

JOETZ
VZW

PARTNER VAN
SOCIALISTISCHE MUTUALITEIT BRABANT



Erasmus+



*Change in to
Change out*

Info pack

For participants of the Training course

Following Information for you

Who we are
What is the Project about
Who we looking for
Practical information's
Project cost & Reimbursement

Who we are?

The Training Course will be organized by the non-profit non-government organization JOETZ vzw, based in Belgium in the collaboration with International center for peace and integration (ICPI) from Georgia.



And This Project would not exist without our Partners

Armenia - Gyumri "Youth Initiative Centre" NGO

Estonia - Continuous Action

Italy – Scambieuropei

Lebanon - World Youth Alliance Middle East

Latvia - Baltic Regional fund

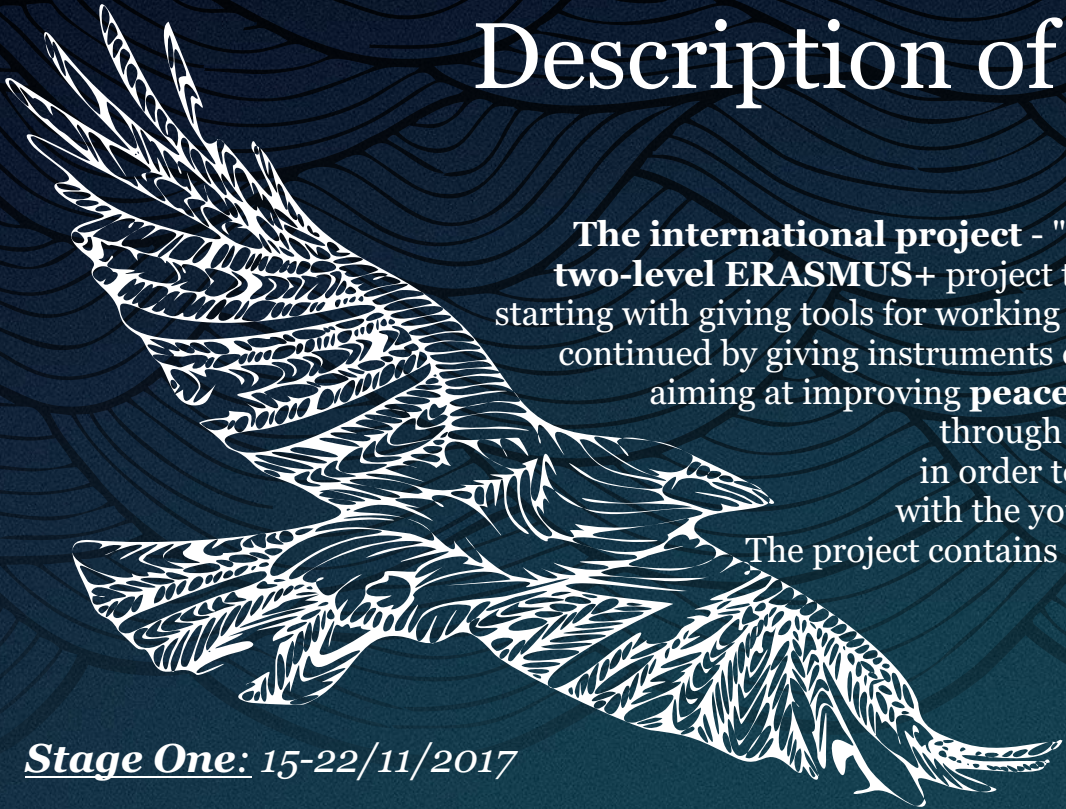
Portugal - Associação Spin para o Intercâmbio, Formação e
Cooperação entre os Povos

Romania – Asociația Culturală Pentru Teatru Si Origami Din
A.C.T.O.R.

Ukraine - Non-Government Organization "Unit"



Description of the Project



The **international project** - "Change In to Change Out" is a **two-level ERASMUS+** project that follows the logical frame - starting with giving tools for working on **personal development**, continued by giving instruments of **emphatic** communication, aiming at improving **peace building** attitudes and skills through the self-development process, in order to use them in working process with the youngsters in own communities. The project contains **2 stages** of Training Courses.

Stage One: 15-22/11/2017

1.Training Course - "Start change within" Personal development is a lifelong process. It's a way for people to assess their **skills** and **qualities**, consider their aims in life and **set goals** in order to **realize** and **maximize** their **potential**. Early life development and early formative experiences within the family, at school, etc. can help to shape us as adults, personal development should not stop later in life. This project is designed to help youth workers to think about their personal development and ways in which they can work towards **goals** and their **full potential**.

Stage Two: 1 - 8/03/2017

2.Training Course - "Keep changing in to change out" During the training we will provide participants frames and tools of emphatic communication & **conflict transformation**, that they can use first of all for their **personal life**, and secondly to improve their social work and engagement.

Emphatic communication focuses on **three aspects** of communication: **self-empathy** (defined as a deep and compassionate awareness of one's own inner experience), **empathy** (defined as listening to another with deep compassion), and honest **self-expression** (defined as expressing oneself authentically in a way that is likely to inspire compassion in others).

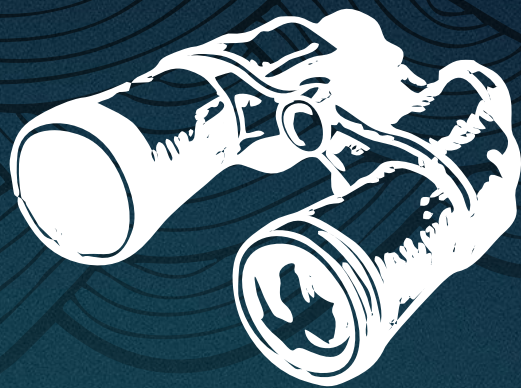
During the project will be analyzed dynamics of conflicts, but they will not be approached directly neither politically.

