



### About the project:

*Training course on intercultural competence development of youth workers, youth leaders in order to run local youth work activities and youth exchanges with involvement of refugees, migrants and foreign young people.*

**23<sup>rd</sup> October – 1<sup>st</sup> November 2021, Arroquelas, Rio Maior, Portugal**

**H2O Associação de Jovens de Arroquelas**

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## Project Summary:

Make the following definitions clear: culture, multicultural, intercultural, intercultural education.

How to handle the phenomenon of intercultural connections and strategies: intercultural differences, stereotypes, prejudice, discrimination.

How to support the development of intercultural competences of young people we work with based on their needs.

How to communicate properly based on the different communication codes and understand the behavioural norms, schemes and forms of young people from different cultural backgrounds.

How to prevent stereotypes becoming prejudice and discrimination and bullying young people with different cultural background e.g. being 2<sup>nd</sup> generations migrant or refugees.

How to avoid cultural challenges within intercultural teamwork and how to use its' values for successful cooperation locally and European level.

Make solid partnership in order to realise youth exchanges according to the proposals of Erasmus+ programme.

## The overall aim of the Training Course:

To train youth workers, youth leaders to be able to work with different cultural young people, e.g. refugees, migrants, foreign kids or young people coming home from other countries and build up a successful intercultural team locally and European level. To recognise stereotypes, prejudices and prevent or stop social stigmatisation of young people with different cultural background. By using appropriate intercultural communication, being able to understand the communication and behavioural norms, schemes and forms of young people with different cultural background.



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## Learning objectives of the Training Course are:

- To get acquainted with cultural differences and its' impact on people's behaviour;
- To become multipliers of intercultural education and being able to adapt the knowledge and attitude of intercultural education for the needs of different target groups e.g. working with refugees kids, migrants kids, foreign young people, etc.;
- To be able to work with intercultural team of young people locally and European level;
- To develop youth work competences in order to be able to work with refugee, migrants and foreign young people or young people coming home from abroad;
- To explore typical challenges working with intercultural teams and to invent prevention strategies for challenging situations and how to adapt it according to the needs of different target groups;
- To improve efficient communication in different intercultural situations (e.g. education, business, private life);
- To deepen the knowledge on cultural dimensions as stereotypes and prejudices and its' influence on the intercultural cooperation;
- To be able to understand and analyse the different behavioural norms, schemes, forms of others cultures. To be able to "read" the messages based on the communication codes of other cultures;
- To be able to handle the possible misunderstandings and challenging situations in intercultural situations;
- To analyse the roles and negative consequences of stereotypes in the lives of young people;
- To explore the process how stereotype can become prejudice then discrimination in the intercultural connections;
- The influence of social stigma on the victims – to explore the typical behaviour patterns of young people who are bullied because of belonging for certain groups e.g. refugees, 2<sup>nd</sup> generations of migrants, etc.

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- To be able to prevent the influence of stereotypes, prejudices and discrimination in intercultural connections.

### The methodology of the Training Course:

The course is strongly based on experiential learning (learning by doing), with adequate time allocated for debriefing and reflection throughout the whole program as the process will be highly personal and aim for attitudinal changes therefore the reflection is very important part of the process (as the educational team is well aware of). Generally, the working methods will be rather non-formal and participative. The methods are chosen in a way to allow for a maximum of substantial learning effects, meet the needs of the group and encourage a high level of participation in a very unique way in the process of the training. It is very important to take the “real-life” cases and the experience of the participants, their organizations and from other youth workers and from the field. The working methods used this training are chosen so that to offer the possibility of equal involvement of each participant, every person being stimulated to dialogue and intercultural learning, to reflection and experiential learning, to activation of personal resources.

Our main goal is to build long term relationships between the participants and partners. The training has a draft program, but the activities will be constructed and adapted to group needs taking into account reactions of participants, their feedback, their expressed needs, their experience and the group process. The training includes the evaluation part which will consist of a questionnaire and will also be focused on process and reflection on information and methods used in training reported to personal experience and changes they can bring inside organization.

