

## INFO PACK

# Bullying Inside, Conflict Aside



**Erasmus+ KA1 – Mobility for youth workers**

## Background

**A training course aiming to understand bullying emotionally, in order to prevent conflicts among young people.**

The training course is inspired by the “The European Strategy against Bullying”, by the European Commission:

(“) School bullying is a very serious issue because it causes serious impact on the development of every personality (...) We do believe that studies, analysis, reports and other initiatives could benefit children’s health and honorable upbringing as well as the overall wellbeing of the whole healthy society.”.

The solidarity, collegiality, altruism are rejected values of coexistence, since they have not been experienced in school life. Major prevention strategies could be to enhance the value of dialogue as an instrument for communication, emotional expression and means of resolving disputes, promoting respect for diversity and exploit the positive aspects of diversity in school life, events related to violence in the school community of students in collaboration with teachers, organizing more group activities at school and outside school to improve students' knowledge and closer relationships, and the adoption of teamwork as a way of teaching learning, which facilitates communication and strengthens the bonds between students. When this phenomenon occurs, intervention is required of classmates-mediation between perpetrators and victims, when they perceive violence. Involvement of teachers and parents as to the victim who needs protection, and for the abuser that needs special treatment to change behavior. (“)



## Hosting Organization

**Sciara Progetti** was founded in 2008 by the actor Ture Magro and the psychologist Emilia Mangano with the aim of uniting theater, education and social participation. By working with playwrights, musicians, audio-video technicians, designers, architects, psychologists, teachers and the will of those who have decided to share their lives; Sciara Progetti can be described with these numbers:

10 productions and co-productions in just six years  
500 performances in over 100 Italian and foreign locations

80,000 spectators and about 300,000 km traveled  
2 organized Erasmus+ projects + 2 others ongoing



Sciara Progetti is also testing new approaches in teaching. From meetings with students and teachers of different nationalities, to the combination of psychology, film and theater, has been designed and implemented a series of psycho-educational interventions aimed at primary and secondary schools, popular in many contexts.

Ever since its foundation, thanks to the young age of its founders (Ture Magro 23 years, Emilia Mangano 21), the Company SciaraProgetti has managed to create a number of projects, workshops and psychoeducational interventions, connecting students from several schools in Italy and abroad. The meeting with the young generation is a fundamental part of the company's mission.

There are several projects already underway in Italy, as in the territories of West Africa, Chile, Argentina and Germany.

There are many teachers of high schools and Italian universities that have hosted the trainings of SciaraProgetti, run by Ture Magro, and theatre and psychology workshops run by Emilia Mangano, whose thesis on Psychodrama with children has become the technique of the workshops, inserting groups to schools that support teaching.

## PARTNERS "Inside"

### 2+2 - Spain

<https://www.facebook.com/2plus2asociacion>



### Aloe Youth - Greece

<https://www.facebook.com/aloeyouth/>

### BulgarsikiaSport - Bulgaria

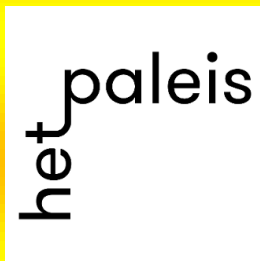


АСОЦИАЦИЯ за РАЗВИТИЕ  
на БЪЛГАРСКИЯ СПОРТ  
[www.bulsport.bg](http://www.bulsport.bg) [info@bulsport.bg](mailto:info@bulsport.bg)

[www.bulsport.bg](http://www.bulsport.bg)

### Hetpaleis - Belgium

[www.hetpaleis.be](http://www.hetpaleis.be)



### Hodina H – Czech Republic

[www.hodinah.cz](http://www.hodinah.cz)



### K.U.M.S. - Croatia

[www.skwhat.com](http://www.skwhat.com)