Participants will get some keys and will be offered new perspectives with which to look and work on them, on their own, all lifelong.

Through the words of those that are dedicating or have dedicated part of their life to conflict resolution, participants will get **extremely useful** instruments of challenges and achievements in peace building

For who we are Searching ?

In accordance with the project aim, for the project main target group of the projects will be **newcomers** in NGO sector, youth workers who are trying to find their fields of interest, concrete work or communication styles, those who still have **no** clear vision of their future work, **have troubles** in decision making, **communication** or conflict resolution. It is strongly recommended from the organizers to be selected at least **1 youngster** coming from the rural aeries, or youth having economical or social challenges and youngsters who have **not participated** in Erasmus + or YiA project **more than 2 times**.



Organizational team will provide an online questioner so, that each organization can use it for choosing participants;



Age limit is over 18 years

Please make sure that you keep gender balance



When selecting the participants for project!

Main criteria for the selection process:

Background and interest in the project topic

- **High motivation** for participation

- Follow up activities - how they plan

to use knowledge and experience gained during projects



!!!Participants with fewer opportunities!!!



According to the project design each partner organization has to involve **1-participant** for TC with fewer opportunities.



Cultural differences
Economic obstacles
Social obstacles
Geographical background

Practical information

Working language:
English

Special needs: Please let us know **before** the projects starts if you have any kind of special needs (regarding the food, allergy, etc.) through **online** participants list.

Participant list: Information regarding participants please fill in the online application form follow the link to open the document:



ONLINE DOC LINK



https://docs.google.com/spreadsheets/d/1TWynFKQ_NhvoZtWooW1cHrmrZ4pxcYTzyl4hBiiTrw/edit?ts=59b91c45#gid=0

DEADLINE FOR CHOOSING PARTICIPANTS:

All the participants will receive the confirmation about their selection **BEFORE** 10th. October, 2017.

We will inform the selected participants about the **further steps**, how they can buy the flight tickets, how they can prepare themselves, what will they need etc.

FB group:

If you are a Facebook user, for faster communication and for getting to know each other, you can use our project group as well.



Please **join us** at the following the link:

https://www.facebook.com/groups/2045867815641390/?notif_t=group_added_to_group¬if_id=1505303653519226

Participants will get a declaration to sign after being selected where they confirm of being aware of the challenges they might encounter during the TC.



In order to ensure the best possible quality to the project, a participation fee of EUR 30 will be charged as own contribution of each participant to the project.

Cultural presentation:

During the TC will be organized cultural evenings where all the countries will present their culture (dances, songs, and typical food).

The cultural presentation you will have to prepare together with other participants from your country.

We ask you to make it interactive (involving the public): you can make a quiz, organize competitions, play typical games, teach a dance or a song, etc.

Cannot be used:

projector for presentations, maps, kitchen for preparing the food.

The **training methodology** is based on learning by doing, on developing and challenging **individuals** and groups through a **creative stimulation** that connects objective contents with **personal experience** and internalization. They work with learning methods that follow the **natural human behavior**, which works in the same way like learning to walk, taste, feel.

It is called learning by experience.

The participants are engaged

intellectually, emotionally, socially, spiritually, and physically in the training.

Use of alcohol is not allowed during the project, even during cultural evenings.

Accommodation

Accommodation will be provided at Rustavi Balanchivadze Str. #9, Rustavi, Georgia

Participants will be allocated in three-bedded and four-bedded rooms.

Every bedrooms of the same floor will share bathroom.

Rooms will be divided according to the same gender, but different nationalities.

3 meals per day will be provided in the hotel.

The accommodation for you is booked and paid

1st. stage - from 15th. November till the morning of 22nd. of November (the last financed night it's on 21st. of November).

2nd. Stage - from 1st. March till the morning of 8th. of March (the last financed night it's on 7th. of March).

If you want to arrive a day earlier or/and stay a night longer, it is possible (you have only two extra days to stay out of the project).

This extra nights are on your expenses.

Wireless internet connection is available in the hotel

Participants have 2 extra days to stay out of project dates.



Project Costs and Reimbursement

Number of participants & Travel cost limits
per person for Training

Course Country Organization Participants Travel Cost Limits

Country	Organization	Participants	Travel Cost Limits*
Belgium	JOETZ vzw	5	530
Armenia	Gyumri "Youth Initiative Centre" NGO	3	100
Estonia	Continuous Action	3	300
Italy	Scambieuropei	2	275
Lebanon	World Youth Alliance Middle East	3	275
Latvia	Baltic Regional fund	3	300
Portugal	Associação Spin para o Intercâmbio, Formação e Cooperação entre os Povos	3	360
Romania	Asociatia Culturala Pentru Teatru Si Origami Din A.C.T.O.R.	3	275
Ukraine	Non -Government Organization "Unit"	3	275

100% of **accommodation, food and transportation during the project** will be covered with the support of ERASMUS+. Only the most economical transportation will be reimbursed.

It is necessary for participants to

have travel and health insurance (not covered by project).

All the necessary information about the reimbursement procedures and documents, participants need to provide will be sent as reimbursement guide later.

(Such as travel document invoice from sending organizations and etc.)

According to the new rules of Erasmus+, the maximum amount that we can reimburse for each representative of the country is indicated above in the table.