



LET'S MEDIATE – Training course on Alternative Dispute Resolution in EVS

02.12.2018 – 10.12.2018, Worcester, United Kingdom

Let's mediate is a training course for EVS coordinators, mentors, trainers, youth workers and educators, who work in context of international volunteering and would like to develop skills connected with mediation as a method of Alternative Dispute Resolution.

For participants from:

Bulgaria, Czech Republic, Estonia, Italy, Malta, Poland, Portugal, Slovenia, Spain, United Kingdom.

Dates

- **Arrival:** 02.12.2018
- **Programme days:** 03.12.2018 – 09.12.2018
- **Departure:** 10.12.2018 in the morning (no programme on that day)

How to apply:

If you wish to participate in our TC please fill in an application form in here <https://goo.gl/forms/zPO75ZIZZ6G2WfF92> no later than **12th of October** (but the sooner the better ;))



About the project

The training course is targeted for people actively involved in international volunteering projects (especially for EVS/ESC coordinators) who work with volunteers on a daily basis and who already have some experience in non-formal education and experiential learning. The programme is designed for people who are ready to learn, explore, discover and develop their skills, competences and know-how and will be able to use it later in their jobs and communities.

TC is a follow up of the project “First ADR Kit” (<http://firstadrkit.org>) and it aims at implementing ADR with special focus on mediation as a conflict resolution tool in EVS/ESC. Mediation is a way of solving conflicts amicably with a support of third, neutral person, who facilitates the parties of the dispute through all stages of conflict, supporting them in dealing with emotions, identifying their interests, creating options and finally – reaching a common ground. So far known mostly in commercial disputes – mediation gains recognition as one of the most efficient and constructive way of solving conflicts.

The course is based on non-formal education methodology and will have a form of practical exercises and simulations. Participants will have a chance to understand: how active listening works, how to practice the loop of understanding, how to paraphrase, summarise and emphasise, how to be creative in conflict resolution process, what to do in order to find common grounds etc. The programme will be built on actual knowledge and experiences of the participants focused on international volunteering features. It will also allow for strong intercultural aspect in a form of simulation exercises. Simulations will be especially designed for the course and will allow the participants to experience the conflict “inside-out” both as mediators and the parties to the dispute.

Detailed programme will be sent in November. It will be adjusted to needs and expectations of participants.

Objectives of the training course:

- To explore the topic of multiculturalism and intercultural dialogue;
- To learn about origins of different types of conflicts and possible methods of solving them;
- To promote and explain Alternative Dispute Resolutions with special emphasis on mediation
- To teach in practice skills relevant to effective negotiation and mediation;
- To use mediation in solving conflicts during EVS projects in partner organisations;
- To increase the quality of EVS projects in partner organisations;
- To discuss about challenges and difficulties connected with EVS/ESC and future of international volunteering.
- To create a field for further cooperation and development of new volunteering projects;
- To share the results of First ADR Kit strategic partnership devoted to mediation in youth education.



Practical Arrangements

All participants will be accommodated in basic triple rooms (single sex) at the Travelodge Hotel, situated in the very centre of Worcester. Please visit: <http://www.travelodge.co.uk>. Additionally, all meals will be provided at the hotel or other workshop venues, depending on the daily programme.

The address of the hotel:
Travelodge, Cathedral Plaza
3 High Street
Worcester, WR1 2QS
United Kingdom
Tel: 0871 984 6277?
Fax: 01905 22584

Directions to the hotel from Worcester Foregate Street Train Station:

When arriving to Worcester, please get off at Worcester Foregate Street Train Station (there are two stations in Worcester– please do not get off at Worcester Shrub Hill Train Station).

Next:

- 1) When you exit the train station, turn left and walk towards the city centre (the road is called High Street)
- 2) At the end of High Street, there is a statue of Edward Elgar (the Cathedral is on the opposite side of the road) – if you turn left here and walk about 40 meters you will find the entrance to the Travelodge Hotel (to your left under the covered walkway).

Travelling to the UK

2nd of December– Please arrive to Worcester by 6pm at the latest. Closer to the training course we will confirm the exact meeting place in the city. Most probably it will be the Travelodge Hotel, where we will all stay.

10th of December – To allow time to get to the airports, your return flight must be after 9 am from Birmingham Airport, or later from other airports. If unsure, please consult us before purchasing any tickets.

The nearest airports are listed by distance/convenience:

- Birmingham Airport – this is the easiest airport to use and is only 1 h away from Worcester
- East Midlands Airport (1 h 30 min)
- Luton Airport (2 hours 20 minutes)
- Manchester Airport (2 hours 20 minutes)
- Heathrow Airport (<3 hours)
- Stansted Airport (<4 hours 20 minutes)

In order to find suitable connections between your airport of arrival and Birmingham please check:

- trains - <http://www.thetrainline.com>
- coaches - <http://www.nationalexpress.com> or <http://uk.megabus.com/>



Finances

The following project is financially supported by the Erasmus + KA1 grant. Hence, 100% of the food and accommodation expenses will be covered by the organisers, as well as up to 100% of the overall travel costs (please see the max. allowances per country listed below). Also, due to some extra resources required for the course, participation fee has been set as **30 EUR/participant**.

