

A non-formal training course for youth workers and educators working with youth gender based violence and emotional intelligence



# Acceptance in E(motion)

International Training Course

August 5-15, 2022

Toruń, Poland



## MAIN IDEA

Our vision is to inspire gender based violence (GBV) activists to actively contribute to change local gender injustices, even in the most unlikely areas. The main aim of the training course is to tackle the topics of **gender stereotypes** and **gender based violence (GBV)** through the lens of emotional intelligence.

This is a long-term non-formal education training where youth workers can gain awareness about **gender stereotypes** and **gender based violence (GBV)** and are equipped with the **emotional intelligence** knowledge, skills, attitudes, and tools necessary to create their own violence prevention projects based on their personal interests, talents, and hobbies.

Through this training course, participants will develop a comprehensive understanding of the 4 main areas of emotional intelligence: **self-awareness, self management, other awareness, relationship management**, as a means to better address gender based violence, gender stereotypes, toxic masculinity, femicide, and more.

## THE PROJECT CONSISTS OF 3 PHASES:

By the end of **Phase 1**, 27 youth workers will increase their knowledge and awareness on emotional intelligence and how it can be used to prevent gender based violence. They will gain a pragmatic understanding of what actions they can take to address and prevent GBV and toxic masculinity in their local contexts, and develop visions for how to implement their own youth development program on the local level that addresses GBV and gender stereotypes.

By the end of **Phase 2**, 27 youth workers will have put into practice their project visions for change developed during Phase 1, with youth from their local community. They will gain practical experience and skills tackling GBV in their local environment by designing and implementing their own educational programmes on emotional intelligence.

By the end of **Phase 3**, 27 youth workers will have worked collaboratively with youth in their communities to evaluate their educational program. They will gain confidence in their abilities as GBV activists, emotional intelligence educators, and local community project managers. In turn, they will be more likely to develop next steps of how to affect more change on the local level following the project.

## PROJECT TIMELINE



## DATES and LOCATION

- 1 PART** the Training Course **August 5-15, 2022** in **Toruń, Poland**
- 2 PART** Follow-Up Activities in participants' local communities (**August – October 2022**)
- 3 PART** Evaluation Meeting **October 7-10, 2022** near Warsaw (the exact venue will be known soon)



Participants will be obliged to take part in all 3 phases of the project!



# PARTNER ORGANISATIONS AND COUNTRIES

Participants should be from following countries. If you are sure that you cannot provide as many participants as indicated in the list as possible (or can provide more), please inform us as soon as possible, so that we can coordinate the changes with our National Agency of Erasmus + Programme.

	COUNTRY	NUMBER OF PAX	TRAVEL BUDGET € per person
1	POLAND	4	0
2	GERMANY	4	275
3	SPAIN	3	360
4	AUSTRIA	2	275
5	GREECE	3	275
6	ITALY	3	275
7	THE REPUBLIC OF NORTH MACEDONIA	3	275
8	TURKEY	3	275
9	PORTUGAL	3	360
10	ROMANIA	3	275
	<b>TOTAL</b>	<b>31</b>	



## PROFILE OF PARTICIPANTS

- Currently involved in working with young people
- Have a genuine interest in human rights and want to make a change in their community
- Open to challenge themselves and learn
- Have a high/advanced/fluent level of English for communication
- Genuine commitment to implement what they learn on the local level back home
- Able to commit to fully participate in all 3 phases of the project

