



Funded by the
Erasmus+ Programme
of the European Union



International Training Course



19th June – 27th June,
Kings Village Hotel, Bulgaria

Arrival date: 19th May by 12pm the latest
Departure Date: 27th of June



Context for the project

As youth workers we meet and work with young people from very different backgrounds. Whether we aim to support their social, emotional, academic or physical development, we need to be capable of recognizing the issues they are dealing with, and offer informed support. Domestic violence, and gender-based violence more broadly, have only recently entered the public discourse in many countries. They have largely been taboo topics in most patriarchal and traditional societies such as the ones in Southeastern Europe and the MENA region. The absence of supportive public response for DV victims and survivors, as well as the insufficient understanding of their needs, has led to a lack of preparation and training of teachers and youth workers to work with young people affected by DV.

Our training course aims to support the professional development of youth workers by enhancing their understanding of DV and equipping them with a range of tools to recognize youth affected by DV, as well as to offer informed support, and guide said youth on a path of healing and social inclusion. Additionally, the TC will build youth workers' skills to manage stress and difficult emotions which arise from working with victims and survivors of violence, in order to minimize the risk for burnout, and ensure sustainable professional development.

Objectives

The main objectives of the training course are:

- ▲ to equip youth workers with awareness and tools to recognize victims and survivors of domestic violence among the populations they work with
- ▲ to utilize a diverse range of tools to offer support, assess and reduce danger
- ▲ to develop the knowledge and skills of youth workers to guide affected individuals towards healing and social inclusion
- ▲ to ensure the sustainable professional development of youth workers by developing youth workers' skills in relation to emotional management and self care.

Through preparing youth workers to better address the needs of the youth populations they work with, and do so in ways that are responsible, thoughtful and do not put at risk neither the



young people, nor themselves, our training course will contribute to the capacity building for quality youth work of their respective organisations.

Learning outcomes:

The Training Course aims to deliver the following learning outcomes:

- to learn important concepts related to DV and IPV, and to gain the vocabulary to discuss the issue in a professional manner
- to understand the wheel of power and control, and its relation to abuse, gender inequality and partner dominance
- to recognize the features and indicators of the major types of abuse, and understand their impact on victims and survivors
- to critically examine the prevalence of DV and IPV in our countries and communities, and to devise thoughtful and actionable recommendations
- to critically examine myths and misunderstandings related to DV and IPV
- to develop organizational protocols for dealing with violence-affected youth
- to understand the obstacles that young adults face in seeking help for domestic or dating abuse, and brainstorm ways to overcome barriers to seeking help
- to recognize violence-affected youth
- to be aware of and utilize danger assessment tools
- to be aware of the legal aspects of working with violence-affected youth
- to seek help when they need it and avoid "one-can-do-all" mentality
- to refer youth to other suitable resources in the community
- to plan safety measures with violence-affected youth, as well as ensure own safety.
- to improve our communication skills and practice techniques such as deep listening, asking probing questions, using non-threatening and non-judgemental language, etc



- to reflect on the importance of self care and enrich our knowledge of and experience with diverse self care techniques and practices

Learn more about the project on our project page: [HERE](#)

Venue & Accommodation



The project will be hosted in [Kings Village Hotel](#), located near the village of Drugan, 10 kilometres away from the town of Radomir. The hotel has a pool, tennis courts and spacious indoor and outdoor working areas. You will be accommodated in rooms of 2 or 3 according to your gender.



!!! You are expected to arrive in Sofia on 19th of June by 12pm **the latest**. We will arrange transportation via bus for the whole group from Sofia to Kings Village Hotel (the trip takes about 45 minutes, but if you arrive late, there might be no public transportation to take you.) On 27th of June at 10am the bus will take us back to Sofia.

Please, coordinate your travel and don't buy tickets before you have discussed your travel options with Maggie Nazer (Project Coordinator, maggie@solidarityworks.eu).

Profile of participants

Participants in the training should be:

- youth workers who meet and work with young people regularly - for example, teachers, employees in youth centers, youth trainers, workshop facilitators, sports and extracurricular activity leaders, etc.

Working specifically with Domestic Violence victims and survivors is not a prerequisite for participation as the training course aims to give awareness and support tools to a wide range of professionals in the youth work field.

- Proficient in English (working level proficiency)
- Motivated and excited to learn about domestic violence and apply the knowledge and skills they will acquire through the training in their work
- Comfortable with shared sleeping arrangements

Health Insurance

Health insurance for participants from non-EU countries has to be provided by the participants themselves. Participants from EU-countries are asked to use their [European health insurance card](#).

