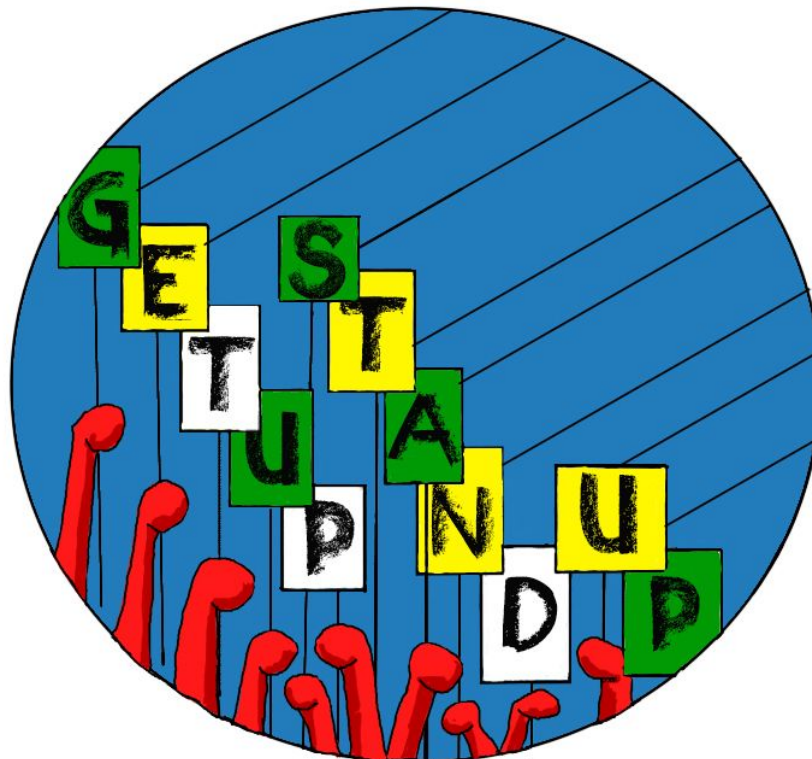


#GetUpStandUp

3rd International Training Course



24 - 30 of October 2019
Pedoulas Village, Cyprus

Dear friends of YEU Cyprus,

It is with great delight and supreme enthusiasm to announce, that time is running fast, and we are getting closer and closer to the training course “Journey to Your Happiness”!!!

Between the **24th and 30th of October 2019 (including travel days)**, YEU Cyprus will be meeting 30 participants (educators, youth workers, activists etc.) from 6 different countries (Cyprus, Greece, Germany, Poland, Czech Republic and Italy). Bring your positive energy and motivation, because lots of work and commitment is expected from everyone, but at the same time have no fear; we promise lots of fun too! We might already know some of you, but in any case, we are so excited to be meeting all of you. And we can definitely promise that this training is going to be another memorable activity. Are you ready to take this challenge?

This conference will take place in Elyssia hotel, in the beautiful village of Pedoulas. Be ready to open your mind and soul for what is to follow in order to spread your ideas and expertise back to your countries. We have no doubt that you will all be the best ambassadors of the particular knowledge and experience. So... get prepared for this unique experience and see you soon!

See below some more information about the project, as well as what you have to prepare before coming to Cyprus.

Best wishes,
YEU Cyprus Team

#GetUpStandUp Third Training Course

Aim

The TC will examine the theory and practices of human rights advocacy in the EU focusing on the previous mentioned time period and today. During the TC participants will be engaged in practical tools for peace and conflict analysis and they will be equipped with the necessary skills and knowledge for human rights activism and social change.

Objectives

To equip youth workers with the basic concept of advocacy and its connection to human rights and active citizenship;

To enhance the skills of youth workers in adopting non-violent ways of advocacy for human rights in their everyday lives

Further strengthen the ability to act and react to human rights violations and support to human rights activist groups.

The training course has been designed with the goal to build up the capacity of youth workers from Europe to constructively engage conflicts and injustices in their communities by raising awareness and advocating for change. Building on the diverse history of human rights advocacy and activism in Europe, participants will learn to use basic human rights and conflict transformation tools to analyse and dissect situations they encounter so that they can then conceptualise creative, nonviolent responses before conceptualising strategies to make their campaigns effective. Based on the understanding that it is not a lack of interest that keeps the majority of us from engaging injustice, but rather a feeling of not knowing how and where to start, the training course seeks to empower anybody that is willing to stand up not only for their own rights, but also the human rights of others.

