



# **“Gender+” Training Course for Youth Workers and Leaders**

**02-09.12.2018  
Velbert (Essen), Germany**

## **Brief Description of the training course**

Everybody is gendered. Our gendered identities are not static, but change and shift according to our experiences, the context we live in, the power we have and the desires we feel. The freedom we have to control and express this aspect of our identity depends very much on the absence or presence of different expectations, pressures and prejudices existing in our communities and societies. Gender is also directly linked to power and considering gender means questioning forms of power and privilege that benefit many people, mainly men, in our societies. Gender inequalities may take different forms but gender power affects everyone on the planet, in both private and public lives. Gender-based violence is one of the most widespread forms of human rights abuse and a violation of human dignity anywhere. It often happens in private and no country is immune to it.

Youth workers and youth leaders have an important role to play in the promotion of gender equality and prevention of gender-based violence. The training course “Gender+ is a result of collaboration of youth workers from 13 EU and neighboring countries. We believe that working with gender is a competence area that can and should be developed. It begins with youth workers and youth activists working with themselves and requires reflecting on attitudes, beliefs, knowledge and behaviour that a person brings to youth work. Our project aims to empower youth workers to question their personal gender assumptions, to apply gender dimension to their youth work and youth activities, and to contribute to more inclusive and gender just societies through non-formal education methods.

The programme will be based on non-formal education methodology, i.e. experiential learning, practical workshops, working in small groups and in plenary, open discussions, simulations, role plays, etc. It will promote the values of human rights, recognition, acceptance, active tolerance, respect for human dignity, peaceful resolution of conflicts and solidarity. The proposed activities will be tailored to meet the participants’ learning needs. They will aim to explore the key concepts related to gender, encourage knowledge

development in the area of gender equality and gender sensitive approaches in youth work, and consequently, support awareness-raising initiatives that can be implemented nationally and locally.

As a result of this training course, participants will develop their gender competence. They will get a deeper understanding of the problematic effects of rigidly defined gender roles and will be able to apply gender dimension to their youth work and youth activities back home. The project is envisaged to contribute to positive changes in participating countries by decreasing the level of gender discrimination and gender-based violence affecting young people.

### **Group size and Partners:**

Target group of this project will be 32 youth workers and active members of youth organizations coming from Germany, Russian Federation, Georgia, Czech Republic, Romania, Ukraine, Netherlands, Morocco, Spain, Italy, Denmark, Albania and Lebanon.

### **Working Language:**

Working language of the training course is English.

### **Particular objectives:**

- To compare how gender norms may differ according to context;
- To encourage reflection on gender assumptions that we may be not aware of;
- To identify challenges young people face in relation to gender equality;
- To share specific tools and insights for a gender-sensitive approach to human rights education and youth work;
- To examine different expressions of gender-based violence in youth contexts;
- To train youth workers on raising awareness on the issue and, as a result, to mobilize and involve more young people in the prevention of gender-based violence;

### **Profile of the Participants:**

- Age mainly 18-40
- Youth workers, youth leaders, activists
- Able to work in English
- Willing to share the new knowledge with the members of his/her organization once he/she gets back, act as multipliers
- Active learners, available for the whole duration of the course and ready to share their experience and knowledge;
- Motivated to take an active part in all the stages of the training course

### Costs:

Board and accommodation will be covered by the hosting organization.

The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. The travel costs will be reimbursed up to the certain amount according to Erasmus+ rules.

Project participation fee is 40 Euro (to be paid at the training course).

Maximum Travel Costs for each Partner Country according to Erasmus+ Distance Calculator:

Organization, country	Number of participants	Maximum amount of travel costs per participant in Euro
JuBuK, Germany	3	50
AEGEE Moskva, Russia	3	360
Caucasus Youth Nexus, Georgia	2	360
Libertas, Ukraine	2	275
Young Women's Christian Association-Beirut, Lebanon	2	360
ACT FOR SOCIETY CENTER, Albania	2	275
The Mediterranean Forum for Youth, Morocco	2	360
PROJUVEN, Spain	2	275
Stichting MasterPeace, Netherlands	2	100
Identities, Italy	2	275
Genesis, Czech Republic	2	275
MasterPeace Ro,Romania	2	275
Danish Youth Team, Denmark	2	275

### Travel reimbursement:

Reimbursement will be done via bank transfer after the receipt of all travel documents including boarding passes. The tickets should be sent immediately after the activity.

### Further Rules regarding the booking of the tickets and reimbursement:

-The selected participants choose flight connections and send them to us or via the partners for confirmation. Please don't book any tickets without our confirmation.

- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route, extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees. Only 1 piece of checked-in baggage of maximum 15-23 kg will be covered.
- Only tickets purchased online will be reimbursed. We can't cover travel agencies' fees. Travel agencies invoices for the flight tickets won't be accepted for reimbursement.
- We can't reimburse taxi or private cars, only public transport will be covered.
- You can arrive 2-3 days before the activity and depart 2-3 days after if you want to spend more time in Germany on your own, provided that the tickets on these days are not more expensive than on the official travel days.

**PRINT** your flight tickets and invoices and give them to us at the training course. Online Check-in (per email in PDF) is highly recommended, then you can't lose the boarding passes.

**Arrival Day is the 2<sup>d</sup> of December –you can arrive at any time on this day. The dinner will be served at about 6 p.m.**

**Departure Day is the 09<sup>th</sup> of December- you can depart any time on this day. There will be only breakfast on this day.**

#### **Some information about the airports around Velbert (Essen):**

There are several possibilities how you can reach our location, so before booking the tickets we kindly ask you to check all of them and to find the cheapest one. Before booking the flight for each participant we ask the partners to send us the flight details and price, we will check and confirm or ask to book another alternative.

#### **The nearest airports:**

**-Dusseldorf International Airport** - the biggest number of airlines and connections.

Train station directly at the airport.

**-Dusseldorf Weeze-** cheap flights by Ryanair and several other airlines.

**-Cologne (Köln)** airport-many airlines, train station directly at the airport

**-Dortmund** airport- cheap flights by Wizzair and others



If you hesitate or not sure how to book your flight, feel free to ask us, we will be happy to help you. 😊

*Small tip: Velbert is situated close to such beautiful cities as Dusseldorf and Cologne, which are worth visiting. Unfortunately, we can't promise you will be able to have enough time to visit them during the project (although we're planning to make one free afternoon), that's why we would recommend you to come 1 or 2 days before the beginning or to leave Germany 1 or 2 days later after the end of the project, if you want to visit these cities. (\*please, keep in mind, that we provide the accommodation and board only during the training course).*

For the project partners and confirmed participants there is a **facebook group**. Please join for easy communication and sharing:

<https://www.facebook.com/groups/1851810481551238/>

**About the accommodation:**

Our training course will take place in the Youth Hostel Velbert

**Youth Hostel Velbert**

Am Buschberg 17  
42549 Velbert

Phone: +49 202 552372

Bring your towels and cosmetic items.

The participants will be accommodated in 4-beds-rooms, WC>Showers are in the rooms. Check-in is from 3 p.m. possible, if you arrive earlier, you can leave your luggage at the reception and go for a walk in the city.

More information you can find on the web-page of the hostel:

<https://www.jugendherberge.de/en/youth-hostels/velbert-466/portrait/>

**Application form for the pre-selected participants:**

[https://docs.google.com/forms/d/e/1FAIpQLSdM0fuP1I-VZ3INPuVQ7SBZIk0s3mY\\_57xY31k3II02AMxjw/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSdM0fuP1I-VZ3INPuVQ7SBZIk0s3mY_57xY31k3II02AMxjw/viewform?usp=pp_url)