



Erasmus+



Stand Up for Human Rights from Knowledge to Advocacy

Training Course

We are glad to welcome you to “Stand Up for Human Rights from Knowledge to Advocacy” an “Erasmus +” Programme project, that is going to take place in Pristina, Kosovo from **14-21 May 2017**



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Welcome!

Hello, a warm hug from Kosovo! We are happy to have you as a participant! In the following pages we are giving you the information you need in order to deliver a successful and useful TC together. Please read this info-pack carefully and if you have any questions please do not hesitate to ask. We are here to clarify all the details of the project, to help and support you!

About the Project:

Project entitle 'Stand Up for Human Rights: From Knowledge to Advocacy' is capacity building activity consisting from two mobility activities: two training courses. The project aims in overall to develop competencies of the participants and their organizations to raise awareness on human rights, advocate for human rights and contribute to creating social inclusive society where human rights are being respected by various stakeholders.

One of the aim of the project is raise competencies of the participants to use online learning, digital tools and visualization for developing competencies and raising awareness on human rights issues thus part of the activities will also base on methodology based on active using digital tools and visualization to create as many possibilities as possible to strengthen participants interests in these tools. Moreover, the project also aims to provide the participants an opportunity to experience way of creating online learning programs and will include elements of online learning that will be implemented during both training courses.

Project activities will be implemented in cooperation of 12 partners coming from Programme and Partner countries (Kosovo, Macedonia, Serbia, Montenegro, Albania, Bosnia and Herzegovina, Germany, Denmark, Latvia, Croatia, Bulgaria and Turkey). Mobiltiy activities will be implemented by the applicant of the project 'Organization for the Advancement of Alternative Programs' from Kosovo in Pristina and Prizren.

The project is expected to have strong impact on various levels. The impact will be reached especially launching public raising awareness campaign across participant's countries.

The project through implementation of two mobility activities – two training courses aims in overall to develop competencies of the participants and their organizations to raise awareness on human rights, advocate for human rights and contribute to creating social inclusive society where human rights are being respected by various stakeholders. One of the key objectives of the project is to raise participant's abilities to use online learning, digital tools and visualization in their work.



Objectives of the project:

- To strengthen participant's knowledge on human rights, mechanisms of protection of human rights, conflict between human rights, human rights education and advocacy for human rights;
- To increase competencies of participants and participating organizations to address violations of human rights and raise awareness of citizens, especially of young people, on importance of protection of human rights;
- To raise participant's abilities to use online learning, digital tools and visualization in their work practices;
- To develop competencies of participants and participating organizations to realized effective and successful human rights campaigns;
- To support creating new human rights campaigns tackling actual an issues in participating countries;
- To develop participant's competencies in area of teamwork, communication, leadership and presentation;
- To provide the participants an opportunity to increase their knowledge of Erasmus + Programme and work on new projects ideas aiming to develop competencies of other stakeholders in area of human rights;

Working methods:

- Learning by doing method
- Ice-breakers and teambuilding games to get to know each other.
- Workshops will leave room for guided but controversial discussions.
- Simulation games will allow to identify current challenges of non-formal education and show possible measures that strengthen them. These sessions will provide the participants with concrete ideas that can be implemented in their local communities, thus ensuring an important multiplier effect.
- Reflection groups will take place every evening and will serve as a platform where the participants can give feedback on the activities of the day and also share general impressions they had. Those sessions will be facilitated by experienced facilitators to ensure their quality and value.



Participants' Profile:



Participants: 36 participants (12 countries)

Who: Motivated coordinators, key members, youth workers and active volunteers from the partner organizations.

Age: 18+

Gender: Our partners are kindly invited to send equal number of participants from both genders.

Language: English - every participant should be able to understand and express himself in English!



Information about the city:

Pristina (also written as Prishtina) is the capital of the Republic of Kosovo. It is the largest city in the country. The municipality has around 200.000 inhabitants.

Just like many other capitals in the world, Pristina is not the most beautiful town of the country. But, for sure it is by far the most important place of the young state. Pristina is the central spot for politics, media, student life and the international community. International organizations in Kosovo and embassies are in the Kosovo capital as well.

In comparison with [other towns in the country](#), Pristina has quite a lot of flats that look like former Soviet buildings. But the face of the capital is changing quickly. Many cheerful-looking apartments are being built. Also very attractive is the Mother Teresa Boulevard. The center street is full of restaurants, statues, fountains and the national theatre. Around 12 o'clock, it's hard to find a spare chair in one of the cafes, when students and (international) governmental workers are having their lunch break.

