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*I AM because YOU ARE*

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2015-1-RO01-KA105-013925

Mobility of learners and staff – training course

14– 22 of March 2016, Baia Mare, Romania

# INFOLETTER



Ubuntu

“I am what I am because of who we all are”: compassion, kindness and humanity that connect us together by sharing ourselves with others and caring for those around us

**Federatia YMCA Romania**

Romania, Maramures, BaiaMare, str.Moldovei nr.2

Email: [office@ymca.ro](mailto:office@ymca.ro), [www.ymca.ro](http://www.ymca.ro), Facebook page:YMCA Romania

[Tel:+40371134344](tel:+40371134344), Fax:+40362819475

Dear friends and partners from:

YMCA Bitola –Macedonia, YMCA Gabrovo – Bulgaria, YMCA Serbia , YMCA Tirana – Albania, YMCA Ukraine,  
Informal group Vagamondo – Italy,

YMCA Romania Federation is gladly inviting you to “I AM because YOU ARE”, a project funded by Erasmus Plus Program.

In this information letter you will find information you might need about this training, including the goal, the program and the practical information about accommodation, dates, partner countries included, financial conditions and others. Attached to this infoletter you will find the application form for this youth mobility project-training course. Please ask your delegates to fill in! Information is vital for us in order to organize the event as good as possible.

We hope to answer all your questions and we are looking forward to see you in Romania in March 2016!

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#### WHAT

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I AM because YOU ARE is a 7 days (except the travelling days) training course designed for 28 youth workers, leaders in 7 different organizations from Europe. The training will be held in Baia Mare, Romania between 14-22 March 2016, the main organizer being Federatia YMCA Romania with partners from Macedonia, Bulgaria, Italy, Ukraine, Serbia, Albania.

Discrimination is frequent and can have many forms, ranging from gender, religious, social, ethnic, or racial discrimination to forms related to more specific characteristics such as profession, sexual orientation and other personal preferences. Although both solid and emerging democracies are making tremendous efforts into education societies and promoting values such as equality, acceptance, tolerance, peace and cooperation, often these messages are misunderstood and neglected, leaving human nature to burst out in the most unappropriate and unpleasant ways.

Human rights issues concern the whole of a person (body, mind and soul) and all dimensions of life from cradle to grave. The whole person lives in the whole world where everything is inter-related; human rights education necessarily involves a holistic learning approach, an open ended learning, cooperative learning and learning through experience. All these approaches will be experiencing in our training.

Through this training we want to offer sustainable working tools for all the young leaders and organizations participating, in order to help their work with partners, volunteers and beneficiaries in the context of human rights, democracy and equality. During the training, our experts in communication, human rights, human behavior,

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multiethnic policies, intercultural learning, peace & peace building, will create the proper space for learning and developing skills and strengths adequate for the this field.

Also through this project we will raise the quality of the youth work of the people involved and partner organizations, they will have more tools and skills in order to implement it in their programs related to the topic, or create new ones, or participate in awareness raising campaigns, proposing policies, etc. This quality also reflects in the development of programs and services for youth provided by these organizations, which lead to capacity building and movement strengthening.

Mixing together partners from EU countries and Partner countries , partners who deliver programs with the topics of the training, work in multicultural environment encourages learning from each other, getting to know the realities, exchange of good practices, this also in a Europe where migration is a big component, where differences in culture, religion, thinking, acting, exists in every communities and we as youth organizations need to serve the community as a whole and have the correct and inclusive approaches towards everybody .

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### *WHY*

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This training program is designed to promote, teach and develop values such as acceptance, equality, tolerance, commitment, engagement, care, compassion and empathy. During this training participants will acquire a set of skills and competences that will contribute to their work in cultural diversity contexts where acts of discrimination still occur, human rights are not always respected and democratic values and principles are misunderstood or not put into practice: human rights and values, critical thinking, peace building, non violent communication, media graphic facilitation, intercultural leaning.

#### Objectives:

- improves the skills and key competences of young people, intercultural dialogue, social inclusion through learning mobility of those actively involved in youth work and youth organizations through strengthened links between youth field and labor market;
- fosters quality improvements in youth work through enhanced cooperation between youth organization and stakeholders
- enhance the international dimension of youth organizations & role of youth workers as support structures in complementarity with EU`s external action, promotion of mobility and cooperation between EU and Partner Countries .