Travel costs

Your **travel costs** will be reimbursed up to the following amount per person based on real costs of your tickets:

Country	Partner	Number of participants	Max reimbursement
Bulgaria	SDRUZHENIE PROMYANATA E V TEB	3	360 EUR
Czech Republic	EVROPSKE CENTRUM MLADEZE BRECLAV EUROPEAN YOUTH CENTRE BRECLAV Z. S.	3	275 EUR
Estonia	MTÜ NOORTEVAHETUSE ARENGU ÜHING ESTYES	3	275 EUR
Italy	ASSOCIAZIONE DI PROMOZIONE SOCIALE JOINT	2	275 EUR
Italy	EVROPSKE CENTRUM MLADEZE BRECLAV EUROPEAN YOUTH CENTRE BRECLAV Z. S.	2	275 EUR
Malta	PRISMS Malta	3	360 EUR
Poland	Stowarzyszenie Rozwoju i Integracji Młodzieży STRIM	2	275 EUR
Portugal	ASSOCIACAO SOCIAL RECREATIVA JUVENTUDE VILA FONCHE	3	275 EUR
Slovenia	Mladinski center Zagorje ob Savi	3	275 EUR
Spain	ASOCIACION JUVENIL INTERCAMBIA	2	275 EUR
Spain	ASOCIACION MUNDUS - UN MUNDO A TUS PIES	2	275 EUR
United Kingdom	Consilium TD	2	20 EUR



The reimbursement will be done during the Training Course by cash after collecting all travel documents.

IMPORTANT! The reimbursements will be possible only upon submitting original travel documents: **E-ticket, Invoice, Proof of payment or receipt, Boarding passes.** Please remember to prepare all the documents in advance, which means – you should **have with you return tickets as well.** For those of you traveling by plane – please check if it is possible to do the **check-in on-line.** All travel documents must include: **price, travel route, date of purchase, date of travel.** Only the cheapest fair (2nd class) and route can be covered. We can not cover taxi expenses.

Reimbursement will be done in EUR, regardless of the currency indicated on your ticket/invoice.

Please **DO NOT BUY** any tickets before official confirmation of your participation.

In line with the rules of the ERASMUS+ Programme, we would like you to make your travel arrangements using the cheapest travel options. Also, before purchasing any tickets, please make sure that your travel times/cost are approved by us in advance!

**Should you have any problems or need advice you can always contact us.
We'll be happy to help!!!**

Preparation

Please bring with you:

1. Interesting cases about conflicts related to volunteering in intercultural context.
2. Some snacks from your country for intercultural evening
3. If you like, you can bring materials about your organisation – we will have short presentations but without PowerPoint!
4. Comfortable shoes – we might spend sometime outside

INSURANCE

The organisers do not provide participants with any form of insurance for the time of the project. That's why **make sure you have a valid medical insurance.** All EU citizens can equip themselves with European Health Insurance Card that is valid and respected in all public medical practices and hospitals in Poland. Please remember that the project will not cover for any of your losses so it is better for you to take care of that in advance.



SOME PRACTICAL INFORMATION ABOUT THE UK...

Weather:

British people always talk about the weather because it is very changeable and unpredictable. December is usually already very cold with 0-10 °C. It is also very likely to be raining...hey! Never heard about the rainy British weather? ;) Therefore, when packing your suitcase make sure you have enough clothing to wear during cold or rainy days. Also, do not forget about a raincoat and/or umbrella.

Typical Food:

Because the British diet is so varied and multi-cultural it is difficult to define a typical meal. Britain is quite famous for its fish and chips, which is cod or haddock deep fried in batter and served with chips (fries). Food served in pubs is also popular because it is cheap and is the most representative of what British people like to eat. In large cities and towns you can eat anything from Lebanese food to Sushi. For more information about the British food, please check this website:

<http://www.iamintheuk.com/957/british-foods-favourite-drinks/>

Money and Currency Exchange:

British currency is Pound Sterling (GBP or £). You can easily exchange foreign currency into sterling at banks, post offices, travel agents and exchange office. All towns have at least one facility where you will be able to exchange your money. Exchange rates for the most popular currencies will be displayed on a board and travel agents tend to have this board on display in their shop window.

Electricity

When coming to the UK make sure you buy a special adapter for all your electrical appliances e.g. Laptops, driers. The sockets here are different than in other parts of Europe and use standard 3-pin square plugs.

Traffic Rules

In the UK we drive on the left side of the road ... but we also have one-way streets so here traffic may be travelling from the right or the left! Please make sure you pay attention to the traffic and always look both to the right and to the left before crossing - we want you to arrive safely!

See you soon!

If you have any questions please do not hesitate to contact:

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