



## **Pre-Violence**

*- holistic training course for prevention of violence -*

**08 – 17 November 2022, Sattenhausen (Germany)**

*Pre-Violence* is a 8-day training course which aims at supporting a network of 24 youth workers from 8 countries to foster a preventive approach on conflicts and violence among their beneficiaries. We promote this project as an experiential, non-conventional, playful and inclusive initiative which stimulates a deeper understanding of violence and a strengthened international cooperation in this field.

With this project we will address the need for a detailed understanding of different types of violence and how the sources of conflicts are creating aggression, abuse, trauma and battering. As being engaged with a large variety of groups, at both local and international level, the promoters of this project identified that a large part of the activities delivered for young people do not include a preventive dimension towards abusive and violent behavioral patterns.

**Very important!!!** In order to apply for this event, please fill [this form](#), as an initial step in being selected. (<https://forms.gle/dy4nsFR1ihfpSqNX7>). Deadline for application 1: 7th of September

**The methodology** touches three dimensions of the learning process: **knowledge, practical experience and reflective evaluation.** Encouraging systemic thinking, the process will propose **three perspectives of understanding violence: visualizing** its complexity, **verbalizing** and **expressing** it.



Expect to have a playful and experiential working week with a wide range of methods, from research-based tasks to fully artistic sessions, guided in a safe learning space. We will mix text reading, meditation, contact making improvisation, body expressivity and communication, analysis, reflection, trauma research, emotional expression through theatre, empathic approach through movement, introspection, trust making and trust challenges, community growth. Be ready to share, assimilate what others will give, reflect on the experience every working day.

## **The training team:**

### **Branzas Beniamin Viorel (Romania)**

Beniamin has eight years of experience in non-formal education in local and international context (EU and non-EU countries), was assistant lecturer in the Academia for three years. Designed and delivered multiple methods and activities on active citizenship, youth participation, prevention against addictions, social inclusion, community development, conflict management, gender topics, campaigning, project management.

### **Caroline Asal (Germany)**

As a cultural pedagogue, dance and yoga teacher, she is working with kids, teenagers, young adults and seniors in order to support them to get in contact with themselves and their vitality. Body awareness, authentic ways of expression and emotional work is the main focus of her work. Strongly inspired by rituals of indigenous people, she loves to create and facilitate community-based rituals in order to awake awareness, connection and authentic expression

### **Antonio Cargello (Italy)**

Antonio is a passionate trainer who loves to craft experiences for self-development, group awareness, creative expression and pursuit of a wise and joyful freedom. He regularly facilitates workshops for teenagers, students, youth workers and adults, mixing his expertise and experiences from theatrical improvisation, contemporary dance, martial arts and contact improvisation.

**The daily agenda** is divided in four working sessions, with a total of 6 hours and a lunch break of two hours. Water, fruits & coffee breaks will be on us as well.





## Objectives of the project

- Preparing 24 professional youth workers with competences for perceiving, discerning and countering the manifestation of violent acts;
- Transferring a set of methods regarding the occurrence of violent acts;
- Increased level of dexterity in application of holistic facilitation in the participants' work;
- Supporting a community of youth workers who could work and build together new initiatives in the topic of preventive work on violence.

## Who is this project for?

The project is designed for youth workers, volunteers and other people who work with people with fewer opportunities on a daily basis.

We aim to have an overall number of **24 participants** from **Romania, Latvia, Estonia, Germany, France, Italy, Spain and Greece**, namely **3 from each country**.

**Our final goal is that the participants will upgrade their working approach in a way that would allow them to recognise, prevent and counter a wider range of violent behavioral patterns in their work.**

The minimum age limit is 18, without any other limitation. A good command of English is desirable.

## Participation during the Training Course:

1. Full attendance at sessions is mandatory and it is a condition for reimbursement of travel costs.
2. Active involvement. During the week, you will be assigned with different roles that will stimulate the overall group dynamic. Stay tuned for more details 😊

**Follow-up activities:** we will support participants to imagine, devise and plan an international activity following the topic and methodology used in the Training Course. Also, we expect the participants to contribute to the communication and dissemination activities (to be discussed during the week).

## Logistic aspects to consider before confirming your intention to attend the event

**Dates:** the TC will happen during **08 – 17 November 2022**, including travel days. That means eight full days of activities, with a daily schedule from 10 AM to 7 PM.

We will have four daily sessions, a morning administrative moment (taking care of our space and surroundings, we call it Karma Yoga ☺) and a daily reflection time. Evenings are free, but we have some plans to have fun and we will. Two coffee breaks and three meals will be provided on the spot. Every day, I mean. And fruits. And plenty of fresh air. The tap water is drinkable.

