

Stop Feeling Sorry, Start Acting!

Mobility of youth workers: training course

Organized by: Seiklejate Vennaskond – ESTONIA

Funded by European Union Erasmus+ programme (key action 1)

Project dates: 10.-20. April 2016

The general aim of our project is to combat hate speech online and offline.

Specific objectives are:

- To Increase the competencies of youth workers to recognize hate speech and human rights abuse and combat it in youth work
- To acknowledge the dangers of hate speech for youth and democratic values
- To introduce youth workers Bookmarks/Compass as a tool to work on hate speech and human rights with youngsters and provide them with useful methods.
- To empower youth workers to stand up for human rights offline and online
- To share good practices of anti-hate speech actions in participating countries
- To create new initiatives on local and international level to combat hate speech

Organizer: SEIKLEJATE VENNASKOND
(<http://www.seiklejad.org>)



Seiklejate Vennaskond

Seiklejate Vennaskond is youth and civil society organization, which connects active adventurous people together. We work mainly with young people, but also with youth workers, trainers and teachers and organizations active in non-formal education field and life long learning. Our members have participated and organized different youth exchanges, seminars and training courses concerning equality, media impact, innovation, fight against racism & xenophobia, human rights, mobility and migration, HIV prevention, environment protection and other issues. Our volunteers gather every month to take up new ideas and think how to put them into practice. We sincerely believe that young people today can make a difference and we all work for this purpose.

Read more:

<http://www.seiklejad.org/in-english.html>

Partners:

Name of the Organisation	Country of the Organisation	Type of Organisation
SEIKLEJATE VENNASKOND	Estonia	Non-governmental organisation/ association/social enterprise
ASOCIACION JUVENIL INTERCAMBIA	Spain	Non-governmental organisation/ association/social enterprise
A.D.E.L - Association for Development, Education and Labour	Slovakia	Non-governmental organisation/ association/social enterprise
Youthfully Yours Gr	Greece	Non-governmental organisation/ association/social enterprise
Alternativi International	Bulgaria	Non-governmental organisation/ association/social enterprise
PRISM - PROMOZIONE INTERNAZIONALE SICILIA - MONDO	Italy	Other
Asociation Evolution	Romania	Non-governmental organisation/ association/social enterprise
Teatro Metaphora - Associação de Amigos das Artes	Portugal	Non-governmental organisation/ association/social enterprise
Act Global CIC	United Kingdom	Non-governmental organisation/ association/social enterprise
b-free	Germany	Other
Total number of participating organisations		10

Number of participants: 3 per country**Participant profile:**

Participants will be youth workers (18+) directly working with young people and disadvantaged groups. Some of the participants are working with victims of hate speech, some of them are working with youth with fewer opportunities who are one of the most potential group to be victimized. All youth workers are involved with partner organizations, either as voluntary or paid youth workers or youth leaders. They all will be looking for new competences to work with human rights education and hate speech topics. They are ready to share their experiences and good practices and they want to take initiative and action either against hate speech or for human rights. Participants must be able to communicate in English.

Participation fee: 50 € per person (to be paid during the training course in cash). Estonians via bank transfer.

Selection of participants:

All candidates (**no exceptions**) must fill in application form in SALTO. Selection of participants will be done by partner organizations and candidates need to be confirmed by organizer. In case participants' don't match the selection criteria or lack motivation, coordinator can reject the candidacy and ask partner to review the selection.

Travel costs:

Participants should use the cheapest means of transport (economy class plane tickets, 2nd class train tickets etc). Use of taxi is not allowed. Use of private vehicle or hired transport may only be used if agreed beforehand with organizers and it's highly justified (it's cheaper or it's only way of transportation).

All tickets must be confirmed with organizers before buying, otherwise the costs will not be reimbursed!

