



VITAMIN C

Training Course
"Vitamin C booster:
Constructive Communication for Combating Conflicts"

Abovyan, Armenia, 3-11 September 2023

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ABOUT THE PROJECT

“Vitamin C booster” is the idea of series of trainings for youth/social workers, devoted to the most important and crucial skills (key competences) of the XXI century, which are Critical thinking, Creativity, Communication and Collaboration, and exploring their applicability in youth/social work and community development in general.

This time, we invite you to explore the topic of Communication, aiming to develop it, to improve our communication skills, to reveal the idea and principles of constructive communication, to link it with efficient conflict management and, in this way, to contribute to its awareness raise, community development and peace building.

ABOUT THE PROJECT

For 7 days, 36 youth workers will deeply dive into the topic, playing, discovering and assimilating our working methods suitable for small and large groups. The goal of this activity is to provide you with an understanding of the significance of constructive communication and its importance in conflict management and peace building processes, to develop your communication skills (both verbal and non-verbal), to explore the efficient conflict management strategies and principles, to equip you with relevant methods and tools and to create the new ones all together. The learning by doing approach ensures many interactive activities, mostly role-plays, simulations, performances and other theatrical techniques. We will have long debrief sessions on all the elements of each method, ensuring a detailed understanding for all participants.



OBJECTIVES

Throughout the training, particularly, with the help of simulations, moving in the direction: practice -> debriefing -> awareness -> theoretical inputs and support -> skills development, we want:

1

to reveal the significance of communication, its nature, aspects (perceptive, communicative and interactive), kinds (verbal, non-verbal and visual), effectiveness and problems;

2

to develop communicative competence and skills of participants, which are crucial and necessary for youth/social workers and trainers;

3

to reveal the tight interrelation between problems in communication and emergence and escalation of conflicts;



4

to link constructive communication with efficient conflict mediation, management and resolution;

5

to determine and explore the nature of conflict, its types, reasons and ways to mediate, manage and resolve it;

6

to develop conflict management and mediation skills;

OBJECTIVES



7

to create and develop new tools (we will focus on simulations and role-plays), aimed for the development of communication and conflict mediation, management and resolution;

8

to develop self-reflection, awareness and other key competences of participants;

9

to exchange experience and establish new partnerships with youth organizations from another countries.



OUTCOMES AND IMPACT

The project tackles the needs of participating organizations to develop their staff key competence and skill of communication as well as the needs of the communities and society for constructive and non-violent communication, general awareness rise, community development and peace building.

The main practical outcome of the project will be presented by the newly created and designed toolkit (mostly focusing on simulations and role-plays), aimed to reveal the importance and significance of communication, to reveal the nature of conflict, to raise awareness, to develop communication and conflict management and mediation competences and skills.

This toolkit will be used in the follow-up projects, activities and initiatives by the direct participants and participating organizations but, as well, outside of participating organizations, being shared in a free access in social networks and other web-resources.

The direct participants will develop their communicative key competence and skills and the participating organizations will detect some of the main conflicts in their communities and outline their solutions, based on the experience and toolkit, gained during the project.

Therefore, this project will have a broad impact on the local, regional, national, European and international levels.

PARTICIPANTS

Participant profile:

- 18+ years old youth/social workers/leaders/NGO key staff;
- responsible, motivated and open to the new experience and learning opportunities;
- open-minded and flexible towards new knowledge, viewpoints and perspectives;
- with knowledge and experience in working with NFL programs (desirable, but not mandatory);
- ready to contribute to the project implementation: share relevant knowledge and experience, organize a workshop, lead a session, etc.;
- ready to implement the project results in further work;
- with good command of English.

Keep in mind that the selection will be done strictly based on applications. The priority in the selection will be given to the participants with a relevant matching profile, constructive detailed application, as well as for participants with fewer opportunities.

During the first day of the training you will sign the learning agreement, stating your active involvement in all the project activities during the implementation stage and active contribution during the dissemination and follow-up stages.

In order to sign up for this training course, please, carefully fill the application form!



36 participants from 10 countries:

Czech Republic6 participants
Germany3 participants
Portugal3 participants
Romania3 participants
Spain3 participants
Armenia4 participants
Georgia3 participants
Jordan3 participants
Moldova3 participants
Ukraine5 participants

PARTICIPATION

1

Full attendance and being on time at sessions is mandatory and it is a condition for reimbursing your travel costs.

2

Active involvement. We expect to have a contribution-based process, with consistent input from your experience. You are invited to share your relevant knowledge and experience in NFL, communication development, conflict prevention, mediation, management and peace building; to organize a workshop or facilitate a session on a relevant topic; to help us in organization process; etc.

3

Financial contribution. We will have one full day for exploring cultural and historical heritage and social community of Armenia. You are expected to contribute 40 EUR fee for organization of this day. This will be collected in cash upon your arrival.



4

The training course consists of two parts. During the first part, you will explore the methods that we created and work with, as well as you will have the opportunity to organize your workshop or lead a session on the relevant topic, based on your knowledge and experience. During the second part, within the last two days, in small groups, you will create, develop and practice your own new tools (i.e., simulations and role-plays), which will be collected in a toolkit and used during the training follow-up activities.

PARTICIPATION



5

Dissemination and follow-up. After the training, each of you is expected to:

- organize and conduct minimum one local workshop using methods and tools, explored and/or created during the training, provide pictures from the activity and report on it;
- contribute to the activities on dissemination of the Erasmus+ Programme, training course and learning outcomes, writing and sharing minimum one report and/or article about it in your social media and/or mass media.