In the daytime, don't forget to visit the [Newborn Monument](#), the [Bill Clinton Statue](#) and the [Ethnological Museum](#). The national library looks surprisingly ugly from the outside, but is surprisingly beautiful from the inside.





Accommodation and food:

Participants will be accommodated in bungalows, with private toilets, shower and small kitchen. It will be 3 people per bungalow in mixed nationalities (participant's from same country will not be able to share same bungalow) it will be accommodated in different bungalows with participants from another countries. So everyone will have roommate from another country, in order to straighten intercultural dimension of the project, and good team spirit.

At the end everyone will learn more for the countries where their roommates coming from. It's a good practice. There will be male and female bungalows, with participants form the same gender. **Note** that will be no mixed gender rooms.

Training will be held in Germia park bungalows, approximately 20 min from the center of Prishtina, where will be a meeting room, nice garden for outdoor activities, free wifi and with sport playgrounds around (basketball, football, tennis).

Training activities will be held in a training room at the facility, equipped with lcd, flipcharts, 35 seats, tables and Wi-Fi internet.

Free parking place available.





How to get there:

The main language you will hear in the street is Albanian. English is widely spoken. Most of people from Kosovo, especially young people, speak at least a little English so you can more than likely get by. Navigating around the city is easy - the city centre is small and walkable. Serbian is Kosovo's other official language, but it is seldom heard on the streets in the capital. German is easily the next most widely spoken language.

By plane

The easiest way to get to Pristina is by plane. There are direct flights to Pristina International Airport. There are low-budget flights to Pristina from Liege, Belgium and with Easyjet from Switzerland. There are cheap connecting flights via Tirana and Ljubljana, but also from most of German airports.

If you arrive at Pristina airport - small, haphazard but recently modernized and efficient in a Balkan kind of way - you should get from the plane to the outside world within 15 minutes. The city itself is about 25 minutes away by car. The many taxi drivers outside the airport will quote you 25-30€ for the trip but 15€ is what you really should pay. Insist on the price and walk away if the driver won't agree. You can also call a local taxi dispatch agency beforehand, and have a driver waiting for you for €15 (plus the price of the phone call). If you pretend to be waiting for a lift from someone else they'll compete with each other down as far as 5 Euros, but it hardly seems fair.

By bus

From Albania, there are several daily direct bus connections to Pristina, from Tirana (€ 15), and Durrës (€ 16). In Tirana the bus office and stop is right behind the Hotel Internation. As of Dec 2011, there are two busses daily, at 06:00 and 15:00, and a ride takes approximately 6 hrs. There is no formal bus station in Tirana.

There are also direct bus links from most cities in Germany, Switzerland, Belgium, Turkey, Macedonia, Bosnia, and Montenegro.

From Podgorica in Montenegro there is a daily night bus at 9:30PM that runs via Peja and arrives in Pristina at 5AM - €16.

There is one bus every night that runs from Pristina to Ulcinj, Montenegro with stops in Peja, Prodigorica and Bar. The buses leave at 7PM from both Pristina and Ulcinj. The trip is €20 round trip and takes 9 hours.

From Skopje in Macedonia there are buses at 0600, 0800, 0900, 1010, 1100, 1145, 1230, 1320, 1400, 1500, 1545, 1630, 1700 and 18:10 hrs, Tickets cost 320 MKD (just over €5)



From Serbia there are several direct buses from [Belgrade](#) run by [Kosovo](#) Albanian companies, costing around 2000 dinar (25 eur return ticket), You can check the timetables at the Belgrade bus station [website](#) . Bus tickets can be purchased from the bus station next to the train station in Belgrade. Buses leave at 5:45, 12:00, 13:30, 16:00, 16:30, 21:30, 22:00 and take 6-7 hours.

The [Prishtina](#) bus station is quite a safe place to wait sunrise. The bus station is not far away from the city center and can easily reached by foot, but if you want to take a taxi, the trip should cost you 1,5-3€ (minimum charge is 1,5€). The drivers near the bus station will quote you 5€ but that is a ripoff. Walk a bit further away from the station and take one of the taxis there - and make sure the meter is on.