#GetUpStandUp

#GetUpStandUp is a long term project by the European Commission under the “Europe for Citizens” Programme, Strand 1 – European Remembrance.

#GetUpStandUp surrounds itself with influential European protests – 1968 Protest and civil rights movements, the invasion to Czechoslovakia, the student protests and anti-Semitic

campaign in Poland, the 1989 Democratic revolutions in Central and Eastern Europe and the fall of the Berlin wall – in order to raise awareness of their significance, use them as examples to stimulate debate and finally utilize them as means of reflection and comparison on their nature and their influence on contemporary protests as well.

The participating countries are Cyprus, the Czech Republic, Greece, Germany, Italy and Poland. In total 10 organisations will participate. This goal is implemented throughout the project with the use of four activities:

<p>#1 Public Intervention</p>	<p>#2 Public Debate</p>
<p>It aims to engage bystanders into discussions on previous and current civil rights movements and the distribution of human rights and collect opinion.</p>	<p>It focuses on the distribution of human rights on a local level and the comparison of past and present human rights advocacy</p>
<p>#3 Structure Dialogue</p>	<p>#4 International Training Course</p>
<p>It provides a discussion among participants and the production of policy papers with recommendations on effective tools to maximise civil engagement in advocacy and a more democratic participation.</p>	<p>It examines the theory and practice of human rights advocacy in the EU. Based on non-formal education, it is aiming to inspire the participants to actively engage in the subject of civil participation across Europe</p>

Youth For Exchange and Understanding Cyprus
YEU Cyprus

YEU Cyprus was established in 1995 as a Cypriot local civil organization (NGO), aiming to foster closer co-operation and better understanding among the young people of the world by

exchanging information, experiences and ideas, on cultural, educational and social issues. YEU Cyprus is affiliated with YEU International platform. It is a full member of Cyprus Youth Council (CYC) - the official coordinating body of Cypriot Youth Organizations. It implements several activities including workshops, field trips and training courses and it organizes and participates in various international and local events to foster tolerance and mutual respect among youngsters. Visit our website for more details about YEU www.yeucyprus.org or find us on facebook <https://www.facebook.com/yeucyprus/?fref=ts>

Trainer: Benedikt Hielscher

Benedikt Hielscher is a social entrepreneur, trainer and facilitator with expertise in the fields of peacebuilding and conflict transformation. After eight years abroad during which he spent time living, learning, and working in countries all across Europe and the Middle East and North Africa, he has recently relocated to Berlin where he founded the social enterprise Conflict Consultancy. Benedikt has gained extensive experience during his years of service as Peacebuilding and Mediation Support Programme Coordinator at the Department of Peace Operations of the Romanian Peace Institute PATRIR. In this capacity, he has worked with Libyan tribal and community leadership, civil society, women's organisations and youth to strengthen sub-national mediation and peace processes. In Sudan, he has worked with the Governance and Community Stabilization Section of the UNAMID peacekeeping mission in Darfur and the Sudanese Disarmament, Demobilisation and Reintegration Commission to build up local, national and institutional capacities for stabilisation, post-war recovery and peace consolidation. In Europe, he was advancing the implementation of European policies and legislation to support global civilian, youth-led peacebuilding efforts. Benedikt holds a Bachelor's degree in psychology from Utrecht University, and a Master's degree in political psychology from Queen's University Belfast where he focussed his work analysing intergroup conflict and political processes in the Middle East.

