



Co-funded by the  
Erasmus+ Programme  
of the European Union

# ***"EFFECTIVE COMMUNICATION FOR PEACE"***

## ***Part 1.***

*26th November-03th December 2017- Gothenburg, Sweden*



## ***INFO PACK***

## **INTRODUCTION**

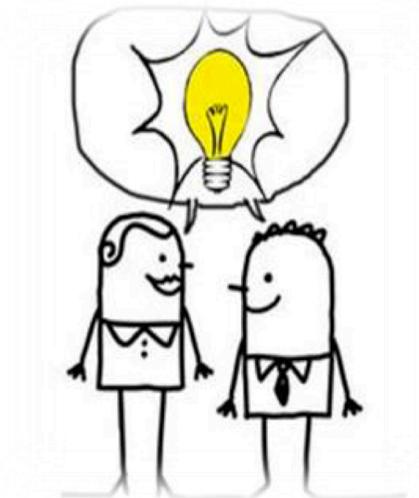
*“Take advantage of every opportunity to practice your communication skills so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people.” (Jim Rohn)*

Stone, D., & Dieter, M. (2007). *Winning nice: How to succeed in business and life without waging war*. New York: Center Street.

The international - "Effective Communication for Peace" is two-level ERASMUS+ project, which will help you to understand the patterns and approaches of communication and self-development and give you important tools to improve your peace building attitudes and skills. The first part in Gothenburg will focus on communication and culture subjects, with a strong accent on interpersonal and intercultural communication issues.

### **The objectives of the project are to:**

- Strengthen communicative skills, creativity and initiative of youth;
- Get the tools of communication for daily life and work;
- Learn to “get out of the box”, enlarge a “comfort zone”, maximize own creativity and see it as a possibility;
- Get an intercultural experience by meeting with the representatives of different countries, cultures, backgrounds, religions, practice tolerance and break stereotypes & prejudices;
- Build partnership and future cooperation on the basis of this project under Erasmus+;
- Share the best practices of youth work and Non-formal education; Encourage young people to become active European citizens;



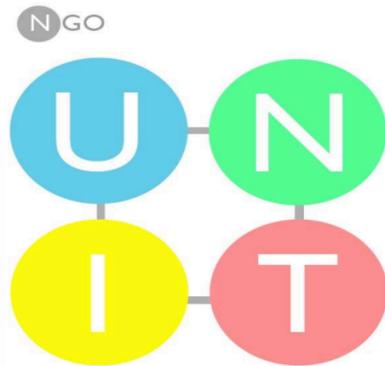


26 NOVEMBER 2017



03 DECEMBER 2017

## PARTNER ORGANISATIONS



Young Leaders  
Club



CULTURE  
COMPASS



## Team of the project/methodology

The team of trainers working on this project have a huge background in the field of communication. Each of them holds a Masters degree in Communication and is working within the field of intercultural communication. Along with that, everyone has an international background, living and working in various countries. This gives everyone in the team both the theoretical and practical knowledge to translate the skills into practical training workshops.

The methodology is based on learning by doing, which refers to the process of making meanings from direct experience. The method has been implemented by the concepts of learning by thinking and learning by loving. Learning by thinking denotes the action of reflecting on the process going on, in order to get knowledge from it. Finally, learning by loving expresses the importance given to motivation and passion that enrich the learning experience. The methodology is based on the concepts of motivating youngsters become active members of society, practicing new, creative tools for change and development.



### TERI-ANNE BRINK

Project Manager/Contact Person  
Trainer-Facilitator

Teri-Anne is originally from Singapore but has lived in Sweden for many years. She has a bachelor's degree in English Literature and Theatre Studies from the National University of Singapore and has been an active theatre practitioner. She has a Master in Communication from the University of Gothenburg and a Master in Multimedia and Creative Industries from Malmö University. In her spare time, she teaches acting at the Scandinavian International Theatre School and has been foster parent to refugee minors in Sweden.



## IKUMI MAEKAWA

Trainer/Facilitator

Born in Japan and having grown up in the multicultural hub of Malaysia, Ikumi considers herself a true global citizen. She has a Bachelor of Arts in History from the University of Durham and moved to Sweden in 2013. She has a Master in communication from the University of Gothenburg. She has worked as an English language teacher and is also fluent in Japanese and Swedish. She enjoys sports such as running and bouldering.



## MEGHNA IYENGAR

Trainer/Facilitator

Meghna is originally from the southern part of India. She moved to Sweden in 2012. She has a Master in Biomedical Genetics from Vellore Institute of Technology, India. She has experience in the field of Publishing as a Scientific Editor. She has a Master in Communication from the University of Gothenburg. She is an avid amateur photographer and a virtual reality enthusiast.



## EWA GRUBER-DE SOUSA

Logistic Manager/Trainer

Ewa has a Master Degree in Communication and IT and Learning from the University of Gothenburg. She specializes in negotiating, intercultural communication within health care and life long learning with support of technology and innovations. She has experience in Erasmus Plus projects first as a participant, then as a project manager and trainer.