Financial Conditions



Country	Number of Participants	Maximum allowance for tra (in Euro)
Bulgaria	3	20
Hungary, Italy, Palestine, Poland	4	275
Serbia	4	180

Reimbursement of travel costs

Foundation “SolidarityWorks” will reimburse **100% of participants' travel costs** (with cheapest means of transportation (economy class), no taxi, within the limits set by Erasmus+ Programme) upon presentation of original tickets, invoices and boarding passes.

All documents should have the price, currency, name of the passenger and date of purchase clearly visible on them, otherwise we will be unable to reimburse the costs.

!!! Please note that participant's travel costs should not exceed the travel budget limits which are approved by the Bulgarian National Agency of the Erasmus+ Programme, and the travel route and dates should also be in accordance to it. If you have problems to stay within the indicated maximum allowance, please, contact the organizers.

If you want to arrive earlier or stay longer, you can arrive/leave up to two days before the official dates of the training course (19-27 June). Please, consult with us prior to buying your tickets, so that we are able to reimburse you afterwards!

If you are arriving on the 18th of June, and you need a place to stay for the night, you can stay at our Hostel House.

Participants will receive reimbursements by bank transfer **after the training** and upon sending of return travel documents, international bank details, and dissemination activity reports. No exception to this rule will be done. Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/ invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the



exchange rate of the official European Commission website¹. SolidarityWorks is not responsible for, and will not cover bank charges administered by receiving banks.

COVID-19 measures

!!! All foreign travellers entering Bulgaria are subject to the requirement for a pre-departure negative PCR test. The test must be taken within 72 hours before departure.

We will cover the expenses for your PCR test to enter Bulgaria till the limit of travel costs.

For example: If you are coming from Serbia to Bulgaria, and your travel tickets are 120 euros and your PCR test is 60 euros, we will cover all 60 euros, because your travel limit is 180 euros. But if your tickets are 150 euros, we will be able to reimburse only 30 euros for PCR test.

- The bus transfer of participants from Sofia to Kings Village Hotel, if possible, will be carried out with open windows to ventilate the air;
- Toilets in the hotel will have detergent and hand sanitizer;
- We may measure participants' temperature daily
- If you do not have a suitable mask or have lost yours, you will be able to contact staff to get one for free;
- We will have meals in the outdoor sitting area of the hotel
- We will try to do a majority of the program activities outside (weather permitting), our inside working space will be spacious and will be ventilated frequently

What to bring

- Traditional music, clothes, snacks and drinks for intercultural evening (you will have about 15 minutes to present your country)
- Information about your organization (if you have materials you want to share)
- Proof of all travel expenses:
 - Tickets (there must be price and name of the person stated on them)
 - Bank account details (Account number, Iban, Swift code, Bank name)
 - Boarding passes (DON'T LOSE THEM!)

¹ www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en



Preliminary Tasks

1. **Online research project:** find out the following information about your country:
 - Prevalence rates of domestic violence (Are there any statistics, databases which track this? Which are the institutions (national or international) on behalf of keeping track of domestic violence prevalence in your country?)
 - What are the legal repercussions for perpetrators of domestic violence? What laws exist to protect victims and survivors?
 - Are there any public campaigns to raise awareness about domestic violence and intimate partner violence? Who organizes them?
 - How does the government ensure that the violence stops? What government measures to support victims exist in your country? (For example, are there crisis centres?) What measures to support and work with *perpetrators* exist?
 - How does society responds to domestic violence and intimate partner violence? Are there any grassroot-level initiatives to support victims and survivors (examples: hotlines, support groups, etc.)

Each national group will present their research findings during the first day of our training schedule. Please, keep in mind that you will not have much time for preparation of your poster or presentation before the activity, so talk with your fellow national group participants and decide on how you'd like to approach this task in advance. Following the presentations each group will be asked to send us a Word document with their findings, in order to create a small informational booklet with information about domestic violence in all our countries.

2. **Online Survey:** Each national group will be asked to translate and promote an online survey to identify attitudes towards domestic violence in their country. We will send out a draft of the survey once we have a ready list of all training participants.



About Foundation “SolidarityWorks”

Drugan, Radomir municipality, Bulgaria

[Facebook](#) | [Instagram](#) | [Youtube](#) | [Website](#)

Our main goal is to promote, encourage and support the sustainable development of individuals and communities through solidarity and collective action for social change. Furthermore, we aim to support and expand equal access to education and opportunities for development, and work to overcome the impact of inequality and violence, as well as reduce it.

We achieve our goals by:

- empowering individuals, marginalized groups and other collectives
- supporting equal access to education and opportunities for development, and work to overcome the impact of inequality, as well as reduce it
- encouraging and supporting solidarity and cooperation between individuals and communities
- developing the capacity for collective action toward social change
- conducting advanced sociological research

Contacts for further information:

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