**Location:** The training course will take place in the small village of Sattenhausen in the center of Germany, Gottingen District. We will be accommodated in a half-timbered house with modern, simple equipment and shared rooms with bunk beds.

The village is surrounded by a lush forest and field landscape that will allow us to revitalize our bodies and spirits and is a source of inspiration and stillness.

Venue: <http://sattenhausen.de/freizeitheim.html>

**About the surroundings:** we will stay in a semi-remote area. Not many people to meet around, maybe some animals and a lot of sounds from the forest. Weather might be tricky: I cannot promise a sunny week or a rainy one, it's a high-hilly area. The temperature might range from 0° C to 10° C (night – day). Bring a rain jacket and shoes that enable you to have a walk in the forest. The mobile connection should work 24/7 in the work room. We will not rely that much on the Internet during the week. On the other hand, you have plenty of options to walk in the forest, to de-connect from the daily routine and to re-connect to nature, to cook an evening meal, have a long talk at bonfires, meditate, draw.

## Some pictures with the living conditions





## Transportation

**The travel reimbursement limit is 530 EUR for Spain, 275 EUR for Italy, Romania, Estonia, Latvia, Greece, France, 20 EUR for Germany.**

The project will cover 100% of accommodation and material costs during the training course. Please keep all your travel documents with you and send them prior to the TC at [caro.a-r@hotmail.de](mailto:caro.a-r@hotmail.de), indicating the name of the project at the Subject.

Before booking your transportation, please ask for our confirmation. We may not be charged with any travel costs that are not confirmed by us. We strongly advise you to book your transportation in a way that you can **arrive in Todtmoos before 19:00 on 08<sup>th</sup> Nov.** We can provide support for this.

**There is no COVID-19 restriction in place in Germany now. Nevertheless, if possible, please have with you the vaccination/recovery certificate.**

There are six airports that you can check for flights:

- Stuttgart: 3 hours away by train or minibus
- Dortmund: 3 hours away by train or minibus
- Frankfurt: 3 hours away by train or minibus
- Nurnberg: 4-5 hours away by train or minibus
- Dusseldorf: 4-5 hours away by train or bus
- Berlin: 3 hours away by bus

**Plus many other options, all in Germany. Please plan with attention to your travel plan.**

**What to bring with you: we are in the middle of the nature + we will also work quite a lot:**

***Mandatory list:***

- Rain jacket, hat and sunglasses, boots, head torch
- Shoes for inside spaces (we will not use the same shoes for indoor) or slippers
- Comfortable warm and waterproof clothing (the parliamentary sessions are not for us 😊)
- Medicines (you know better your medical condition)
- Towel + personal hygiene products
- Any products that you really need for yourself (not many shops in the proximity of the venue)

***Optional but highly recommended:***

- Laptop, tablet or personal diary for taking all the inspiration needed for the follow- up activities
- A gift for our location

*\*\*\* A contribution that scales from 60 to 120 EUR will be collected from the participants in cash upon arrival. This contribution will help us in our efforts, mainly for materials, facilitation, boarding and adequate preparation of the whole experience\*\*\**

More details about the logistics to come once you are selected to participate in the training course.

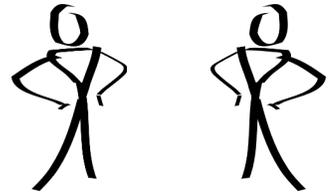
**For any questions, please send us a message at [caro.a-r@hotmail.de](mailto:caro.a-r@hotmail.de).**

**The agenda of the training course: check it in the following page 😊 See you soon!**



Day 1:

- Introduction of the project and the objectives regarding the topic & Introduction of participants
- Group cohesion and discovering each other
- Intercultural Learning – Key findings on defining violence



Day 2:

- Anger, Aggression and Violence
- Sources of violence
- Surroundings, stereotypes and prejudices

Day 3:

- Dynamics of conflicts: Avoidance Domination
- DOC: Yielding, Compromise and Cooperation
- Decision-making & conflicts: group approach



Day 4:

- Understanding victims
- Action and reaction I
- Action and reaction II

Day 5:

- Understanding perceptions: Me vs. YOU
- What and who: social differences
- Assertive communication

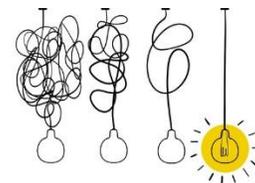


Day 6:

- My space - your space
- Buttons. Vulnerable buttons
- Emotions in motions
- Let's PICNIC!

Day 7:

- Learning styles in preventive education
- Programme design with teenagers
- Questions and answers: guided session



Day 8:

- Feedback: good and bad and good
- Gallery of future work. Erasmus+ technicalities
- Final reflection & closing