More info check this [link](#)

What to bring with you:

- Passport and ID
- Comfortable clothes for the activities.
- **Towels and personal care products: shampoo, tooth paste etc.**
- Camera, laptop etc.
- Pills and medicines.
- Kosovo is not member of EU so your European Health Care Card would not be valid here, if you have one. Also we kindly invite you to make health insurance, especially the participants who aren't EU citizens. The health insurance is not provided and will not be reimbursed by the hosting organization.
- Positive attitude



Travel cost:

Every participant has to send us a copy of his tickets and boarding passes via e-mail and the originals via postal mail. Once when we receive all of the tickets, we are going to reimburse your money.

Country	Partner	Number of participants	Means of transport	Travel cost limit
Kosovo	OAPA	6	Bus	0.00
Macedonia	Y.C Next Generation	3	Bus	180.00
Serbia	Youth Workers Alliance	3	Bus	180.00
Albania	YSC	3	Bus	180.00
BIH	CYEM-`ELEMENT`	3	Bus	180.00
Bulgaria	European project in Bulgaria	3	Bus	275.00
Croatia	Udruga "Perpetuum"	2	Bus	275.00
Montenegro	Juventas	3	Bus	180.00
Denmark	Danish Intercultural Organization	3	Bus / Plane	275.00
Germany	Kultur und Art Initiative e.V.	2	Bus / Plane	275.00
Latvia	Express Yourself	2	Bus / Plane	275.00
Turkey	Gençlik Mevsimi Derneği	2	Bus / Plane	275.00



Finances and financial rules:

The food and accommodation will be provided and paid by the host organization OAPA, with financial support of the Erasmus+ Programme, the European Commission.

Regarding tickets for traveling, 100% of travel costs will be reimbursed on the basis of the **CHEAPEST** possibilities, e.g. **second class railway tickets, bus, flights etc.** by bank transfer after the course as soon as we get the original tickets to our mail address by post.

We need you to buy round trip tickets, and send us a copy by email before arriving here, so our accountant knows, and adjust the budget.

We advise you to buy your tickets as soon as possible, so that it fits in our limited budget for 100% reimbursement.

Thus, we ask you to **save all documents (Original tickets, boarding passes, invoices or bills with the ticket price)** which are related to your travel, since the documentation background is obligatory for reimbursement. We kindly ask you to buy all the tickets for the travel for **both directions – return tickets** (plane tickets, train tickets, bus tickets and etc.), because we will be able to reimburse only **REAL EXPENSES** (made expenses). **IMPORTANT: We cannot refund any travel costs done by taxi.**

Please note if you buy your tickets in a currency other than EUROS, we will convert to EUROS according to the exchange rates from the official European Commission website: <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Participants must travel from the country of the sending organization, and back. Following the guidelines of the Erasmus + programme the travel back must be realized by the participants on direct way within maximum of **2 days. (You can arrive in Kosovo up to 2 days in advance and leave up to 2 days later. The stay for any additional days is not covered from the projects' budget, and it can be characterized as tourist travel and we will not be able to reimburse your tickets)**

Please contact us, if there are any exceptions for approval.



The accommodation is covered at Germia Park only for the days of the activity: **14-21 May 2017**. In case of longer stays or indirect travelling (holiday travel etc.) there is **no chance** of reimbursement of travel costs. **Missing tickets will not be reimbursed as well.**

IMPORTANT: Traveling sometimes requires additional day for catching a flight and staying for an additional night at the city where airport is situated. We are aware of such situations, but organizers can't cover this cost, it is participants own cost too.

For that reason, we recommend you to use hostels

(<http://www.hostelworld.com/>) or friends (<https://www.couchsurfing.org/>)

Preparations:

Intercultural evening – Participants are expected to create interesting, interactive and creative intercultural evening with goal to fight prejudices and stereotypes about their country/community/culture.

- Be aware that there are no kitchen facilities available (don't bring food that requires cooking).
- Bring food, drink, promotional materials and whatever else you want to present.

NGO Market - The project will include a session when you will have a possibility to present your organizations, share good practices as work on ideas for future. Thus we would like to ask you to prepare interactive presentation of your organization. Feel free to bring promotional materials of your organization, videos etc...

In Kosovo we use as a currency EUR, Payment in EUR is possible everywhere. Exchange office can be found everywhere, but please do not change large amounts of money in exchange offices at the airport and train/bus station, because exchange rate can be low.

To apply for the Training click [here](#)



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Don't forget to join the [Facebook group](#) of the project!

See you soon!