

LONG-TERM TRAINING COURSE

The life is a stage!

40 participants, 10 countries

Berlin (Germany) from 24.February to 4 March 2022

Antalya (Turkey) from 10-17 September 2022

Long term youth project on exploring and practicing Labyrinth Theatre and Forum Theatre as creative and innovative youth work methods in order to support the integration of refugees, migrants, minorities and IDPs into local societies.

Themes of the long term project:

Migration is a growing and permanent part of Europe's future. We live in the world which faces a major migrant` crisis and has very little answers for it. Today, anti-Semitism, racism, xenophobia and anti-migrant sentiment are again rising across Europe. Stereotypical thinking and tendency to blame minorities for negative social phenomena such as unemployment, crime or loss of welfare is very common in the communities settled by ethnic minorities. Despite many ongoing and work done to date regarding increasing solidarity, eliminating discrimination and fighting against human rights violation, the reality shows how important it is to further work with young people, in the area of dialogue and harmonious interaction at all levels of the society. Especially in our target regions, where people live next to each other and they share neither a common language, nor common religion and customs, which increases the chances of inequality, lack of solidarity, forming stereotypical viewpoints and cultural alienation. Furthermore, our target countries show a high rate of migration; xenophobia against non-nationals, and in particular, migrants, constitutes one of the main sources of contemporary racism. All of the above mentioned factors, often become the root causes of various tension and massive violation of human rights "NGOs, voluntary organizations play a substantial role in providing services in local levels. They need some tools to deal with those issues. Recent studies show that intolerance and social exclusion are increasing, with some migrant groups feeling alienated. This is leading to incidences of social tensions and unrest. Non-formal Education has a key role to play in preparing societies for dealing with these phenomena." (European Commission) The project intends to promote active participation of young people in society, it brings long-lasting effect as project participants will start working on local initiatives, developed during the training seminar, with already improved competences. The project supports the professional development of youth workers and will raise awareness of the EU values. The long term training course will provide opportunities to learn on other cultures and countries and to build networks of international contacts.

The overall aim of this long term project is to empower youth workers, multipliers from hosting communities as well as refugees to create dialogue that leads to integration and establishes culture of peace. The proposed project aims to create a network of multipliers from programme and partner countries. The special thematic focus of the project will be made on migration issues and challenges related to integration of refugees, migrants, minorities and IDPs in our target societies.

“ **The life is a stage!**” is a long-term project, which is starting in **December 2020** and will end in **December 2022**. It has three phases:

Phase I: Training course in Berlin, Germany, 24 February till 4 March 2022

Phase II: Practice period March – August 2022 with the activities will be made by participants on exploring and practising Labyrinth Theatre and Forum Theatre as creative and innovative youth work methods in order to support the integration of refugees, migrants, minorities and IDPs into local societies

Phase III: 2nd Evaluation seminar in Antalya Turkey, 10-17 September 2022.

Learning objectives of the TC1 are:

- To develop awareness about personal concepts and beliefs one has about refugees, migrants and minorities and challenges related to integration.
- To identify the root causes and working mechanisms which can help prevent prejudices and social exclusion towards refugees/IDPs;
- To provide the safe space for people to engage into dialogue and promote principles of tolerance and mutual understanding;
- To help participants develop new skills and competences, in facilitation of innovative methods such as Labyrinth Theatre and Forum Theatre;

Learning objectives of the project period:

- To multiply the learning effect, participants will follow up the project and implement a minimum of one day activities in their communities, based on the method of Forum or labyrinth theatre;
- To multiply gained knowledge, attitudes and competences in the local communities of the participants.



Learning objectives of the TC2 are:

- To create an Online Library for disseminating project toolkit and for publishing projects outputs;
- To initiate local and European youth projects on supporting integration of refugees, migrants, minorities and IDPs by using Labyrinth Theatre and Forum Theatre according to the proposals of Erasmus+ programme;
- To build international youth network and multipliers of youth organisations for supporting integration of refugees, migrants, minorities and IDPs through creative and innovative youth work methods.

The methodology of the project:

The LTTC will be based on the methods of non-formal education, human rights education and intercultural learning. The main method used during the project will be Labyrinth and Forum Theatre. The planned sessions will be conducted using interactive and participatory methods which will create spaces for participants to work together to elaborate individual and common ideas of applying the knowledge and skills in their practices and setting the foundation for future cooperation. Among the planned methods will be: individual reflection, working in groups, interactive lectures, case studies, sharing experiences, field studies, experts' talks, debates, community mapping, world café, open space, team-building and integration activities, study visits, etc. The intercultural team of trainers will design and lead the programme whilst at the same time being active an active part of the group. Both learning from each other and learning by doing will be crucial aspects of the project. Active participation, group-work and teamwork, as well as theoretical inputs will characterize the programme of the LTTC.

