



AYOY

Are you out yet ?!

Are you out yet?! Peace

AYOY 2018

ERASMUS+ training course

Sweden

26th November - 5th December 2018

INFOPACK 2



Hello dear AYOYer!

We in Globala Kronoberg are looking forward to meeting you in November, in this training course about peace and nonviolent methods for societal change.

Here we send you the second infopack with more practical information about the training.

Dates

26th November - 5th December (Travel days: 26 Nov. and 5 Dec. Activity days: 27 Nov to 4th December).

Venue

Växjö, Sweden (Accommodation will be in Osaby).

Summary of the project

Are You Out Yet? (AYOY) is a project that focuses on discovering and creating effective methods to work with youth and peace. The objectives of the project are for the participants to get a toolbox that they can use in their work or volunteering, in which they prepare youngsters to reflect, act and react on their role in society as peace builders, on the local and international level.

War situations, nuclear tests, trade wars, armed conflicts are examples of global issues that youngsters need to reflect on but also to feel that they can influence and be active on. Discrimination based on gender, age, sexual orientation, background and culture happens everyday in our societies. We believe that this project can be a small step in order to prepare youngsters to reflect but also act in everyday situations that affect all of us. The training involves practical training on how to intervene in unjust situations in everyday life.

Preliminary schedule

Day 1- Arrival day

Day 2- Introduction, ice-breaking and get to know

Day 3- Civil courage and get to know

Day 4- Nonviolence

Day 5- Training of trainers

Day 6- Nonviolent action in public space

Day 7- Preparing for Inspire!

Day 8- Inspire!

Day 9- Evaluation

Day 10- Departure day

Objectives

The main objective is to create an opportunity for youth workers to learn new methods.

The idea of the project is to equip youth workers with nonviolent methods for them to use in daily life and in their work with youngsters in order to make change in different societies and lives. We believe that in today's society, where violence exists in different forms and on different levels, nonviolent methods are the key to manage conflicts and to create the society we want. In addition, we would like to connect local communities with international communities through the training by involving Swedish youngsters and youth leaders in the project, this way we can also learn from each other and share experiences.

What results will we produce during the training?

The result of the training is planned to be two-fold. Firstly, in collaboration with Drömmarnas kontor, which organizes a yearly inspiration fest "Inspire!", the participants will take part in the fest, interacting with youth from Växjö and share what they have learnt during the training. The forms of presentation at Inspire! can vary according to participants' interests and knowledge. It can be a workshop, an art performance, or a book. Participants will work in different groups to create different workshops or presentations. Secondly, one group will be in charge of creating a short film. The film group will produce a short film about peace and nonviolence which will be shown at Inspire! and circulated locally, on the internet and the participants are encouraged to bring it to their cities and use it in their own contexts. This means that not only the people in Växjö will take part of what the participant have learnt, but also the people in the participating countries. With help from the film,

nonviolence will be spread to many people and the project also shows a good cooperation between the participating countries, which also can inspire people who watch it to take part in international activities.

What is Inspire! ?

It is an inspiration festival which we will organise for the third year. During the festival local youngsters meet international youth leaders who put on different workshops for them. This year you will be these youth leaders and you will work in groups to give a workshop from what you have learnt during the training or maybe present something you are working with back home and the situation in the country. It will last for one afternoon and it is an opportunity to try out new methods and to interact with Swedish youngsters. We will tell you more about it when you arrive!

How should you prepare yourself before the training?

You can start by learning more about ways to create societal change, especially by using nonviolent methods. You can for instance learn about examples in the past in which nonviolence has been used in a society or country. You can also start to reflect on what you can do in your daily life to create a positive change. Do you have some examples from your work or volunteering that you would like to share?

We would also like you to reflect on what you can contribute with during the training and what you want to bring from the training, think of all ways such as cultural exchange, more knowledge about nonviolence, confidence in using methods and to train others, learn from local youth, having a peaceful time in the forest and so on.

Make sure that you have a good communication with your sending organization and with the other participants from your country.

What to expect?

Living conditions: There will be no wifi where we will be so prepare to disconnect a little bit from the modern world. The food during the training will be vegan. Make sure you fill in the [Google form](#) about any food allergy. There will be a lot of nature in the surroundings so be

prepared to explore the local environment. Every country group will take turns to prepare breakfast one to two days during the training.