Travel cost reimbursement maximum limits per participant:

Country	Distance	Max. limit
Spain (Malaga)	3000 - 3999 km	480 €
Slovakia (Stropkov)	500 - 1999 km	225 €
Greece (Kilkis)	2000 – 2999 km	310 €
Bulgaria (Razlog)	500 - 1999 km	225 €
Italy (Caltanissetta)	2000 – 2999 km	310 €
Romania (Resita)	500 - 1999 km	225 €
Portugal (Madeira)	4000 – 7999 km	770 €
UK (Hastings)	500 - 1999 km	225 €
Germany (Iserlohn)	500 - 1999 km	225 €

Travel cost reimbursement limits depend on starting point of the participant and the route participants will take. For this reason there might be changes in travel limits if starting point changes. To check your distance please use European Commission [distance calculator](#) (adding your city and as destination “Vidrike” in Estonia). For example in case Spanish participants travel instead of Malaga from Madrid, the distance will be smaller and instead 480 € the limit will be 310 €. We have already taken off 30 € for local transport from Tartu to Vidrike and back by private transfer. And we also have taken off 20 € for Tallinn – Tartu – Tallinn (**we will buy your ticket**).

We encourage participants to buy all the tickets online and **always** make online check-in where possible. This will speed up the reimbursement process and is more environmentally friendly. All tickets should be sent before the project to nohateestonia@gmail.com.

Participants are allowed to stay up to 5 days longer in Estonia if they want, but they need to pay for their own accommodation/food.

Reimbursement:

Reimbursement of travel costs can be done as soon as we have all original documents from you. We prefer to make one reimbursement per country. We have printer available in project location to print boarding passes.

Documents which are needed:

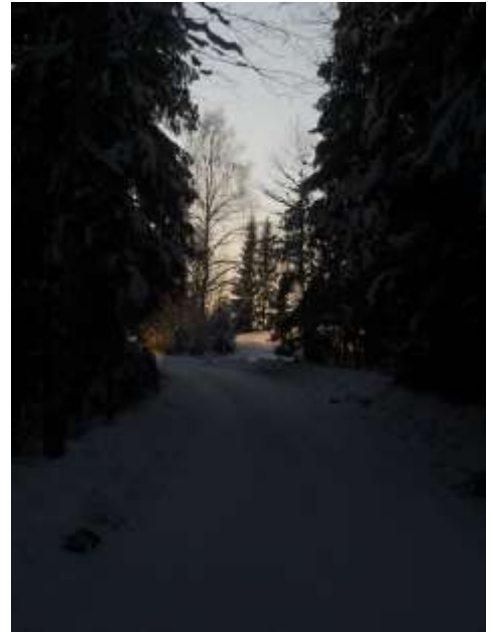
- Original invoice of the flight ticket, it should be in English and amounts in euros (if possible). Please book your tickets in travel site where you can get the documents in English and in Latin alphabet!
- Boarding passes (very important) from your journey to Estonia and from your journey back (electronic versions – [make online check-in!](#))
- Flight tickets with travel times (English! Latin alphabet!)

- Bus/train tickets
- In some cases we will need some statement if you travelled by uncommon routes
- If luggage is not included in plane tickets, try to add it right away while buying the tickets online
- Use of taxi / personal car will not be reimbursed

Location:



Project will take place in South-Estonia, in Valga county, 15 km from town of Otepää. Our accommodation will be in Vidrike guest house (<http://www.vidrike.ee>). The guest house is located inside the forest, in beautiful countryside



area of South-Estonia. Accommodation will be in rooms of 2-4 people in 2 separate houses. The seminar room will be attached to the main house. We will provide 3 meals per day; and 2 coffee breaks (if we are not visiting). Please take into consideration that smoking is not allowed in any place inside the house, and only place for smoking is outside (which can be dangerous for your health if weather is cold). We will also provide you one night a true Estonian sauna experience with 90 C sauna combined with jumping into lake (frozen or not 😊). Nearest shop and other facilities will be 15 km away (not walking distance). During the project we will visit also Otepää and Tartu.

