



Training Course stage 1: 12-20 December, 2023 ||
Bakuriani, Georgia
Training Course stage 2: 13 -21 March, 2024 ||
Bautzen, Germany



**Bildungswerk Sachsen
der Deutschen Gesellschaft e. V.**

Eingetragener Verein zur Förderung politischer,
kultureller und sozialer Beziehungen in Europa



ICPI
International Center for Peace
and Integration



Erasmus+

About the project

Two stage Erasmus + project (Y)our Power will bring together youth workers from six countries, including Germany, Georgia, Italy, Armenia, Slovenia, and Ukraine. The project was designed to equip youth workers with skills that they can use, firstly in their personal life, and secondly to improve their social work and engagement with youngsters, specifically those with fewer opportunities. Being part of a community, having a sense of belonging contributes to our mental health as well as it fights against discrimination and enhances inclusion and social cohesion.

Our humanity is facing a global crisis, nonetheless some have been touched even more than others by the impact of the pandemic and economic crisis. Unfortunately, COVID-19 also exposed and amplified the inequalities experienced by refugees and migrants globally. It brought about higher levels of depression, anxiety, anguish and loneliness as well as an increase in experiences of discrimination.

The project (Y)our Power aims to support youth workers with specific training and highlight the specific contribution youth work can make in these matters. Therefore, we will use methods of personal development for youth workers to grow in their skills as well as training empathic communication, peace building skills, tackling issues on the refugee crisis, coaching, communication between different cultures and religions, inclusion, integration and conflict management.

The project will focus on developing practical and theoretical knowledge and skills in working with individuals and groups in the development of key competencies combating hate and finding ways to appreciate the richness of diversity. Youth workers and NGO workers working with vulnerable youngsters and minorities are in a great need of tools and skills to handle this situation, fostering intercultural understanding and dialogue.

STAGE 1

Location: Bakuriani, Georgia || Dates: 12-20 December, 2023

The Personal Development Training Course (TC) will provide a platform for participants to delve into the concepts of diversity, raise cultural and religious awareness, improve empathy and listening skills, acquire tools for communication and conflict resolution, and share experiences and best practices. The TC will be facilitated by experienced trainer and facilitators and will be structured around non-formal education methods, catering to the needs and interests of the participants. The course will focus on promoting intercultural curiosity and appreciation of diversity and fostering personal growth through both group and individual activities.

STAGE 2

Location: Bautzen, Germany || Dates: 13-21 March, 2024

The aim of the second stage is to continue the learning process from the first stage and put the stolen knowledge into practice. The participants will be actively involved in facilitating activities and they will do a lot of practices. They will have the opportunity to achieve a variety of important learning outcomes such as gaining knowledge and practical experience related to trainer-ship, coaching, communication practices, and experiential methods. Participants will develop their understanding of the construction of these activities, as well as group involvement and dynamics, leading activities, conducting debriefings, and sharing.



Aims and objectives

- To boost the employability and participation of youth workers, enhance their professional skills, and increase their effectiveness;
- To equip them with the tools of coaching and supporting young people in their communities;
- To provide them with the skills of empathetic communication and conflict resolution for their daily lives and work;
- To raise their awareness and understanding of different cultures and religions;
- To increase their self-awareness about their own personal beliefs and attitudes towards diversity, different cultures and religions, and their habits of communicating and responding to conflicts;
- To support their personal growth and development;
- To provide youth workers with the knowledge and tools for dialogue, conflict transformation, and building connections;
- To gain theoretical and practical knowledge of how to build a workshop and debrief it, how to work with migrants;
- To develop their training, communication, and organizational skills;
- To acquire both theoretical and practical knowledge;
- To foster creativity and international collaboration;
- To gain intercultural experiences by engaging with representatives from various countries, cultures, backgrounds and promoting tolerance and breaking stereotypes and prejudices;

Participant profile



- Age: + 18;
- Able to attend both stages of the project;
- Youth workers, coaches, youth leaders, youth educators, social workers, NGO workers and anyone else working with young people.
- Residence of their sending or receiving organization;
- basic level of English is preferable;
- Directly works with young people and is motivated to support their mental health and personal growth;
- Experiences or is willing to work with young people from diverse cultural backgrounds;
- Prioritized participants who face challenges in areas such as communication, coaching, and conflict resolution, and those with follow-up plans;
- Must be actively involved and dedicated to the project, with the willingness to invest time and effort;
- Newcomers to the Erasmus+ program are highly encouraged to participate.
- balanced representation of both genders from each country is important;

Organizers

Bildungswerk Sachsen der Deutschen Gesellschaft e. V. is a non-profit organization for the support of political, cultural and social relations in Europe.



