

No to Extremism

During working days of the Training Course, we will look deeper into the problems of discrimination, extremism, nationalism, intolerance and intercultural misunderstandings. Why do we discriminate? How it is possible that almost everyone agrees that discrimination isn't good and that we should stop it, but it still exist? And what are the possible solutions to stop people decimating each other? Apart from looking to discrimination in general, we will also address the specific discrimination problems in the different countries where the participants come from. Which groups are discriminated in your country? Why? Are there any ideas how to stop that? What can we learn from the problems and solutions from other countries? And more importantly: how we can bring these solutions into practice when we have returned back home?

PLACE AND DATE: (11.-18 May 2016) to Karlstad, Sweden.

PARTICIPANTS: 49 young people

WHO: 18+

COUNTRY: Partner countries will be from from Sweden, Hungary, Czech Rep. Estonia, Italia, Slovakia, Germany, Bulgaria, Lithuania and Turkey.

LANGUAGE: The working language will be English.

SUMMARY OF PROJECT

During working days of the Training Course, we will look deeper into the problems of discrimination, extremism, nationalism, intolerance and intercultural misunderstandings. Why do we discriminate? How it is possible that almost everyone agrees that discrimination isn't good and that we should stop it, but it still exist? And what are the possible solutions to stop people decimating each other? Apart from looking to discrimination in general, we will also address the specific discrimination problems in the different countries where the participants come from. Which groups are discriminated in your country? Why? Are there any ideas how to stop that? What can we learn from the problems and solutions from other countries? And more importantly: how we can bring these solutions into practice when we have returned back home?

Within the Europe there is a great variety of cultures, languages and religions. But this does not stop at the borders of the EU or Sweden. We are surrounded by a number of counties who might not be members of the Union, but who have a strong connection with it through culture, language, religion and shared historical events. In 2004, the European Commission came with the initiative to create the European Neighbourhood Policy (ENP), which should function as an instrument for foreign relations for the EU to work on their relationships with the country on the south and east side of its territories. It is our belief that it is also quite important to have a cultural and social connection with the neighbours around the EU and this will contribute to more understanding. Thanks to the meeting young people and active youth workers can learn

about the ways of living in other countries, different ways of thinking. In this way we can overcome differences and fight together against prejudice and xenophobia.

In all participating countries, xenophobia and discrimination form a big problem. Especially economic crisis contributes to this situation, when foreigners are blamed for stilling jobs. However, it doesn't matter if you come from the EU/EFTA or from Turkey, what language you speak or which religion you follow, there is discrimination everywhere. This project aims at finding ways to combat it, by sharing experiences and by learning new tools. Our working methodology will be based on non-formal education. The Theatre of the Oppressed from Augusto Boal and the concept of the Human Library will be also used. Both tools could be implemented at home and this training course will teach the basics of it.

With this Training Course we aim to empower youth workers and youth leaders with skills, knowledge and attitudes to play an active role towards an intercultural society. Our objectives are the following:

- To analyse today's multicultural society in different countries;
- To gain knowledge on key concepts, such as stereotypes, prejudices and discrimination, extremism, intolerance;
- To understand the causes of extremism and where it develops;
- To analyse the European values and how they can be used in contrasting those phenomena.
- To discover the right attitudes towards an intercultural society;
- To promote 'theatre of the oppressed' and 'the human library' as a tool;
- To promote active citizenship, international dialogue and non-formal education.
- To overview the European programs and create new projects related to the topic.

Through exercises, discussions, presentation of examples of good practices, youth policies in the field of combating discrimination and promoting multiculturalism, we want to encourage peer learning and inspire youth workers to discuss follow-up and take action in their own countries following the Training Course. Moreover, during the TC special attention will be paid to developing skills and competencies of the participants that are needed when working with young people, especially people with fewer opportunities and empowering them to make real change in their local communities and societies.

ACTIVITIES AND METHODS

Activities that we have planned for implementing our project will be based on methods of non-formal education. Different workshops and activities will help participants to rise up their skills of leadership, tolerance and self-awareness. Group building activities and ice breakers will help participants to create strong team atmosphere. Also the participants will have the possibility to make initiatives and offer different activity ideas, collaborate with the trainers and in case of

confirmation organize the activity by the help of them, what ensures the highest involvement of participants on every stage of the project.

During the Training Course we're planning to make different exercises, processes, team-building activities, workshops on communication, daily evaluations, working groups, trips, NGO fair, field visits and other creative activities.