In her free time she skydives.

## PARTICIPANT PROFILE

As the project does not demand any specific skills or experiences within the field, the general profile of the participants is following:

- Youth workers
- Staff, volunteers/members of NGOs
- Newcomers in third sector
- Youth with difficulties to adapt to the society (young people with immigrant backgrounds, from broken families)
- NEET category (Not in Education, Employment or Training) and who are looking for opportunities to improve their skills and work in the youth field.

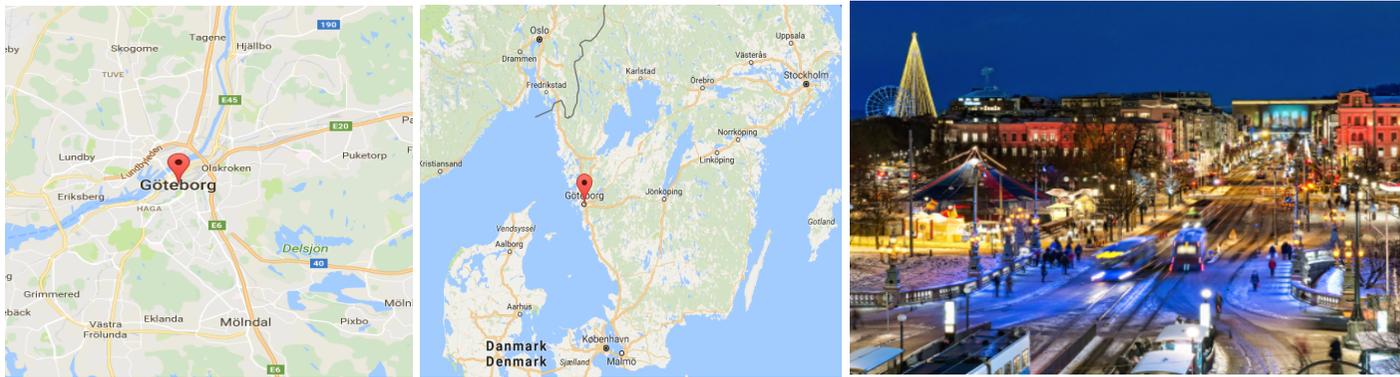
The priority will be given to the participants by fewer opportunities and disadvantaged youngsters (by educational, economic, social, geographical point of view), youth coming from segregated groups, minorities in the local society, etc.

Age limit of participants for Training: From 18 + **Please try to mind the gender balance in your group.**

## Practical information

### **THE VENUE CITY-GOTHENBURG**

Where do you find the world's most important museum of Nordic art, the largest amusement park in Scandinavia and Sweden's largest botanical garden? In Gothenburg, of course! The second largest city in Sweden has to offer many attractions on a world scale, attracting millions of tourists every year with charming boulevards, wide cultural offerings and... meatballs.



### **ACCOMMODATION**

We are going to stay in a nice hotel, close to the center of Gothenburg. Participants will be in rooms with 3 beds. Mixed nationalities of the same gender will share the rooms. The venue is equipped with a conference room where the activities will be held, a restaurant where we will have the meals and our Intercultural Evenings.

Here you can check how the hotel looks like: <http://www.applehotel.se/>

## **WEATHER CONDITIONS:**

At the end of November, the average temperature is between -5 and 10 degrees Celsius and we expect some rain. It is good to have a raincoat and water prove shoes. Here you can check the weather prognosis for the project dates:

<https://www.accuweather.com/en/se/goteborg/315909/month/315909?monyr=11/01/2017>

## **HOW TO GET THERE?**

You can take a flight to Gothenburg Airport (GOT) and then a bus to the City Center. More information how to get from the airport to the hotel will come after we get your trip details - later on.

Here is the link to the airport buses: <https://www.flygbussarna.se/en/landvetter>

and to collective traffic: <http://www.vasttrafik.se/#!/en/>

### Very important to take in consideration:

1. Travel must be economy/2nd class for a plane, train or bus ticket. No taxi costs will be refunded unless there is no public transport that covers your journey.
2. You must travel the most economical way available.
3. You must present all the travel documents and receipts. (Keep the boarding pass)
4. You must fill in a reimbursement form.

*We expect you to participate on the whole program! It means coming later or leaving earlier is not allowed! If you want to arrive earlier or leave later the project, you have 2 EXTRA DAYS FOR THAT, which means that you can stay in Georgia 2 more days before or after the project, but in this case please keep in mind, that you are responsible for your stay and you need to cover your staying. And make sure that the days are out of project days and this applies only in special cases! Erasmus+ projects are for learning, not for sightseeing. Please send us your travel details to be approved, before you book the tickets.*

## **CURRENCY IN SWEDEN**

The official currency is the Swedish Crown (SEK), 1 €uro is around 10 SEK. You can exchange your money into Krona in Sweden in a place called Forex (Bank). There may come a fee to be charged as the banks have it. However, in Sweden card payment is very popular, therefore it is not necessary for you to have cash.

