

I CAN DO IT! How to support civil courage within EVS projects

30.5.-6.6.2015 organized and hosted by Grenzenlos in Vienna Austria



"I have increased my understanding of civil courage enough to actually be useful to others in order of educating them. I have learned many new methods that I will apply"

"We did different activities that were very nice and effective such as the forum theatre, the debates, reflection time. I will bring with me these new methods, the reflections I did the will do improve myself and to be active."

"I exchanged my opinion about civil courage with very different people -> meeting these great persons & discussing this topic, I got encouraged to fight more for human rights and state my opinions."

"I think I will use some methods that we experimented during this training as soon as possible in my work with young people and I will continue to search information about the topic and to reflect on it."

Aims and objectives of the training:

- To promote and teach civil courage within IVS projects
- To share methods on how to encourage volunteers, mentors and youth workers to stand up for their own beliefs
- To sensitize volunteers on situations where civil courage is needed
- Train different possibilities on how to re-/act in public life
- To give youth organisations methods on how to train civil courage within their international voluntary projects
- To sensitize volunteers and mentors towards dangerous situations
- To rise participants self confidence and empower them to take action
- To give participants and youth organisations involved in international voluntary projects tools to stand up against racism and inequality

As part of the Erasmus+ Key Action 1, the training's main focus was to show participants how to enhance civil courage. Crucial was to promote professional civil courage in international projects as well as to transfer the methods from Grenzenlos e.V. to international partners.

To impart how to handle difficult situations in a peaceful and also successful way and a guideline to professional decision-making were the aims of Grenzenlos. The participants got specific knowledge about what civil courage really means by experts and got to know each other's challenges and difficulties. Through presentations by political refugees, first hand information about tough situations, but also interactive discussions, activities and evaluations the participants acquainted with civil courage. Mainly non-formal learning methods also lead to professional means and a good understanding of the topic additional to the definitions, terminologies and further important knowledge for example about intercultural communication and conflict management. Parallel was to encourage the participants to pass on the skills, information and abilities they gained within their own projects and elsewhere.

Trainers and support team: Marta Jimenez, Miguel Tabera, Gohar Ghandilyan, Bianca Schallandar, Linda Winkler

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