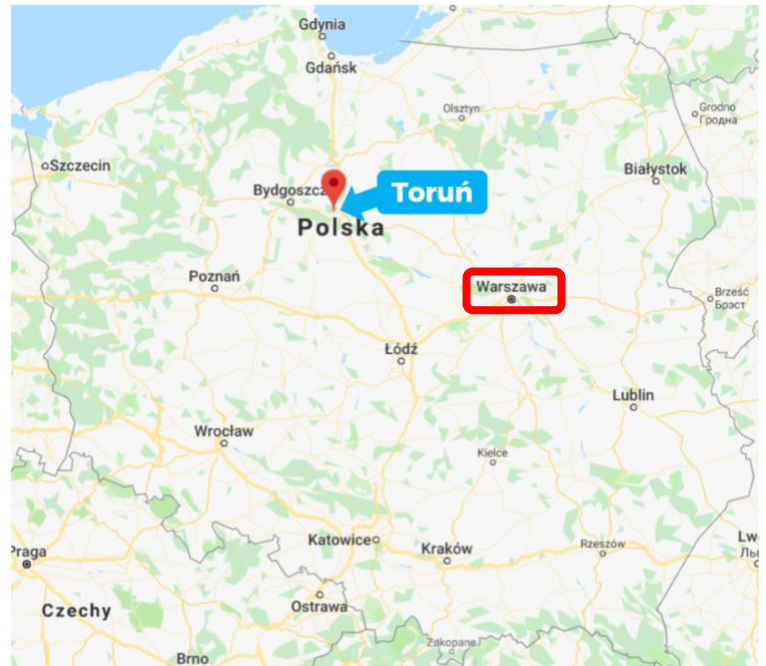


# FIRST PART: A TRAINING COURSE

**DATES:** AUGUST 5-15, 2022

**LOCATION:** TORUŃ, POLAND

**TORUŃ** is a historical city on the Vistula River in north-central Poland and a UNESCO World Heritage Site. It is the birthplace of Nicolaus Copernicus. Toruń is the most Gothic urban complex in Poland, one of the most important and crowded tourist centres of unique value, and the second richest of original and best preserved historical monuments in Poland.



## TRAINING VENUE


During our training we are going to stay in “Hotelik w Centrum” (“Small hotel in the Centre”) in Toruń. It is located in the heart of Toruń, near the gothic Old Town.

Participants will stay in 2-3 beds rooms. All meals will be served there.



<https://hotelikwcentrum.pl/EN/index.html>

# FINANCIAL CONDITIONS



The project will be implemented in the framework of EU “ERASMUS+: Youth” Programme. The accommodation and food will be fully covered. Travel expenses will be reimbursed at flat rates depending on travel distance.



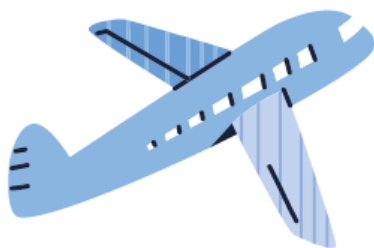
As a contribution to the project, we will be expecting participants from all countries to provide snacks from their country to one of the coffee breaks.



## TRAVEL

Every participant or partner organisation should buy tickets and according to the real ticket price we will reimburse travel costs, but not more than you can see on the travel budget table **above**. If you can fit it within this limit, it is also good to have flight insurance.

Flight tickets you can buy to **Warsaw** airport (it is around 220 km from Toruń) OR **Poznań** OR **Gdańsk**.



When you look for flight tickets, we recommend you to check the options in search engines - [www.kiwi.com](http://www.kiwi.com) or [www.skyscanner.com](http://www.skyscanner.com), but to buy them directly from airlines. Please, pay special attention to ARRIVAL date and time – it should not be later than August 5<sup>th</sup> (but, bear in mind that we only provide accommodation and meals from the evening of 5<sup>th</sup> of August!) and DEPARTURE date and time – it should not be earlier than August 15<sup>th</sup>.

**And as usual, we need all your travel documents (invoices, tickets, etc.).**

We will support you in travelling to and from the training location. We will purchase for you (and send by email) train tickets from your arrival city to Toruń, so prepare that about 25-30 euros from your travel budget limit will be spent to buy these tickets.

And again, don't forget - we need all your travel documents (invoices, tickets, etc.) in order to reimburse your travel costs

### PLEASE Remember!!!

Buy tickets **ONLY** when we confirm that these connections are ok and give you “green light”. We cannot guarantee that we will reimburse your travel tickets if they have not been previously approved by the project coordinator.

If more details about travel is needed, please contact project coordinator Daniel Wargin (contact details at the end of this infopack).

## SPECIAL NEEDS

If you have special requests such as vegetarian food, food allergies, food intolerance, physical or health limitations etc., we would like to ask you to share these in detail in the application form (**link at the end of this infopack**). We will do our best to try to accommodate your needs.