Background information



Medieval old town of Tallinn

Training course will take place in Estonia; you can find more information about our country here: <http://www.visitestonia.com/en/>. If you come earlier or leave later (highly recommended!), you can visit our capital Tallinn: <http://www.tourism.tallinn.ee/eng> which has really nice medieval old town and is in the UNESCO world heritage list. You can also visit Tartu:



Tartu – town of kissing students!

http://www.visittartu.com/?set_lang_id=2, a town of kissing students 😊

Weather:

Weather is unknown during this time of year, so we might have snow; or maybe it is already +15 C. The temperature can vary, it might be anything between +15 C to -10 C – so please be prepared! Check the latest information before departure from here: <http://www.weather.ee/otepaa/>.

ARRIVAL:

All participants should arrive either to Tallinn (TLL) airport or Tartu (TAY) airport and then travel by bus to Tartu bus station. Arrival to Helsinki or Riga airports is not allowed (exceptions can be made after consulting with organizers).

MEETING POINT AND TIME:

Our meeting point is Tartu bus station on 10th April 2016 (we will reconfirm the time). From Tartu we will take a private transport to project location and **this is the only way to get to project location!** So you need to arrive to Tallinn airport on 10th April before 15.00 (or day earlier) or to Tartu airport (before 18.00).

Here are the directions to arrive to Tartu:

For people who arrive to Tallinn earlier than 10th April:

You should take bus from bus station (*In Estonian: Tallinna bussijaam*) to Tartu. We will buy your ticket and send it to you. Most likely 15.30 if you don't wish to come earlier.

For the people who arrive to Tallinn airport (TLL) on 10th April:

Easiest for you to get to Tartu is to take a straight bus from airport (*In Estonian: Tallinna lennujaam*) to Tartu. You need to exit baggage claim area, go down (follow signs) and there is bus stop. It takes 5 minutes from baggage claim to the bus stop. Bus stop is marked as national bus stop. We will buy you ticket and send it to you. Most likely the departure will be 15.35.

Arrival to Tartu (TAY) airport:

Collect luggage and exit the door. You will see a transfer bus, which can take you anywhere in Tartu. Ticket price is 4 €. There is only 1 flight per day with Finnair.

For the people who arrive to Tartu.

We will meet at Tartu bus station (time will be confirmed later), there will be our team meeting you with the sign. From there we will go all together with private bus to seminar location. If you arrive earlier, you can leave your luggage at luggage storage at the hotel Dorpat next to bus station (cost around 1,6 € per person) and discover Tartu. Next to bus station is also shopping centre "Tasku", from there you can buy something if you need (NB! As seminar location is inside the forest, there will be no shopping opportunity there – be prepared ☺).

Getting around in Tallinn (if you need for some reason).

The best way to get around in Tallinn is to use bus **number 2**. It stops in the airport (follow signs to get to stop), if you get out in 3rd stop you reach "Autobussijaam" which is 150 m from bus station (go across the road), if you go out in 6th stop A.Laikmaa you are in the centre (5 minute to old town). If you go out in 7th or 8th stop you will reach ferry terminal. And of course, the bus goes also opposite, from ferry terminal to centre, then to bus station and finally to airport. You can buy ticket from driver, students have discount (0,8 € /1,6 €).

Departure: the earliest you can depart, is 10.00 from Tartu. That means that on 20th April the earliest you can depart from Tallinn airport is 14.00. To be reimbursed, you should not leave the seminar location before 20th April 2016.

