



Bem-vindos
a Lisboa!



Programme

e.p.a. International Training Seminar

Lisboa, Portugal

7th - 14th September 2016

“Jovens4dignity”

Youth work in our communities: re-discovering dignity



This project is hosted by Eco-estilistas - Associação de Inter-ajuda de Jovens
and supported by the European Youth Foundation, Council of Europe



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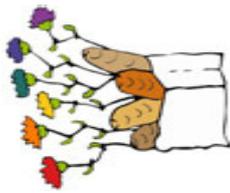
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"Jovens4dignity – Youth work in our communities: re-discovering dignity"
www.go-epa.org/en/jovens4dignity



"Jovens4dignity"
 - Youth work in disadvantaged communities: re-discovering dignity -
 International Training Seminar
 Lisboa • Oeiras 7.-14. September 2016
Preliminary PROGRAMME



7.09. Wednesday Quarta-feira	8.09. Thursday Quinta-feira	9.09. Friday Sexta-feira	10.09. Saturday Sábado	11.09. Sunday Domingo	12.09. Monday Segunda-feira	13.09. Tuesday Terça-feira	14.09. Wednesday Quarta-feira
	INTRODUCTIONS PROGRAMME PRESENTATION OF 'THEME' 	WORKSHOP (2) VISIT TO 'CHELAS'	WORKSHOP (3) WORKSHOP (4) 	WORKSHOP (6) 	TOWN HALL RECEPTION 	WORKSHOP (9) WORKSHOP (10)	LAST WORD
CHEGADAS ARRIVALS	Preparation of POSTERS 	PLAY ACTION LISBOA CITY NIGHT WALK	BEACH 	PORTUGAL AND ITS CULTURE 'SINTRA' 'MAFRA' 'CABO de ROCA'	PROJECT VISITS △ Benfica Foundation △ Eco-Estilistas ☹️ CAT WALK	EVALUATION LOOKING FORWARD	DEPARTURES PARTIDAS
WELCOME BEM - VINDES	PRESENTATION OF POSTERS 	WORKSHOP (6) 	* PREPARATION FOR TOWN HALL. WORKSHOP (7) KIZOMBA DANCE	WORKSHOP (8) 	WORKSHOP (12) TEAM MEETING		



This project is supported by the Council of Europe

What is e.p.a.?



e.p.a. stands for European Play Work Association and is a network of partner organisations in more than 40 countries in Eastern, Southern, Western and Northern Europe, South America, around the Mediterranean and in Africa.

e.p.a. works with children, young people and initiatives from communities in areas of poverty and social exclusion. e.p.a. respects and values the culture and diversity of all young people and their communities and fights against oppression, disillusion, racism and xenophobia.

e.p.a. colleagues create conditions for free play and intercultural understanding and through networking combine cooperation and action. Not just lamenting but challenging the problems, which young people face, encouraging and empowering them to use their own voice. Not only waiting for solutions but taking initiatives.

e.p.a. as a tool can be used by children, young people and those, who work and play with them. e.p.a. meets the needs of young people and network partners through international youth exchanges, study seminars and training activities.

e.p.a. promotes intercultural learning and the rights of children and young people as declared in the UN Convention of Rights of the Child and the Universal Declaration on Human Rights.



e.p.a.'s logo is a rainbow – incorporated into all our activities in beautiful ways, a sign of hope and of differences, completing each other in their diversity.

e.p.a. is a recognized INGYO (International Non-Governmental Youth Organisation) by the Council of Europe, Strasbourg and the EU in Brussels. The e.p.a. office is in Hamburg, Germany. For more information: www.go-epa.org



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International Training Seminar for Youth, Play Workers and Volunteers

This e.p.a. International Training Seminar – traditionally called e.p.a. Congress (our 20th!) – will take place in Lisbon, Portugal from 7th to 14th September. It will bring together youth, play workers and volunteers from 19 countries to debate, share and learn under the essential theme *dignity*. In Europe, for a few young people the doors to acquire competences and to experience Europe are wider open than ever, but an increasing number of young people are excluded. Many young people are facing difficulties to find life

perspectives and their place in society. This lack of opportunities and of chances to take part jeopardises the dignity of young people and their untouchable right to be valued and respected.