Through this training we offer sustainable working tools for all the young leaders and youth workers and organizations participating, in order to help their work with partners, volunteers and beneficiaries in the context of human rights, democracy and equality.

Through this project we will raise the quality of the youth work of the people involved and partner organizations, they will have more tools and skills in order to implement it in their programs related to the topic, or create new ones, or participate in awareness raising campaigns, proposing policies, etc. This quality also reflects in the development of programs and services for community provided by these organizations, which lead to capacity building and relevancy for the served communities.

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## WHO CAN PARTICIPATE

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As we are looking for participants who already have some experience in their organizations but not necessarily holding a leading position: could be youth workers working with ethnic minority groups, young leaders working with foreign volunteers, EVS coordinators, youth workers which have trouble adapting to certain cultures, volunteers working in conflict areas, peace educators and so on.

Dealing with discrimination and working in contexts where human rights are not respected can be very challenging, overwhelming and exhausting, and doing it requires personal strengths and values such as patience, acceptance, tolerance, commitment and engagement. We are looking for participants who possess these values and know how to apply them in their work because only doing so can ensure long-term and qualitative results.

The participants should be active and involved in each partner organization; members which have a relevant implication in the activities and fields above-mentioned, which need to learn how to use tools for preventing conflicts and discrimination in their communities.

This program is designed for youth workers with or without previous experience in the field of human rights, human rights education, peace and peace building, running inclusive programs or working in multicultural environment and therefore we strongly believe that the age limit for attending should be above 20. However, relevant applications coming from candidates younger than 20 will also be taken into consideration and have high chances of selection.

Considering the topic of this project a fair and equal gender distribution will be a major selection criteria.

The partners will send the application form for their participants and our team will send the confirmation letter to those who fits the criteria and profile mentioned above.

### **Do not buy your ticket still you get the confirmation letter!**

If you are selected for the training you will receive a confirmation letter. If you have received this letter you can start arranging your travel. In the letter you will also receive the travel information and a list of things you need to bring with you. After you received the confirmation letter you can arrange your travel. Your registration is final when you arranged your travel and send us your arrival and departure times for the training. Take care that you arrive before the start and leave after the end of the program.

**Participation from the beginning till the end, in each part is essential in order that each individual and the whole group gets the maximum out of it. For this purpose, it is not allowed to come later, leave earlier or miss program parts.**

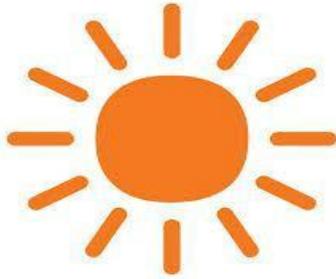
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## THE TEAM

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### **Federatia YMCA Romania**

Romania, Maramures, Baia Mare, str. Moldovei nr.2  
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We have decided on an international team of trainers, facilitators and assistants constituted by: YMCA Bitola Macedonia, YMCA Gabrovo-Bulgaria and YMCA Tirana Albania, Vagamondo Italy, YMCA Serbia , YMCA Ukraine. This team will have separate virtual meetings in order to clear all the details of the daily activities, to make a list of the needed materials and hand it to the organizers, to support each other and to learn from each other in order to be able to deliver a high quality learning experience. This daily timetable will be adapted and adjusted according to the participants` insights and expectations - from before and beginning of the training. The team is very experienced, we worked together before in several set ups and we all agree to find best activities, solutions, methods to reach& fulfill training objectives and participants' expectations.

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### *METHODS*

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Methods used in the training: [holistic learning](#), [open ended and cooperative learning](#), [experiential learning](#), [playing to learn and learning to play](#), [simulations](#), [role plays](#), [coaching](#), [Graphic facilitation workshop](#), [energizers](#), [lectures and debates](#), [a class divided method](#), [human library](#), [Socratic Circle](#) , [debate](#), [workshops](#), [debriefs](#), [reflective sharing](#), [evaluation](#).

Holistic learning implies that learning takes place in a social context that encompasses our everyday experiences; it is therefore interdisciplinary and cuts across the traditional subjects in school curricula. A holistic approach also means that we seek to address and involve the cognitive, practical and attitudinal dimensions of learning, that is, not only what people learn, but also how to apply their learning in their attitudes or behavior and how to apply it in action for human rights, alone or with others. Holistic learning promotes the development of the whole person, their intellectual, emotional, social, physical, artistic, creative and spiritual potentials.