Profile Of The Participants

- 3 youth workers, youth leaders or activists per organisation aged 18+
- Preferably participation in any of the previous activities, especially the **Structure Dialogue Conference**
- Basic knowledge on human rights education or advocacy
- Desire to explore advocacy and human rights awareness and violation in European Union
- Interest in exploring non-formal education techniques

What To Bring

- The recommendations created during the Structure Dialogue Conference
- Material from your NGO
- Policies from your country regarding the protection of Human Rights
- Examples of big or small acts of human rights activism in your country
- All your boarding passes and invoices of the purchase of your tickets.
- Any medicine you might need
- Creative, innovative and sustainable ideas
- Your smile and good will to work constructively with everyone ☺

Partners

- YEU Cyprus
- Citizens of Europe e.V. (Germany)
- Fattoria Pugliese Diffusa Associazione Culturale (Italy)
- H.R.Y.O Human Rights Youth Organisation (Italy)
- Inter Alia (Greece)
- Unities Societies of Balkans (Greece)
- Tmelnik z.s (Czech Republic)
- Evropske Centrum Mladeze Breclav (Czech Republic)
- Centrum inicjatyw Młodzieżowych Horyzonty (Poland)

- Europejskie Forum Młodzieży Stowarzyszenie (Poland)

Traveling To Cyprus

In Cyprus, there are two international airports that you can use; the Larnaka and Paphos airports. Be careful since travelling from **Ercan Airport** cannot and will not be reimbursed as it is not an official airport of the European Union.

Please, send us your reservation for travel tickets as soon as you book them at projects@yeucyprus.org

- Tickets must be from your country of origin to/from Cyprus. No other tickets can or will be reimbursed. Transit tickets are also eligible.
- You are allowed to come only 2 extra days before or after the project dates, but accommodation and food cannot be funded.
- Please be in Cyprus on 24/10 no later than 18:00 since we are going to the venue by a private bus and there is no other way to reach the village.

The documents needed to complete your reimbursement:

1. Boarding passes (you will NOT be refunded without them!)
2. Flight tickets (which include your flight details, your name and the amount)
3. Bus or train tickets

*Please note that for non-electronic tickets, we will need the hard copy/original ticket or receipt

Documents must be sent within two weeks of the end of the exchange to this address:

YEU Cyprus
27 Ezekia Papaioannou Str., 1075,

Nicosia, Cyprus

➤ Travel refund to the participants will be done by bank transfer (to the sending organisation's account or to one of the people of the team account) collectively for each team of participants, after all the travel documents will be received by YEU Cyprus. The reimbursement will be made within two months following the end of the project after we receive all the relevant documents from the participants.

Weather

The average temperature in Pedoulas Village during October is usually 15.1°C. Minimum temperature is 10.7°C and maximum 19.5°C. Make sure that you have enough warm clothes and something to protect you in case of rain.

You can have a look at the temperatures, before coming to Cyprus, here:

<http://www.cyprus-weather.com/>

Traveling Days

24/10/2019: Arrival day

You should be in Cyprus before 18:00 as we will book a private bus to drive the group from Larnaca city to the venue.

30/10/2019: Departure day

We will arrange a private bus from the venue to Larnaka or Paphos airport according to the needs of your flights. The bus will depart from the venue at 09.00 and it needs one and a half hours for both airports. So, we recommend you to book tickets after 12:00

Travel Expenses Amounts

COUNTRY	ORGANISATION	PARTICIPANTS	AMOUNT (EUR) per participant
CYPRUS	YEU Cyprus	3	20
GERMANY	Citizens of Europe e.V	3	360
POLAND	Centrum inicjatyw Młodzieżowych Horyzonty	3	360
POLAND	Europejskie Forum Młodzieży Stowarzyszenie	3	360
CZECH REPUBLIC	Tmelnik z.s	3	360
CZECH REPUBLIC	Evropske Centrum Mladeze Breclav	3	360
ITALY	Fattoria Pugliese Diffusa Associazione Culturale	3	275
ITALY	H.R.Y.O Human Rights Youth Organisation	3	275
GREECE	Inter Alia	3	275
GREECE	Unities Societies of Balkans	3	275

** 30 euros for each participant will be deducted from their initial budgets for the bus to and from the venue. The meeting point will be in a central and accessible point that will be announced after we collect all the tickets.*

Application

If you are interested to participate in the YE please fill up the application form:

https://docs.google.com/forms/d/e/1FAIpQLSdGfvWALw1wCDS_YGdAuDH9chJO6ufyAAgMVnxBXu3Pv9J-3Q/viewform

There is no participation fee for this Training Course

Emergency Contact

If you face any problems before meeting us, please, do not hesitate to contact (email or call) us: +357 99 573646, or projects@yeu-cyprus.org