



Change Places; Change Lives

A training course about How to work with Migration topic and International Mobility for young People

TARTU - ESTONIA

TUESDAY 12TH APRIL (ARRIVAL DAY)
TUESDAY 19TH APRIL (DEPARTURE DAY)
2016

PARTNERS AND PARTICIPANTS GUIDE



TAKE ME WITH YOU AND DON'T LOSE ME!

WELCOME

Congratulations! You are a partner in the Training Course “*Change Places, Change Lives*” and you are among the 27 participants that will take part at the training. There will be 2 participants per country from Estonia, Italy, Austria, Finland, Bulgaria, Denmark, Czech Republic, Hungary, Spain, Romania, Greece and Germany.

You are among these participants, because we believe that you will benefit from the training course. As well we believe that you will be the one that can share his/her experience with others and therefore be the source of enrichment for the other participants.

We hope that those 8 days you will spend at “*Change Places, Change Lives*” will be for you a vivid and useful intercultural experience. To achieve this we need to look at some practical needs as well and therefore we have prepared for you this “participants survival guide”, which will help you to answer many questions and as well to prepare for the project.

Read the guide carefully and keep it with you on your travels so you can check the information whenever you need.

We are looking forward to meet you in Estonia!

THE TEAM

If you hoped to see our pictures in this part then we are sorry. You will have to wait until you get to Estonia to find this out. However we can tell you that the team of organisers and facilitators are from the Estonia, Brazil and Hungary.

Marco Helena Noemí

And how will we do it? It will be a training course, but not like one where you can sit back and relax. We will use active methods, based on experimental learning in combination with practical theory. This means that you will work in workshops, with role plays and exchange the experiences you have from your day to day work and work on concrete future project plans.

WHAT LANGUAGE WILL WE USE

Despite many of you speak many different languages the official training language will be English only.

THE CONTENT AND ACTIVITIES

“Change places, change lives” is a training course designed to explain and develop deeper understanding about migration in nowadays world. Couple of last months has shown how big the phenomena actually is and that there's a big lack of knowledge among youth workers. Migration is a crucial interest to young people whether they come from countries affected by in-migration and those suffering the consequences (and reaping benefits) of emigration. Knowledge of migration processes, the causes and consequences of migration and rights of young migrants are relevant to young people's needs particularly if they are likely to become

migrants or participants of mobility schemes or if their home communities are affected by migration. Competences in addressing migration in youth work are essential for building community cohesion in those countries.

The main aim of the training course is to develop youth workers/leaders competences in the field of migration to give them proper tools and methods to help young people to adapt with the situation of high migration level in all its aspects.

The objectives below make this aim more specific:

- Development of a more tolerant, inclusive and egalitarian society;
- Support the reflection among participants on the different dimensions of migration and mobility;
- Exchange of good practice in the field of youth related to international migration, mobility and its influence on young people in the EU and in the partner countries and the opportunities arising;
- Training of youth workers to better address problems and opportunities arising from migration, together with the local youth and migrants;
- Transfer and development of knowledge of European mobility programs in youth worker;
- Promotion of European cooperation between NGOs that are in contact with migration and youth mobility;
- Development of new initiatives in the field of youth and mobility within Erasmus + to give migrants and local youth the same opportunities.

Solidarity, tolerance and integration are fundamental values that TC intends to promote. Activities will focus on the principles of intercultural dialogue and social inclusion, from both, European and global level. The challenges of migration, such as inclusion and integration of migrants, require development of solidarity and tolerance, and the TC aims to equip participants with tools to spread these values among young people, to contribute to the promotion of a more open and informed society that offers the same opportunities to everyone.

INTERCULTURAL EVENING

During the training course we plan to arrange an InterCultural Evening. You will present your own cultures - national, regional, personal or any kind of culture you feel you belong to.

This means that all options are possible. A culture may be presented by a song, a story, a poem, a dance, some drink or food, etc. You may bring pictures, music or anything which you consider to be most appropriate to present your culture. There be as well dvd/video/audio player and data projector within the time limits. However we appreciate if you find more creative way to present your culture.

We will not have a kitchen to prepare the meals for the intercultural evening, so we suggest that you adapt your food and drinks to that reality (we can arrange a refrigerator, if necessary).

So in short it should not be actually presentation, it should be an activity or something and it is up to you to replace the word something.

MARKET OF ORGANISATIONS

One of the nice side effects of international training is the opportunity to meet new nice and interesting people from different organizations all over Europe. So let us know which context are you recently active in and present your organization and their work. Bring you promo materials and use your chance to meet future partners!

PREPARING FOR THE CONTENTS

In this section you can find web-links which will help to broaden your understanding of the youth in action programme, non-civic and intercultural education in the European context. These links will be useful for you before the training (in terms of introduction) and after the event (in terms of future project implementations as well as training opportunities).

General information on European Youth Program

- http://ec.europa.eu/youth/index_en.htm
Information on the European Youth in Action Program. User's guide is available.

Non-formal education and intercultural learning

- <http://www.infed.org/biblio/b-nonfor.htm>
Formal/Non-Formal/informal Education background.
- <http://www.efc.be/ftp/public/cpi/TCFF%20Intercultural%20Learning.pdf>
Intercultural learning.
- http://www.youth-partnership.net/youth-partnership/publications/T-kits/T_kits
T-kit publications connected with european youth work.

NUMBER OF PARTICIPANTS

Change Places; Change Lives will gather 27 participants from 12 different countries. Estonia will be represented by 2 participants, check bellow to discover how many placements your organisation have.

