



# OPEN UP THE BORDERS OF OUR MINDS

## #OUTBOOMPROJECT

A training course focused on Migration and attitudes of young Europeans towards this process

**Sliven, Bulgaria**

13 April 2016, (arrival day)

19 April 2016 (departure day)

Partners And Participants Guide

## Welcome and Hip-hip!

Dear partners,

We are very happy that we'll have the opportunity to work together during the #OUTBOOM project! In the following pages we have described the main information in terms of contents, process and organizational details that you will need in order to organize together this reflective and meaningful adventure for youth workers!

*This guide is prepared for all the partner organizations but also could be used for motivation and inspiration of participants.*

Please read carefully the guide and don't hesitate to contact us in case of any questions and comments!

Enjoy reading !

## General information and concept of the project

This project is hosted and coordinated by Institute for Social Integration (ISI) – Sofia, Bulgaria. During the project activities, 4 participants from all project partner countries will take part. These countries are Bulgaria, Greece, Italy, Spain, Hungary and Turkey.

**The main aim of the project is to invite youth workers to reflect upon their own competences and attitudes towards migrants and refugees and to bring back home enlarged competences for fighting discrimination, intolerance and hostile attitude in local communities of the partner countries. The training course will focus on tolerance, human rights and acceptance of difference.** This is why participants come from countries where migrants and refugees are entering the European continent at first place.

The general concept of the projects includes not only the training course itself, but also three additional phases, which we hope will bring greater added value and are prerequisite for social change. The project is divided into four stages:

- 1) **Pre-Tc Phase** – this phase starts a month before the training course (**14 of March**) with all selected participants. During the period they would be responsible for collection of data about the status quo in each project partner country and preparing an overall presentation on migration and refugees in each country. This will help them to get familiar with the current situation on local, national and European level.

- 2) **Training course (Tc)** – a designed structured learning experience, facilitated by professional trainers. The duration of the training course is 5 days (with one more additional day for arrival and one more day for departure). During the training course participants will have the opportunity to experience educational activities. Using the methods of non-formal education, experienced team of trainers will invite participants and will provide them with time and space to present, discuss and to build up their own understanding about the topic. The participants will be invited at the end of the training course to think of their own ideas, initiatives, action plans or campaign activities to be elaborated and put into practice in the local realities after they come back home from the training course. During the training course participants will have the opportunity to meet asylum seekers and to hear their stories and personal experiences.
- 3) **Mentorship phase** – this part of the project will last approximately 45 days after the training course. The objective is participants to apply ideas developed during the training course under the mentorship of the trainers' team, who is going to deliver support to the participants and answering their questions, requests and supporting and motivating their pro-active behavior.
- 4) **Assessment** – after the mentorship phase, participants will be kindly invited by trainers/mentors to evaluate their own experience for this period and for all the three phases of the project. For that purpose special tools will be provided by organizers.

### General concept and structure of the project



After this project, participants will have bigger capacity in the following competences:

- Development of digital competences during the first phase;
- Raising awareness on current situation towards migrants and refugees on local, national and European level;
- Developing a positive attitude towards migrants and refugees
- Enlarging knowledge towards way of living and obstacles and challenges migrants and refugees face on daily basis;
- Developing an attitude for higher tolerance and acceptance of differences;
- Understanding what is attitude and how to deal with different attitudes;
- Acceptance and respect of different values, religion, cultural practices;
- Developing better organizational and planning skills
- Raising competences related to communication skills;
- Developing and practicing their English language skills;

## Training course methodology and trainers

The training course will be conducted for five days using the methods of **non-formal education**. This includes diversity of methods – role games, simulations, discussions, group works, storytelling, no lectures... and very small amount of presentations... The design of the program is quite intense and dynamic and provides opportunity for full time involvement and active participation for trainees. All sessions will be led by experienced and professional trainers and after each structured learning activity, a special time will be dedicated for reflection and summarizing participants' learning outcomes.

**The trainers for this Training Course will be Stefan Georgiev and Desislava Baneva from Bulgaria.**

## Duration of the training course

**Participants' Arrival day:** 13th April 2016, preferably before 2:00 (PM) in Sofia.

**Start of the program:** 13th of April 2016 at 20:30 in Sliven.

**End of the program:** 18th April 2016 at 22.00 in Sliven.

**Departure day:** 19th April 2016 after 12:00 (AM) from Sofia.

If you plan to arrive one day earlier or leave one day later, and you need to find an accommodation, let us know, so that we can support you. Your expenses out of the days of the training will not be reimbursed by the organizers. **Please inform the organizers before you buy the tickets to check if the routes and the prices are ok with our budget.**

## Project partners

Country	Organization	Number of participants
Bulgaria	Institute for Social Integration (ISI)	7
Greece	TricalAct	4
Italy	TDM 2000	4
Hungary	EKMK – IFI PONT	4
Turkey	EGEDER	4
Spain	Xeracion Valencia	4

## Language

The working language for this project will be **English language**. It is strongly recommended for all participants to have good English language skills.

## Participants

You are the right person for this training course if you:

- are interested in the topic of migration and refugees;
- are ready to take action to bring social change
- active youth worker or leader in your organization or community
- have experience or you would like to gain experience in interaction with asylum seekers and refugees;
- are between 18 and 35 years old

All partners are responsible to select a group of 4 gender balanced participants from each country.

**Deadline: Selection procedure of participants and organization of travel should be ready before 20<sup>th</sup> of February 2016.**

**Please, don't proceed with any booking or purchasing tickets before 2<sup>nd</sup> of February 2016.**

## Costs, Travel details and reimbursement

Board and lodging and program costs will be provided and paid 100% by the organizers and Bulgarian National Agency and Erasmus+ programme.

**Very important:** your tickets are an essential part of accounting of the project that we must keep and present to the Erasmus + National Agency, the main funders of the training. Therefore, if you cannot provide your original tickets, receipts and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

According to the rules of Erasmus + Programme and the budget that was financed in the Bulgarian National Agency, here is the **maximum amount that each participant can use for the travel to Bulgaria and back.**

Country	Organization	Number of participants	Maximum budget per participant travel costs in Euro
Greece	TricalAct	4	275
Italy	TDM 2000	4	275
Hungary	EKMK – IFI PONT	4	275
Turkey	EGEDER	4	275
Spain	Xeracion Valencia	4	360

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.

According to the Erasmus+ Programme restrictions we can only refund travel costs up to the numbers mentioned above, only if the following is fulfilled:

- your travel route is from your home town to the venue in Sliven, Bulgaria and back;
- you have chosen most reasonable and economic means of transportation (cheapest flight tickets, discounts for students, busses)
- your travel dates are according to the program of the Training course (one day before or after the Tc is acceptable only if there are no other option for transport and/or you have found reasonably cheaper transportation; please consult with us before buying or booking tickets);
- you have all travel documents, receipts or invoices for the exact cost of your plane ticket, including original boarding passes and bus/train tickets, including date of

travel, names of traveler (if you travel by plane and you book an e-ticket, you should send us a copy);

- Taxi fares cannot be reimbursed.

Once you book or purchase your ticket, please send us the following details as soon as possible:

- name of the traveler (participant)
- date and time of arrival and departure;
- price of the ticket

**ISI is going to reimburse all travel costs of all participants after the Training course, after we receive all original travel documents. This is going to be done by bank transfer in Euro to the Sending partner organization bank account.**

**Therefore, we kindly ask partner organizations to assist participants in the process of organizing their travel!**

**Note that only participants attending the entire training course can be reimbursed.**

Since the venue is in the region of Sliven (300 km from Sofia), we consider the option to organize a group transportation from Sofia to Sliven and back by bus for everyone. This we will know for sure at the moment we have participants' travel itineraries and the exact hours of arrival and departure. We shall be in constant communication with participants and partner organizations, in order to make the travel as pleasant and comfortable as possible for all of us.

If group transportation is not possible, there are direct busses from Sofia to Sliven every two hours for the price of around 11 euros.

**We strongly recommend you to have insurance while you are in Bulgaria!**

## Venue

The training course will take place in the region of Sliven.

This is the eight-largest city in Bulgaria and it is located in south-east Bulgaria, around 300km from the capital Sofia.

There will be rooms for two and three persons with toilet and towels in the rooms.

More details on the exact hotel will be provided with the next info-pack.

**Please Note:** *Organisers will not provide any accommodation for additional stay in Bulgaria.*

*If participants plan to arrive a day earlier or depart a day later they are kindly requested to inform us and we will be glad to offer assistance with booking.*

**There is NO participation fee for this training course!**

## Contacts

If you have any questions or comments concerning the programme or the organisation of the training course, please contact

Stefan Georgiev- project coordinator:

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+395886003362

## What is next?

After selecting participants and we have a ready group of 27 youth workers, we shall start intensive communication with participants, counting on partners support. More info-packs and newsletters will be prepared, before and during the 1<sup>st</sup> phase of the Project.

Once we have all participants' contacts and details we shall send more detailed info about the trainers, what to bring, the venue, the work methods. During this period we shall prepare also interactive virtual getting-to-know each other process.

**We are looking forward to meet you!!!**

