

"Let's communicate for peace!"

International training course and youth exchange on
conflict transformation and non-violent communication

Information Package



TC - 09.07.2022 – 18.07.2022 - Berlin, Germany

YE – November 2022 - Aparan, Armenia

The project is organized by:



The project is funded by:



General description of the project

Conflict transformation and non-violent communication tools are necessary in the contemporary world due to the amount of violence, aggression and warfare happening around us. Violent strategies to approach conflict cause a common threat to humanity, which leads to relations of competition and mistrust between humans. These patterns are deeply rooted in the culture at all levels that can become dramatically harmful to human relationships.

All this especially influences multicultural countries where people representing different cultures struggle from uncertain attitudes, feelings and behavior towards each other. Furthermore, this particularly affects the youth sector as young people are on their way of personality formation and more sensitive towards outside influences.

Thus, to make a difference in this field we consider it of crucial importance to shape the visions and knowledge of young people in multicultural environments and to advocate for a more peaceful world through conflict transformation and non-violent communication.

The aim of this project is to gain tools stimulating more compassionate, non-violent communication between young people, which would consequently lead to reducing the potential for violence and radicalization among them.

The project consists of two parts. First one is a training course in Berlin, Germany; the second one is a youth exchange in Armenia. The aim of the training course is to gather youth workers from the partner countries to discuss, explore and find out ways/methods of non-violent communication and conflict transformation to be implemented with their target groups.

The youth exchange aims at gathering young people from partner countries with the group leaders already participated in the training course to make the practical implementation of the methods used during the TC.



Phase One: objectives of the training course in Germany

- To equip participating youth workers and leaders with the tools of conflict transformation and non-violent communication
- To promote conscious and non-violent behavior among participants with the use of non-formal education methods to be afterwards applied in their workplaces with young people
- To get acquainted with the situation of conflict transformation in the participating countries and make the exchange of best practices
- To form a network among like-minded organisations and develop follow-up projects within the project topic

Phase Two: objectives of the youth exchange in Armenia

- To provide a space and conditions for young people to obtain mindful communication and active listening
- To give tools to participating young people for identifying their needs and openly expressing them without a fear of judgement, criticism, blame or punishment
- To address the issue of connection and empathy in communication with their peers in their everyday life situations
- To build a trustful atmosphere where participating young people can get acquainted with culture of peace during conflict resolution



Conditions of participation

The training course in Germany will bring together 25 young leaders and youth workers from Germany, Hungary, Estonia, Latvia and Italy, 5 participants per country. The conditions of participation are the following:

- Age: Above 20 yo
- Experience in youth work
- Readiness for active participation and cooperation
- Working language is English

We would expect participants of the Training course to use competences and materials received during the event in preparation for the second phase of the project (Youth Exchange).

Travel budget for the TC in Berlin (both ways):

- Germany – up to 180 Euro;
- Hungary, Estonia, Latvia, Italy – up to 275 Euro.

Travel costs can be higher, in case if you choose green travel with low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

In this case travel costs will be:

- Germany – up to 210 Euro;
- Hungary, Estonia, Latvia, Italy – up to 320 Euro.

The project is funded by Erasmus + Programm. The accommodation, food, training activities will be covered by the organisers.



Venue in Germany

The project venue in Germany will be "The Seminarhaus Weissensee", which is located in the capital of Germany, Berlin. It is located at Indira-Gandhi-Strasse 13, 13088. You will be accommodated with participants of the same gender in 2-8 bedrooms. Bed linens and towels are provided. As we want to foster community-based living within the non-formal education process, please be prepared to take care of the space you are staying at. Another important note: it is not allowed to use alcohol at the seminarhouse. We have prepared the instruction on how to get to the venue, which can be accessed [here](#).

Venue in Armenia

The project venue in Armenia will be "altera lab youth center&housing" in Aparan community, which is located at the eastern slopes of Mount Aragats and the northern slopes of Mount Ara, on the shores of Kasagh River, with an elevation of 1880 metres above sea level. Aragatsotn Province is about 50 kilometers northwest of the capital Yerevan. Aparan has a very beautiful nature and a small community of active young people looking forward to host an international exchange program in their town.



COVID 19 related information

Germany

To travel to Germany, various restrictions can apply depending on the country you are travelling from. For visits from EU states, states associated with Schengen, and other countries indicated in this [list](#), Germany allows unrestricted entry.

For other countries, as a general rule, entry is only possible for fully vaccinated people only, as for December 2021. The traveller must have received the last vaccination dose that is necessary for full vaccination at least 14 days before the date of travel, and the vaccine the person has received must be among those listed on the [website of the Paul Ehrlich Institute](#).

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Armenia

To travel to Armenia, you need to have a vaccination passport or PCR negative test that was issued not later than 72 hours before your departure.

Additionally, all participants are strongly advised to:

- avoid being in close contact with other people 2 weeks before the course;
- keep good hand hygiene and avoid close contact with others;
- follow the applicable national quarantine rules within the hosting country and after return to the home country.

During the project all participants will be provided with masks and disinfection means.



Program of the training course

You can find the training course daily program through the link below:

<https://tinyurl.com/4wuhrrrev>

Please bear in mind that the program can change depending on new circumstances. We also kindly ask you to remember that the minimum of 90% of the program has to be attended. Unauthorized absence from activities and workshops is not permitted and may cost you your travel reimbursement.

To make sure that you will receive back the money you spent on the tickets, please preapprove your travel plan with the coordinating organization from your country before buying any of the tickets as there are some restrictions that has to be followed.

Please, don't forget to validate your tickets and save all the originals of all tickets and receipts. Without it we won't be able to make the reimbursement.

Other conditions

Please bring specific food and materials for the intercultural night.

Furthermore, we would like to create an international sweet box, which will be shared during the coffee breaks. Therefore, please bring your favorite sweet snacks with you.

In case of having special needs, whatever kind they are of, please feel free to communicate these needs to us (allergies, health problems, special diet, etc.).

Please be informed that the breakfasts during the project are made by participants within the beforehand agreed schedule. As well as we offer fully vegetarian food once per day (during lunch or dinner) according to the promotion of healthy lifestyle.

To apply for the project please fill in the application form through the link below:

<https://chance-berlin.org/lets-communicate-for-peace-eng>

If you have any questions or need further clarification, please contact:

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Partner Organisations:



***The project is implemented within
the ERASMUS+ PROGRAMME**