6

During the first day of the training you will sign the learning agreement on all the mentioned aspects, stating your active involvement in all the project activities during the implementation stage and active contribution during the dissemination and follow-up stages.

Please, carefully consider everything mentioned above before taking a decision to join us on this adventure!

VENUE AND ACCOMMODATION

Venue



Abovyan.

It is a town and urban municipal community in Armenia within the Kotayk Province.

It is located 16 kilometers northeast of Yerevan and is considered to be a satellite city of the Armenian capital. Therefore, Abovyan is generally known as the "Northern gate of Yerevan".

Accommodation

During the project we will live in a Hin Parvana Hotel (check out the location). The rooms will be shared between 2-4 participants. The rooms have either twin or double beds, individual bathrooms. Bed linen and towels (one towel per person) are provided.

We will be provided with breakfast, lunch, dinner and 2 coffee breaks. The water is drinkable from the tap.



TRAVELLING



3/09 – the arrival day

11/09 – the departure day

According to the rules of the Czech Republic National Agency, you can use 2 additional traveling days.

Remember that it's your own responsibility to organize your stay in Armenia during additional traveling days!

You can arrive/depart either to/from Yerevan, or to/from Tbilisi.

Please, do not book any tickets until you get them confirmed by us!

Otherwise, we will not be able to reimburse you!

To confirm your traveling plan, before booking it, please, send your proposal to

vkozachun@gmail.com

vitorazsko@gmail.com

with the e-mail subject

"Vitamin C_Country_Name Surname"

TRAVELLING

If you arrive to Yerevan:

We recommend not exchange a lot of money at the airport, as the exchange rate is very low there.

You can take a shuttle bus, which goes every hour from the airport to the Republic Square (the price per person is 300AMD/0.75EUR).

If you decide to take a taxi, we recommend to download GG or Yandex Go application and order it via application (the price per car will be 2000-2500 AMD).

From the Republic Square next to the drinking fountains an arranged bus on the 3 September at 18:00 will take you to the venue (the price per person will be around 5 EUR and will depend on the number of participants to take the bus).

The other option is to order a taxi via GG or Yandex Go application from the airport directly to the venue or we can arrange a taxi pick up for you (the price per car will be 15-20 EUR/6000-8000 AMD). Please, keep in mind that the check-in time in the hotel is on the 3 September after 15:00.

If you arrive to Tbilisi:

We will arrange transportation on the 3 September directly to our venue, depending on the number of participants arriving to Tbilisi/travelling from Tbilisi (the price per person will be around 30-35 EUR/12000-15000 AMD).



FINANCIAL TERMS AND CONDITIONS

Reimbursement

Please, save all the originals of your travel documents!

International travel expenses can be reimbursed within the travel grant ONLY upon presentation of ALL ORIGINAL DOCUMENTS, stating your travel data and costs (boarding passes, tickets for plane/bus/train, invoices, payment checks, bank statements, etc.).

Please, give all the originals of your travel documents, including boarding passes, to the organizational team and send all your bookings, invoices and online boarding passes to

vkozachun@gmail.com

vitorazsko@gmail.com

with the e-mail subject
"Vitamin C_Country_Name Surname"

Keep in mind that you will be reimbursed after the project within next 6 months via bank transfer!

Financial contribution

You are expected to contribute 40 EUR fee, which will be collected in cash upon your arrival. This fee will be used to organize the day, devoted to exploration of cultural and historical heritage and social community of Armenia.

Your financial contribution will ensure the principle of co-financing of Erasmus+ Programme as well as your personal input and involvement into the project implementation.

Travel grant per participant:

Czech Republic360 EUR
Germany530 EUR
Portugal820 EUR
Romania275 EUR
Spain820 EUR
Armenia0 EUR
Georgia180 EUR
Jordan275 EUR
Moldova275 EUR
Ukraine275 EUR



THINGS TO BRING



- Valid passport for travel;
- Travel/health insurance, valid in Armenia for the whole duration of the project (desirable, but not mandatory – it's on your own responsibility);
- All the required travel documents (all the tickets, invoices and boarding passes (preferably, the online check-in));
- Everything you need to share your relevant knowledge and experience, to organize a workshop or facilitate a session on a relevant topic (desirable, but not mandatory);
- Laptop (we will have the digital tasks during the last two days);
- Something special to share during the intercultural evening;
- Comfortable shoes, outdoor light clothes and backpacks, warm clothes (it might be hot during the daytime and chilly in the evenings within the period of the project);
- Swimming suit;
- Flip flops or indoor shoes;
- Personal hygiene items;
- The medicine you may need.

PROGRAM

Day 1
Mon 4/09

Getting to know each other. Group building.
Intro to the program.

Day 2
Tue 5/09

Simulation. Theory of communication.
Practice of communication.

Day 3
Wed 6/09

Simulation. Theory of communication.
Practice of communication.

Day 4
Thu 7/09

Exploring cultural and historical heritage
and social community of Armenia.

Day 5
Fri 8/09

Simulation. Theory of conflicts. Practice of
conflict management and mediation.

Day 6
Sat 9/09

Open Space.
New tools development.

Day 7
Sun 10/09

Presentation of the tools and pilot activities.
Final evaluation & feedback.

TRAINERS



Vladimir Kozachun

PhD studies in psychology, practical social and medical psychologist, psychological counselor, trainer, coach, relevant expertise in communication, conflict mediation and management, Improvisation Theatre methodology

[trainer's profile](#)



Sofia Chernaia

PhD studies in psychology, practical social psychologist, psychological counselor, trainer, relevant expertise in communication, conflict mediation and management

[trainer's profile](#)



CONTACTS

