



Are you out yet?! Peace

AYOY 2018

ERASMUS+ training course

Sweden

26th november - 5th december 2018



Hello dear AYOYer!

We in Globala Kronoberg are looking forward to meet you in November, in this training course about Peace and non-violence methods.

In the meanwhile, we send you the first infopack with information about the Training Course contents and objectives.

Themes

Social dialogue

Civic engagement / responsible citizenship

Youth participation

Democracy

Equality

Dates

26th november - 5th december (travel days: 26 nov. and 5 dec. Activity days: 27 nov to 4th december).

Venue

Växjö, Sweden

Organisations involved

Projektör/Globala Kronoberg- Sweden (organizer) – 7 participants

International center for Intercultural Research, Learning and Dialogue-
Armenia – 4 participants

ADEGUA- Spain – 4 participants

Município de Odemira – Portugal – 4 participants

Centrum Wspolpracy Mlodziezy – Poland – 3 participants

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.

Topics and methods that we will use during this training

Leadership, youth, culture, music, art, sports, nature, freedom of speech, human rights, diversity, integration, Team building, presentations, games, competitions, workshops, role-playing, story-telling.

The tools we use in the training are nonformal learning methods, which involve a lot of practical exercises, discussion, reflecting and even sports activities. Other methods are observation, analysis and intercultural learning.

The detailed daily schedule will be sent to all participants in one of the next infopacks.

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 in today's society, where violence exists in different forms and in different levels, nonviolent methods are the key to manage conflicts. 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.

Who can participate in AYOY Peace?

This training is for you who is a youth workers and/or youth leader who works/volunteers with intercultural experiences from partner organizations which have experience working with youths in these issues.

As the training will have a focus on Peace and non-violence methods, the participants should be interested in the topic and willing to learn more about how to create changes in daily life as well as society using nonviolent methods. The activities in the training will be conducted in English and discussion and conversations will be an important part of the training so the participants should have basic command of the language. The training will also involve outdoor activities and public space. Therefore, participants should feel comfortable to "be out" and be active. The training will provide a

chance for participants to meet and work with local youths and youth workers from different countries so participants are expected to work in a multicultural environment.

Participants should have good understanding about the current challenges in their societies, their culture, their countries and their organizations. The training values the experiences and knowledge from all the participants. They should work directly with youths in issues including public space, intercultural learning, migration, responsible citizenship and have interests or experience in working with outdoor activities. Participants should be open-minded, curious and creative in a way that they are willing to learn to make alternative solutions such as nonviolent methods. They should be willing to educate themselves in using nonviolent methods in various occasions in their daily life.

Results

The result of the training is planned to be two-fold. Firstly, in collaboration with Drömmarnas kontor, which organizes a yearly inspiration fest, the participants of AYOY will take part in the fest, interact with the youth of Växjö and spread what they have learnt during the training. Second, a film will be constructed where the youth get to collaborate in teams to put together their main takeaways from the training and to spread them in a creative way, using film. We will circulate this film in Växjö and encourage the participants 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 made movie, non-violence 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 the movie to take part in international activities.

Accommodation, food and activities

This project will take place in a small place, surrounded by nature and with low or zero offer regarding shopping, culture and night life. It 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 going to be in a city and for that reason, activities like shopping, city sightseeing and going out in the evenings are not going to be possible in the most part of the training and free time. So, if you are up to discover Swedish nature, go for nice walks in the forest and enjoy cozy evenings getting to know your amazing fellow participants, then Yay! This training is for you. :)

Food, accommodation and activities are included in the project and provided by Projektör with ERASMUS+ funding.

What do we expect from you as participant before and during this training?

First we expect you to be active during the whole process, both in the preparation and also during the activity days in Sweden. We expect you to actively participate in the activities planned, to come with ideas and suggestions and to be a good team-member!

Don't forget to eat well and sleep well, so you can have plenty of energy! ;)

Of course we expect you to respect our rules and policy as well as all the participants and the team of Globala Kronoberg. Please come to Sweden with an open mind, motivation to be involved and willing to meet new people!

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 owns the hostel and Projektor/Globala Kronoberg, as many organisations in Sweden, have non-alcohol policies. We ask therefore to 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.



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 Alvesta. Here you can check the timetables for trains between Copenhagen Airport-Växjö and buy your train tickets online. The train takes aprox. three hours and the ticket costs around 30 Euros.

There is also an airport in Växjö with limited connections to other countries.

The date of your arrival should be the 20th 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 (28th 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

Portugal: 360 Euros

Note that whatever your travel costs are, and even 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 us the details of your journey and the respective receipts/tickets.

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 -5 and other we have -20. Expect temperatures between -5 and +10, rainy and cloudy.



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 EVS, Youth exchanges, trainings and other European initiatives.

Thea, Yongli, Sara B., Jurek, Marija and Sara M. So call us, mail us if you need help or more information :) are the people behind Globala Kronoberg, and we are looking forward to meet you all!

You can reach us by:

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

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