### Onestin - Romania

<http://www.onestin.ro>

## Tarptautinis bendradarbiavimo centras – Lithuania

[www.salto-youth.net/tools/otlas-partner-finding/organisation/v-tarptautinis-bendradarbiavimo-centras.12472/](http://www.salto-youth.net/tools/otlas-partner-finding/organisation/v-tarptautinis-bendradarbiavimo-centras.12472/)

## Seiklejate Vennaskond - Estonia

[www.seiklejad.org](http://www.seiklejad.org)



## Time and Space

**Dates (travel days not included):  
16-23 June 2018**

**Venue: Morfasso (PC), Italy**



### **Accommodation:**

115 KM from Milano, 60 km from Piacenza, immersed in a splendid panorama of the hills of Val d'Arda and Morfasso. In each room will be hosted participants from different countries, in order to continue the intercultural dialogue also outside the activities.

The place was decorated throughout the years with an intercultural universe and surrounded by nature, offers a lot of inspiration.

We are going to do few of the activity days in the town of Fiorenzuola, interacting with the local community, and doing part of the sessions in the local theatre and the local library.

Most of the fresh food will be provided by local producers, KM0, extending the visibility of the project at local level and taking its spirit beyond the scheduled activities.

Besides the main activity room of the place, the mini-theatre and the outdoor spaces, there is also a natural amphitheater 15 minutes walking distance through the woods, which will be used in different occasions.

We are planning to organize fire camps every evening and create extra outdoor sleeping places.

So besides the planned activities, the project will have an important focus on the informal time and intercultural dialogue, promoting and encouraging the community spirit, sense of initiative, active participation and problem solving. In other words, it will be up on each one of the group members, to create a pleasant common space, based on the respect, where the rules will not be needed.

In other words, we'll have to keep the place clean (activity room, bathrooms, kitchen, outdoor spaces, etc.), to wash our own dishes after the meals and breaks, to make our beds, recycle, give an extra hand with preparing the meals and so on.

## **METHODS**

The training course is divided in activity days with a specific topic, synthesized by the title, developed through non-formal methods, emotional education, personal and group evaluation, performing arts and video-making:



"Bullying" - general information, exchange of experiences, intercultural dimension around the topic

"Inside" - exploring the basic emotions and their universal expressions, as well as more personalized emotions

- pillars of Emotional Intelligence and how to apply them in bullying situations

"Conflict" - Conflict management tools and non-violent approaches in dealing with bullying

"Aside" - Alternative ways of expression and therapeutically methods for the Bulls

"Turning Bullying Upside Down - From Oppressor to Clown" - 3 main workshops to be developed during 3 activity days: forum theatre, video-making and clown - interaction with the local community, future strategies and dissemination

*Feel free to propose activities to facilitate during the training course (especially for the "Aside" day).*

During the training course and after, a booklet will be created, edited and eventually spread in the local communities and through each partner's dissemination channels.



## Participants Inside & active involvement

As this training course is meant to be done **WITH** the participants and not only **FOR** the participants, supposing a high involvement level, we propose a working calendar and few preparation steps that will warm-up their active participation and make them feel the project is theirs:

### **1. February-March**

- Start selecting the participants (following the general lines of the “participants’ profile” below) and invite them on the Facebook group created:  
<https://www.facebook.com/groups/1964821343780605/> In this group we are going to get to know each other better, share information about ourselves, about our associations and our culture(s) or thematic/inspirational materials and resources.

### **2. April-June**

- Introduce the group to the Erasmus+ programme (focus on its intercultural dimension), as well as to non formal education methods and Youthpass Certificate (as a tool for recognizing the learning process).

Practice with them as many dynamics as possible (name games, ice-breaking, team-building – show videos/photos from other projects, etc.)

- Organize as many gatherings as possible for the preparation and try to practice English for getting the participants more confident in interacting with the others

- make a presentation video introducing briefly the members of the group and the sending association (to be uploaded on the FB group – BE CREATIVE!!!)

