

# PARTNERS AND PARTICIPANTS GUIDE

THANKS  
BUT NO  
TANKS

TRAINING COURSE ON HOW TO USE  
NON-VIOLENT COMMUNICATION TO  
INTEGRATE POLITICAL DIMENSION  
INTO YOUTH WORK

STEGNA  
POLAND

13th OCTOBER (ARRIVAL DAY)  
20th OCTOBER (DEPARTURE DAY)

2018



## WELCOME

Congratulations! You are a partner in the Training Course “Thanks but No Tanks” and you are among the 26 participants that will take part at the training. There will be participants from Poland, Estonia, Italy, Austria, Hungary, Portugal, Denmark, Czech Republic, Spain, Malta, Greece and France.

You are among these participants, because we believe that you will benefit from the training course. As well we believe that you will be the one that can share his/her experience with others and therefore be the source of enrichment for the other participants.

We hope that those 8 days you will spend at “Thanks but No Tanks” will be for you a vivid and useful intercultural experience. To achieve this we need to look at some practical needs as well and therefore we have prepared for you this “participants survival guide”, which will help you to answer many questions and as well to prepare for the project.

Read the guide carefully and keep it with you on your travels so you can check the information whenever you need.

We are looking forward to meeting you in Poland!

## THE TEAM

If you hoped to see our pictures in this part then we are sorry. You will have to wait until you get to Poland to find this out. However we can tell you that the team of organizers and facilitators are from Poland, Brazil and Italy.

**Paweł   Gosia   Marco   Lorenzo**

And how will we do it? It will be a training course, but not like one where you can sit back and relax. We will use active methods, based on experimental learning in combination with practical theory. This means that you will work in workshops, with role plays and exchange the experiences you have from your day to day work and work on concrete future project plans.

## WHAT LANGUAGE WILL WE USE

Even though many of you speak many different languages the official training language will be English only.



## THE CONTENT AND ACTIVITIES

The overall aim of the training is to create a deeper understanding of the civil society actors and the role they have in our nations. To approach this topic we will start with exploring the meaning of the words conflict, youth movement, peace etc. and at the same time we will follow like an itinerary from historical social movements for democracy and justice, movements against discrimination and racism and we will explore present developments in the different regions, movements born during the economical crisis in Europe and other important actors around the world and especially Europe.

### AIM

TNT will give competence and methods to participants to analyze the social conflicts, will teach them how to act wisely, and be active leaders in the civil society using non-violent communication.

### OBJECTIVES

- Provide the participants with tools and competences to understand what civil society is and what is its role in our own societies;
- Familiarize the participants with concepts and approaches of non-violent actions, how to use it best and adapt it to local contexts and realities in order to promote peace building;
- Equip the participants with skills to act in order to fulfill their goals;
- Empower the young people to act wisely in conflicts on individual as well as societal levels;
- Review and enhance participants' competences (knowledge, skills, attitudes) in working as multipliers, and activists on peace building using non formal education tools;
- Enable participants to develop activities and campaigns for multipliers in conflict transformation and non-violent actions, at international, national or local level



## PARTICIPANT'S PROFILE

- aged **18 - 40** (the upper age limit is flexible; we are willing to accept participants over 40 years old as long as they meet other criteria)
- **active members** of youth organizations working with young people or running activities for them (**youth workers, leaders, trainers, facilitators, animators, local activists, \*volunteers** - only in special cases)
- personally and/or professionally **interested** in the areas the project focuses on (promoting peace building; conflict resolution; non-violent communication; fighting racism and discrimination; political dimension of youth work)
- willing to **commit** to sharing the newly gained knowledge and competences by **providing an activity** of their choice within **4 weeks** from returning to their home country and providing **photographic documentation**
- able to express themselves **fluently in English**.

## PREPARING FOR THE CONTENTS

Your sending organisation is responsible for preparing you for the training organisationally but there are some things you can do on your own to prepare better.

