

# Power of Kindness

Training course for youth workers

**15. - 23.10.2018., Zadar, Croatia**

We invite you to explore and learn interesting methods focused on development of cognitive, emotional and social skills that lead to violence occurrence reduction.



Partners on the project



# How to tackle youth violence?



Over 10,000 15-29 year old Europeans lose their lives to violence each year! Far more suffer physical, emotional, psychological or social harm due to involvement in, witnessing or fearing violence. **Violence can affect every aspect of young people's lives**, hampering their prospects for education, employment and health, and reducing their ability to form healthy personal and social relationships, achieve their life's potential and participate in creating healthy, safe and prosperous EU community.

- **What can we do to contribute to youth violence decline in Europe?**
- **How can youth violence be prevented?**
- **How can we help youngsters (re)act in potentially violent and uncomfortable situations?**
- **And deal with physical or/and psychological violence inflicted upon?**

We invite you to explore the answers, learn interesting methods focused on development of cognitive, emotional and social skills that lead to violence occurrence reduction and improved handling of consequences caused by experience of violent situations and share your own ideas, knowledge and experience among colleagues from Portugal, Czech Republic, Romania, Bulgaria, Bosnia and Herzegovina and Croatia in the Power of Kindness training for youth workers.



# About the project

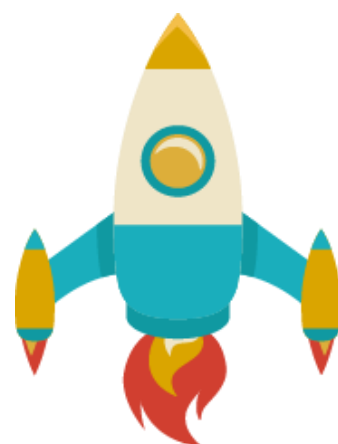
'General objective of the project is to contribute to youth violence decline while simultaneously empowering young people to realize wished for quality of life, live their potential and participate in creating smart, sustainable and inclusive EU development.



This will be achieved by means of increasing capacity of youth workers from 6 different European countries in the field of violence prevention, optimal behavior in potentially violent situations and dealing with inflicted violence in a sense of broadening and deepening their methodology through knowledge, experience and good practice examples exchange.

**The main activity of Power of Kindness project** is a training for 24 youth workers from 6 European countries (Portugal, Czech Republic, Bosnia and Herzegovina, Romania, Bulgaria, Croatia). During the training professionals experienced in working with youth and victims of violence will teach participants various awareness, behavioral and personal values processes, communication spectrum activities, **self-confidence building techniques, practicing assertiveness, conflict evasion**, standing up for yourself in unpleasant situations etc. Participants will enrich the training with their own knowledge and experience and share their methods and tools for dealing with youth

During and after the training, **participants will transfer skills and methods** learned to local high-school students in Croatia and their homeland by means of a workshop and thus emphasize the importance of **peaceful behavior in the community**. In addition, the experience and knowledge gained during the training will be shared with wide audience through web sites and social media of project partners.



# Meet the trainers

**Saša Borovnjak** is co-founder of Life Potential organization working in the field of personal development and non formal education by applying techniques such as NLP and Coaching for personal and team development. He is a certified coach, as well as a certified NLP master recognized by the International Association of Humanistic Neurolinguistic Psychology and currently specializing in Gestalt psychotherapy. Since the founding of Life Potential organization. Saša has been conducting numerous workshops for general public, various non-governmental organizations as well as for the students and faculty members of the University of Zagreb.

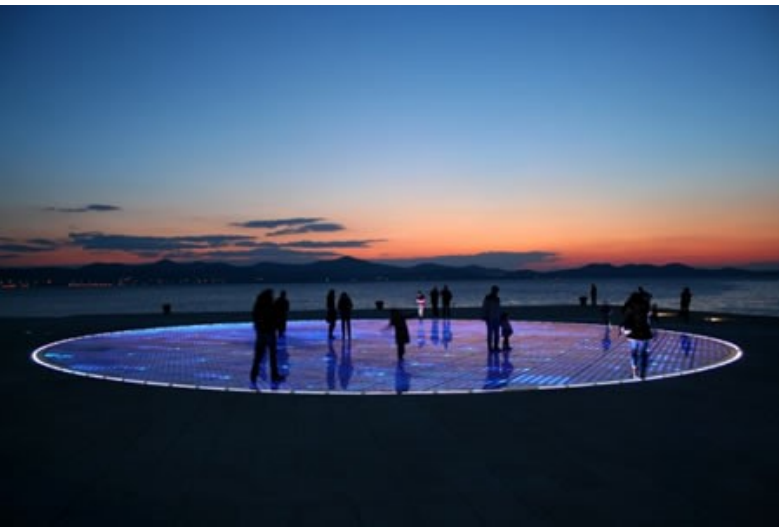


**Irina Maksimović**, a psychologist currently specializing in cognitive-behavioral and Gestalt psychotherapy, is currently managing three of her own projects aimed at violence prevention that address 300 direct beneficiaries. Within these projects she is working directly with children, young people, educators and parents. In addition, she is also working for the International Elementary School "Vedri Obzori". Erasmus+ trainings are nothing new for our Irina and this will be the fourth year that she is joining Life Potential team as an external associate psychologist to provide expert support in implementation of this project and contribute to capacity building of interested youth workers.