The Training Seminar “Jovens4dignity” – Youth work in our communities: re-discovering dignity” will search for answers how to restore the dignity and self-confidence of young people in discriminated and deprived communities and at the same time strengthen the community as a whole to be more able to take care of its young people.



The Logo

The logo for our International Training Seminar is a bag with bread and carnations, symbolizing an important part of the Portuguese culture: the daily bread standing for basic needs and sharing, the carnations* for freedom, peace and a life in dignity.



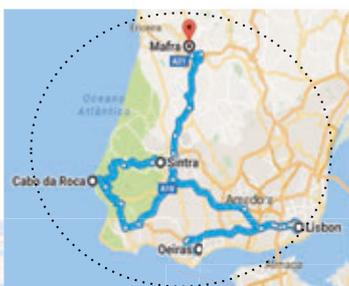
* On 25th of April 1974 in the Portuguese city of Lisbon began “*Revolução dos Cravos*”, the *Carnation Revolution*, which ended more than 40 years of dictatorship. The name “Carnation Revolution” comes from the fact, that almost no shots were fired, and when people took to the streets to celebrate the end of the dictatorship, they put carnations into the muzzles of rifles and at the uniforms of the army men/ soldiers.

Where we stay

This international training seminar will take place in two cities in Portugal: Lisbon and Oeiras.

LISBOA

Lisbon (in Portuguese “Lisboa”) is the capital and largest city of Portugal, with a population of 550 000. The Lisbon Metropolitan area has a population of 2,8 million people. Lisbon is one of the oldest cities; remains and influences from different epochs and cultures as Roman, Arabs, Spanish, Asian and African are still visible. The city has beautiful old quarters visited by lots of tourists, modern rich business districts and also neglected and marginalised neighbourhoods, “bairros”, with challenging living conditions, like our host community Chelas. Our cultural excursion will bring us to the historic cities of Mafra and Sintra and to the cliff “Cabo da Roca”, the “end of the world”.



Portugal

OEIRAS

Our activity venue is located in Oeiras, in a community West of Lisbon. We will stay at the Hotel “**Inatel Oeiras**”, Av. Marginal, 2780-267 Oeiras/Lisbon.

www.inatel.pt/unidhoteleira.aspx?menuid=666

Tel: +351-210 029 800

The nearest train station is “Santa Amaro”, 10 minutes walk from our hotel.



Don't forget to bring your swimming gear, if you like to enjoy an early morning swim before breakfast!



Financial aspects

Our e.p.a. International Training Seminar is supported by the Council of Europe, European Youth Foundation, Strasbourg.

Accommodation, food, programme, local transport and insurance will be covered – you don't have to take care of that during the week. As the EYF will support a max. 2/3 of the activity costs, e.p.a needs to raise 1/3 of the finances. Participants contributions are welcome and needed. So you are welcome to share and not to let lack of finances put you off. If you need financial support to attend the seminar, please contact e.p.a. before the activity!



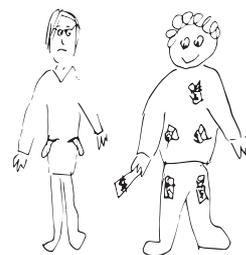
Seminar fees will be payable at arrival.

For accounting: Please bring all your proofs of expenditure and original boarding passes with you.

The participant fee is 100 Euro. If your organisation is able to pay a part of the travel costs, this would be very good in order to support other participants from financially weak organisations.

Participants will come from a variety of geographic, political, social, cultural and financial backgrounds. It has always been e.p.a. policy to share:

"From those according to their ability to those according to their needs".



Travel

You reach Lisbon by train, bus or – as for most of you – by plane. Please let us know if you need help with your travel arrangements and please inform us about your connection and arrival time, so that we can greet you and pick you up/collect you when you arrive. If there are any delays or problems, please let us know (see our contact, page 2).





Who are our hosts: Eco-estilistas?



e.p.a partner and host "Eco-estilistas - Associação de Inter-ajuda de Jovens" is a self-organised community and youth association for mutual help, based and working in Chelas-Marvila, one of the most deprived areas in Lisbon, in stark contrast to the beauty and wealth of the city.



Eco-estilistas have cooperated with e.p.a. for 15 years; a solid partnership, confidence and a shared vision are the foundations for this project.

