



NON-VIOLENT COMMUNIACTION

TRAINING COURSE

Laroin, Pau (France) 17th - 26th October 2023



Co-funded by
the European Union

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WE ARE LOOKING FOR PARTICIPANTS:

- Aged 18 or more;
- Motivated to learn about non-violent activism;
- Willing to take part in an international experience;
- Our first target are the youth workers;
- We particularly invite participants with fewer opportunities: people with social, cultural, geographical, economic obstacles;



THE PROJECT

The aim of "Non-Violent CommuniAction" is

To help youth workers learn how to
promote the socio-ecological
transition and active citizenship
through non-violent communication
and activism.



GOALS

- Introduction to *non-violent communication methods*;
- Improvement of *conflict resolution methods*;
- Audiovisual *education* and literacy to develop *critical thinking* towards digital communication;
- *Promotion* of the Erasmus + program and international mobility opportunities at the local level;
- Intercultural learning through *teamwork* and *cooperation* to achieve a common goal;
- *Acquisition of specific skills* for video recording and editing;

ACTIVITIES

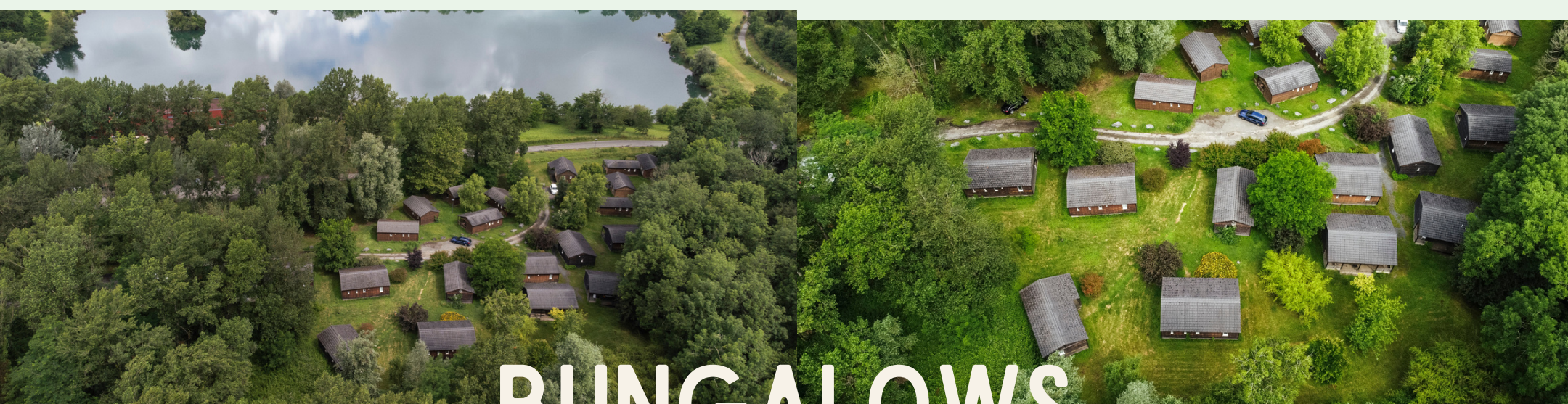
- A slow travel experience to come to the project!
- Exchange of ideas and good practices alongside participative discussions ;
- Group dynamics and games to reflect on the Non-violent activism;
- Some knowledge pills about Non-violent communication;
- Practical activities to improve our impact through non-violent actions;
- Creation of videos that promote positive practices;

ACCOMMODATION

Laroin, Pau (France)
October 2023



The venue of the project will be Iktus, a small campsite near a big lake in a huge, open, natural space. The participants will be hosted in wooden bungalows for 6/8 persons with 3 double rooms and a living room. Each bungalow has one bathroom.



