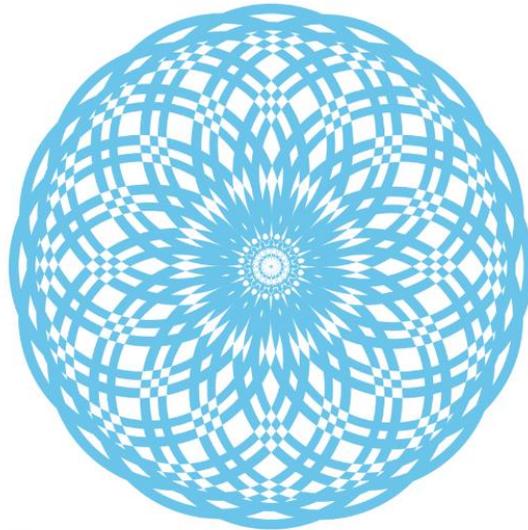




idei și proiecte
pentru
tineri activi



Erasmus+



Peace with me

- Training Course -

**** developed and organized by IPTA ****

09-17 October, Oradea, Romania

Hello there! Since you're reading this file, we will consider that you're inner voice is whispering a soft melody that animates you to discover some new facets of the non-formal learning' universe. Hopefully you are heading to a learning journey that fulfills this objective; we will at least try to bring you in such a setting. We are sure that a magic conductor baton asked your inner voice to whisper that melody, directing you to an educational experience connected to the concept of violence prevention.

Peace with me is a 7-day training course which aims to support a network of youth workers that promote a preventive approach on conflicts and violence among their beneficiaries. We see this project as a follow-up initiative which creates added value for the participants in terms of a deeper understanding of violence and a strengthened international cooperation in this field.

The project's concept emerged from several international youth projects where IPTA provided expertise on working with violence and interpersonal conflicts. With this project, we intend to approach the need of an exhaustive understanding of different types of violence and how

the sources of conflicts are creating aggression, abuse and battering. As being engaged with a large variety of groups, at both local and international level, the promoters of this project identified that a large part of the activities delivered for young people do not include a preventive dimension against abusive and violent behavioral patterns. Violence can outburst in many different facets among the youngsters, with a huge impact on the groups when it is addressed in a preventive way.

The methodology prepared involves three dimensions of the learning process: acquiring knowledge, practical experience and reflective evaluation. Encouraging a systemic thinking, the process will propose three perspectives of understanding violence: visualizing its complexity, verbalizing and expressing its complexity, and exploring the reality of the topic in many aspects. Expect to have an intense working week with a wide range of methods, from research-based tasks to fully artistic sessions, guided in a safe learning space. We will mix text reading, meditation, contact making improvisation, body expressivity and communication, analysis, reflection, theatre, emotional introspection, trust making and trust challenges, and many other. Be ready to share, give and reflect on the experience every day, 24/7.

Objectives of the project

- Equipping 24 youth workers with relevant competences for understanding and preventing the occurrence of interpersonal conflicts generated by abusive and violent behavioral patterns;
- Incorporating in the participants' work a preventive approach against violence manifestations by creating a personalized plan to fit each organization;
- A better understanding for the participants of the principles and benefits of using holistic facilitation as a working principle;
- Strengthen the cooperation between the partner organizations by creating an international network of youth workers motivated to initiate new actions connected with this topic.

About the applicant organization

IPTA (Projects and Ideas for Active Youth) is a non-governmental organization with seven 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 emphasize on social inclusion and community development.

Who is this project for?

The project was designed for youth workers, volunteers and other people who work with people with fewer opportunities on a daily basis. We designed a methodology which is helpful for persons who are active in the field of youth, education, social services, public youth services, religious based organizations or any other entity that is engaged with youngsters. Also, 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, as each participant will prepare a

homework before attending the event. 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 we will not provide translation.

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

Some logistics

The training course will be organized in the city of Oradea, located in the west side of Romania. The project will cover 100% of accommodation and material costs during the training course. Travelling costs are covered due to the Erasmus+ KA1 rules: 275 EUR for each non-RO participant.

Before booking your transportation, please ask for our confirmation. We may not be charged with any travel costs that are not confirmed by us. We strongly advice to book your transportation in a way that you can arrive in Oradea before 19:00 on 21st of March. Given the volatility of the international regulations, please consider flexible or refundable transportation options.

Romania is considered a yellow country in terms of COVID-19 risks, therefore we can accept exclusively participants with valid green certificate.

There are six airports that you can check for air transportation:

- Oradea: limited international flights
- Cluj Napoca: 3-4 hours away from Oradea by train or minibus
- Timisoara: 3-4 hours away from Oradea by train or minibus
- Satu Mare: 2-3 hours away from Oradea by train or minibus
- Budapest: located in Hungary, 5-6 hours away by minibus
- Debrecen: located in Hungary, 1 hour away by minibus

In order to cover all the expenditures of the implementation, we invite each of you to support us with an individual contribution of minimum 30 € upon your arrival in Romania (only if you are selected and confirmed for joining the TC). We won't ask for this contribution in the case of participants with limited financial opportunities.

The location of our training course will be a lovely venue located in Oradea. Posticum is a multi-cultural space designed for educational and artistic programs for the local and regional community, with a polyvalent destination, used also as a Christian chapel in some private events.

More details about the logistics to come once you are selected to participate in the training course.

By the way! In order to apply for this project, please fill this form, as an initial step in being selected.

<https://forms.gle/h4FzFYgxNrWfvl5A>

For any questions, please send us a message through our facebook page:

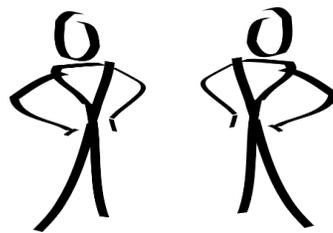
<https://www.facebook.com/ProjectsIdeas4ActiveY/>



The agenda of the training course: check it in the following page 😊 **See you soon!**

Day 1:

- Introduction of the project and the objectives regarding the topic & Introduction of participants
- Group cohesion and discovering each other
- Intercultural Learning – Key findings on defining violence
- Show me what you got: personal examples



Day 2:

- Anger, Aggression and Violence
- Sources of violence
- Surroundings and stereotypes
- Surroundings and prejudices

Day 3:

- Dynamics of conflicts: Avoidance and Domination
- DOC: Yielding, Compromise and Cooperation
- Decision-making & conflicts: group approach
- Decision-making & conflicts: individual approach

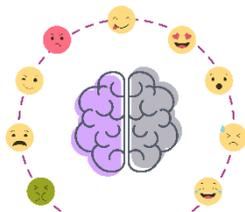


Day 4:

- Understanding victims
- Action and reaction I
- Action and reaction II
- Intermediary reflection

Day 5:

- Understanding perceptions: Me vs. YOU
- Act like now!
- What and who: social differences
- Assertive communication



Day 6:

- My space - your space
- Buttons. Vulnerable buttons
- Emotions in motions
- Let's PICNIC!

Day 7:

- Feedback: good and bad and good
- What next?
- Gallery of future work. Erasmus+ technicalities
- Final reflection, Questions and answers