In this section you can find web-links which will help to broaden your understanding of the youth in action programme, non-civic and intercultural education in the European context. These links will be useful for you before the training (in terms of introduction) and after the event (in terms of future project implementations as well as training opportunities).

General information on European Youth Program

- [http://ec.europa.eu/youth/index\\_en.htm](http://ec.europa.eu/youth/index_en.htm)

Information on the European Youth in Action Program. User's guide is available.

Non-formal education and intercultural learning

- <http://www.infed.org/biblio/b-nonfor.htm>

Formal/Non-Formal/informal Education background.

- <http://www.efc.be/ftp/public/cpi/TCFF%20Intercultural%20Learning.pdf>

Intercultural learning.

- <https://pjp-eu.coe.int/en/web/youth-partnership/t-kits>

T-kit publications connected with European youth work.



## INTERCULTURAL EVENING

During the training course we plan to arrange an Intercultural Evening. You will present your own cultures – national, regional, personal or any kind of culture you feel you belong to.

This means that all options are possible. A culture may be presented by a song, a story, a poem, a dance, some drink or food, etc. You may bring pictures, music or anything which you consider to be most appropriate to present your culture. There will be as well dvd/video/audio player and data projector within the time limits. However we appreciate if you find more **creative way to present your culture**.

We will not have a kitchen to prepare the meals for the intercultural evening, so we suggest that you adapt your food and drinks to that reality (we can arrange a refrigerator, if necessary).

So in short, it should actually **not be a presentation** but an **activity or something interactive**. We leave it up to your creativity.

## MARKET OF ORGANISATIONS

One of the great side effects of international trainings is the opportunity to meet new, nice and interesting people from different organizations all over Europe. So let us know which context you are recently active in and present your organization and their work. Bring your promo materials and use this chance to meet your future partners!

## COSTS

Board, lodging and programme costs will be provided and paid 100% by grant from the Polish Erasmus+ National Agency. But it is recommended to have a some extra cash for drinks, small shopping, etc.

## TRAVEL BUDGET

According the rules of Erasmus + Programme and the budget that was financed in the Polish National Agency, here is the maximum amount that each participant can use for the travel to Poland and back:

| Organisation  | Country        | Maximum Budget per participant travel (100%) in Euros |
|---|----------------|---|
| Evropske centrum mladeze Breclav/<br>European Youth Centre Breclav Z.S. | Czech Republic | 275   |
| Mittetulundusühing Noored Uhisakonna Heaks                              | Estonia        | 275   |
| 3db   | Denmark        | 180   |
| Relais Ouverture Echanges Linguistiques                                 | France         | 275   |
| Youthphoria   | Greece         | 275   |
| Asociación Juvenil "Jarrón Club"  | Spain          | 360   |
| the BetterMaking organization Austria                                   | Austria        | 275   |
| Mosta Youth Empowerment Centre  | Malta          | 360   |
| Bué Fixe- Associação de Jovens  | Portugal       | 360   |
| En Kint Egyesület   | Hungary        | 275   |
| Agenzia di Promozione Integrata per i Cittadini in Europa               | Italy          | 275   |
| Fundacja Global Wave  | Poland         | 20  |

There is a travel fee of **20 Euro** per participant, for us to be able to rent a bus to the venue and back. The fee you can pay during the reimbursement procedure. You should save the 20 Euro from your total travel costs.

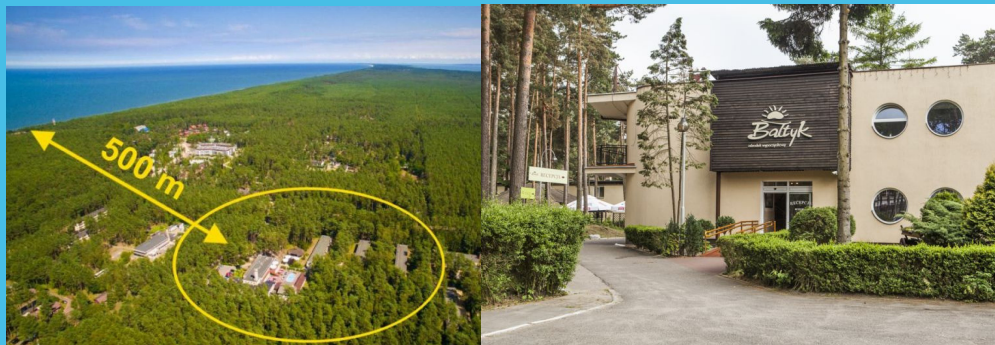
According to the restrictions of the Erasmus+ Programme we can only refund up to some amount of the travel cost, if the following points are fulfilled:

- Your travel route is from the city your organization is located in to the venue in Poland (you are advised to land in Gdańsk Lech Wałęsa Airport) and back
- You have chosen reasonable and economic means of transportation (e.g. student fares for flight tickets, cheap airlines, 2nd class trains).
- Your travel dates are according to the programme (one day plus or minus is O.K., if you can prove that this transfer is cheaper. However you will have to arrange and pay for the extra stay yourself.)
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets. If you go by plane and book an e-ticket please send us a copy by email: [fundacja@globalwave.pl](mailto:fundacja@globalwave.pl)

As the coordinator, Fundacja Global Wave intends to make the reimbursement by cash to all participants who bring the necessary documents already mentioned before.

**We will NOT reimburse the amounts that get over the maximum budget for each participants.**

## ABOUT THE VENUE



During TNT we will stay in Seaside Resort “BAŁTYK” in Stegna, a village about an hour away from Gdańsk :

<http://www.owbałtyk.pl/index.php/en/resort/>

The resort is located in the forest, about 500 meters from the sea and it has a wide range of free time activities e.g. bonfire area, health and rehabilitation treatments (however its is paid extra).

Your accommodation will be in double or triple rooms. Every room has its own toilet and shower.

Towels and bed linen are included for each person.

There is free WIFI available however it is not very stable depending on the weather conditions.

The nearest shop is located in the center about 20-30 min walk away from our accommodation.

We will organize the transport to the venue and back to Gdańsk as soon as we receive your travel details. Therefore while booking your flight make sure to arrive in Gdańsk before 5pm on the arrival day.

**Note:** You can book your flight maximum 1 day before arrival day OR 1 day after departure day. Notice that accommodation and food for extra days **will not be covered by the project.**

## WHAT TO BRING

- **Clothes**: we don't have any dressing code at our training. So feel free to take whatever clothes make you feel comfortable but remember that it may already be quite cold in October and we advise you to check the weather forecast before (<http://m.meteo.pl/stegna/60>). Evenings might be colder so sweaters and raincoats are advisable in this period of the year. Pack winter clothes in order to enjoy being outdoors. The venue has a Wellness and Spa area. The treatments are extra paid (<http://www.owbaltyk.pl/index.php/en/spa/>) so if you decide to give yourself a treat, you may want to bring a swimsuit
- **Promo materials** with main information to present your Organization during the evening of Organization Market.
- **Ideas, music, snacks, drinks** etc to present your country and culture in the Intercultural Evening!



## LANGUAGE

Polish language, especially pronunciation, seems to be a bit of a challenge for a lot of European speakers. In large cities you will have no problems communicating with us in English, however resident of small towns and villages still struggle so here is a link to some useful expressions with pronunciation in case you need it:

[https://en.wikibooks.org/wiki/Polish/Some\\_useful\\_expressions](https://en.wikibooks.org/wiki/Polish/Some_useful_expressions)

## CONTACT DETAILS YOU MAY NEED

If you have any questions concerning the programme contact  
Marco Santos at [marco@nyh.ee](mailto:marco@nyh.ee)  
and concerning organizational matters contact  
Gosia Matuszewska or Paweł Kulasiewicz  
at [fundacja@globalwave.pl](mailto:fundacja@globalwave.pl)

**SEE YOU SOON IN POLAND!  
YOUR TRAINING TEAM**