Trainers



Mara Árvai from Hungary is member of the EVS accreditors of SALTO – YOUTH SEE RC since 2007, she is application assessor of KA1 Mobility project for young people and youth workers and KA2 Strategic Partnership in the field of Youth according to the proposals of Erasmus + programme for several NAs, she is member of the Youthpass Advisory Group of the European Commission. She is involved to adapt the new European Youth Strategy into the Youthpass process from 2021 within the new Erasmus+ Programme. She is in the Youthpass trainers' pool of SALTO Training and Cooperation Resource Centre. She has been working as a local youth worker since 1999 and since 2003 as a trainer in the European youth field. She has a vast experience to plan, implement and evaluate Youthpass learning process with young people with fewer opportunities especially working with refugees and migrants. She works for Council of Europe as trainer and being responsible for adapting Enter! Recommendation into the local realities of participants in national trainings in Hungary.

Her SALTO profile is <https://www.salto-youth.net/tools/toy/mara-arvai.843/>

Her LinkedIn profile is <https://www.linkedin.com/in/mara-arvai-45377010a/>



Endre Kiss from Hungary on behalf of YOPA. He is an experienced trainer and youth worker, he has been involved into local youth work since 2002 and into international youth work since 2006. He is running local youth activities with rural and urban youth and trainings for youth workers, youth leaders, teachers, social workers, psychologist, etc. in local and international level. He is professional to prepare, run and evaluate methods and tools regarding to education through arts such as music, Muppets theatre, sports and intercultural learning, provide space for participants in order to recognise their learning process and learning outcomes. He is originally an HR manager, having vast experiences to work with unemployed young people with culturally diverse background such as Roma, minorities, refugees and migrants.

Who can participate in the project:

- Youth workers, youth leaders who are directly working with young people especially refugees, migrants, minorities and IDPs;
- Youth workers, youth leaders who have experiences to implement at least one international youth project supported by Erasmus+ programme;
- Ready to take part in at least one TC and the practice phase;
- Have organizational support for further activities with local and international youth projects;
- To be able to communicate English language.

FINANCIAL CONDITIONS

The food and accommodation will be provided and paid by the organizers. Travels costs will be counted based on the distance calculator of European Commission and reimbursed either by bank transfer after the course or at the end of the course in cash (in Euros €). It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).

There is no participation fee!!!

Travel reimbursement for first TC1 in Berlin:

IMAGINA, Spain	360 Euro	4 Participant
Youth ID, France	275 Euro	4 Participant
STOWARZYSZENIE AKTYWNE KOBIETY, Poland	275 Euro	3 Participant
ORIEL ETS, Italy	275 Euro	4 Participant
ACTION FOR PEOPLE, Romania	275 Euro	3 Participant
Greek Youth Mobility – GYM, Greece	275 Euro	3 Participant
Glocalmusic, Portugal	360 Euro	4 Participant
Kultur Bahcesi Dernegi, Turkey	360 Euro	5 Participant
YOPA, Hungary	275 Euro	5 Participant
KulturNetz e.V, Germany	180 Euro (100 - 499 km)	5 Participant

Insurance: Due to the complexity of the program each participant must have a comprehensive travel and **health (medical insurance which also cover the Covid-19)**, covering both the travel and the stay from the first until the last day of the way back home. **The insurance needs to be covered by the participants.**

Travel expenses: The travel expenses (from your home town till the venue of the course) are reimbursed on presentation of the relevant receipts **up to the maximum listed in the table.** In the frames of the Training Course the reimbursement will be done only for travel expenses incurred according to the rules given below:

- **Travel expenses** will be reimbursed only upon presentation of **documentary evidence** of the sum actually paid: original invoice or/and a copy of credit card slip. **The documents** must have the date, price, name of the traveler, destinations of the travel and the bill has to be completely clear.
- **Electronic tickets** will only be reimbursed on receipt proof of payment (invoice, paper of booking/purchase printed from internet, copy of credit card-slip showing the transfer of the

money for the ticket, **payment confirmation from internet**) and on presentation of the boarding pass for the outward journey.

- Note, that the **booking paper alone is not enough to prove your travel expenses**. You should present as well the **boarding passes**, a bill, a slip of payment and print-out from your bank account to confirm the sum paid for your ticket.
- **Keep all travel documents** you get during your trip: boarding passes, bills, slips, tickets etc., because we absolutely need them!
- **Taxi fares** can **not** be reimbursed.

What to bring with you?

