



Erasmus+



INFOPACK



Training course
for
youth workers

Build Inner Peace –
Bring Outer Peace

*strengthening youth workers impact against
radicalization*

06th – 14th November

2018

Veliko Tarnovo, Bulgaria



Welcome

Dear friends,

*Through the following pages, we have summarized the information you need to know about our training course **in order to apply for participation.***

If you have further questions, do not hesitate to contact us at: home@learningforchange.net

Enjoy exploring the information!

This project is hosted by:

Learning for Change Foundation

www.learningforchange.net

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Who we are?

“**Learning for Change**” Foundation is established in 2016 by experts in the field of education, training and project activities. The main motivation of the team for the establishment of the Foundation is to combine in one organization their long experience in international Youth work, youth policy, project activities and non-formal learning. The team of experts and professionals behind the organization works actively together in the field of Youth work at national and international level for years. In early 2016 they have decided to create a unified organization to meet the specific needs for the development of non-formal learning and Youth work in Bulgaria and Europe.

Our share values are: solidarity, social justice, the right for education and training, mutual cooperation, intercultural and interreligious dialogue, public and personal responsibility, peace and sustainable development.

MISSION: To support young people in the search of their true life purpose by raising personal awareness, connection to nature, and building sustainable core values.

VISION: To live in a value-driven society that provides opportunities for natural growth and personal development through one’s unique talents as an integral part of the global eco-system.

Two main areas of work of Learning for Change are:

1. **Ecocentric development** – modern developmental psychological concept promoting holistic personal growth;
2. **Positive psychology** – modern trend exploiting resources of the brain to creates positive attitudes and thus affecting learning, working and social capacities of the people;

About the Course

WHY “BUILD INNER PEACE - BRING OUTER PEACE”

One of the most pressing challenges to European countries is the fact that a violent radicalization becomes gradually an enormous threat. While thousands of refugees/immigrants flow into Europe, the extremism rises even to the extent of using terrorist violence against fellow citizens.

Young people become an easy victim of these behaviors. Lacking their own critical thinking and inner motivation for being active citizens, they indulge into manipulations and threads starting from violent behaviors in school.



In this context, there is a need to strengthen the common European values of freedom, tolerance, respect for diversity and non-discrimination. The 2015 Paris Declaration on promoting citizenship and the common values of freedom, tolerance and non-discrimination through education comes to light the way to deal with them: education. Knowing though, that school system is overloaded with strict curriculum goals, out of school learning (Non-Formal Learning) can play a key role in this! Youth work can have a significant impact in **cultivating critical thinking and fundamental values among young people, preventing extremism, violence and radicalization**. In fact, the Youth Work Report 2014 has identified that youth work can result in a range of positive effects for youth which enables them to enhance competences, reinforce their network and social capital, improve particular behaviors and develop positive relationships.

*Given this, **Build inner peace - bring outer peace** aims at enabling youth workers of today to acquire additional competences and methods that prevent the violent radicalization of young people, especially among the hard to reach young people (minorities, migrants etc.).*

TRAINING OBJECTIVES

The training course is built on a flow which combines elements of practice/experience, reflection, theory and application. Thus, we are aiming at:

- 🕒 To develop understanding about the common **reality all over Europe** regarding violent radicalization;
- 🕒 To raise awareness about the **reasons for radicalization** among young people in different parts of society;
- 🕒 To increase the knowledge/awareness of youth workers regarding young people's need to **develop fundamental values**;
- 🕒 To develop **skills to prevent violence and radicalization** of young people, particularly to the hard to reach youth;
- 🕒 To equip with **innovative methods and tools** for working with hard to reach young people;
- 🕒 To increase the fundamental values on youth workers themselves and **motivate** them to work for strengthening these values with their target groups;
- 🕒 To develop **follow-up activities** targeting hard to reach young people.



TOPICS OF THE COURSE

- 🕒 **Fundamental values** – value-based Youth work and how to strengthen core values in youth;
- 🕒 **Causes and effects of violent radicalization** – exploration of current situation and trends in this field;
- 🕒 **Methods for affecting hard to reach youth** – defining suitable approaches to work with minorities, migrants, marginalized sub-cultures etc;

- 🕒 **Innovative tools** – positive psychology, ecocentric development and nature based methods;
- 🕒 **Self-analysis and self-development** - how to transfer understanding about ourselves into process of conscious development.

PROGRAMME ELEMENTS

Ecocentric developmental Wheel
Working with values
Positive psychology practice
The Way of Council
Nature based methods
Experiential learning
Methods for self-development

Workshops development and delivery
Fasting
Solo time in nature
Sharing
Peer-to-peer learning
Transferability
Living as a community (*cleaning, cooking etc.*)

PARTICIPANTS

25 Youth workers from the following countries: **Bulgaria, Cyprus, Italy, Romania, Estonia, UK, France and Greece.**

Dates: 06-14 November 2018

Arrival day: 06.11.2018 in Veliko Tarnovo

Departure day: 14.11.2018 from Veliko Tarnovo

TRAINERS TEAM

The trainers' team has a rich experience in providing life changing experiences in safe but challenging learning environments. The "guides" of the learning process are professional youth workers, international trainers, persons with strong backgrounds in human development and psychology, with high ethics and working principles. The team is composed of:



Eleni Michail (CYPRUS) is a trainer and a youth worker. She discovered youth programmes and non-formal education while she was studying to become a school teacher. Feeling amazed by their impact, she decided to dedicate in offering possibilities for personal growth to youth. Among her areas of interest are personal development and empowerment, volunteering, human rights, active participation and sustainable development. She delivers training courses for the Cyprus' National Agency of the Erasmus + Programme, the Cypriot Commissioner of Children's Rights and other

organizations. <https://www.salto-youth.net/tools/toy/eleni-michail.3402/>



Bogdan Romanica (ROMANIA) is a dedicated youth worker, trainer and motivational speaker. He is crazy about changing the world and making Earth a better place to live. He is dedicated to the following actions: supporting young people to discover themselves, encouraging them to dream big, working with youth for personal action plans and empowering them to act according to their dreams and ideals. He has a wide experience in personal development, empowerment and experiential learning, at a national and international level. <https://www.salto-youth.net/tools/toy/bogdan-romanica.3421/>



Ognian Gadoularov (BULGARIA) is a youth worker and trainer specialized in international youth cooperation projects. He is involved in interactive teaching and environmental education. Prepares and educates instructors for working with children and young people. Ognian perform responsibilities as a trainer for Bulgarian "Erasmus +" National Agency. Expert in conducting adventure programs based on experiential learning and improving team performance. <https://www.salto-youth.net/tools/toy/ognian-gadoularov.2625/>

FINANCIAL AND PRACTICAL CONDITIONS

Build inner peace - bring outer peace is a project financed by the **Erasmus+ Programme**, thus all the activities, accommodation and food are 100% covered by the EU grant. The travel costs will be reimbursed to the participants **after the course** in the amount limit presented in the table below.

PARTNER ASSOCIATION	COUNTRY	MAX. REIMBURSEMENT PER PERSON
allaZOYME	Cyprus	275 Euro
Dreams for Life	Romania	180 Euro
Amber Initiatives	UK	360 Euro
Jonathan Cooperativa Sociale	Italy	275 Euro
CET Platform Hellas	Greece	275 Euro
Hors Pistes	France	275 Euro
Simuna Naisteklubi	Estonia	275 Euro



INSURANCE: Due to the complexity of the program each participant must have a comprehensive travel and medical insurance, covering both the travel and the stay from the first until the last day of the way back home. The insurance needs to be covered by the participants.

The arrival point for all participants is **Veliko Tarnovo**. The venue of the training is 15 min. away by car from the town and there will be organized pickups from Veliko Tarnovo to the venue. You can reach Veliko Tarnovo by bus or train from all big cities (where there are international airports) in Bulgaria – Sofia, Plovdiv, Varna, Burgas. So you are not obliged to fly to Sofia. If there are cheaper or more suitable flights to other cities you are allowed to choose this rout. We will help you with travel information about busses and trains to Veliko Tarnovo later.

There is NO participation fee for this training course.

TRAVEL EXPENSES

The travel expenses (from your home town till the venue of the course) are reimbursed on presentation of the relevant receipts **up to the maximum listed in the table**. In the frames of the Training Course the reimbursement will be done only for travel expenses incurred according to the rules given below:

- **Travel expenses** will be reimbursed only upon presentation of **documentary evidence** of the sum actually paid: original invoice or/and a copy of credit card slip. **The documents** must have the date, price, name of the traveler, destinations of the travel and the bill has to be completely clear.
- **Electronic tickets** will only be reimbursed on receipt proof of payment (invoice, paper of booking/purchase printed from internet, copy of credit card-slip showing the transfer of the money for the ticket, **payment confirmation from internet**) and on presentation of the boarding pass for the outward journey.
- Note, that **the booking paper alone is not enough to prove your travel expenses**. You should present as well **the boarding passes**, a bill, a slip of payment and print-out from your bank account to confirm the sum paid for your ticket.
- **Keep all travel documents** you get during your trip: boarding passes, bills, slips, tickets etc., because we absolutely need them!
- **Taxi fares** cannot be reimbursed.

Reimbursement will be done by bank transfer in Euro **to the Sending organization's bank account**, in case you present all relevant documents after receiving travel-back boarding passes.

Note that, only participants attending the entire training course can be reimbursed. The Commission **solely** reimburses public transport costs.

If you plan to **arrive earlier** or **leave later**, and you need to find an accommodation, let us know, so that we can support you. Your expenses out of the days of the training will not be reimbursed by the organizers.

Please inform the organizers before you buy the tickets to check if the routes and the prices are ok with our budget.

PERSONAL HEALTH

It is very important that you notify us of any health risk or possibly necessary medicines (if you did not note it yet in your application form, please let the team know about it as soon as possible via e-mail).

The information you provided on any special needs does not remove your own personal responsibility for ensuring your own health.

WHAT TO BRING?

- Clothes and shoes **suitable for sports and walking / hiking**. Please bring enough clothes, washing facilities are not provided.
- Your **original tickets for the entire trip, the invoice** of the travel agency (the price clearly indicated on the ticket), **the boarding passes**.
- Your **travel insurance** contract and a legible copy of it.
- Your **ID/passport**.
- Your own **medication**.
- A **flashlight**.
- Your **willingness to reflect on your own skills, knowledge and attitudes**.
- Your **motivation, inspiration and energy for an intense and hard working week**.
- Your **spirit to share your experience, questions and doubts**.

Concerning **special needs (diets, medicine)** please, tell us beforehand if you need any assistance from us in this matter.

CONTACT

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