The training: As we come from different backgrounds, it is natural we will have different opinions and perspectives. Respect is the best policy when it comes to disagreement. During the training, we will have space and time for you to share your knowledge and experiences. It is one very important thing for the training that we learn from each other. You are more than welcome to bring some snacks, games, traditional clothes or anything that represent your cultures and share them with everyone, that will be very appreciated :)



Accommodation, food and activities

This project will take place in [Osaby nature reserve](#), surrounded by nature and with zero offer regarding shopping and nightlife. Osaby is a beautiful and calm place, surrounded by nature, forest and lakes. So it is important for you to be aware that this training is NOT about being in a city and for that reason, activities like shopping, city sightseeing and going out in the evenings are not going to be possible during most parts of the training and free time. Be prepared to get close to the nature, to new people you meet and to yourself.

We will stay in Osaby's hostel, where 2-4 people will share a room and there are shared toilets and showers. The hostel has a small kitchen where you can cook something simple or take a tea or coffee. For daily meals we will use the bigger kitchen and dining room in the main house. Participants must bring their own toiletries, towel, bed sheet, pillowcase and duvet cover since they are not provided. There is an opportunity to do laundry if necessary.

Participants should always keep the furniture in the hostel and house as it is or place it back if moved. It is also very important to keep the places tidy and clean after use. All participants are required to clean up their rooms before they leave.

There are very few bus connections from Växjö to Osaby and from Osaby to the nearest bus stop, there is a 4 km walk so always check the transportation availability before making your travel plan.

Smoking is strictly prohibited inside the buildings.

Non-alcohol policy

Alcohol is strictly forbidden in the accommodation/activity place and also during the whole time we have planned activities. The reason for this is that both the organisation that own the hostel and Projektor/Globala Kronoberg, as many organisations in Sweden, have non-alcohol policies. We ask therefore all the participants to respect this rule during the whole project, both for the well-being of all participants but also for the success of the project in general. However there will be a chance to take a drink in the city when we have free time there.

How to get here?

You should look for flights to **Copenhagen**. At the Copenhagen airport, there are trains to Sweden, so you should take the one to Växjö. [Here](#) you can check the timetables for trains between Copenhagen Airport-Växjö and buy your train tickets online. The train takes approximately three hours and the ticket costs around 30 Euros.

There is also an airport in Växjö with limited connections to other countries, it is called Växjö Småland airport.

[Here](#) you can check buses from Växjö to Osaby (Bus stop: Osabyvägen). We will pick you up at the bus stop. Please let us know your arrival time and also if you do not find a good connecting bus. Email sara.bjornald@globalakronoberg.se about your arrival and departure.

The date of your arrival should be the 26th of November. The date of your departure should be the 5th of December.

Costs and travel reimbursements

As a participant in AYOY you get accommodation, food, transport and activities during all the activity days for free (27th November to 4th December). Globala Kronoberg will

reimburse each participant's travel costs from their home country to Sweden and back, up to a certain sum (see below the limit for each country), as long as the participants provide all the tickets, boarding passes and receipts of the travels.

Each participant will be reimbursed for the travel costs up to:

Armenia: 360 euros per participant

Spain: 360 euros per participant

Poland: 275 euros per participant

Portugal: 360 euros per participant

Note that whatever your travel costs are, and even if they are higher than the limit mentioned above, you will have to give us all the documents for the whole travel, in order to be reimbursed. As soon as you book your travels you can send the details of your journey and the respective receipts/tickets to sara.bjornald@globalakronoberg.se

The weather!

Oh, the weather in Sweden... ;) You need to be prepared for cold and rainy weather. In this region the winters are very different each year. Sometimes we have +10 and other times -15 Expect temperatures between -5 and +10, dark, rainy and cloudy. Make sure you bring warm clothes and waterproof clothes. We will be out in nature so be prepared!



Who are we in Globala Kronoberg?

Globala Kronoberg is an international center in Kronoberg, Sweden where we work with young people and mobility projects. We work with volunteering, youth exchanges, trainings and other European initiatives.

The team members are Thea, Yongli, Sara, Jurek, Marija, Amanda, Rami and Fredrik and we are looking forward to meet you all!

Contact us if you need help or more information :)

You can reach us by:

E-mail: checkin@globalakronoberg.se

Facebook: [facebook/GlobalaKronoberg](https://www.facebook.com/GlobalaKronoberg)

Info group: [AYOY Peace 2018](#) (We will communicate all practical questions in the group, make sure you join in after accepted to the training)

www.globalakronoberg.se