Their main commitment and care is for children and young people in the neighbourhood, to enhance the community spirit and participation of young people, developing educative, cultural, environmental and sport activities WITH children and young people, many of them with special needs and suffering lack of opportunities.

One of the Eco-estilistas' well known speciality and highlight activity is to work creatively with "lixo" – waste and recycled material, making fashionable clothes – presented at educational and entertaining "desfiles", cat walks, by this raising awareness of how waste can be re-used (up-cycled) and enjoyed.



The work of Eco-estilistas has been recognized with awards: one of the Youth Exchanges, hosted by the Eco-estilistas was selected Best Practice for 'Intercultural dialogue' by the European Commission in 2008 and they received the "Premio Jovem Ativista Social" in 2011 by the Organisation "Tese - Do Something".

As a very active member of the e.p.a. network (www.go-epa.org) the Eco-estilistas have been involved in European mobility projects for 15 years, not only as participants, but also as hosts. One of the highlights was taking part in and hosting of the "Different triangle!" - a tri-continental youth project with 15 partners from West-Africa, South-America/ Caribbean and Europe. Their success in the field of International cooperation and understanding has opened many doors on the local level and many international partners got inspired by the work of Eco-estilistas!

Since May 2016 the Eco-estilistas have their own little office within the community "Bairro dos Lóios".





Aims of the Seminar

In a spirit welcoming differences and confirming equal rights, this intercultural learning activity has the following aims:

- ☀ To exchange professional experiences and learn from each other, celebrating our intercultural diversity and mutual wish to cooperate.
- ☀ To find and experience profound methods of intercultural learning suitable for youth work in disadvantaged communities.
- ☀ To learn how to create the conditions for young people to play an active role in society and politics, as well as to restore their rights of respect and dignity.
- ☀ To discover, discuss and share about the meaning of dignity in our daily youth work and about its importance as a foundation for human rights education and social rights promotion.
- ☀ To get to know the Eco-estilistas' amazing youth and community work in "Bairro de Chelas" in Lisbon, as well as to discover some Portuguese culture.
- ☀ To understand the situation of young people in different countries and to exchange best practices and methodologies to work with them.
- ☀ To create an understanding of the links between local youth empowerment, community work, promotion of social and human rights and international networking.

...and we do all this playfully!

How can you prepare

The workshops

We invite you to contribute to the different workshops related to the topic “Jovens4dignity – Youth work in our communities: re-discovering dignity”. Bring your experience and ideas and inspire your colleagues.

The Poster

Everyone wants to know about your community, your project and the young people you work with. We would like to see everybody to be imaginative and quick in a speed presentation (max. 2-3 minutes). If you bring documentation like PPs, videos or DVDs, it would be helpful if these are clear, concise and short!



To present your project, we will provide a prepared poster (A1 size). You are invited to fill the frame and boxes with information, lots of colours, drawings and photos from your city and daily work. We will provide all material (e.g. pens, glue), but the possibilities to print photos are limited.

We especially ask you to look for a sight of dignity in



The poster will invite you to share the following information about your project:

- Name of our project
- City / Country
- What do we do, who we work/ play with...
- Something typical from our town
- If you come to play with us, you will see...
- The “State of play” of the young people we work with...
- The main challenges and opportunities we are facing are...
- In our community DIGNITY means...
- A dignified sight in our community (take a photo)

The opportunity to explain and describe your project will be available most evenings and the poster exhibition can be admired during the whole week. **Please bring photos, reports, a leaflet of your project, young people’s quotes, logos etc. with you to create your poster.**

Play Action

An important part of our programme is the International Play Action in “Bairro de Chelas”, Lisbon. It will make our activity visible in public. Please bring and prepare typical games from your city/region for this Play Action, if you want!

Intercultural evening

You are welcome to share intercultural delights. Please bring a little something to share – your favourite music, some typical food or an idea for a game.

How we work together

e.p.a. promotes methods of non-formal education. Our activities don't include boring papers or frontal lectures. We will work "hands on" through workshops and play-actions. There will be a few plenary sessions for introduction and essential inputs – as interactive and playful as possible - and lots of small group meetings, where the participants can share their ideas, concerns and ways of working. At the end of the week there will be an evaluation and a feedback session and time for considerations about follow-up activities.

