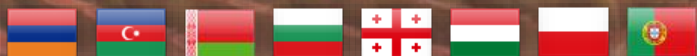


# GIRAFFES go to THEATRE

NVC and mindfulness for youth emancipation



LAGODEKHI [GEO] 24 NOV – 2 DEC 2019

TATA [HUN] 21–29 MAR 2020

## AIMS AND OBJECTIVES

**Giraffes go to theatre** is an international project developing competencies to practice and embrace communication in a nonviolent way – observing and acknowledging own and others' needs, recognising and expressing emotions, building peaceful relations with other young people, and coworkers. The aim of the project is to prepare youth workers and leaders, facilitators, project coordinators, to deal with situations of conflict, tension or misunderstanding in their work environment, where proper communication ways and reaching a compromise are needed for the common good, growth and harmonic co-being.

The “Giraffes go to theatre” training program involves 24 youth workers coming from 8 different countries (Poland, Hungary, Bulgaria, Portugal, Armenia, Azerbaijan, Belarus, Georgia), who notice an increased level of violence, radicalisation, aggression in digital or physical context and lack of tolerance of youth in their communities, these all making youngsters more and more vulnerable, and Nonviolent Communication a more and more needed way to learn and share.

Project activities consist of 2 training courses aiming to have impact in two main areas:

- ★ Develop an empathic attitude, by building a group ready to support each other, where participants will share their challenges, contact with their emotions and needs, go through experienced frustrations, and approach them as a resource for learning
- ★ Provide a learning experience for participants to improve/ acquire knowledge and skills in Nonviolent Communication elements and tools to deal with similar situations in the future.

Youth workers participating in the project gain concrete methods, tools, theoretical base, and will be motivated to use Nonviolent Communication in their daily life. As an output, the project results in form of a booklet gathering methods and tools presented and experienced by participants in the training, together with outlines of the workshop sessions delivered by participants during the second training course, and a short video presenting the training process, will be disseminated among local youth of the participating organisations, other youth workers, and other individuals who might be interested in discovering the method of Nonviolent Communication and its potential benefits for their personal and professional situation.

## METHODS

The project is based in two main methodologies upon which has been constructed the program for the training activities. APPLIED THEATRE AND DRAMA refer to the Theatre of the Oppressed school developed by Augusto Boal, a theatre director and a community and social activist, as well as to the psychodrama school of Jacob L. Moreno – a clinical psychologist. NONVIOLENT COMMUNICATION (NVC) refers to empathic communication language – called the language of giraffe, a method developed by Marshall Rosenberg, a psychologist and mediator.

## DURATION

**First training:** 9 days (including arrival and departure), from the 24th of November till the 2nd of December 2019.

**Second training:** 9 days (including arrival and departure), from the 21st till the 29th of March 2020.

**E-learning:** two e-learning phase preceding each training course.

## INVOLVED COUNTRIES

The project involves 28 youth workers and youth educators (in total. 3 participants from 8 Partner and Programme Countries, from Armenia, Azerbaijan, Belarus, Bulgaria, Georgia, Hungary, Poland and Portugal.

Two training courses compose the project. Training courses are held in Lagodekhi, Georgia and Tata, Hungary and last for 7+2 days each.

## PARTICIPANTS' PROFILE

The project contains two training courses directed to youth workers, trainers, facilitators, mentors, and project coordinators who feel the need to improve their communication competencies when facing a conflict situation in their work environment and on the other hand - how to incorporate training topics in the non-formal educational activities with young people.

The course contains two trainings and an e-learning programme. Successful applicants will have to participate in both programmes.

To allow the project to achieve its goals, the youth workers chosen for the activity will have to show:

- ✱ Knowledge of the situation of young people in the own country and of the specific conflict context for young people
- ✱ At least basic knowledge and understanding of approaches to peace-building, specifically in the field of youth work
- ✱ At least basic knowledge and understanding of peace education as an educational instrument in youth work
- ✱ Work experience in an NGO working with young people by educational means
- ✱ Have led at least 1 local or international educational programme (youth exchange, workshop, etc.) for young people on peace education, civic education or human rights education
- ✱ Motivation to take part in a mutual learning process in a highly intercultural setting
- ✱ Good level of English to follow the course and to contribute to it
- ✱ Wish and ability to participate fully in the event

We receive participants from 18 years old, and there is no upper age limit.

## HOW TO PREPARE

An e-learning programme will be conducted in two phases – each phase preceding one training course – and contains the following elements:

**Phase 1** before the 1st training course:

- A reading list about non-violent communication, mindfulness and drama theatre
- A reading list on conflict management in the youth field
- Assignments corresponding to the fields covered by the reading lists

**Phase 2** before the 2nd training course:

- A reading list on conflict management in the youth field
- Preparation for the assignments in connection with the second training



## TRAVEL TO THE VENUES

**LAGODEKHI, Georgia** | International flights to Georgia mainly target Kutaisi and Tbilisi airports. Flights to Kutaisi are operated by WizzAir, a budget airlines that connects Georgia with many cities in Central and Southern Europe. From Kutaisi a bus connection ([georgianbus.com](http://georgianbus.com) and [www.omnibusexpress.ge](http://www.omnibusexpress.ge)) is available for each arriving flights that takes passengers to Tbilisi centre in 4 hours. Participants are required to choose the cheapest travel option and provide the organisers all tickets with invoice/receipts during the training.