**Josipa Lulić**, Ph.D., head of the Centre for Theatre of the Oppressed - POKAZ, has been actively involved in the Theater of the Oppressed since 1996. She has lead numerous workshops, performances, public displays of Forum Theatre and other public actions in cooperation with a number of associations including workshops for young peace activists at the Mladi MIRamiDA community. In addition, Josipa was the lecturer of Forum Theater course at the Centre for Peace Studies in the year 2008/2009. She also participates in human rights education of high school students and runs workshops within the School of Human Rights. From 2010 to 2017 she worked as an external associate on all forum theater projects of the "Luka Ritz" Advisory Center. In 2015, she had the opportunity to participate in theater forum education at the World Theater of the Oppressed Center in Rio de Janeiro, Brazil. We are happy to welcome Josipa to our team for the first time! :)



# Join us on the training course in town Zadar, on beautiful Croatia coast!



## Venue and accommodation

**Zadar** is a three thousand year-old town and has been the capital town of Dalmatia for many centuries. The Mainland Gate (Kopnena vrata), to the east of the Old Town, was built in 1543. It is also renowned for having the most beautiful Romanesque churches in Croatia, such as the Cathedral of St. Anastasia, the Church of St. Chrysogonus, and the Bell-tower of St. Mary (all 12th and 13th century).

Apart from the rich cultural heritage it is bustling with life and charm, but the real treat is the proximity of the Kornati, a beautiful archipelago of tiny islands that make some of the best sunsets in the world. Orson Wells thought so as well.

**Youth Hostel Zadar** is situated at 5 km distance from the bus terminal (take bus line no. 5 or no. 8 which brings you straight to the hostel) in the famous Borik tourist zone, that offers many commodities.





# Day-to-day program

	Monday, 15.10.	Tuesday, 16.10.	Wednesday, 17.10.	Thursday, 18.10.	Friday, 19.10.	Saturday, 20.10.	Sunday, 21.10.	Monday, 22.10.	Tuesday, 23.10.		
8:00 -	Breakfast										
10:00 - 13:00	Registration (till 6PM)	Interactive presentation of the Training; Presentations of cases of violence by national teams & discussion;	Communication tools: <i>understanding others</i>	<i>Interview the locals! (on field activity)</i>	Nonviolent communication	Forum theatre I	Violence prevention workshop - Act locally!	Interactive workshops on tackling violence in local high school led by Power of Kindness participants	Departures		
13:00 -		Lunch									
15:00 - 19:00		<i>Perceptual positions in communication ; Working with violence affected youngsters - presentation of methods by national teams;</i>	<i>My own personal values!; A thing or two about coaching - a valuable tool for good communication;</i>	<i>Disney strategy of creativity; Using metaphors in communication;</i>	Nonviolent conflict resolution	Forum theatre II	Violence prevention workshop - Think globally!	Closing ceremony			
19:00 -	Dinner				INTERNATIONAL EVENING - presentation of national cuisine & traditions	Dinner					
20:00 - .....	WELCOME EVENING - presentation of the	Power of Kindness MOVIE NIGHT	FUN & GAMES	Exploring ZADAR by night	INTERNATIONAL EVENING - presentation of national cuisine & traditions	Exploring ZADAR by night	c:Peace songs from home contest #b	Dance battle night			

Organizers reserve the right to adjust the schedule according to the needs of the program and participants.

## Program highlights

**Perceptual positions in communication** is a method often used in NLP to enable a person to perceive a situation from the perspective of other actors involved which consequently increases her/his empathy, sense of solidarity and social skills.

**Communication tools: Understanding others** through realization of *the difference between a map and a territory. We, in fact, respond to our own internalized map of reality, as everyone else. Use of this insight might change our reactions.*

**My own personal values** is a bouquet of methods for recognizing, using and changing inner values - possible sources of unwanted conflicts and actions. Being aware of your inner values can be a powerful catalyst of good change, meaningful efforts and productivity in life.

**A thing or two about coaching**, a method of curious and attentive listening, asking (the right/important) questions and nonjudgmentally supporting the answers to reach clarity, in general and in communication. It helps us to get in touch with our own feelings, wishes and needs and evade potential conflict.

**Disney Creativity Strategy** is a mighty tool for improvement of communication in a team. Conflict situations among team members are not that rare. By understanding the dreamer's, realist's and critic's point of view, one can evade future conflicts.

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**Using metaphore in communicationon** - participants will experiment with the creation and use of metaphors in communication. Metaphor is a powerful way for the development of creativity, the strengthening of communication and social skills.

## Practical information

### When?

The training for youth workers *Power of Kindness will be held* from Monday, 15<sup>th</sup> October 2018 till Tuesday, 23<sup>rd</sup> October 2018.