- all of the participants will have to complete the app form below:

<https://goo.gl/forms/touTvE9Sx332Mk63>



- each participant should bring a book (written in their own language) about any of the topics we are going to explore. During the local library meeting, each participant will read an inspiring paragraph from the book, before the Bookcrossing activity
- During the NGO Fair evening, each group will have 1-2 minutes to present their sending organization. The informal time can be used for developing new partnerships, while the last activity day will focus on future projects together.
- If you can prepare a therapeutically activity for Day 5, please let us know (martial arts, painting, yoga, music, outdoor activities, etc.).
- If you have the competences necessary for creating the logo and the poster of the project, try to find out who else in the group can help you!



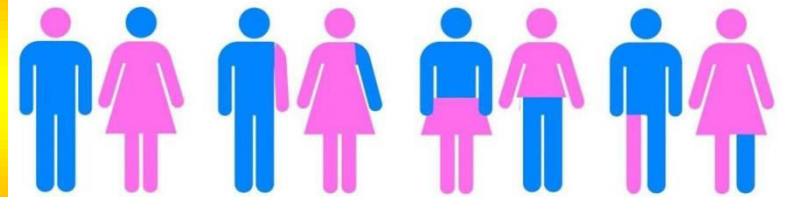
#### **4. June – October** (after the training course)

- Organize a post evaluation meeting after for providing the host association with constructive feedback, and for guiding the participants to fill in their Youthpass certificates which they've drafted during the training course
- Communicate and collaborate with the rest of the group and the organizing team in order to make the final edit of the project's booklet.
- Promote the booklet, together with the working tools created during the training course, in your local communities, with your volunteers, target groups and any other relevant local partners or stakeholders





## PROFILE OF PARTICIPANTS



2 participants (gender balanced) from each partner, willing to step out of their comfort zone, fully acknowledged and aware about the fact that this kind of projects are not vacation or touristic opportunities, but initiatives meant to inspire, help and support young people towards inclusion, solidarity and collaboration spirit.

@ youth workers, youth leaders or volunteers of associations working mainly on social growth, through traditional or alternative education methods, in private or public institutions

@ teachers or students in the education field

@ social workers and psychologists specialized in school drop-out or school violence

@ performing artists working on integration matters in suburb areas or delicate neighborhoods

@ young people who have suffered bullying in the past, motivated to take initiative against it

#all the profiles are, were or will be directly connected with bullying situations in their professional and/or personal life

@ able to communicate in English and to attend the whole course

@ are interested in optimizing the impact the project will have on the personal and social development of their target working groups

@ able to multiply the project's outcomes and to support the visibility and the dissemination of the project

## Costs & Travel

Food, accommodation, visits and materials during the project will be fully covered.

Travel costs, will be reimbursed within the maximum limit of 275 euro per participant, according to the travel distance calculator from European Commission.

Keep in mind that the timetable is intense and full of activities, with extra tasks for the informal moments and limited amount of free time. So although the 15<sup>th</sup> and 24<sup>th</sup> June are arrival/departure days, you can consider the 14<sup>th</sup> and/or 25<sup>th</sup> (at your own expenses), for touristic purposes. The Italian NA doesn't normally agree with reimbursing travel tickets dated more than 2 days from the beginning and the end of the training courses.



If you need help, don't hesitate to **Contact** us:

- ✚ Bogdan, Communication with the partners & Activities Coordinator [hanganu.beraru@yahoo.com](mailto:hanganu.beraru@yahoo.com)
- ✚ Emilia, President of Sciara Progetti [organizzazione@sciaraprogetti.com](mailto:organizzazione@sciaraprogetti.com)
- ✚ Ture, Administrative & logistic matters - [direzione@sciaraprogetti.com](mailto:direzione@sciaraprogetti.com)

<http://www.sciaraprogetti.com/>

<https://www.facebook.com/Sciara-Progetti-1468113700135767/>