



NVC FOR POST-PANDEMIC YOUTH WORK



FONYÓD [HUN] 5–13 FEB 2022



NVC for Post Pandemic Youth Work is an international project developing competencies of youth workers to practice and embrace communication in a nonviolent way – observing and acknowledging own and others’ needs, recognising and expressing emotions, building peaceful relations with other coworkers and young people. The aim of the project is to prepare youth workers and leaders, project coordinators, to deal with post-pandemic situations of conflict, tension or misunderstanding in their work environment, where meaningful communication ways and reaching a compromise are needed for the common good, growth and harmonic co-being. As much as conflicts are natural for human relations, our concern is for them not to be perceived primarily “bad” and in this way not to let them threaten the basic sense of safety. That type of attitude towards conflict, very often, leads us to violent defensive reactions. At these moments we lose the resource that conflict situations contain and carry in itself.

Competencies to be in contact with your own needs, and communicate them out to others, are especially valuable in this context, working with multinational and cross-cultural groups, youth at risk, migrants, where backgrounds and culturally defined understandings are shaping the strategies how people meet the needs. They are very often qualitatively different from one another and leading to the inappropriate, irrelevant interpretations of each others’ behaviours and words, accordingly - to frustration, disharmony and destruction in the communication process and coexistence.

NVC in Post Pandemic Youth Work training program involves 24 youth workers coming from 8 different countries, who notice an increased level of violence, radicalisation, aggression in digital or physical context and lack of tolerance of youth in their communities and working environment and practice NVC and mindfulness approaches in order to deal with mentioned realities in a meaningful way. These factors make youngsters feel more and more vulnerable, and Nonviolent Communication is a more and more needed as way to understand self and others.

Project activities consist of an online module and a residential training course aiming to have impact in two main areas:

- Develop the competence empathy of youth workers by building a training group, where participants will share their challenges, get connected with their emotions and needs and practice to understand others as well
- Provide a learning experience for participants to improve/ acquire knowledge and skills in Nonviolent Communication and mindfulness methods and tools to deal with stressful and conflict situations in the future

The project is based on two main conceptual approaches - NVC and Mindfulness - upon which has been constructed the program for the training activities.

Profile of participants

The training course is open for youth workers, youth leaders active at any level, interested in the topic and sharing our concerns mentioned in the background of this project. The participants shall be the age above 18 years. The main approach of the selection of participants is to ensure the diversity. We also wish to involve newcomers in the field.

An ideal candidate for participant is: preferably fully vaccinated, preferably a youth worker or youth leader active at local level, being interested in the topic, has good communication of English language, is above 18 years old, being able to promote the results of the training course afterwards.

Travel information

Travel costs will be reimbursed up to the maximum amount per country and only in exchange for your ORIGINAL tickets, so keep all boarding passes, metro or bus tickets, etc. Flight tickets and invoices must show full name, travel dates and price. All kind of extras like food on the plane, more comfortable seat etc. we do not reimburse. If you use airline apps and electronic boarding passes, take a screenshot of the boarding pass right away as some airlines delete them shortly after the flight!

Country	City	Organisation	Number of participants	Travel cost limit per person (EUR)*
FIN	Yerevan	Armactive Youth Center NGO	3	275
GER	Leipzig	WINetzwerk e.V.	3	275
HUN	Dombovar	EMINA Foundation	3	20
ITA	Messina	In Progress	3	275
NED	Den Haag	Culture Clash4U	3	275
SVK	Bratislava	ADEL	3	180
SWE	Stockholm	Nordic European Mobility	3	275
TUR	Karacabey	Turkish Society for Cultural Relations	3	275

Please do not buy any tickets without our confirmation or permission. You are strictly required to contact us and send travel plan of the participant beforehand. You can proceed with the ticket purchase only after you get our permission. Travel plans have to be sent to lorinczandras1984@gmail.com within 3 days of approval of applications. Deadline for purchasing tickets: following day of approval.

We ask you to bring us all boarding passes and tickets with invoices for your travel expenses. If you do not have these documents we will not be able to reimburse your money. In order to receive full travel reimbursement, participants have to attend on the educational programme, fill in the individual participants' report after each training and take part in dissemination of results.