Open-ended learning encourages self-confidence to express opinions and critical thinking. This is essential in human rights education because human rights issues are bound to result in different opinions and understandings; it is therefore important for the learners to learn together but still be free to disagree or come to opposite conclusions or points of view.

Participants are given opportunities to identify, clarify and express their own beliefs and values and to confront them with others in a safe framework based on the dignity of every human being, freedom of thought and expression, and the respect for others' opinions. In cooperative learning people learn through working together to seek outcomes that are beneficial both to themselves and to all members of the group.

Cooperative learning promotes higher achievement and greater productivity, more caring, supportive, and committed relationships and greater social competence and self-esteem.

Learning through experience or discovery learning is the corner stone of human rights education because core human rights skills and values such as communication, critical thinking, advocacy, tolerance and respect cannot be taught; they have to be learned through experience and practiced.

*DATES*

ARRIVAL DAY	March 14 <sup>th</sup> , 13:00
START OF THE PROGRAME	March 14 <sup>th</sup> , 15:00
END OF THE PROGRAME	March 21 <sup>st</sup> , 22:00
DEPARTURE DAY	March 22 <sup>nd</sup> , 9:00

*Before booking your tickets please inform the organizers . If you plan to arrive earlier or leave later, and you need support with arranging accommodation, let us know. We can support you. Your staying during the days not included in the program project will not be paid by the organizers.*

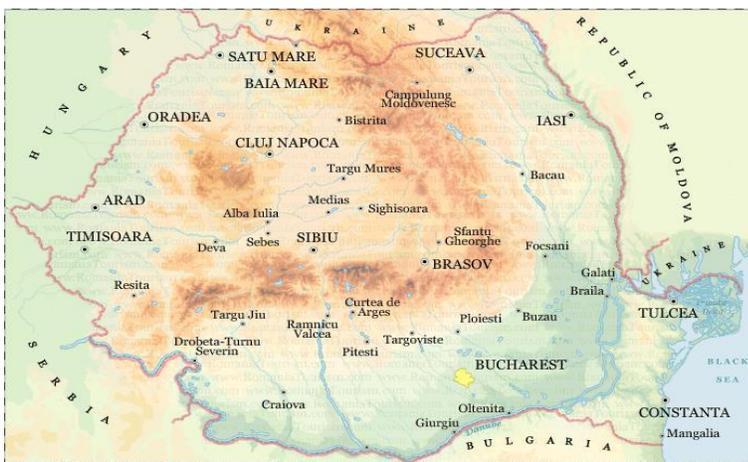
*VENUE*



The training will take place in Romania, Baia Mare and surroundings. Baia Mare is a municipality surrounded by mountains, in northwestern Romania and the capital of Maramureş County. The city is situated about 600 kilometres from Bucharest, the capital of Romania, 70 kilometres from the border with Hungary and 50 kilometres from the border with Ukraine. It has a population of 137.976.

The city is situated in the vicinity of the Gutâi and Igniş Mountains. Altitudes reach 1400 meters in some peaks. The area is famous for its outstanding landscapes, and the mountains are easily accessible from the

city, famous routes being: Igniş (1307 m), Mogoşa (1246 m), Gutâi (1443 m), Creasta Cocosului (1450 m), Piatra Soimului (839 m), Plestioara (803 m), Dealul Bulat (683 m), Murgau (633 m), Dealul Crucii (500 m) etc. Some of these mountains provide skiing slopes, most notably the one at Mogoşa, which is the



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most difficult slope in Northern Romania. The city is situated in the Baia Mare valley and is encircled on all sides by hills and mountains, which makes the climate in the city milder than the rest of the surrounding area. Proof of this is that the outskirts of Baia Mare are the only areas where you can find chestnut trees that usually need Mediterranean climate to grow. This is the northernmost reach of the chestnut tree. The summers are mild, cooler than in the rest of the country, but the temperature can go higher than 35 degrees.

More infos at : [http://ro.wikipedia.org/wiki/Baia\\_Mare](http://ro.wikipedia.org/wiki/Baia_Mare).

The accommodation has conference rooms and spaces in which participants can work in small groups also, it is placed in the city allowing use easy access to everything we might need, it has double and twin rooms in which participants will be assigned randomly in order to facilitate group cohesion and interpersonal learning. The accommodation will provide 3 meals/day and 2 coffee/tea breaks.