Participants will be transferred from Tbilisi (Freedom square) to Lagodekhi by bus and participants will be informed about departure time by email and in the project Facebook group. After the training a similar bus transfer will be organised from Lagodekhi to Tbilisi. The organisers deduct 15 EUR from travel reimbursements for the local transportation in Georgia.

Participants are kindly required to arrive to the meeting point (Liberty square, Tbilisi) on 24 November 2019 at the time given in the email and Facebook notice of instructions.

**TATA, Hungary** | Most common arrival point to Hungary is Budapest International Airport. Flights to Budapest are mostly operated by national and budget airlines from many big cities across Europe.

Participants are kindly required to arrive to the project venue (Hotel Öreg-tó) by using public transport. (Suggested route from the airport: bus #100E from Airport to last stop, then change to metro #2 to the last stop: Déli Pályaudvar. From Déli Pályaudvar train station you can catch any train that leaves to Tata in every hour. The journey with train takes approximately one hour. Participants are required to choose the cheapest travel option and provide the organisers all tickets with invoice/receipts during the training.

Participants are kindly required to arrive to the project venue (Hotel Öreg-tó) on 21 March 2020 before 8pm. Address of project venue: 2890 Tata, Fáklya u. 4.

**TRAVEL DAYS** are 24 November and 2 December 2019 (Georgia), 21 and 29 March 2020 (Hungary). Participants can stay longer only if prices of flight tickets are not higher than on travel days.

## VISA AND TRAVEL DOCUMENTS

Participants coming from the European Union do not need visa to enter the territory of Georgia or Hungary. Participants from these countries will need to have only a valid identity card or an international passport. Please check the validity of your ID or passport before departure. Before travelling, check whether you are entitled to leave your country and enter Georgia and Hungary with your travel documents!

## INSURANCE

Participants are required to have an insurance for the whole duration of both trainings. This is obligatory for your safety and health. The European Health Insurance Card is valid only in Hungary. In case you have the card, you do not need to have additional insurances.

## LAGODEKHI [Georgia]

Country	City	Organisation	Number of participants	Travel cost limit per person (EUR)*
ARM	Dilijan	YCCD	3	180
AZE	Sumgait	CSYO	3	180
BLG	Sofia	ICDET	3	275
BLR	Minsk	Student Think Tank	3	360
GEO	Tbilisi	APD	5	180
HUN	Dombovar	EMINA	5	360
POL	Bełchatów	WICI	3	360
POR	Braga	Conexão Jovem	3	820

\* Please note that 15 EUR will be cut from the maximum amount of the travel reimbursement in order to cover the costs from Tbilisi and the venue and back.

## TATA [Hungary]

Country	City	Organisation	Number of participants	Travel cost limit per person (EUR)
ARM	Dilijan	YCCD	3	360**
AZE	Sumgait	CSYO	3	360**
BLG	Sofia	ICDET	3	275
BLR	Minsk	Student Think Tank	3	275
GEO	Tbilisi	APD	5	360
HUN	Dombovar	EMINA	5	180
POL	Bełchatów	WICI	3	180
POR	Braga	Conexão Jovem	3	360

\*\* Participants coming from Armenia and Azerbaijan to Hungary will receive an additional 50 EUR reimbursement of their visa expenses if claimed.

## TRAVEL BUDGET AND REIMBURSEMENT

**Please do not buy** any tickets without our confirmation or permission. You are strictly required to contact us and send travel plan of the participant beforehand. You can proceed with the ticket purchase only after you get our permission.

Travel plans have to be sent to [andras.lorincz@culturalrelations.org](mailto:andras.lorincz@culturalrelations.org) within 5 days of approval of applications. Deadline for purchasing tickets: 30 September 2019 (Georgia) and 15 January 2020 (Hungary).

We kindly ask all participants to ask for an invoice/receipt for all travel tickets with the following data on it: **EMINA Palyaorientacios Alapitvány, 7200 Dombóvár, Erzsébet utca 25. Hungary.**

We ask you to bring us all boarding passes and tickets with invoices for your travel expenses. If you do not have these documents we will not be able to reimburse your money. In order to receive full travel reimbursement, participants have to attend on the educational programme, fill in the individual participants' report after each training and take part in dissemination of results.

Travel costs are fixed amount of money per participant based on the travel distance. Travel distance was calculated using the distance calculator supported by the European Commission. Every Partnership Agreement with every Partner states the rule about money that will be given to the Partner for travel expenses. We will reimburse you the amount of money that you have spent on travel tickets but not more than the fixed amount per participant from each country. The costs of travel by private car cannot be reimbursed. Extra costs (insurance and catering during your travel) cannot be reimbursed.

In case of EU citizens, reimbursements will be made via bank transfer to the partner organisations not earlier than 3 months after the end of each training and after you send back the documents of return trip. Payment of bank transfer fees will be borne by recipients.

In case of non-EU citizens, reimbursements will be made on the spot in cash in EUR on the last day of each training (in case all travel documents are provided).

The official currency of Georgia is lari (GEL) and of Hungary is forint (HUF). Do not forget to change your currency if you want to buy souvenirs or some extra things you need (accommodation and meals are provided for the project days). Budapest local transport company's ticket offices and vending machines accept bank cards. You can find a list of exchange offices in Budapest [here](#).

## KEEP IN MIND

**!!!** It's very important, that you keep all travel tickets/boarding passes/invoices, and bring it with, so that we are able to reimburse the travel costs. **!!!**

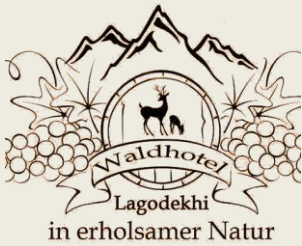
## WEATHER

All updates about the weather are available here:

Lagodekhi: <https://weather.com/weather/today/l/GGXX0056:1:GG>

Tata: <https://weather.com/weather/today/l/HUXX0002:1:HU>

## ACCOMMODATION IN GEORGIA



**Wald Hotel:** Featuring a seasonal outdoor swimming pool, Wald Hotel is set in Lagodekhi and also provides a garden and a terrace. With a shared lounge, the property also has a bar. The hotel features a European restaurant as well as free WiFi. At the hotel, every room comes with a wardrobe. All rooms have a private bathroom, and some units have a balcony. 4 participants will be accommodated per room, divided by gender, mixed by nationality. **Please note** that if some participants will stay longer for holiday reasons, organisers will not provide them with accommodation.



## ACCOMMODATION IN GEORGIA

Participants will be provided dinner on the day of arrival, three meals on the project days and breakfast on the day of departure. Dietary needs such as vegetarianism will of course be taken into consideration as much as possible. Please be however open-minded and curious to Georgian cuisine.



## ACCOMMODATION IN HUNGARY



**Öreg-tó Hotel:** Located only steps from the shores of the Old Lake and embedded within a beautiful natural environment, the Öreg-tó Hotel of Tata, Hungary reflects familiar devotion and great Hungarian hospitality. Its 3 hectares of park create an idyllic place to relax, while the historical and cultural sights of Tata, the baroque townlet - also known as town of waters - are perfect for passionate sightseers. All rooms have a private bathroom. Maximum 3 participants will be accommodated per room, divided by gender, mixed by nationality. **Please note** that if some participants will stay longer for holiday reasons, organisers will not provide them with accommodation.



## ACCOMMODATION IN HUNGARY

Participants will be provided dinner on the day of arrival, three meals on the project days and breakfast on the day of departure. Dietary needs such as vegetarianism will of course be taken into consideration as much as possible. Please be however open-minded and curious to Hungarian cuisine.



## APPLICATION DEADLINE

The application form can be accessed at the following link:  
[http://culturalrelations.org/Files/Erasmus/Application\\_form-GGTT.docx](http://culturalrelations.org/Files/Erasmus/Application_form-GGTT.docx)

Deadline for application: 25 September 2019

25.9.2019

application  
deadline

30.9.2019

buying of  
flight tickets

24.11-2.12.2019

training in  
Lagodekhi

15.1.2020

buying of  
flight tickets

21-29.3.2020

training in  
Tata

## FACEBOOK GROUP

We invite all participants to join the Facebook group dedicated to the project:

<https://www.facebook.com/groups/GiraffesGoToTheatre>

## CONTACT THE ORGANISERS



[andras.lorincz@culturalrelations.org](mailto:andras.lorincz@culturalrelations.org)

András Lorincz



<https://www.facebook.com/lorinczandras>



0036 20 572 5972



[kristina.lazebna@culturalrelations.org](mailto:kristina.lazebna@culturalrelations.org)

Kristina Lazebna



<https://www.facebook.com/kristina.lazebnaia>



0036 20 572 5972

## EMINA Career Guidance Foundation (EMINA Pályaorientációs Alapítvány)



7200 Dombóvár, Erzsébet u. 25. Hungary



[contact@eminafoundation.eu](mailto:contact@eminafoundation.eu)



[eminafoundation.eu](http://eminafoundation.eu)



[eminafoundation](https://www.facebook.com/eminafoundation)



0036-20-572-5972



[eminafoundation](https://www.instagram.com/eminafoundation)





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