Travel costs are fixed amount of money per participant based on the travel distance. Travel distance was calculated using the distance calculator supported by the European Commission. We will reimburse you the amount of money that you have spent on travel tickets but not more than the fixed amount per participant from each country.

The costs of travel by private car cannot be reimbursed. Extra costs (insurance and catering during your travel) cannot be reimbursed. Reimbursements will be made via bank transfer to the partner organisations. Payment of bank transfer fees will be borne by recipients. Reimbursements will be done after you send back the documents of return trip and fill in the individual participant's report.

The official currency of Hungary is forint (HUF). Do not forget to change your currency if you want to buy souvenirs or some extra things you need (accommodation and meals are provided for the project days). Check numbeo.com website for prices in [Hungary](#) and in [Fonyód](#). Money exchange spots and rates in Hungary: <http://www.valutacentrum.hu>.

Board and lodging will be covered from February 5th evening until February 13th breakfast. You are welcome to stay some days longer, before or after these dates for travel, relax, visiting friends, etc. on your own expense. It is your responsibility to buy a travel insurance!

Visa and travel documents

Participants coming from the European Union, Georgia and Ukraine do not need visa to enter the territory of Hungary. Participants from these countries will need to have only a valid identity card or an international passport. Please check the validity of your ID or passport before departure. Before travelling, check whether you are entitled to leave your country and enter Hungary with your travel documents!

Covid-related information

Participants can enter Hungary if they are fully vaccinated. We strongly advise this project for participants who are fully vaccinated against Covid.

Examples of acceptable immunity cards to enter to Hungary):

EU citizens: Hungary accepts the EU Covid Certificate

Slovakia: Hungary accepts [this](#) immunity certificate

Turkey: Hungary accepts [this](#) and [this](#) immunity certificates

Insurance

Participants are required to have an insurance for the whole duration of the training. This is obligatory for your safety and health. The European Health Insurance Card is valid in Hungary.

Accommodation and catering

The 3-star Hotel Balaton Fonyód is set 250 m from the beaches of Lake Balaton, in the holiday resort Fonyód. Guests can benefit from the pools and rooms with fans and mosquito nets. The local marina is 100 m away.

The Balaton Hotel has a modern spa area with a beautiful indoor pool. A hot tub and a sauna are also at guests' disposal.

All rooms are equipped with satellite TV and a minibar. Some units are air-conditioned.

A garden and a restaurant with a terrace are provided. Guests can enjoy Hungarian and Mediterranean dishes there.

In nice weather barbecues are organized on the terrace or you can enjoy 360 degrees view of the surroundings from the covered viewpoint on the top of the building.

Balaton Hotel offers a 24-hour front desk, free access to Wi-Fi in the lobby and free public parking.

More information about the venue: <http://www.hotelbalaton.hu>

Participants will be provided dinner on the day of arrival, three meals on the project days and breakfast and lunch on the day of departure. Dietary needs such as vegetarianism will of course be taken into consideration as much as possible. Please be however open-minded and curious to Hungarian cuisine.

Getting to the venue

Hotel Balaton (Fonyód) can be reached by trains running hourly from Budapest Déli train station. Tickets can be bought online at <https://jegy.mav.hu> or at the vending machines at the train station.

Find Budapest Déli station here: <https://goo.gl/maps/P59MdPMBLeKJSKVy5>

The hotel is just 2 minutes walk from the train station of Fonyód. Find the hotel on the map: <https://goo.gl/maps/L2RqPXf8X1N4LttM8>

Application

Application form on our sister organisation's website:

<http://culturalrelations.org/events/international-projects/application>

Contact information

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More information about the project can be found here:

<https://eminafoundation.eu/nvc-for-post-pandemic-youth-work> Please feel free to use the published information for dissemination purposes

Host organisation eminafoundation.eu

EMINA Career and Guidance Foundation aims to promote career guidance and conscious way of life to young people and to facilitate both national and international events focused on the social situation of young generations.

Main partner culturalrelations.org

Founded in 2012, The Institute for Cultural Relations Policy is a non-governmental and non-profit organisation fostering scientific education and public discourse regarding cultural relations policy. The institution is based in Budapest, Hungary. ICRP focuses on global intercultural dialogue and forms of cooperation between intra-cultural entities, aiming to promote the protection of International Human Rights and recognition of cultural diversity and heritage in an interdependent world.

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