

Info pack

DESCRIPTION OF THE PROJECT:

We are organizing this training course in order to improve the quality of youth work that we do and develop the competencies of 24 people working with youth from our organizations to act as advocates of greater gender equality and gain skills on how to promote young peoples' empowerment regardless of their gender.

We especially want to empower young women. By understanding the mechanisms of gender oppression it will be also easier to understand how the oppression towards other groups in society works and empathize.

Youth workers need to realize that gender inequality is not something far away from their reality, but male-dominated, patriarchal and hetero-normative principles consciously or unconsciously influence all of us and young people in particular in their identity-making process. Young people often find it difficult to fit in traditional gender perceptions and roles and neither of the genders benefits from this robust system. Youth workers should play more active role to support young people to deal with these challenges.

OBJECTIVES

- Developing awareness and understanding about various concepts related to gender, prejudices, mechanisms of discrimination, hate-speech and violence and how it affects young people and society
- Discussing the role of youth workers to contribute to promoting the (common European) value of gender equality and building motivation of participants to act as gender equality advocates and promoters
- Sharing realities and challenges that young people typically face because of existing gender prejudices and norms – paying special attention on how it (negatively) affects young girls/women
- Identifying set of competences needed to be developed in order to contribute to greater gender equality in our communities
- Exploring NFL tools to address gender-based prejudices and discrimination and develop participants' facilitation skills
- Planning and implementing concrete follow-up activities to promote gender equality, diversity and inclusion at local level.



PROFILE OF PARTICIPANTS:

Due to character of the project, it is very crucial for us that Partner organisations spread the information through suitable channels and select relevant participants (we keep the right to reject participants that do not fit the profile).

If some participants will not fit the profile outlined below, we keep the rights to reject their participation in the training course.

WORKING LANGUAGE: English

THE PARTICIPANTS SHOULD:

- Be working with young people on regular basis – as youth workers, peer-to-peer educators, activists, teachers, social workers, etc.
- Open to challenge themselves for learning in the intense programme of the training (sometimes even 12 h per day :))
- Ready to organize at least 2 follow-up activities using the experience from this training (individually or together with another person from the same country) within 3 months after the training
- Fluent in communication in English

Participant Countries and number of participants:

Participating countries	Number of participants
Latvia	4 + 1 trainer + 1 coordinator
Germany	3
Greece	3
Spain	4
Norway	3 + 1 trainer
Italy	3
Poland	3
United Kingdom	3
TOTAL	29

TRAVEL COSTS AND REIMBURSEMENTS:

The training course will be implemented in the framework of EU “ERASMUS+” Programme (mobility of youth workers, key action 1). The accommodation and food will be covered fully.

Travel expenses will be reimbursed at flat rates depending on travel distance:

Country of Origin	Maximum Reimbursement (in EURO, per person)
Latvia	20
Germany	275
Greece	360
Spain	360
Norway	275
Italy	360
Poland	275
United Kingdom	275

Most of you will probably arrive to [Riga international airport](#). We will support you in travelling to Dobele and seminar house from Riga.

Once you have chosen a flight connection, please consult it with: **Eva Leinerte** - the main coordinator – leinerteeva@gmail.com , +371 25547008. Please note that only when she gives you “green light” for the connection and price, you are allowed to buy tickets.

When all of the flight dates will be known, Eva will share information about further transport to seminar house.

TRAINING VENUE AND ACCOMMODATION:

Arrival to the venue: **March 9th**

Departure from the venue: **March 17th**

Location: [Dobele](#), Latvia

Dobele is a town in the cultural region Zemgale in Latvia, and is located near the center of Latvia on the banks of the river Bērze. It received town rights in 1917 whilst being a part of the German occupied Courland Governorate during the First World War. In 2006, its population numbered 10,827 people. Known in Latvia as the sunniest town! Hmmm, lets see how it will be in March ;).



As during the project we might not have enough time to see the capital, Riga, if you want to manage to see it, we strongly recommend you to come 1-2 days earlier or stay 1-2 days longer (on your own cost).

The main activities will take place in [guest house "Kliģi"](#) (www.kligi.lv) located at the bank of a lake, surrounded by woods and Latvian nature. Nice atmosphere, friendly surrounding and beauty of nature – everything in one place...

2-3-4 people of different nationalities will be sharing the rooms. Not all the rooms have bathrooms, so, be ready to share bathrooms with neighbours.

Meals will be provided in the same place. Please inform us in advance if you have special dietary needs.



One of the evenings we will also try to arrange the opportunity to go to sauna 😊.