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Founded in 1995 as a non-profit, non-party provider of political education, the organization has since then coordinated numerous events and projects in the German states of Saxony, Saxony-Anhalt and Thuringia as well as on European level. Bildungswerk Sachsen der Deutschen Gesellschaft e. V. is integrated in a network of local, regional and European partners and supports the development of an active civil society in Europe with about 100 events annually. Bildungswerk Sachsen der Deutschen Gesellschaft e.V. is active in the political education of young people and offers seminars, workshops and excursions. In accordance with the project, these include dealing with hate speech and discrimination and training tolerance and respectful interaction between the participants through working in groups.



ICPI
International Center for Peace
and Integration

International Center for Peace and Integration (ICPI) is a Georgian not-for-profit non-governmental organization with a mission to provide the platform for the development of self-aware, progressive and

engaged youth in civil society. We encourage personal growth, innovation and positive change through critical thinking, intercultural understanding, support for new initiatives and collaboration. We believe in the power of education as a means to plant the seeds of change in attitude and action. We work in different social, educational and cultural fields with several target groups such as: youth, IDPs, people with fewer opportunities.

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Reimbursement

- After being selected, start searching for the cheapest options to get to Georgia for the first stage of the project; You can arrive either in **Tbilisi** (Capital city) airport or in **Kutaisi** (2nd largest city) airport;
- Send travel proposals to the project email: yourpowertc@gmail.com;
- Do not buy anything without receiving confirmation from the organizers!
- Keep all the flight related documents, including boarding passes, invoices, tickets (in paper and/or electronic format) while traveling. You'll need to provide them to get reimbursed;
- Travel must be economy/2nd class for a plane, train or bus; No taxi costs will be refunded unless there is no public transport that covers your journey;
- Please, note that the reimbursement process can take up to 2 months after the project ends;
- Participants are obligated to have valid travel insurances on both stages of the project. They are responsible to cover the costs of it by themselves.

Travel Limits

Country	Organization	Number of participants (stage 1- Georgia)	Travel limits (stage 1- Georgia)	Number of participants (stage 2- Germany)	Travel limits (stage 2- Germany)
Germany	Bildungswerk Sachsen der Deutschen Gesellschaft e.V.	6	360 EUR	6	25 EUR
Georgia	ICPI	6	-	6	360 EUR
Ukraine	STELLA	4	275 EUR	4	275 EUR
Italy	SCAMBIEUROPEI	5	360 EUR	5	275 EUR
Slovenia	Adastra Ljubljana	4	360 EUR	4	275 EUR
Armenia	ARMENIAN PROGRESSIVE YOUTH	4	180 EUR	4	360 EUR

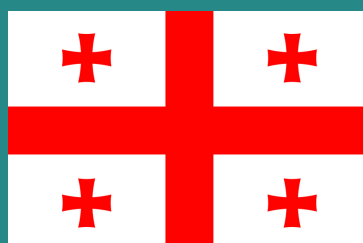
Welcome to Georgia!



Georgia is located at the crossroads of Eastern Europe and Western Asia, in the South Caucasus region, on the eastern coast of the Black Sea. It's a small country with a rich history, diverse culture, and stunning landscapes - known for its unique alphabet, wine-making traditions, and beautiful mountain ranges.

- Total area: 69,700 km square;
- Capital city: Tbilisi;
- Population: 3 688 000 (As of 2014);
- Official language: Georgian;
- Prefix code: +995;
- Time zone: UTC+4;
- Emergency number: 112;
- Currency: GEL (Lari).
- 1 EUR = 2.8 GEL;
- 1 USD = 2.67 GEL.

Country Flag:



Accommodation

Stage 1 in Georgia

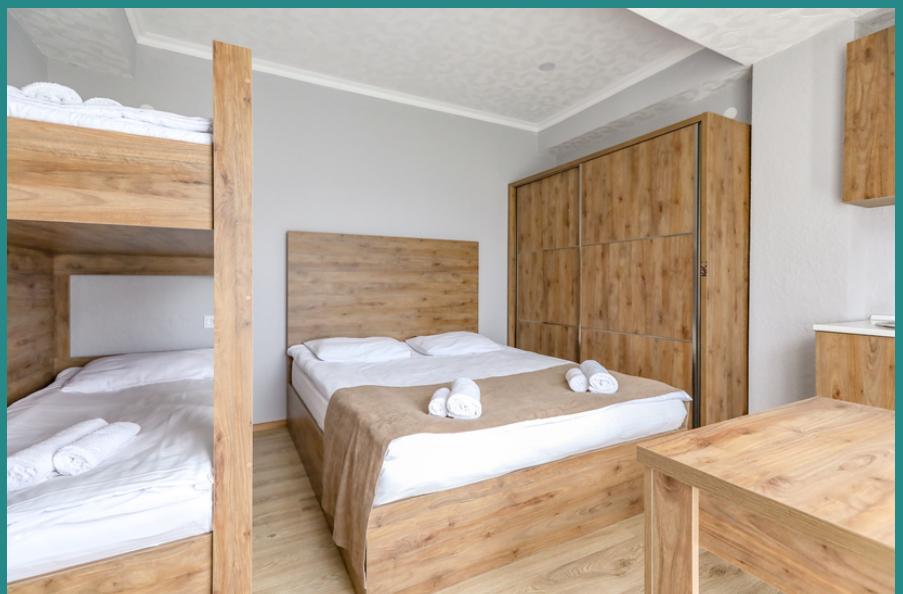


Bakuriani is a town and ski resort in Georgia, at an elevation of 1700 meters above sea level. It will be cold there in December – temperature may go as low as -6°C . It may snow, too. So, make sure to bring some warm clothes, winter boots and coats.

Hilltop Bakuriani is the hotel where the project will be held. It's a cozy place with tasty food. Participants will be provided with bedsheets and a towel. You're welcome to bring your own hygiene items.



Address: Agmashenebeli
st. 76, Bakuriani, Georgia



Meeting point & time

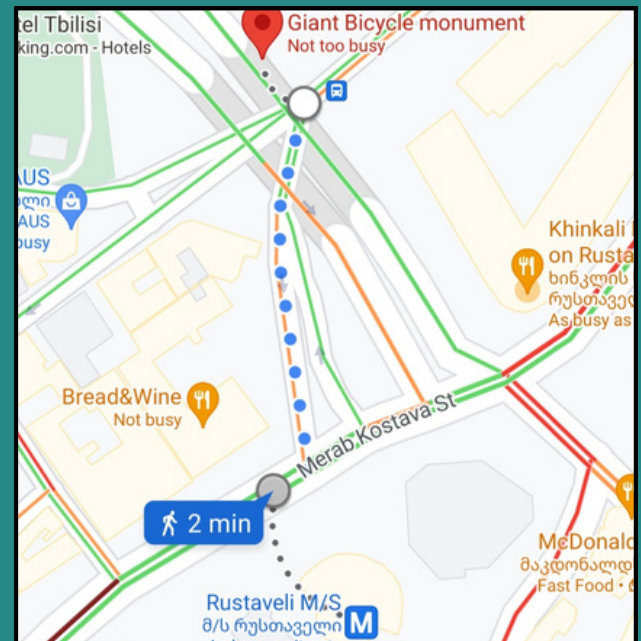
Stage 1 in Georgia



Meeting point: Tbilisi city center, the BICYCLE STATUE on the Republic Square, next to the metro station "Rustaveli".

Meeting time: At 3 pm, December 12th.

- The statue is only 2 minutes walk from the metro station Rustaveli.
- Private buss will take you to the project venue to Bakuriani.
- While choosing your flight tickets, please consider the timing and try to be on time at the meeting point. If you cannot find suitable flight options, contact us at: yourpowertc@gmail.com



- If you arrive at Tbilisi International Airport, you can take the municipal bus #337-airport-Tbilisi city center-airport. Bus stop is located in front of the arrival hall. Taking public transport in Tbilisi costs 1 GEL, you get 90 minutes of unlimited free travel. Payment can be made by bank cards inside the buses or metro stations. You can also buy special cards inside the metro stations for 2 lari and make payments by them.
- If you arrive at Kutaisi International Airport, you can take a bus at the exit to Tbilisi (price: 20 Lari/GEL). The buses go according to the flight arrivals. They stop in Tbilisi on "Freedom Square" and near "Rustaveli" metro station. Check the websites for more : <https://georgianbus.com> or <https://www.citybus.ge/>

Practical information

Cultural Evenings

During the evenings, each country team will present their country, for which they will have about 40 minutes. You can bring some national food/snacks as well as prepare traditional dances, songs, fun quizzes, national games etc. You won't be able to use PowerPoint. Please be as creative as possible :)

Deadlines



For selecting participants: October 19th;
For buying flight tickets to Georgia: October 26th;
For buying flight tickets to Germany: January 15th.

Participation Fee



Each stage includes a participation fee of 30 Euros.



PLEASE, NOTE THAT THE PROJECT IS ALCOHOL-FREE!

Contact



If you have any questions regarding the project, do not hesitate to contact us on the project e-mail: yourpowertc@gmail.com



Selected participants will receive links to our Facebook and WhatsApp groups as well as an online questionnaire

Looking forward to meeting you all!