



**Alcohol Culture in 21st  
Century Europe**

**Project  
Description**

**Training  
Programme**

**Derry • Londonderry  
Northern Ireland 10–17 Nov 2013**

## **Gulp or Sip: Alcohol Culture in the 21<sup>st</sup> Century Europe**

Experts say that there are cultural reasons why those in the UK gulp and other European countries merely sip! The year of Derry~Londonderry's reign as the UK City of Culture provides an important opportunity for European cities to compare notes on the role of alcohol in their cultural life.

Alcohol is part of our national culture, especially across Britain and Ireland. It forms part of most people's lives and it's important to acknowledge what role it has in our lives and to think about the role in our children and young people's lives. Alcohol use amongst children and young people is a constant topic of conversation and debate and much attention is devoted to addressing young people's drinking.

However, many individual and societal factors play a role in forming young people's approach and attitude to drinking. It is clear that there is no one magic formula and that approaches must take a country's drinking "culture" into account to be relevant, appropriate and responsive.

The City of Culture status provides a unique opportunity to address this as many viewed it at the outset as 'a year-long party' and inevitably the level of 'flow' of alcohol during this period has been greater and therefore an exchange of practice and knowledge with others from across Europe creates a mechanism for developing informed, appropriate, efficient and person-centred responses.

However, we do not assume for one second that the issue of Alcohol Culture is restricted merely to Britain and Ireland. City of Culture Status provides a context from which to examine it - we will of course examine the culture of alcohol affecting Northern Ireland, Republic of Ireland, Poland, Germany and Slovenia in a deep-seated way - the misuse of alcohol, alcoholism and addiction for example.

The impact upon families and the long-term damage that it can cause on children and young people is immense, e.g., domestic abuse, violence, criminality, injury, health difficulties and death are just among the many implications on families where alcohol is prevalent. This in turns create major challenges for children and young people - isolation, withdrawal, fear, lack of confidence and self-esteem, 'acting out' behaviours, taking on caring roles of siblings affected by a parent or parents alcohol misuse, poverty, etc. The list is endless - in our experience and evidence by many relevant scholars where alcohol is present in a young person's life they are less likely to do well at school,

their health is affected, relationships are strained, there is a lack of structure and stability in their lives and so on - again the list could be much longer.

## **Aims & Objectives**

### **Aims**

'Gulp or Sip' is a training programme designed to provide opportunities for participants to share, exchange and promote models of good practice over 6 working days that deals with alcohol culture. The event has been organised against the backdrop of Derry~Londonderry's 'UK City of Culture 2013' status which presents a significant opportunity to address the culture of alcohol and its social, political and educational implications but primarily its health implications for local communities.

'Gulp or Sip?' is targeted at youth work practitioners, young leaders and other practitioners with a remit or responsibility for the welfare of young people but who through their interest in and commitment to the use of pro-active alcohol-related strategies and approaches are looking to reduce alcohol-related harm among young people.

The programme aims to provide space and time for participants to share and promote examples of good practice but discuss the implications of using different approaches and methodologies to address the culture of alcohol in different environments and settings that cut across diverse cultural boundaries (and draw conclusions as to what is effective practice). It will also provide space to examine issues, concerns and questions related to the use of harm reduction tools.

Participants will also have the opportunity to present, exhibit and share practice and learning from their own local, regional and national context with the aim of increasing knowledge and skills and enhancing attitude of other participants - this in turn not also enhances the capacity of partner organisations but can be applied across geographical boundaries.

The programme will also examine ways of building upon practice profiled during the training in an effort to reach out to those countries not represented as part of a longer-term approach to Alcohol Culture. An action planning phase is geared towards creating post-programme actions.

Participants will come away from the training much better informed and 'upskilled' with a clear direction of how they can use practice in their work setting and with a clear ideas for introducing some of what they have learnt into their local practice.

## **Objectives**

'Gulp or Sip' Training Programme will achieve the following objectives:

- (i) providing the opportunity for participants to share and explore the policy context in each country
- (ii) 'up-skill' youth work practitioners in the use of alcohol-related harm reduction tools as an effective means of engaging young people
- (iii) enhance the knowledge of participants regarding various models of practice so as to increase understanding of how, where, when and why it can be applied in local settings
- (iv) consideration of cultural differences in alcohol so as to better understand how these can support and inform practice
- (v) providing space and time for practitioners to reflect upon their own practice and consider where learning from others can be introduced in their own setting
- (vi) developing ideas for local responses and 'testing' these against the knowledge, assumptions and beliefs of programme participants
- (vii) development of a number of post-programme actions at either local, regional, national or international level

## **Target Group**

### **You will be**

- (i) a youth worker 'by trade' (and by that we mean you possess a professional qualification in youth work from a recognised academic institution or training educational establishment) and/or you work with young people in a paid or voluntary capacity;

- (ii) you work with young people out of an interest or 'love' of working with young people and you wish to use this training as a mechanism for further or more in-depth engagement;
- (iii) you have an 'expertise' or 'proficient skill-set' in the area of addressing 'alcohol culture' or harm reduction and you are in a position to use this experience to engage with young people in your community, be that young people you are already working with or a group or groups of young people you will engage with post-programme

## **Practical Information**

### **Dates**

10<sup>th</sup> (Arrival Day) - 17<sup>th</sup> (Departure Day) November 2013

### **Location**

Derry~Londonderry, Northern Ireland

### **Venue**

White Horse Hotel [www.whitehorsehotel.biz](http://www.whitehorsehotel.biz)

### **Costs**

UK & Republic of Ireland €75

Slovenia: €50

Poland & Bulgaria: €35

### **Funding**

This Training programme is organised by Community Support Services Programme - Foyle Drug and Alcohol Forum. Funding has been made available by the British Council under Measure 4.3 of the EU's Youth in Action Programme.

### **Return of Applications**

In addition to returning your application to your respective partner organisation (see overleaf) all applications should be forwarded to [aaron.mcshane@westerntrust.hscni.net](mailto:aaron.mcshane@westerntrust.hscni.net) by **Friday 4th October 2013.**

## PARTNER ORGANISATIONS CONTACTS

Organisation	Name	Country	Email
Community Support Services - FDAF	John Mahon	N Ireland	<a href="mailto:john.mahon@westerntrust.hscni.net">john.mahon@westerntrust.hscni.net</a>
UNESCO Initiative Centre	Piotrek Dobrosz	Poland	<a href="mailto:piotrek.dobrosz@unescocentre.pl">piotrek.dobrosz@unescocentre.pl</a>
Alcohol Forum Limited	John O'Kane	Rep of Ireland	<a href="mailto:john@alcoholforum.org">john@alcoholforum.org</a>
Club Young Scientists	Dimitar Grudev	Bulgaria	<a href="mailto:dimitar@cys.bg">dimitar@cys.bg</a>
No Excuse Slovenia	Dais kokol	Slovenia	<a href="mailto:dasa.kokole@noexcuse.si">dasa.kokole@noexcuse.si</a>