What to bring:

- Warm clothes – for us it is spring, but for you it might be winter ☺ - jacket, warm pullovers, gloves, wool socks, scarf, wool hat.
- Shoes/slippers for inside – you cannot wear outside shoes in rooms Estonia, so please bring something comfortable to wear inside seminar room
- Some materials/flayers/contact sheets from your organization to share with others, maybe something about Erasmus+, if you need it in your language
- Laptop (if you can) – Wifi will be available and we will be looking some materials online and so computer would be really useful
- Some food drinks or other things of your country you would like to present/show to others... (for intercultural evenings)
- Things you might need for sauna (well actually you don't need anything... but just in case)
- You can prepare some energizer or bring some games, as you like ☺
- Positive attitude and open-minded attitude
- Bookmarks manual if you have in your own language

What to prepare:

- Collect some good examples from your organization /country in connection to “No hate speech movement”
- Make small research about most important human rights violations in your country
- Be prepared to present your organization
- Find out the situation about hate speech, cyberbullying and discrimination related issues in your country

Travel insurance:

If you are European Union citizen, please make sure that you have the European Health Insurance Card (<http://ec.europa.eu/social/main.jsp?catId=653&langId=en>) or temporary certificate. Additionally it's **obligatory** to make travel insurance (for people coming outside Estonia), this is your own contribution and will not be reimbursed. Travel insurance should include medical insurance, trip protection and luggage insurance.

Any questions? Please ask! OUR CONTACT: nohateestonia@gmail.com

Apply before **1st February** here:

<https://docs.google.com/forms/d/1IFwE4HjkoWkxWhFYyzZR2TF-bShM2yHR4ecc5LRbphg/viewform>



TIME	Arrival 10.04	Day 1 11.04	Day 2 12.04	Day 3 13.04	Day 4 14.04	Day 5 15.04	Day 6 16.04	Day 7 17.04	Day 8 18.04	Day 9 19.04	Departure 20.04		
9.00 - 9.45	ARRIVAL OF PARTICIPANTS TO ESTONIA	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
10.00 – 10.15		Introduction of project, presentation of project goals and agenda Ground rules Name games	Morning reflection	Morning reflection	Morning reflection	Morning reflection	Morning reflection	Morning reflection	Morning reflection	Morning reflection	Morning reflection	Goodbye ☺	
10.15– 11.30			Group building activity	Me & human rights - here I stand	Clash of freedoms (hate speech vs. freedom of expression)	Analyse of movie Confronting (cyber) bullying	Human rights and no hate speech moment in Estonia	Composing teams, brainstorming action plan	Final preparations for the activities in school.	Planning workshops at own countries			
11.30 – 12.00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break		
12.00 – 13.30		Introduction of participants Sharing expectations and learning needs	Non-formal informal & formal learning	Alphabet of human rights and hate speech (terminology)	Say it worse (hate speech online)	Democracy & Participatio n + media literacy	Human rights and hate speech from legislate perspective	Theoretical input - facilitation	Workshops by participants @ schools	Presenting workshops at own countries and action plan			
13.30 – 15.30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
15.30 – 17.00		ARRIVAL TO SEMINAR LOCATION	Group building activity @ Otepää	Erasmus +	World café – discovering the realities in participating countries and good practices	Learn to recognize hate speech (cases)	Can I come in? (refugees)	Free time @ Tartu	Preparing the workshop in school	Workshops by participants @ schools	Planning new international initiatives together		
17.00 – 17.30				Debriefing session		Coffee break	Coffee break		Coffee break	Coffee break	Coffee break		Coffee break
17.30 – 19.00			Feedback	Youthpass & 8 key competences		Effects of hate speech (movie)	Debriefing 4 corners		Continued session	Sharing experiences Evaluating the school activities	Self evaluation – key competences /meeting expectations?		
19.00 – 19.30				Feedback		Feedback	Feedback						Feedback
19.30 – 20.00	Dinner (21.00)	Dinner	Dinner	Dinner	Dinner	Dinner	Pizza night	Dinner	Dinner	Dinner			
21.00 – 24.00	Welcome evening	Welcome party	Intercultural evening I	Intercultural evening II	Sauna night	Intercultural evening III	Free evening	Presenting the workshop plan	Relax	Farewell party			