Organisations	Country	Number of Participants
Evropske centrum mladeze Breclav/European Youth Centre Breclav z.s.	Czech Republic	2
Cirkus Stjernes kud	Denmark	2
Cu mainile mele	Romania	2
Grupo de Desarrollo Rural Valle del Guadalhorce	Spain	1
Tihanyi Alapítvány	Hungary	1
Asociación Intercultural Europea - Go Europe	Spain	1
Lapuan Kaupunki	Finland	2
Praxis	Greece	2
ARCI Strauss	Italy	2
A.D.E.L. - Association for Development, Education and Labour	Slovakia	2

Verein zu Pflege jüdischer Bildung und Kultur e.V.	Germany	2
Institute for social integration	Bulgaria	2

COSTS

There is a participation fee of **25 euros for participant**, which you can pay during the reimbursement procedure. Board, lodging and programme costs will be provided and paid 100% by grant from the Estonian Erasmus+ National Agency. But it is recommended to have a disposal for drinks, small shoppings, etc.

We have a budget for travel costs. According to the restrictions of the Erasmus+ Programme we can only refund up to some of the travel cost, if the following points are fulfilled:

- Your travel route is from your home town to the venue in Estonia (**Tallinn**) and back (if you are not travelling from your hometown, contact us previously).
- You have chosen reasonable and economic means of transportation (e.g. APEX or student fares for flight tickets, cheap airlines, 2nd class trains).
- Your travel dates are according to the programme (one day plus or minus is O.K., if you can prove that this transfer is cheaper, in other cases please contact us previously).
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets. (If you go by plane and book an e-ticket please send us a copy by email marco@nyh.ee)

If you have booked your tickets, please, send us the following details as soon as possible:

- Name of the Traveller (Participant)
- Date and Time of the Arrival and Departure
- Price of the tickets

TRAVEL BUDGET

According the rules of Erasmus + Programme and the budget that was financed in the Estonian National Agency, here is the maximum amount that each participant can use for the travel to Estonia and back:

Organisations	Country	Maximum Budget per participant travel (100%) in Euros
Evropske centrum mladeze Breclav/European Youth Centre Breclav z.s.	Czech Republic	275 Euros
Cirkus Stjernesud	Denmark	275 Euros
Cu mainile mele	Romania	275 Euros
Grupo de Desarrollo Rural Valle del Guadalhorce	Spain	530 Euros
Tihanyi Alapítvány	Hungary	275 Euros

Asociación Intercultural Europea - Go Europe	Spain	530 Euros
Praxis	Greece	275 Euros
ARCI Strauss	Italy	360 Euros
A.D.E.L. - Association for Development, Education and Labour	Slovakia	275 Euros
Verein zu Pflege jüdischer Bildung und Kultur e.V.	Germany	275 Euros
Institute for social integration	Bulgaria	275 Euros
Lapuan Kaupunki	Finland	180 Euros

As the coordinator is Noored Ühiskonna Heaks, We intend to make the reimbursement by cash to all participants who bring the necessary documents already mentioned before. Attached you have the bank details that you need to fill.

We will NOT reimburse the amounts that get over the maximum budget for each participants. So please book your tickets as soon as possible.

If you would like to stay longer in Estonia, you can book flights up to 2 days before/after arrival/departure of the dates of the training. Tickets with the dates longer than 2 days after/berfore the dates of the training will NOT be reimbursed.

ABOUT THE VENUE

Project will take place in Taevaskoja village, accommodation will be in Taevaskoja Puhkekeskus (<http://www.taevaskoja.ee/>) and there are rooms for two and three persons with toilet and towels in the room.

Taevaskoja is a small village in South-Estonia, near Tartu. There are 2 options how you will get there. You can choose between:

- 1) You can land to Tallinn (the capital of Estonia) and you will get a bus or train from there to Tartu. Bus ride/train takes around 2 hours. The buses are driving really often, you can check the timetable <http://www.tpilet.ee/soiduplaan/tallinn/tartu> .
- 2) Trains are driving few times in a day, you can check the timetable <https://pilet.elron.ee/Schedule/Index?from=Tallinn&to=Tartu&date=17.07.2015>
- 3) The second chance is to land to Riga (the capital of Latvia) and you will get a bus from there to Tartu. Bus ride takes around 2-3 hours. You can check the buses timetable <http://www.tpilet.ee/soiduplaan/18859/tartu?Scope=All&Date=07-17-2015&Transfer=None>

We will organize the transport from Tartu to the venue. As soon as we receive your travel details we will contact each participant and define how case by case.

Note: Organisers will not provide any accommodation for additional stay in Estonia. 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.

PARTICIPANTS AND PREPARATION OF THE GROUPS

Each country will select the participants from 18 to 30 years old.

We will need the following information about each one:

- Full Name
- Gender
- Birthdate / Age
- Passport Number or ID number with issue and expiration date
- Phone number and e-mail
- Special Needs (Allergy, Food restriction, Health restrictions)

Please find the Application Form attached to the letter.

DEADLINE: All partners have to give information about their participants and the travel details before 25th February 2016!

Failing to accomplish this deadline will give us the right to replace the partnership in accordance of the Programme rules.

WHAT TO BRING:

- Clothes: we don't have any dressing code at our training. So feel free to take whatever clothes make you feel comfortable but remember that Estonia is a cold country and we advice you to check the weather forecast before. Evenings might be colder and raincoats are advisable in this period of the year. The venue has big outdoor area and wide range of free time activities (Sauna, swings, , bow etc). Pack winter clothes in order to enjoy being outdoors.
- Promo materials with main information to present your Organisation during the evening of Organisation Market.
- Ideas, music, snacks, drinks etc to present your country and culture in the InterCultural Evening!

CONTACT DETAILS YOU MAY NEED

If you have any questions concerning the programme or the organisation of the training course, please contact Helena Heidemann
heidemannhelena@gmail.com +372 5290941

SEE YOU SOON IN ESTONIA!

YOUR TRAINING TEAM