



Thanks but No Tanks – TNT

TRAINING COURSE ON HOW NON-VIOLENT COMMUNICATION TO INTEGRATE
POLITICAL DIMENSION INTO YOUTH WORK

VILJANDI - ESTONIA

TUESDAY 12TH SEPTEMBER (ARRIVAL DAY)
TUESDAY 19TH SEPTEMBER (DEPARTURE DAY)
2017

PARTNERS AND PARTICIPANTS GUIDE



TAKE ME WITH YOU AND DON'T LOSE ME!

WELCOME

Congratulations! You are a partner in the Training Course “*Thanks but No Tanks*” and you are among the 28 participants that will take part at the training. There will be participants from Estonia, Italy, Austria, Slovakia, Bulgaria, Denmark, Czech Republic, Poland, 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 “*Thanks but No Tanks*” 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 Italy.

Marco Helena Lorenzo 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

The overall aim of the training is to create a deeper understanding of the civil society actors and the role they have in our nations. To approach this topic we will start with exploring the meaning of the words conflict, youth movement, peace etc. and at the same time we will follow like an itinerary from historical social movements for democracy and justice, movements against discrimination and racism and we will explore present developments in the different regions, movements born during the economical crisis in Europe and other important actors around the world and especially Europe.

Aim:

TNT will give competence and methods to participants to analyze the social conflicts, will teach them how to act wisely, and being active leaders in the civil society using non-violent communication

OBJECTIVES:

- Give to participants the tools and competences to understand what civil society is and what is its role in our own societies;
- Familiarize the participants with concepts and approaches of non violent actions i.e. how to use it best and adapt it to local contexts and realities in order to promote peace building;
- Equip the participants with skills to act in order to fulfill their goals;
- Empower the young people to act wisely in conflicts on individual as well as societal levels;
- Review and enhance participants' competences (knowledge, skills, attitudes) in working as multipliers, and activists on peace building using non formal education tools;
- Enable participants to develop activities and campaigns for multipliers in conflict transformation and non-violent actions, at international, national or local level

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

TNT will gather 28 participants from 12 different countries. Estonia will be represented by 2 participants, check below to discover how many placements your organisation have.

Organisations	Country	Number of Participants
Evropske centrum mladeze Breclav/European	Czech Republic	2
Cirkus Stjernesud	Denmark	2
CLUSTERUL DE ENERGII SUSTENABILE DIN ROMANIA ROSENC	Romania	2
ASOCIACION INTERCULTURAL EUROPEA GO EUROPE	Spain	2
GEMMA - Germeshausen und Mak	Austria	1
NaturKultur e.V.	Germany	1
Praxis	Greece	1
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	1
ACTIVE BULGARIAN SOCIETY	Bulgaria	2
UNITED SOCIETIES OF BALKANS ASTIKI ETAIREIA	Greece	1
Stowarzyszenie Absolwentow "Radosni"	Poland	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 (**Viljandi**) 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)

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 to 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	Czech Republic	275 Euros
Cirkus Stjernesrud	Denmark	275 Euros
CLUSTERUL DE ENERGII SUSTENABILE DIN ROMANIA ROSENC	Romania	275 Euros
ASOCIACION INTERCULTURAL EUROPEA GO EUROPE	Spain	360 Euros
GEMMA - Germeshausen und Mak	Austria	275 Euros
NaturKultur e.V.	Germany	275 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
ACTIVE BULGARIAN SOCIETY	Bulgaria	275 Euros
UNITED SOCIETIES OF BALKANS ASTIKI ETAIREIA	Greece	275 Euros
Stowarzyszenie Absolwentow "Radosni"	Poland	275 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

During TNT we will stay in the beautiful country side of South Estonia, in the Vanaõue Vacation Center <http://www.vanaoue.ee/index.php?main=1>

Your accommodation will be in double or triple rooms. Every room has its own toilet and shower. Towels and bed lines are included for each person.



There is free WIFI available. And we will have some evenings in Sauna, so don't forget your swimming suit!

NB: In the forest cottage there is no possibility to buy anything. The nearest shop is in a village away from our accommodation. There are refrigerators available to store any personal food or drinks if you like.

Suure Jaani is a small village in South-Estonia, near Viljandi. There are 3 options how you will get there. **Be sure that you flight lands in a time that you would be able to take one of the buses or train!** 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 Viljandi. Bus ride/train takes around 2 hours. The buses are driving really often, you can check the timetable <https://www.tpilet.ee/en/timetable/tallinn/viljandi>
- 2) Trains are driving few times in a day, you can check the timetable <http://elron.ee/en/>

- 3) The second chance is to land to Riga (the capital of Latvia) and you will get a bus from there to Parnu. Bus ride takes around 2-3 hours. You can check the buses timetable <https://www.tpilet.ee/soiduplaan/riga-coach-station/parnu>

We will organize the transport from Viljandi 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 40 years old involve din the NGO or in the youth field!

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!

***SEE YOU SOON IN ESTONIA!
YOUR TRAINING TEAM***