**Registration: Monday, 15.10.2018. till 6 PM.**

**Departures: Tuesday, 23.10.2018. after breakfast.**

### Where?

**Zadar, Croatia** is a lovely, ancient town situated on the Adriatic coast. More about Zadar @[wiki](#) & [Zadar Tourist Board pages](#). Climate in Zadar is Mediterranean which means that in October the average day temperature is around 15°C and it could rain, so **bring your umbrellas and raincoats**. Bring your **swimsuits** as well because the sea temperature could be warm enough for swimming, especially on a sunny day.

\*The **currency** in Croatia is Kuna (Kn). **1 EUR is roughly 7,5 Kn.**

### How to get to Zadar?

By **plain** (<https://www.zadar-airport.hr/en>)

We recommend [www.dohop.com](http://www.dohop.com) for flight search.

Once you arrive to Zadar Airport, we recommend taking the bus to the Main Bus Station Zadar. The ticket costs 25 Kn.

More info @ [www.zadar-airport.hr/en/public-transport](http://www.zadar-airport.hr/en/public-transport).

By **bus** (<http://www.liburnija-zadar.hr/>)

Getting to Zadar by bus is relatively fast, simple and affordable, especially if you're coming from Zagreb or Split. If you are younger than 26, you might get some discounts (depending on the bus company). Check out *FlixBus and similar international bus companies as well, as Zadar is a tourist destination*.

By **train**

Plan your international train trip using DB site: <https://www.bahn.com/en/view/index.shtml>. For routes in Croatia only go to: <https://prodaja.hzpp.hr/en>.

## By car

Croatia has some good highways so you can travel fast from one side of the country to the other one, but you pay tolls. If you decide to avoid highways, you will enjoy the scenery much more, but the trip will be a little longer.

Except for the usual navigation, we recommend visiting <https://www.viamichelin.com/> to help you calculate your costs. *Life Potential team is at your disposal for any further information regarding traveling to Zadar (even if you decide to come by boat or bike:).*

## Reimbursement

Every participant of the *Power of Kindness training* will be fully reimbursed for her/his travelling costs to and from Zadar on 23<sup>rd</sup> October 2018 after:

- completing the training,
- presenting the original traveling tickets and/or invoices and
- a proof that the travel cost was least expensive in comparison with other options (for example, a print screen of flights search result with at least 2 more expensive options on the date of ticket purchase).

## Accommodation

The *Power of Kindness training for youth workers* will be held at **Youth Hostel Zadar** (<http://hfhs.hr/en/hostels/zadar-youth-hostel-407>), Obala kneza Trpimira 76. It is situated 5 km away from the Main bus station Zadar. To get to the YHZ, take the bus line 5 or 8 at the Main bus station and get off at the "Puntamika" bus stop. The bus ticket costs 10 Kn for 1 ride if you buy the ticket in the bus and 16 Kn for 2 rides if you buy the ticket at a booth (for example Tisak or i-Novine).

Participants of the Training will be sleeping in rooms for 6 persons.

Meals (with and without meat) will be served 3 times a day.

## Personal "to bring list":

- Comfortable clothes (raincoat/umbrella, swimsuit)
- Personal things (towel, personal hygiene kit)
- Personal medication (if needed)
- **Valid HEALTH / TRAVEL INSURANCE**
- Passport or other official identification
- Invoices and travel tickets

## National team "to bring list":

- **1 laptop** per national team
- 1 violence prevention oriented movie, preferably originating from their country
- Food, drinks, national features for the *International evening*

## Important phone numbers in Croatia:

+385 112 – Call for Urgent Help

+385 192 – Police

+385 194 – Urgent Medical Assistance

+385 193 – Fire Department

+385 1987 – Road Assistance

+385 195 – Search and Rescue at Sea



For more information about the Power of Kindness project and how to **apply for the training**, please **contact the project partner in your country**:



Life Potential  
Zagreb, Croatia  
**++385 91 533 53 19** (Jelena Radosevic)  
**info@lifepotential.org**  
www.lifepotential.org



Snaga mladih / Youth Power  
Mostar, Bosnia and Herzegovina  
**++387 36 835 028** (Armin Cerkez)  
**armin@youth-power.org**  
<http://www.youth-power.org/>



International Youth Committee for  
Educational Initiatives and Programs (IYCEIP)  
Kostinbrod, Bulgaria  
**++359 89 635 1135** (Ivan Gudev)  
**ivan.gudev@abv.bg**



Bunkr, o.p.s.  
Třinec, Czech Republic  
**+42 73 270 3930** (Renata Turonova)  
**turonova@bunkr.cz**  
www.bunkr.cz



Aventura Marão Clube Associacao (AMC)  
Amarante, Portugal  
**+351 91 305 1999** (Jorge Miguel Pinto)  
**jmrppinto@gmail.com**  
www.aventuramaraoclube.com



ASK Yourself  
Bucharest, Romania  
**+40 72 992 2709** (Oana Alina Rizescu)  
**oanarizescu@yahoo.com**  
askyourself.ro



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