



Funded by
the European Union

Be the change you want to see

TRAINING COURSE, PORTUGAL

28.09.2024 - 08.10.2024



About the project

01

The peace building project is focusing on developing techniques of conflict analysis, prevention, and peace building and applying these skills in a variety of social contexts.

02

Nonviolent Communication (NVC) aims to improve communication and relationships by promoting empathy, connection, and understanding between individuals or groups.

03

We will exchange creative thoughts on how non-violent dialogue could help us in “building bridges between East and West” on religious, intercultural, and International levels, using non-formal education tools and methods.

Aims and objectives

The aim of “Be the change you want to see” is to provide an overview on how to transform conflicts via non-violent actions. Nowadays, with the emerging migration crisis and armed conflicts being held across the Eastern Europe and beyond, we feel the need of equipping youth workers with skills of peacebuilding and non-violent techniques.

Our objectives are:

- to develop participants` understanding of concepts of peace and peace education at the personal, interpersonal and institutional level;
- to gain awareness on the importance of nonviolent conflict resolution by getting familiar with a concept of nonviolence and ways to incorporate it into the peace education;
- to support participants to learn how to guide and facilitate intercultural processes in peace education settings;
- to empower and mentor participants to act as trainers and multipliers of the peaceful values in their educational youth work

Organizations

We will bring together 25 participants from 10 countries:

- Poland (Stowarzyszenie Poranek)
- Latvia (Your creative space)
- Czech Republic (BRNO FOR YOU ZS)
- Portugal (ASSOCIACAO CHECK-IN - COOPERACAO E DESENVOLVIMENTO)
- Armenia (YOUTH MIX)
- Moldova (Comunitatea Plus)
- Ukraine (All-Ukrainian Youth Public Organization «Union «European Youth of Ukraine»)
- Italy (Associazione Culturale di Promozione Sociale Gentle Giant)
- Croatia (IC Youth Croatia)
- Belarus



Participant's requirements!

- at least Intermediate level of English;
- have interest in peace-building and non violent communication;
- be in the age of 18+ ;
- be resident of above mentioned countries;
- motivation in attending the training course and participating actively;
- be eager to use knowledge gained during this TC in their organizations;
- 1 participant must be a person with fewer opportunities, facing social, economic or geographical obstacles.



*Please bring some local food and drinks from your country for intercultural evening.

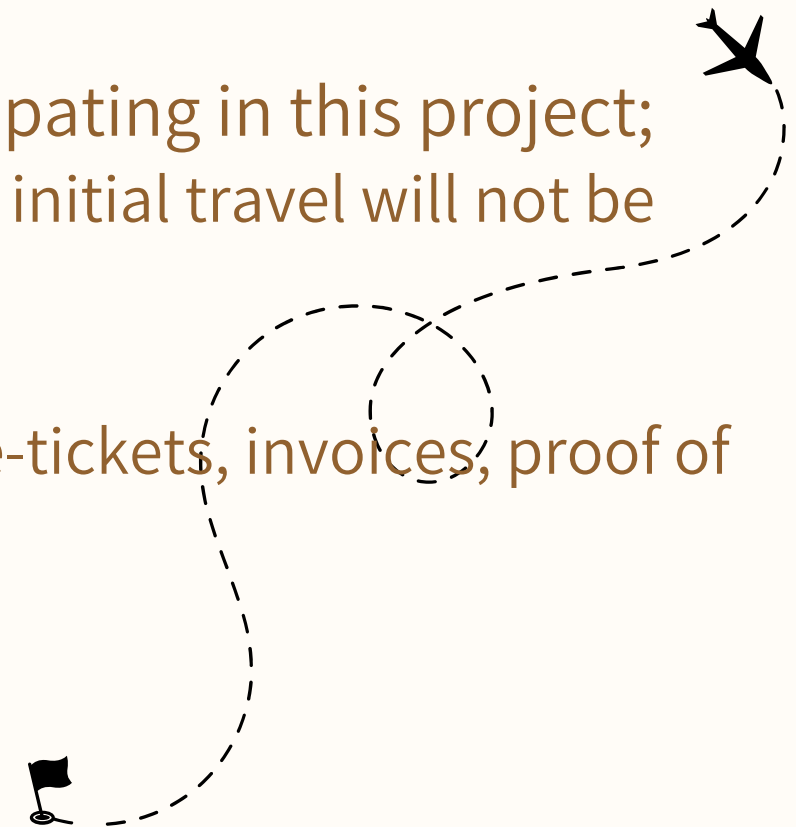
Participation conditions

- **FOOD AND ACCOMMODATION** will be fully covered by the organizers with the support of Erasmus+ program;
- **INSURANCE** will not be covered by the organizers, it is participant responsibility to have it as a must during the project;
- **TRAVEL COSTS** will be covered based on travel distance (see below). **BEFORE PURCHASING TICKETS** contact organizers to confirm it;
- **TICKETS** bought without the approval of the organizers will not be covered;
- **PARTICIPATION** in all sessions is required. **TRAVEL COST** will not be reimbursed with late arrival, earlier departure or failure to attend all sessions;
- **DISSEMINATION OF RESULTS** after the project is mandatory for all organizations participating in this project;

A total stay of 2 days before and 2 days after the project is allowed by Polish NA, but all costs except initial travel will not be covered.

- **IMPORTANT INFORMATION:**

Keep your boarding passes, don't throw them away, or we won't be able to reimburse you. Collect e-tickets, invoices, proof of payment.