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### *THE PROGRAM*

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1st day, arrival day till lunch time and from 3 pm the activities starts with introductions: participants and team introduction, a presentation of Erasmus Plus and the Youthpass, introduction of the training and the main concepts in the field of human rights and peace education, setting the learning goals for the TC.

2nd day will go deeper in the subject of human rights and values by a series of exercises and process designed to point out the main consequences of not respecting them, of labeling and making classifications based on stereotypes. This day will focus on pointing out that interpersonal differences do not offer different rights and privileges.(lecture, videos, quiz, role plays, simulation, debriefs)

3rd day will introduce the concept of critical thinking and will give the participants the opportunity to learn how to distinguish among reality and their own perception. They will learn to use Socratic questioning in order to prove the validity of their beliefs and shape their behaviors according to realistic and correct ways of thinking and approach (exercises, lecture, videos, Socratic circle, debriefs, intercultural theatre)

Day 4 will focus on peace and peace building. During this day participant will try the feeling of creating a state of peace and solving conflicts by fighting prejudice and stereotypes which are most often the root of all conflict.(exercises, lecture, videos, role plays, human library, simulation, debriefs)

During day 5 care, compassion, empathy will be the key concepts through the approach of non-violent communication. The theory behind is that violent behaviors burst out of unfulfilled personal needs, and that if these needs are cleared and approached with compassion, patience and openness, than conflict resolutions may appear.(video, lecture, debriefs, exercises, role play, intercultural night)

Day 6 reveals the role of mass media in promoting human rights-related values. The idea is for every participant to show media productions from their home countries that promote either equality, human rights, tolerance and mutual understanding, or discrimination. These media production examples will be discussed in group and later the group will be introduced to the graphic cartooning technique and in small groups the participants will create cartoons/comics on the TC topics .( videos, sharing, lecture, teamwork)

Day 7 introduce another method called A class divided ( stereotypes/discrimination), the in the afternoon an open event with local organizations and community and flashmob in the city center created by participants will take place.

Day 8 is the last day and it will focus on closing the training in a motivational manner, participants will present their organizations and work on planning future joint actions. The last part of the day will consist of an evaluation process and an official closing ceremony and Youthpass.

Post training:

- is designed to ensure that the tools gained during these days will be put into practice and exercised after returning to each organization. For this, each group of participants will organize in their local community an open event related to the topic of human rights, peace and discrimination (public debate, a round table, a presentation, press conference or any other creative activity in which the local community will be involved and the results and conclusion of this project will be disseminated).

Also, 1 month after the training, the team members from each partner organization will realize an evaluation of the performance of the former participants in relevant activities.

At the end of each day will have in small groups or plenary evaluation of the day (a reflection space for participants).

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### *THE COSTS*

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YMCA Romania covers the following costs:

- accommodation, food, the costs of the program, travel costs reimbursed accordingly with the approved budget(based on EU distance band calculator),visa costs within max limit amounts (Ukraine: 35 euro/ person and Albania 35 euro/ person).

*Please note those arriving from EU countries should have their European health Insurance Card. Those from Non-EU countries should organize their own insurance. Please note that these expenses will not be reimbursed by the project.*

COUNTRIES	NUMBEROF PARTICIPANTS	MAXIMUMTRAVELCOST /PERSON/ EURO/
Romania	7	0
Macedonia	3	275
Bulgaria	4	275
Ukraine	4	275

Italy	3	275
Albania	4	275
Serbia	3	180

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*CONDITIONS OF REIMBURSEMENT*

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By law and the funding rules of the Erasmus Plus Program we need to keep certain administrative procedures. We are asking for your support and cooperation in keeping these rules. **Please make sure that you read and understand the conditions and the procedure.**

Save your original tickets and receipts, invoices and all related documents, because you can only get reimbursement for costs of which you can prove the amounts with original tickets and receipts. Only the amount written on the ticket will be reimbursed—that is, if you want your return ticket to be reimbursed, you have to send it to us.

**ALL the following ORIGINAL documents will be needed:**

- all your tickets and boarding passes
- proof of payment the tickets/invoice (card transaction print screen for that amount, receipt for cash, etc)
- invoices of buying your tickets
- passport or ID
- official document from the bank or travel agency stating the proof of paying the travel tickets. The same rules apply for visa.