The working languages of the training seminar will be English and Portuguese – with some other languages if needed in "cochichos" (whispering corners). e.p.a. creates conditions to experience and share. All participants are welcome to take responsibility for energizers, workshops and our inter-cultural programme! If you have good ideas and unhidden talents or you would like to share something with others: we are looking forward to your contribution! The seminar success will rely on your active participation and mutual support.



e.p.a. doesn't work with simultaneous translation – too distant, formal and expensive. We speak carefully, so that we can be translated easily into the other language. We are grateful for colleagues, who are happy to share their linguistic skills! There will be a list of keywords for our theme and debate and our Portuguese colleagues are prepared to "teach" us some new words. Please don't hesitate to tell us if you need any other language support.



Workshops

Jovens4dignity



We propose the following workshops:

- **What does "dignity" mean?**

Introduction of the THEME: what does "dignity" mean, how do we understand it? How relevant is dignity for our daily commitment?

- **Community action - between resignation and indignation?**

What makes us angry? How can we overcome feeling helpless and move beyond lamenting and become proactive instead? What can we do after first aid? How can we turn social problems into challenges, how can we find space for action and ways forward? – It is all about empowerment!



- **Play Action – with preparation, reflexion and feedback**

A colourful and dynamic Play Action with children in the community in Chelas, a great opportunity for intercultural learning and understanding – playfully.

- **How has the recent situation of youth work in Europe changed the profile of youth workers and how should training change?**

After a brief introduction to the overview of European youth work, we discuss about recent cuts, austerity measures and about their consequences on youth policies and on young people's dignity.

- **How to balance youth work with socio-cultural actions?**

Using "Theatre of the Oppressed methods" we look at the dilemma facing youth workers: to help young people in the traditional way or to fight and campaign together with them for their rights?

- **Dignity without borders instead of borders without dignity?**

Our discussion about dignity will be linked to the current solidarity crisis and European refugee policies, referring to universal human rights.

- **Children and youth rights and dignity**

The workshop will focus on the implementation of children and youth rights: protection, provision and participation, with practice examples from two countries.

- **Eco-estilistas' Desfile – Catwalk**

Presentation of one of the Eco-estilistas working methods and socio-cultural action: a catwalk for recycling and fashion – all of their own making.

- **The Council of Europe and European Youth Foundation**

Introduction to the Council of Europe and its European Youth Foundation – history, values, support tools and possibilities for participation.

- **The Road Map to Dignity**

We collect and compile the results and ideas from our workshops and create our own Road Map to Dignity!





e.p.a. - european play work association

In Hamburg:

- ★ e.p.a. has its international base in Hamburg
- ★ e.p.a. runs the Europa Jugend Bureau, an advice drop in for young people and youth workers on European youth issues and programmes
- ★ e.p.a. is the host for EURODESK
- ★ e.p.a. is an interface for intercultural youth work and European Youth Policy.

In Brussels and Strassbourg:

- ★ e.p.a. is a recognized INGYO by the Council of Europe (since 1976) and the Commission of the European Union (since 1986)
- ★ e.p.a. works as an advocacy for youth towards European institutions
- ★ e.p.a. promote and defend Children's and Young People's Rights as declared in the UN Convention on the rights of the child and the European Human Rights Convention
- ★ e.p.a. is respected and appreciated for creative pilot projects and innovative networking with young people and colleagues from disadvantaged communities



In Europe, Siberia, South America and around the Mediterranean

- ★ e.p.a. connects and nurtures a network of partner organizations in 40 countries
- ★ e.p.a. accompanies and organizes International Youth Exchanges, Training Courses and Seminars
- ★ e.p.a. cooperates with youth initiatives who are committed to constructing civil society in communities facing social exclusion
- ★ e.p.a. promotes international networking and cooperation, Intercultural learning and competence
- ★ e.p.a. encourages young people and colleagues to meet, challenge conflicts, cultivate friendships and get involved in a fair distribution of chances for life beyond their own borders
- ★ e.p.a. is a “tool” for active solidarity and support



The e.p.a logo appears in beautiful ways in all activities and projects, a rainbow as a sign of hope and of differences that complete each other in their diversity.