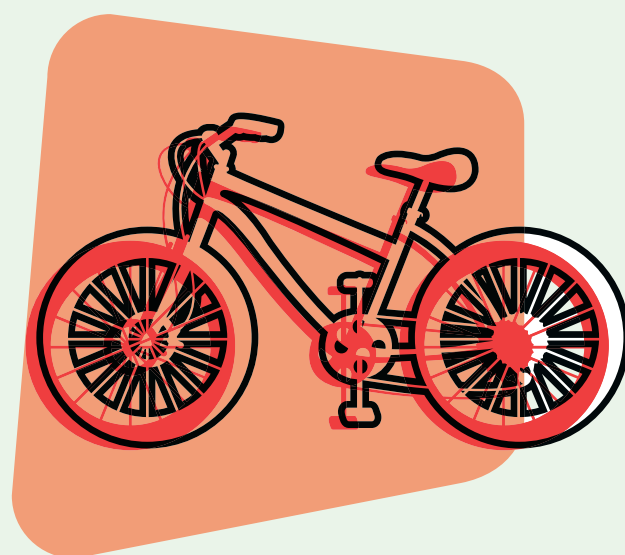
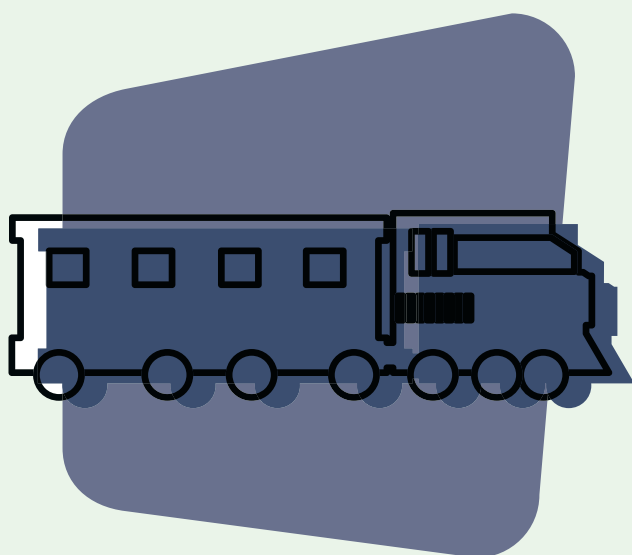
TRANSPORTATION

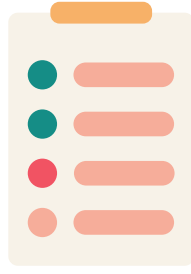
HERE YOU CAN FIND THE COMPLETE GUIDE TO HELP YOU WITH THE TRIP!!

Please note that you should all, as much as possible use green transportation, so bus, train, or carpooling.

If you do so, you will also be able to travel 4 days before and after the project in order to experiment slow-travel.

If you use green travel, you can use the travel budget for both transport and accommodation.





WHAT TO BRING

- Towel, shampoo, gel, toothpaste, hairdryer, etc.;
- Raincoat, since it could rain;
- Comfortable shoes;
- A water bottle to keep with you during the activities ;
- An adapter for the plugs, C/E type, if needed;
- Flip-flops or sandals to stay inside;
- Local food from your country: we will do an intercultural night;
- European Health Card or private insurance (IMPORTANT!!!)



THE INTERCULTURAL NIGHT

You will be invited to present your own country during an intercultural night/dinner. If you want to, you can bring food, traditional object or clothes etc... to help you present your culture!



FOOD

The meals will be mainly **vegan or vegetarian** - a decision taken in line with the values of the association, since the consumption of meat is not very environmentally sustainable. We promise meals will provide you with a good deal of variety and will feel tasty even to the omnivores, though. Most of the food will be local and bio.

However, there is a big supermarket 15 minutes on foot from the venue, in case you want to buy some food for yourself.

Please do remember to fill out the online form document that we will send you before the project, about special dietary needs (religion-related restrictions, allergies, etc.).



BUDGETING

Accommodation, food, and training materials are provided **FOR FREE**.

For the trip, we will reimburse up to:

By green travel :

- 320€ for participants coming from Poland, Germany, North Macedonia and Italy.
- 210€ for participants coming from Spain

By plane :

- 275€ for participants coming from Poland, Germany, North Macedonia and Italy
- 180€ for participants coming from Spain

You should **NOT** buy any ticket without our approval first, otherwise, we may not be able to reimburse you.

It is mandatory that all the participants keep their documents and invoices relating to costs that can be included in the travel budget such as visas or covid tests.

After the project, when we receive all the necessary documents for reimbursement (in its original digital or physical format) we will make the reimbursement through bank transfer.

DISCLAIMER

DISSEMINATION ACTIVITY

During the month after the end of the mobility, the participants will **HAVE TO** take part in a dissemination activity which they will decide during the mobility.

NO DISCRIMINATION POLICY

Since we want to create the safest space possible for everyone, this Youth Exchange will not allow sexist, racist, homophobic or any kind of violent/discriminatory behaviors.

If you have any doubt, please don't hesitate to reach us! You can write us an email to rakontoassociation@gmail.com





IMPORTANT DATES

5th of September : All the participants must be selected and have completed the participation form.

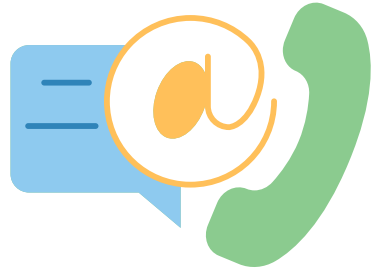
15th of September : All the participants must have their ticket booked.

10th of October : We will have an online meeting with all the participants

17th - 26th of October : The mobility

26th October - 1st of December :
Dissemination activity





CONTACTS

France : rakontoassociation@gmail.com

Spain : beatriz@asociacionbrujula.es

Poland : projects@logos.ngo

Italy : progettieuroppei@legambientelecco.it

North Macedonia : info@sferainternational.org

Germany : youthforbettert@gmail.com





SEE YOU SOON

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