January	Day 1 10 January	Day 2 11 January	Day 3 12 January	Day 4 13 January	Day 5 14 January	Day 6 15 January	Day 7 16 January	Departure 17 January	
09:00 – 09:45	Breakfast									
10:00 – 11:30		Opening Introduction Name games	Entering the topic Intercultural learning	"Revealing identities: Who am I? Loving kindness Meditation	Reaching peace and democracy through rap workshop	Intro to NVC, Educational value of NVC. Safety rules	Limelight! The power of the voice	Adaptation of the methods and preparation of diaries	Departure of participants	
11:30 – 12:00		Break								
12:00 – 13:30		Getting to know each other	Roots of conflict, Escalation scheme	Authentic movement and "body dialogues" Emotional self- regulation and non-violent communication	Reaching peace and democracy through rap workshop	4 steps of NVC (observation, feelings, needs, requests)	Entering the Practice phase Preparation	Open space Joint project work and presentations		
13:30 – 15:00	Lunch									
15:00 – 16:30	Arrival of participants	Expectations contributions challenges	Introduction to the Peace Education	Intercultural sensitivity Input and practice	Self-immersion time	Storytelling method Conflict transformation	Practice phase Implementation Group 1&2	Dissemination plan Youthpass and learning outcomes		
16:30 – 17:00		Break								
17:00 – 18:30		Team Building Erasmus+ Youthpass	Participating countries' realities research	Intercultural quest	Self-immersion time	Storytelling method Presentations	Practice phase Implementation Group 3&4	Evaluation of the TC, Certification and Closing		
18:30 – 19:00	Reflection									
19:00 – 20:00	Dinner									

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Important to know

The project is funded by the Erasmus+ Programme through German NA. Accommodation, food, travel costs, and exchange activities will be covered by the organisers

Travel cost:

Germany, Estonia, Italy,
Latvia, Finland - up to max 360 EUR
Ukraine - up to max 275 EUR
Georgia - up to max 210 EUR
Armenia - up to max 20 EUR

The travel documents are tickets, invoices, boarding passes, original or electronic bus/train tickets which should be saved and given to the organisers to be reimbursed. Unauthorized absence from activities and workshops is not permitted. If less than 90% of the program is attended, it will not be possible to be reimbursed for the travel costs.

What to know next?

- If you are selected, you will receive a confirmation email from a project organizer
 - do not buy any tickets without the approval of your travel plan by the project organisers
 - invitation letters (in the case of need) will be prepared by the organisers
 - online preparation meeting with all the participants will be organised to get to know each other and discuss technicalities
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Accommodation

The project will be held in Armenia at "altera lab" training center & housing in Aparan community, 50 km northwest of the capital Yerevan. You will be accommodated in dormitory rooms with other participants of the same gender. There is wireless internet available in the venue. There is a big garden and beautiful spots which will be at our disposal both during the sessions and free time. The average temperature in January is around -10 +5°C, be prepared for both sunny and snowy days!

Within non-formal education we foster community based living, so please be prepared to take care of the space keeping it clean and nice. Breakfast, lunch and dinner will be provided at the venue. According to the project healthy lifestyle approach, the food will be mainly vegetarian and alcohol usage in the building not supported.

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What to bring


- Comfortable and warm clothes for outside activities and indoor shoes to change inside of the house.
- Traditional food, drink, souvenirs etc. for intercultural evenings activities
- Any medicaments you use and will be needed for you while staying
- Medical insurance is necessary during project days





To apply please fill in the form:

<https://forms.gle/3cMf3Dgg4ukCiy4u9>



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The Team



Laura Poghosyan - Project Coordinator, trainer in NVC, meditation and mindfulness
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Davide Banin - Trainer in artistic tools, intercultural learning and sensitivity
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Hanna Ylitepsa - Trainer in democracy education with rap and creative writing techniques
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Larisa Mkrtchyan - Trainer in peace education and human rights
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PARTNER ORGANISATIONS



DIALOGOS - Germany - Coordinating and Sending organisation
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"altera lab" educational youth NGO - Armenia - Hosting organisation
Email: infoalteralab@gmail.com



Association Ottovolante - Italy - Sending organisation
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Do Great Things. Latvia - Sending organisation
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Cyclo Project - Finland - Sending organisation
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Creative Youth Platform CYP - Georgia - Sending organisation
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On the Wings of Art - Ukraine - Sending organisation
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