## **DIETARY/SPECIAL REQUIREMENTS:**

Please inform us as soon as possible if you have any dietary requirements or any other special requests. If you have any allergies, please also let us know and don't forget to bring your own medicines

## **REGISTRATION:**

Information regarding participants please fill in the on-line application form

[https://docs.google.com/spreadsheets/d/1aM-1RopZfe6Owz1ILc5M\\_LBK4ZfZvwbdsiDKGGloee8/edit#gid=0](https://docs.google.com/spreadsheets/d/1aM-1RopZfe6Owz1ILc5M_LBK4ZfZvwbdsiDKGGloee8/edit#gid=0)

**WORKING LANGUAGE:** English.

**SPECIAL NEEDS:** Please let us know before the projects starts if you have any kind of special needs (regarding the food, allergy, etc.) through online participants list.

**USE OF ALCOHOL:** The use of alcohol is forbidden during the project with exception to Intercultural Evenings, when you can share with other participants' samples of traditional in your country drinks, which may content alcohol.

## **INSURANCE**

Participants **MUST** arrange their own travel insurance. If you are EU resident, you can use the free European Health Insurance Card (EHIC): [ec.europa.eu/social/main.jsp?catId=509&langId=en](http://ec.europa.eu/social/main.jsp?catId=509&langId=en).

Please note that citizens from outside of the EU will not be eligible for EHIC and must take private insurance, which is not reimbursable by the project. Please kindly provide us with the details of your insurance before you come to Sweden.

## INTERCULTURAL EVENINGS

During the Training will be organized cultural evenings where all the countries will present their culture. The cultural presentation you will have to prepare together with other participants from your country. We ask you to make it interactive (involving the public): you can make a quiz, organize competitions, play typical games, teach a dance or a song, etc.

There might be possibility to use projector for presentations and kitchen for preparing the food.

More specific:

1. You are welcome to bring “gastronomic” specialties from your region or country: food/snacks and drinks for this evening.
2. You may bring a map, posters, postcards and leaflets to give a picture of the place you are coming from.
3. You may bring CDs, music that you want to play during the intercultural and other evenings.
4. You may bring a short tongue twister in your own language and teach it to the rest of the group. If you cannot find a good one you may use something else (a funny song, a dance, etc.).
5. You may read up a typical story for children in your own language for max. 1-2 min. and explain why that story is special for your country/culture.
6. You may create a short quiz about your own country/culture and play it with/for the others. They might win something for a good answer... ☺
7. Each country will have own table, where the food, drinks and other items can be presented

Please feel free to use any of these ideas or present something even more creative... It's time to turn your ideas into action!

## **ELECTRICITY:**

Swedish electrical current is 230 V; 50 cycles and sockets take the standard continental European dual round-pronged plugs. A plug adaptor is required for non-European appliances. Please remember that simple adapters do not convert voltage or frequency. A power converter is necessary for appliances requiring 110 V.

## **PROJECT COSTS AND REIMBURSEMENT**

100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+.

It is necessary for participants to have travel and health insurance (not covered by project).

Participants need to provide necessary document for reimbursement. (Such as all original invoices and tickets, boarding passes and Passport or other official ID). According to the rules of Erasmus+, the maximum amount that we can reimburse for each representative of the country is indicated below in the table. Reimbursement process finishes after the project evaluation in Sweden.

Country/Organization	Max for the trip (flight/bus/train)
BULGARIA	275 €
POLAND	275 €
SWEDEN	20 €
ITALY	275 €
UKRAINA	275 €
AZERBAIJAN	530 €
GEORGIA	360 €
BELARUS	275 €

## THE TIME TABLE

	26/11	27/11	28/11	29/11	30/11	1/12	2/12	3/12	
Time	Arrival Day	Communication	Verbal & Non-Verbal	Culture	Rhetorics & Conflict	City Excursion	Erasmus+ Day	Departure Day	
		Breakfast							
9:30 - 11:00		What is communication?	Intro: Verbal Comm.	Intro: Culture	Intro: Rhetorics	City Excursion	What is Erasmus Plus?	Departure Day	
11:20 - 13:00		Patterns of communication	Group Work Discussion	Group Work Discussion	Rhetorics Cont.		Create your project - group work		
13:00 - 14:00		Lunch							
14:30 - 15:45		Taxonomy	Intro: Non Verbal Comm.	Intro: Theories & Taxonomies	Intro: Conflict	City Excursion	Present the project		
16:00 - 17:15		Communication-good and no good	Application Discussion	Application Discussion	Application Discussion		Projects competition- which one is the best and why? Reflection/Evaluation		

18:00 - 19:00	Intro Dinner Welcome	Dinner						
20:00 -22:00		1. Intercultural Evening	2. Intercultural Evening	3. Intercultural Evening	4. Intercultural Evening	Free Evening	Intercultural Goodbye Party	

**Welcome !!!**