**What is an invoice?** *This is a document, signed and stamped by the seller. The invoice of flight Ticket must contain your **name, the starting and finishing place and the date of the journey and the price of the ticket.** Whatever official is your paper, if these data are not on it, you **cannot** get reimbursed!!! Use your name from your passport, no nicknames! **An e-ticket is NOT an invoice!***

*If necessary, call the airline/train company/etc., explain them the situation and ask them to give you are receipt/invoice with the data given above. If you buy tickets online, take care that **you tick the box indicating that you want an invoice**, and you fill in the address of YMCA Romania Federation/or partner organization`s name where the invoice has to be sent by the airline company.*

**The reimbursement will be done after the training course, after providing all the travelling documents, in the bank account of the sending partner and from there the partner will transfer to the participants( if this is the case)**

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*TRAVEL TIPS*

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To reach Baia Mare:

From Italy to Cluj Napoca or Budapest: [www.wizzair.com](http://www.wizzair.com) or Ryanair.com

From Macedonia, Serbia- by car, by train/bus till Timisoara and from there direct train or bus till Baia Mare:

From Albania- either flight till Budapest and from there bus ( 5-6 hours) till Baia mare, either till Belgrade and from there by car or bus/trains

From Ukraine- bus/train to Solotvino, pass the border( bridge) walking and from Sighetu Marmatiei bus till Baia Mare (1,5-2 h).

From Bulgaria - by car, or flight till Bucharest , and from there train/bus(12h)

Arrival on Budapest Airport is another option if the cost of the flight is lower or the timetable is much better. The transfer from Budapest to Baia Mare takes about 5 hours and we can help you with this arrangement.

### **Applying– Selection– Confirmation**

Deadline: 15 December 2015 to send application to [office@ymca.ro](mailto:office@ymca.ro) or to your country responsible person.

COUNTRY	ORGANIZATION	PERSON RESPONSIBLE	CONTACT
Romania	YMCA Romania	Alexandra Canta	<a href="mailto:office@ymca.ro">office@ymca.ro</a>
Albania	YMCA Tirana	Eglantina Lula	<a href="mailto:eglalula@gmail.com">eglalula@gmail.com</a>
Bulgaria	YMCA Gabrovo	Antoaneta Yankabakova	<a href="mailto:yankabakova@abv.bg">yankabakova@abv.bg</a>
Serbia	YMCA Serbia	Hana Majerova	<a href="mailto:hana.majerova@gmail.com">hana.majerova@gmail.com</a>
Ukraine	YMCA Ukraine	Viktor Serbulov	<a href="mailto:ukrymca@gmail.com">ukrymca@gmail.com</a>
Macedonia	YMCA Bitola	Viktor Iliev	<a href="mailto:viktor@ymcabitola.org.mk">viktor@ymcabitola.org.mk</a>
Italy	Vagamondo	Fabiano Bruno	<a href="mailto:infoyouthprojects@gmail.com">infoyouthprojects@gmail.com</a>

**SEE YOU SOON IN BAIJA MARE!**

**APPLICATION FORM**  
**I AM because YOU ARE training course**  
 14-22 March 2016

*The application form needs to be send to responsible person for your country till **15.12.2015** or to [office@ymca.ro](mailto:office@ymca.ro)*

<b>1. Country and Name of partner organization:</b>	
<b>2. First name:</b>	
<b>3. Last name:</b>	
<b>4. T shirt Size: ( S, M, L , XL)</b>	
<b>5. Address:</b>	
<b>Zip code:</b>	
<b>City:</b>	
<b>6. Date of Birth:</b>	
<b>Gender:</b>	
<b>7. Contact</b> Email: Phone number - Mobile: Facebook:	
<b>8. Health:</b> Special Diet:  Specify if you take currently any medication or have taken within the last 2 months	
<b><u>9. Contact person in case of emergency</u></b> Full name: Address: Phone numbers: Relationship to you:	
<b>10. Level of English: (bad, medium, good, excellent)</b>	

Please answer each question, give true answers, specific to you. Consider, that based on your answers we can develop the program in a way that serves your needs. General answers do not support.

**Learning needs survey:**

<b>11. Why are you interested in this training?</b>	
<b>12. How does the theme of this</b>	

training relate to your life or work?	
13. What skills or competences do you want to practice and develop?	
14. What results do you expect concerning your personal development? What about on professional level?	
15. What do you want to learn concerning the themes of the training?	
16. Questions, remarks, anything else you want to add:	-

17. By submitting this application I, the undersigned, confirm that I have read and understood the Information Letter and the conditions of reimbursement about the I AM because YOU ARE Training course and I know and accept the conditions of participation.

DATE:

SIGNATURE: