



Funded by the
Erasmus+ Programme
of the European Union

Empowerment of Youth Against Bullying and Violence



20.06.2018 - 29.06.2018

Sofia, Bulgaria

Youth Workers Training Course

Info pack for applicants
May 2018, Sofia Bulgaria



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The essential information:

Name: “Empowerment of Youth Against Bullying and Violence”

Dates of the training: 20.06.2018 r. 29.06.2018

Dates for travel: 19.06.2018 (arrival) – 30.06.2018 (departure)

Please note that the organizers will not provide any additional accommodation outside the dates of the exchange! If you wish to travel on other dates than the dates of the exchange, please take contact with the organizers before purchasing your tickets!

Please plan your trip carefully: in case your travel dates are different than the ones above mentioned, the organizers might not be able to reimburse you!!

Venue: Sofia, Bulgaria

This training course is for participants from Erasmus+ partner countries as follows: Bulgaria, Armenia, Czech Republic, Lithuania, Romania, Macedonia, Ukraine, Georgia, Spain, Azerbaijan and Croatia.

Working language: English

Coordinator: Foundation Civil Coalition FCC

The project:

The purpose of the project is to introduce young people and adolescents to the problem and the consequences of their neglect, by training, through informal trainings, trainers, social workers and youth workers, to timely take into account the problem of "aggression" - direct or hidden and the suppression of this type of behavior through the use of adequate psychological techniques, knowledge and techniques that can be learned during the training.

The idea is for experienced trainers to acquire the necessary knowledge and skills based on human psychology to hold short lectures, seminars, trainings and role-plays to familiarize young people who are or still continue to be victims of bullying in particular with those who are dominant and create psychological tension or physical harassment on third parties.

The main objective of the project is to establish a future network of organizations to provide support to persons in need who have been subjected to verbal, physical or psychological harassment in their environment during their education or career development, through psychological techniques and techniques, to overcome the stress and psychological trauma by helping them to continue with a new look and attitude towards the surrounding environment.

On the other hand, young people who are the source of aggressive behavior should be localized on time and have free access to consultations led by project-trained organizations and psychologists to identify the source of their behavior and its "removal" , showing and giving the necessary information on the consequences for third parties of aggressive mental and physical behavior by organizing roleplaying games where young people and adolescents can realize the harm of such a dominant attitude towards the rest or the weaker (physically or mentally) of them.

The results sought after the completion of the project consist mainly of improving the preparation for work with adolescents, communication with them and the effective differentiation of early and advanced aggressive behavior or of victims of such behavior. This is a particularly important element in solving the problem of aggression among youth.

- Participants in the project will increase their knowledge and skills to successfully establish active and passive aggressive behavior among adolescents by learning the necessary psychological skills and learning to use role-plays, lectures and presentations to remove or locate problem in a social group.

- Participants will learn how to help improve behavior in a child or adolescent by learning internal control techniques, limits of behavior, and when they are overtaken by anger, how to combat anger, what is its source, emotional intelligence, aggression is not a form of supremacy, control of temperament, and ways of getting rid of aggression and anger so that they can conduct seminars and training with aggressive adolescents.

- Each participant in the project will learn how to help children and adolescents who are already victims of passive or active aggressive behavior by delivering lectures on - locating the source of aggression, how to deal with the aggression around us through psychological techniques, when it is necessary to turn to the relevant aggression bodies, techniques for the mental release of guilt, techniques for combating complexes and low personal assessment as a result of a (systematic) aggressive act.

- They will learn how to contribute actively through their organizations to be an important positive social change that affects our future, namely our children and the environment in which they live and grow.

- Significantly improve communication and presentation skills, the ability to listen

- Project activities will make it possible to exchange experience from different cultures, which will contribute to broadening the views and multicultural cohesion, building trust and social contacts between all participants.

The project is mainly based on informal trainings that will include seminars, role-plays, discussions, exchanges of experience, psychological techniques and methods to address the problem described in the project, training methods and presentation skills. As a result, the participants will further develop and enrich their knowledge and skills.

The future realization of new projects with the selected partners will be considered as achieving success, reaching as many people as possible and their "involvement" in the objectives of this project, spreading the psychological tools to prevent aggression among young people, engaging new organizations with this aim and knowledge and disseminating the knowledge among other youth, social workers and trainers working with adolescents.

- **For the project, each partner will send 3 participants (no age limits)**
- **The national groups should have both male and female participants.**

Each organization partner must to select participants and prepare their groups.



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Sofia



Sofia is Bulgaria's capital and its largest today city

At present, the city has a population of 1,250,000.

Sofia is located in the western part of the country, on The Sofia Plain and on the lower slopes of Mount Vitosha. The city's a sea level, the climate is moderate and continental characterized by cold winters and relatively cool summers.