### Who can participate in the Training Course:

- Youth workers, youth leaders who directly work with young people with different cultural backgrounds e.g. refugees, migrants, foreign kids, young people coming home from other countries, minorities, etc.
- Youth workers, youth leaders who have already at least 1 international youth project experience, preferably youth exchange, or were already group leaders in youth



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exchange;

- Having organisational support to further cooperation;
- Ready to take part in the whole training course;
- To be able to communicate English language.

## HOSTING & PARTNER ORGANIZATIONS

The present Training Course is developed by H2O - Associação de Jovens de Arroquelas in strong cooperation with our partners.



H2O is a non-profit organization in a small village main which aims and objectives are: promoting environmental awareness, active citizenship and participation, social inclusion, cultural diversity, non-formal education, solidarity and volunteerism, equality and raising the rural life awareness by local level initiatives. "H2O", focuses on supporting young people with geographical obstacles, such as those coming from rural areas, like Arroquelas, aiming to show that the youth in the rural areas can and should have the same opportunities with those living in the urban areas.

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	<b>Stowarzyszenie Inicjatyw Regionalnych</b>	<b>POLAND</b>
	<b>Anazitites Theatrou</b>	<b>GREECE</b>
	<b>Momentum World CIC</b>	<b>UNITED KINGDOM</b>
	<b>Dare to take your chance</b>	<b>ROMANIA</b>
	<b>Udruga gluhih i nagluhih Nova Gradiška</b>	<b>CROATIA</b>
	<b>Rock Solid Foundation for International Youthwork</b>	<b>NETHERLANDS</b>
	<b>Active Youth</b>	<b>MALTA</b>
	<b>Seiklejate Vennaskond</b>	<b>ESTONIA</b>
	<b>Studio Progetto Cooperativa Sociale</b>	<b>ITALY</b>
	<b>Jugend, Bildung und Kultur e.V.</b>	<b>GERMANY</b>
	<b>Unique Projects</b>	<b>LITHUANIA</b>
	<b>YOPA - Fiatalok az Állampolgári Részvételért Közhasznú Egyesület</b>	<b>HUNGARY</b>
	<b>Comité de Liaison Diagonal</b>	<b>FRANCE</b>

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### Preliminary programme:

Hours	Arrival day 17 September 2021	Day 1 Getting to know day 18 September 2021	Day 2 Day of Introduction 19 September 2021	Day 3 Day of intercultural education 20 September 2021	Day 4 Day of intercultural teams 21 September 2021	Day 5 Day of intercultural communication 22 September 2021	Day 6 Day of intercultural teamwork 23 September 2021	Day 7 Day of Social stigmas and its preventions 24 September 2021	Day 8 Day of Intercultural partnership 25 September 2021	Departure day 26 September 2021	
7.00 – 09.00		Arrival of participants	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	
09.30– 11.00		Registration and accommodation	Official opening of the training course	Cultural identity  Multicultural – intercultural	Working with different intercultural teams using cooperative learning techniques	Values, Norms and Emotions  Description, explanation, assessment	Developmental model of intercultural sensitiveness  Intercultural teamwork	Stereotypes and prejudices: where the perceptions come from?	Partnership through Erasmus+ programme	Departure participants of	
11.00– 11.30	Coffee break		Coffee break								
11.30– 13.00	Group building activities		Youth exchanges and local youth activities								
13.00– 15.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
15.00– 16.30		Welcome to the participants	Aim and objectives of the TC Programme and methods of the TC Learning needs Erasmus+ programme and Youthpass intro	Stereotypes – prejudices – discrimination	Working with refugees, migrants, foreign, or young people coming home from different countries:  intercultural challenges  prevention strategies	Free afternoon	Cultural challenges working in intercultural teams	Social stigmas	Youthpass		
16.30– 17.00		Coffee break	Coffee break	Coffee break			Coffee break	Coffee break	Coffee break	Coffee break	
17.00– 18.30		Introduction of participants  Warm Up activities	Culture	Aims and mission of intercultural education			Steam out groups	The success and values of intercultural teamwork	Prevention of social stigmas by recognition of stereotypes and prejudices	Final evaluation	
18.30 – 19.00			Steam out groups	Steam out groups			Steam out groups	Steam out groups			
19.30– 20.30		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
21.00–		Social evening	International evening	Traditional dance and folk music evening	Movie evening	Treasure hunting evening	Fairytale evening	Traditional games evening	Farewell evening		