Who can participate in the training course?

Eligible participants must be youth workers, youth leaders or volunteers in youth organisations, interested in using intercultural dialogue and can be multiplier. Good (spoken) English language skills required.

Age range: 18-35

PARTNERS

The project will host 49 participants from the following 10 organisations.

TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated used a specific program called Distance Calculator:

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
Sweden	Sweden	0 - 99 km	5	0.00
Hungary	Sweden	500 - 1999 km	5	275.00
Czech Republic	Sweden	500 - 1999 km	5	275.00
Estonia	Sweden	500 - 1999 km	5	275.00
Slovakia	Sweden	500 - 1999 km	5	275.00
Germany	Sweden	500 - 1999 km	4	275.00
Bulgaria	Sweden	500 - 1999 km	4	275.00
Lithuania	Sweden	500 - 1999 km	4	275.00
Italy	Sweden	2000 - 2999 km	4	360.00

After sending their tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (Karlstad, Sweden). These distances must be calculated using the distance calculator supported by the European Commission. We don't send money to each participant. We send only money to sender organization and sender organization will pay to participants. It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).

Accommodation, living and other project-related expenses: 100% funded by the EU. This includes everything except for travel costs.

Please note any extra days you wish to stay will be your own responsibility and you food etc. Visa costs will be covered by participants.

Participation fee

Participants fee; 50, Euro for each participant; Project participation fee of 50 Euros per participant, which will be deducted from the total amount reimbursed.

The Venue

Karlstad ['ka:rlsta] is a city, the seat of Karlstad Municipality, the capital of Värmland County, and the largest city in the province Värmland in Sweden. The city had 87,000 inhabitants in 2015, and is the 21st biggest municipality in Sweden. Karlstad has a university and a cathedral.

Karlstad is built on the river delta where Sweden's longest river, Klarälven, runs into Sweden's largest lake, Vänern. It has the second largest lake port in the country after Västerås.

Karlstad is often associated with sunshine and the symbol for Karlstad is a smiling sun. Karlstad is reputed to be one of the sunniest towns in Sweden and a local waitress, known as "Sola i Karlstad" (the Sun in Karlstad) for her sunny disposition, is also commemorated with a statue!

Note: Organisers will not provide any accommodation for additional stay in Karlstad. If participants plan to arrive a few days earlier or depart a few days later they are kindly requested to inform us and we will be glad to offer assistance with booking a hotel.

Karlstad Swecamp Bomstadbaden

Adresse: Bomstadsvägen 640, 653 46 Karlstad, Sverige

Telefon+46 54 53 50 68

<http://www.bomstadbaden.se/>

How to reach Karlstad

Karlstad has no airport. You can take buss or train from Stockholm to Karlstad.

Arrival

We will not pick you up at the airport of Stockholm (We can pick you up from Karlstad train station or busstation)

What to bring

Since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food, drink...

Karlstad has traditionally had a humid continental climate, but in recent years it has resembled a borderline oceanic climate with influence from the surrounding waters of Vänern and the inflow from the Atlantic Ocean. It retains its large differences between seasons and is moderately influenced by both marine and land airflows.

Accomodation

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There are going to be 2-4 persons per room. Catering will be organized,3 meals per day, plus coffee and snacks.





HEALTH INSURANCE:

Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel insurance, as costs of private health care in Turkey are quite high if you don't have.

PREPARATION

The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).

Each of the participating countries should (for the mobility of youth workers):

- ✓ Bring all your **travel documents** as presented above.
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Prepare a **presentation on diversity** in their country.
- ✓ Find **interesting videos / games / exercises / educational activities on diversity**.
- ✓ Prepare **energisers** that could be done in the morning.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this!:) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to

share with others. Also, please **prepare a mini (and, of course, fun) language course** for the others. We count on you to make these evenings as interactive and fun as possible.

- ✓ check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for strenuous activities** (such as dancing).
- ✓ **Bring good spirit, joy and happiness!!!**

Wherever possible, take your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!

BASIC RULES

All the participants will be expected to be present and active in all the activities, unless being ill.

Unauthorized absence from the activities and workshops won't be tolerated.

Smoking is prohibited everywhere inside buildings, thus all the smokers will have to go outside or to specially designated areas for a cigarette.

Stress, nerves and bad mood is prohibited everywhere.

Bring your best mood and big smile with you and keep it through the course!

Prepare for fun! Those who fail to do that will be expelled from the course.

See you all in KARLSTAD, SWEDEN