One of Europe's youngest capitals, Sofia a settlements, stretching back several millennia from ancient Thracian and Celtic tribes through the Romans, Slavs and Serdica. Some excavation sites are now open to the public. Of course since the late 19th century (after the country gained its independence from the Ottoman Empire), Sofia offers a wealth of other historical and cultural attractions from Ottomans to the present day. This impressive heritage lends the city a highbrow historical element to accompany the great food, drink and party vibe Sofia has always been known for.

The full extent of the city's ancient found decade with the building of the metro. As bulldozers worked to lay rail, they unearthed whole streets, intact houses, baths and churches dating back almost 2000 years when Sofia was a Roman provincial capital, Sofia, in the Vitosha, Lozen, and Stara Planina (Central Balkan) Mountains, over the centuries so many monasteries have been founded that they came to be known as in Sofia's.

Opportunities for sport and recreation in the capital are many and varied – outdoor swimming pools, tennis courts, modern gymnasiums and sports halls, and parks.

Like every big city, Sofia has something for every taste. There are a great many luxury hotels, including those that are part of international hotel chains. There is also a wide variety of hostels and smaller family guesthouses. There are a multitude of discotheques, restaurants, bars, piano bars, folk clubs, taverns, fast food and many other kinds of entertainment.





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Your profile as a participant:

- You are employed in the youth sector or are working with young people
- You are trainer, educator, social worker or volunteer
- You are facilitator of non-formal learning
- You want to learn new working non-formal techniques in your work with young people
- You are ready to use the new competences further after the training in your own professional area
- You have your own motivation and strong arguments to participate in the training course
- You have willingness to spread the results of the training and to promote what you have learned in your community
- You have a sufficient level of English as a working language – basic knowledge
- You are committed to being active during the whole process of the training – preparation before, the course itself and evaluation afterwards

The goal of the selection process is also to ensure a diverse group of participants - people working in a variety of sectors, which will bring different experience to the project.

Accommodation:

The costs for accommodation and food are fully covered by the hosting organization. 100% of the travel costs up to limits according to the distance calculator of Erasmus+ programme are covered.

Travel grants:

- **Georgia –275 EUR**
- **Croatia –275 EUR**
- **Armenia – 275 EUR**
- **Lithuania –275 EUR**

- **Macedonia – 180 EUR**
- **Romania –180 EUR**
- **Ukraine – 275 EUR**
- **Azerbaijan – 360 EUR**
- **Czech Republic – 275 EUR**
- **Spain – 360 EUR**

Travel reimbursement:

Please, **KEEP ALL YOUR BOARDING PASSES AND TICKETS** otherwise we will not be able to make any reimbursements.

Please note that if some of the participants are not traveling from the home cities of the partner organizations the reimbursement will be done according to the following rules:

1. If the travel distance is longer than the distance from the home city of the partner organizations the expenses will be reimbursed according to the project approved band distance (which is stated in the list above).
2. If the travel band distance is shorter than the distance to the home city of the partner organization the expenses will be reimbursed according to the actual travel band.

Here you and the participants can calculate the travel distance:
http://ec.europa.eu/dgs/education_culture/tools/distance_en.htm

The reimbursements will be proceeded by bank transfer after the exchange upon sending all travel documents and international bank details.

Reimbursement of travel costs will only be done upon full attendance of the project and presentation of the original travel tickets with boarding passes, receipts, invoices.

Any wishes to stay shorter or longer should be consulted with organizers prior any booking!

Reimbursement will be done in EURO, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EURO, will then be converted and calculated according to the exchange rate of the month when the ticket/s were purchased, as stated in the official European Commission web-site. The organizers recommend you to have personal insurance.



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Certification:

As this youth exchange is based on the principles of non-formal education, all participants will be able to get a Youthpass certificate after the project.

Youthpass is a part of the European Commission recognition of non-formal learning. It confirms the participation in the training course emphasizing the learning process and individual reflection about new competences that the participants gained during the project. The participants have the possibility to describe what they have done in the project and which skills and competences they have acquired.

What to bring with you:

Cultural Evening: Please arrange with your country leader and participants to bring some gastronomic specialties (food and/or drinks) from your country. It is also strongly recommended to prepare and bring some material showing your country/region/city, and the traditional (or modern) music and dances.

Comfortable clothes: Make sure to bring comfortable clothes – prepare for both very warm and rain weather, for the temperatures in July in Sofia may vary.

Useful words in Bulgarian:

Hello – Здравей [Zdravej]

How are you? – Как си? [Kak si]

What's your name? – Как се казваш? [Kak se kazvash]

My name is ...- Казвам... се... [Kazvam se]

Good morning – Добро утро [Dobro utro] Good day – Добър ден [Dobar den]

Good evening – Добър вечер [Dobar vecher] Good night – Лека нощ [Leka nosht]

Goodbye – Довиждане [Dovijdane]

Looking forward to welcome you in Bulgaria !!!