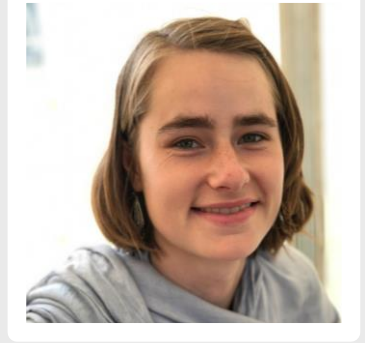
TEAM:



Ieva Grundsteine, trainer (Latvia) has been working in the youth field since 2001 and last 9 years is a trainer of non-formal learning in the field of youth – as a local and European project initiator and manager. She has carried already more than 120 international trainings for different target groups (youth workers, teachers and others): www.salto-youth.net/tools/toy/ieva-grundsteine.1858



Tuba Ardic (Norway) is experienced Women's Rights activist, youth worker, NFL trainer, part of pool of trainers of Norwegian NA, PhD candidate in sociology. Her main areas of interest and work: gender, migration, forced migration, cross border mobility, youth, agency, belonging, place attachment. Tuba is one of the founders of the Creative Connections Norway and running an organic fruit farm in rural Norway/ Balestrand with her family: <http://www.creativeconnectionsnorway.com/>. The farm called Ciderhuset hosts many international youth projects, training courses: www.Ciderhuset.no



Eva Leinerte, project coordinator (Latvia) – a member of the applying organisation: YEIC "Saspraude" from Dobeles, Latvia. Actively involved in youth work since 2008. Mainly working as sexual and reproductive health educator and local project coordinator, in recent years has started working more with EVS projects, Youth Exchanges and international training courses.

How to apply:

All you need to do is to be MOTIVATED and meet our participant's criteria. To apply, please fill in the online application form accessible here:

APPLICATION FORM

https://docs.google.com/forms/d/e/1FAIpQLSdMgHq2S8JNb5N4Sc2toXiZILuM4kzMTAaydiy5IKg3siRvww/viewform?usp=sf_link

We will be expecting the applications no later than **FRIDAY, 18th of January**.

After considering all received application forms, the selection team will notify you upon your success.

In case of questions, please contact: **Eva Leinerte**, leinerteva@gmail.com, +371 25547008.

Looking forward to see you in Latvia!

Preliminary programme

Time / day	March 9	March 10	March 11	March 12	March 13	March 14	March 15	March 16	March 17	
8.30 - 9.15	Arrivals	Breakfast								
9.30 - 11.30		Intro Getting-to-know each other Ice-breaking	Opening discussion on understanding the concepts related to gender, diversity and inclusion etc.	Introducing non-binary gender theory and understanding sexual orientation	Visiting Dobe Youth Initiative and Health Center and finding out their practices on gender issues (initiative of Boys' and Girls' Groups, sexual education at schools, etc.)	Non-formal learning and how to design & facilitate a NFL activity on diversity (a "crash course")	Implementation of worked out tools (in 2 parallel groups; 70 min each activity) + Reflection and feedback	Planning on follow-up trainings with local youth - meetings in national groups	Final individual reflections on outcomes from the training and closing ritual of "saying goodbye" Farewell and departure	
11.30 - 12.00		Coffee break								
12.00 - 13.30		Programme, approach, motivation and Youthpass	Should All Youth Workers Be Feminists and supporters of LGBTQ+ rights?	Forum Theatre on gender-based discrimination and violence (analyzing the situations from youth work contexts)	Exploring local realities related to prejudices related to gender - LIVING LIBRARY with local community and youth	Remaining questions, intro to Laboratory phase and division in groups	Implementation of worked out tools (in 2 parallel groups; 70 min each activity) + Reflection and feedback	Continuation of work, presenting follow-up ideas and peer-to-peer support		
13.30-15.30		Lunch								
15.30-17.00		Group-building activities through games	Gender - everybody's issue - exploring own gender identity and sharing stories	Forum Theatre on gender-based discrimination and violence (analyzing the situations from youth work contexts)	Exploration and free time	Practical part: Laboratory of tools – developing NFL activities to promote gender equality	Implementation of worked out tools (in 2 parallel groups; 70 min each activity) + Reflection and feedback	International opportunities of cooperation - NoHate Speech Campaign, "Humans of Diversity", brief outline of Erasmus+ programme and resources, etc.		
17.00 - 17.30		Coffee break				Coffee break				
17.30 - 19.00		Getting to know each other	Group-building activities through games	Sharing local realities on issues with diversity and gender equality in youth work context	Role of youth workers to promote gender equality and underlying competences	Time for reflection in group	Implementation of worked out tools (in 2 parallel groups; 70 min each activity) + Reflection and feedback	Summing up Lab phase - sharing experiences from both groups, Q&A, recommendations for future activities with youth		Reflections on Learning Summing up, Evaluation Closing
19.00-19.30		Time for reflection in group								
20.00		Dinner								
After 21.00	Welcome Dinner	Integration evening	Intercultural Diversity Evening	Free evening	Latvian Dinner	Free evening	Self-organized evening	Farewell dinner and evening		