- Your passport or ID card
- **All your travel tickets!!!** (it's very important to keep all your ticket, receipts and **boarding passes**, because we can give you back the travel costs only if you have the tickets)
- **National snacks, drinks specialties(noting to be cook), local music for the cultural evening**
- Medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.)
- Laptop, camera – it is not obligatory, but it can be useful
- Comfortable clothes and shoes for the workshops which will take place indoor and outdoor
- Towel, slippers for the shower, cosmetics etc.
- **Reusable water bottle**
- **If you have space in your luggage please take your bed sheets!**



ABOUT BERLIN

Berlin, Germany's capital, dates to the 13th century. Reminders of the city's turbulent 20th-century history include its Holocaust memorial and the Berlin Wall's graffitied remains. Divided during the Cold War, its 18th-century Brandenburg Gate has become a symbol of reunification. The city's also known for its art scene and modern landmarks like the gold-colored, swoop-roofed Berliner Philharmonie, built in 1963. <https://en.wikipedia.org/wiki/Berlin>

Weather

Before leaving your home country, please check the weather forecast at:

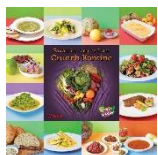
<https://www.accuweather.com/de/de/berlin/10178/weather-forecast/178087> February can be rainy.

Please take this in consideration and bring with you some clothes for rainy days as well.

About food

We will have 3 meals and caffe breaks everyday. The food will be provide from Crunch catine. All food will be **vegetarian** and **vegan**. If you have any allergic issues with the food please write into the application form.

https://www.tripadvisor.co.uk/ShowUserReviews-g187323-d9564713-r367172459-Crunch_Kantine-Berlin.html



About hotel and seminar room

We are going to stay in **Jugendgästehaus Nordufer UG**. We will have big seminar and kitchen where we will use as seminar room depends to activities. In nice weather we will do activities as well

We will separate the rooms as men and women with different nationality. In each room will stay **max 4 to 6** participants in one room. We will have **shared badrooms for men and women**.

Homepage of the hotel: <https://www.jugendgaestehausberlin.de>



How to arrive Hotel „Jugendgästehaus Nordufer UG”

The hotel is very center place and you can arrive with many option to the hotel like bus, train, tramway etc. The best way to arrive hotel to give hotel address to the google maps to find actual fastest way or check this page as well: <https://www.bvg.de/en>

The hotel address is: **Nordufer 28 13351 Berlin**

If you are coming from airport you need to buy ABC zone ticket. Ticket costing 3.8 Euro. If you are with train or bus to Berlin than you will need AB zone ticket costing 3 Euro. We will raimbursment just this tickets. **Daily or weekly** tickets won”t be raimbursment!.

Important!!!

Insurance!

Make sure that coming to Germany you have a valid health insurance, eligible to have a medical treatment abroad! Please take care that covering covid-19 case as well! **This is absolute crucial if you want to join the project**. You can obtain European health insurance card (eu, for free ineach of the project partner countries) or buy travel insurance covering potential medical needs. Costs regarding health **insurance are not reimbursed** by the project. For more information please visit: <http://ec.europa.eu/social/main.jsp?catid=559>

COVID-19: entry and quarantine regulations in Germany

Due to the COVID-19 pandemic, restrictions for entry into Germany from many countries apply. Persons entering must complete a digital entry registration. They also have to provide a negative test result or proof of immunity and comply with quarantine regulations depending on the place of departure.

We checked the rules on 23 of January 2022 and with two steps you can enter to Germany.

First, you need to fill the digital entry form: <https://www.einreiseanmeldung.de/#/>

Second, proof of vaccination against COVID-19 in German, English, French, Italian or Spanish in digital or paper form (e.g. [EU Digital COVID certificate](#); WHO vaccination booklet). Note that a photo of a proof in paper form is not sufficient.

If you have opportunity, please make a covid test(PCR or self test or antigen test) before arrival. We are planning to make self-test before entering the hotel. In case when you are positive you need to make PCR test and stay in quarantine till your PCR test result coming. If your PCR test result going be also positive, we have to follow quarantine rule of Germany. Max 10 days stay in Quarantine if you PCR test going to be negative quarantine day will be 7 day. That's why important to make test before arrival! **Its very important that you have insurance for such a cases!**

The regulations in Germany can be changed. Every participant is responsible to check till last day new updates as well. Link bellow is the official page, and you can more detailed information.

<https://www.auswaertiges-amt.de/en/visa-service/EinreiseUndAufenthalt>

If you are selected from your organisation please join to our Facebook Group, We will use before, during and after project actively!
<https://www.facebook.com/groups/lifeistage>

Here is the address of the hotel again: **Nordufer 28 13351 Berlin**

If you have any questions, please feel free to ask!

E-Mail: kulturnetzberlin@gmail.com please write to subject: **LifeStage**

Facebook: <https://www.facebook.com/serhildan.roj.7>

name on Facebook: Serhildan Roj

Mobile phone: +49 176 579 87 839(with whatsApp)

Greetings,

Serhildan Kardas

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