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#### Preparation for the Training Course:

- Be prepared to be able to present your organisation and their experiences to work with refugee and migrants youth!
- Be aware of the cultures of migrants and refugees in your local community first of all and in national level. Being able to give some information about it.
- Be aware of the migration situation of your country such as hosting migrants and refugees from other countries and becoming migrants and refugees from your country.
- Being able to present some youth work methods, tools and project on behalf of your organisation and based on your experiences if you have any regarding to dealing with stereotypes and prejudices and supporting the integration of refugees and migrants youth.
- Explore the needs and interests of your target groups in order to invent new youth exchanges and trainings together during the Training Course.

#### Financial conditions:

The food and accommodation will be provided and paid by the organizers. The travel reimbursement will be done in the end of the project. Travels costs will be reimbursed by bank transfer after the course.

**IMPORTANT: This training has no fee. We do not authorize partners ask fee for participants take part in the training, our organization don't agree with this practice. We don't take part in project where fee is asked, and we never ask fee from our participants. Thanks for your understanding!**

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## What to bring list?

- Medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.);
- Your passport or ID card;
- Your EU insurance card;
- All your travel tickets (if you want the reimbursement; for what concerns the flight ticket, remember to keep the boarding pass \* "A boarding pass is a document provided by an airline during check-in, giving a passenger permission to board the airplane for a particular flight. As a minimum, it identifies the passenger, the flight number, and the date and scheduled time for departure. In some cases, flyers can check in online and print the boarding passes themselves");
- Any music you like especially music in your own language;
- Swimming suits if you want to jump to the Atlantic Ocean;
- National snacks, drinks, easy food, specialties for intercultural evening;
- Introduction of your organizations: please bring some introduction materials about your organization;
- Other stuff you might need (camera/film, toilet things, etc.)

## Measures to prevent the spread of COVID-19:

Especially during Pandemic, we will follow the commonly accepted regulations together with our partners during the Activity:

- We will collect lists with names, addresses and telephone numbers of all participants and we will keep these at least 4 weeks after the project ends.
- We will provide 1,5m distance to other persons, exceptions are possible if this is really necessary due to pedagogical reasons.
- We will set up and agree on a hygiene and safety concept including regulations for cases of COVID illness and COVID suspicion such as ways of communication and information, possibilities of isolation of persons, etc.
- Air the rooms every two hours.
- Daily cleaning of contact surfaces like door handles, sanitation, etc.
- No buffet during Pandemic.
- Liquid soap and paper towels will be provided at all sinks.



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- Signs with the hygiene standards e.g. “How to properly wash the hands” beneath the sink.
  - Staff of the accommodation with contact to the guests needs to wear masks, especially when serving food or while cleaning rooms.
  - Things that are not necessary and which are not easy to clean, need to be removed.
- . So we will avoid the possibility to bring the virus to the local community and to the training team. Participants only can attend to the training if they have vaccine certificate, and our partners will support them in this process. Our organization cant reimburse your travels if for some reason air company canceled your travel connected with pandemia COVID. We only can reimburse who take part in the training.

## CONTACTS:

For any question do not hesitate to contact us.

**Alexandre Jacinto** – Project Coordinator

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Looking forward  
to see you in Portugal!

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