# ORGANIZERS and TEAM

## APPLICANT/HOST ORGANIZATION:

**Stowarzyszenie "Dorośli – Dzieciom"** ("Adults for Children" Association) from Sępólno Krajeńskie, Poland is an experienced organisation that work with different target groups (children, teenagers, people with disabilities, unemployed, teachers etc.). We are also active in the field of non-formal as well as formal education. Since 2005 we have been actively involved in international cooperation organizing projects like European Voluntary Service, training courses and youth exchanges on different topics.



**ROMY SOLOMON**, trainer (UNITED STATES / GERMANY) - Romy brings over 11 years of experience as a youth worker and international training consultant. She has developed community initiatives focused on human rights, gender equality, child marriage, gender-based violence, human trafficking prevention, and forced migration in the Republic of Moldova, Romania, India, Algeria, and the United States. Romy has also worked with leading emotional intelligence organizations based in Bali, Jordan, and the United States and has been designing and delivering emotional intelligence trainings for over 6 years. Romy holds two certifications in Experiential Learning Theory and two certifications in Psychological Safety. Her life passion is to design and deliver transformative experiential learning training courses that empower participants to spark change - in themselves, in others, and in communities around the world.



**DANIELE NUBILE**, trainer (ITALY/ GERMANY) - Daniele has 12 years experience as a youth worker and a trainer at international level. Since few years, He started to focus more and more on topics such Active European Citizenship, Human Rights and Democracy education, with the aim to foster a critical reflection among young people and adults.



**DANIEL WARGIN**, project coordinator (POLAND), a member of the applying organisation: [Stowarzyszenie "Dorośli – Dzieciom"](#) ("Adults for Children" Association) from Sępólno Krajeńskie, Poland. Actively involved in youth work since 2005. Coordinator of Voluntary Service projects, Youth Exchanges and training courses.





# APPLICATION FORM and FURTHER INFORMATION



We kindly ask to distribute this information and ask the participants to **apply latest by July 17<sup>th</sup>, 2022**, by filling in the online application form:

## APPLICATION-FORM

As soon as we choose participants we will inform you about that (**up to July 18<sup>th</sup>**). We expect you to communicate actively with us to figure out how to buy tickets and fit in our a bit tight budget.

For sure there will be some things that participants are expected to prepare (in the national groups and individually) before coming to the training and bring with them, nevertheless, we will provide this information a few weeks before coming to Poland.

**Should you have any more questions, please do not hesitate to ask!**

**For questions about finances, travel and all logistics, please contact:**



**LOOKING  
FORWARD  
TO SEE YOU  
IN POLAND !**

**Preliminary Programme**

	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
	Arrival Day	Team Building	Intro to Gender Topics	Basics of Emotional Intelligence	Empathy / Other Awareness	Free Day	Self Management Tools	Relationship Management	Designing our Local Projects	Evaluation/ Feedback	Departure Day	
9:00 – 10:00	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
10:00 – 11:30		Get to know each other and the programme	Intro to Gender Topics	Introduction to Emotional Intelligence	Empathy Tools	Free Day	Self Management Tools (based on participants' preferences)	Non-Violent Communication	Local Project Design Time	Project Presentations	Departure	
11:30 – 12:00												
12:00 – 13:30		Lunch	Lunch	Lunch	Lunch		Lunch	Lunch	Lunch	Lunch		Lunch
13:30 – 15:00												
15:00 – 16:30		Psychological Safety	Sharing Local Realities	Emotional Self Awareness	Empathy in the context of Gender Based Violence		Self Management Tools (based on participants' preferences)	Open Space Technology	Feedback and Support / Evaluation and How to Measure the Impact	Next Steps and Evaluation / Feedback		
16:30 – 17:00												
17:00-18:30												
18:30 – 19:00		Reflection	Reflection	Reflection	Reflection		Reflection	Reflection	Reflection	Reflection		Reflection
19:00		Dinner	Dinner	Dinner	Dinner		Dinner	Dinner	Dinner	Dinner		Dinner
21:00+	Welcome Activity	Welcome Party!								Youthpass Ceremony/ Farewell party		