Participants

Poland - 3 participants

Latvia - 3 participants

Belarus - 3 participants

Ukraine - 2 participants

Czech - 2 participants

Portugal - 3 participants

Croatia - 2 participants

Moldova - 3 participants

Armenia - 2 participants

Italy- 2 participants

<https://docs.google.com/forms/d/e/1FAIpQLSeleisWTV7HXGV7aK8WAt8hDaW3MwSoX7v08oIsh7npP24NaQ/viewform>

*Selected participants with the tickets purchased, please fill this application form

Travel costs

- The maximum travel grant limit will be calculated individually according to the travel distance between the place of origin (city of departure) and the venue of the activity (Peniche, Portugal)
- by using the Distance Calculator supported by the European Commission:
 - ▶ 0-9 km - 0 EUR
 - ▶ 10-99 km - 23 EUR
 - ▶ 100-499 km - 180 EUR
 - ▶ 500-1999 km - 275 EUR
 - ▶ 2000-2999 km - 360 EUR
 - ▶ 3000-3999 km - 530 EUR
 - ▶ 4000-7999 km - 820 EUR

You will be reimbursed once you send all the documents mentioned above. The money will be sent to the account of partner organisation in your country. After that you will be reimbursed to your bank account.

!Please note we do not reimburse taxi costs!

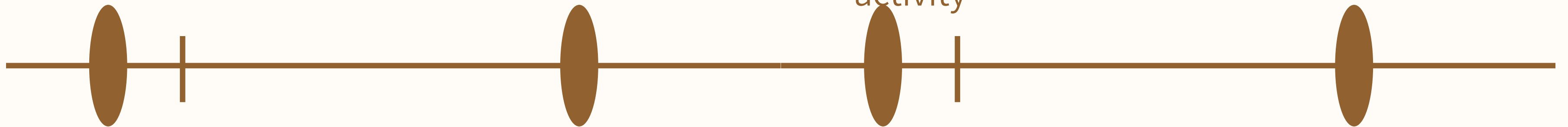
Timeline

01.09.2024 -
deadline of the
selection of
participants

07.09.2024 -
deadline of the
tickets
purchasing

28.09.2024 -
08.10.2024 - the
dates of the
activity

till 31.10.2024 - the
dissemination part, make a post
on the social media about the
project, share acquired
knowledge with your
organizations





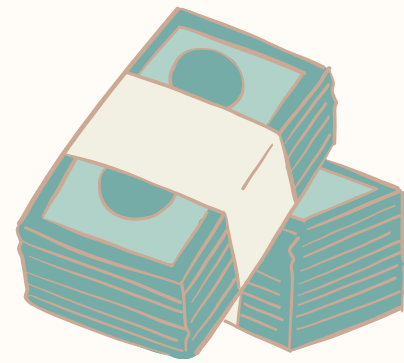
Venue

- The project will take place in Peniche, Portugal.
- We will be staying in the place called WOT Peniche, (<https://www.wotels.com/peniche/wot-peniche/>) accommodated in the rooms of 4 people, the address of the hotel is: R. Alexandre Herculano 12 2520-273 Peniche Portugal;
- The educational sessions and some leisure activities will take place at the same venue;
- You will be provided with 3 meals per day and coffee break;
- The linen will be provided as well;
- The towels can be rented in the hostel for 2euro per towel;
- Please be aware that you must pay deposit of 20euro upon arrival to the hostel (by cash or card), you will be returned it back after the check out if nothing will be damaged in the rooms;

What to bring with you



Passport



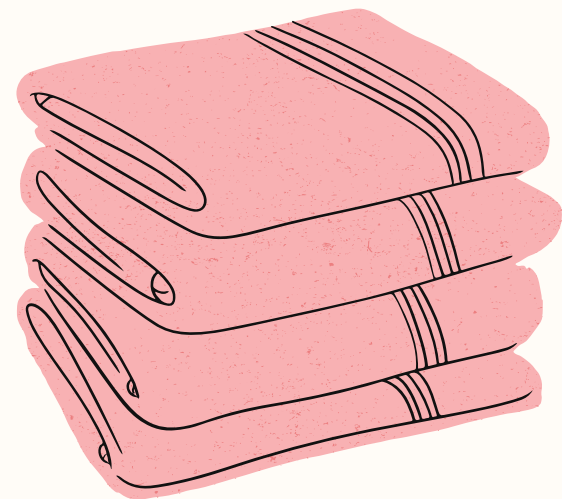
Money for personal expenses



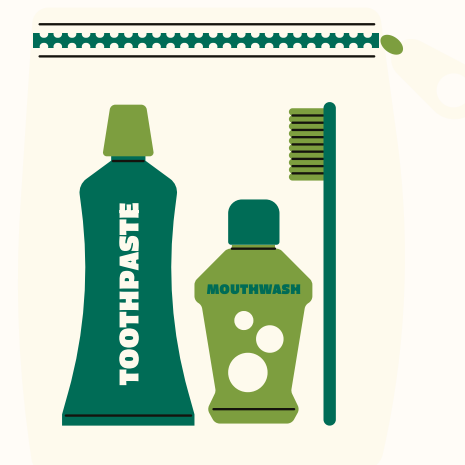
Health insurance



Warm clothes



Towels



Hygiene products

For further questions please contact:

cheers12710@gmail.com - Jelizaveta Kuraksina, project trainer

ysilivestrava@adra.pl - Yana Silivestrava, project coordinator



The image features a white background with decorative brown elements. In the top-left and top-right corners, there are large, overlapping, semi-circular shapes in shades of brown. A single, solid brown circle is positioned above the text. Below the text, there is a cluster of seven smaller, rounded rectangular shapes in a reddish-brown color, arranged in a circular pattern. The text "See you soon!" is centered in a brown, serif font.

See you soon!