



Co-funded by the  
Erasmus+ Programme  
of the European Union



***Supporting **T**ools **O**n **P**revention  
to **B**ullyism***

*Tallinn, Estonia*

*21<sup>st</sup> to 28<sup>th</sup> of February 2019*

## *Applicant organisation*

TDM2000 Estonia is an organization apolitical, independent, no profit with educational aims that coordinates youngsters willing to cooperate in the voluntary sector. TDM2000 Estonia creates links among the individual from different cultures that operate in different communities. TDM2000 Estonia creates links among the individual from different cultures that operate in different communities. At European level we brought our experience in international context, as part of the "Youth in Action" and "Erasmus +" program projects, comparing ourselves in our turn with other similar or different from our reality. In addressing the issue of inter ethnic dialogue and promotion of human rights, we have consistently used the tools and methodology of non-formal education in similar environments to those of the course we would like to achieve. We try to facilitate equal opportunities for all in our community through participation in international projects.

## *Summary of the project*

Bullying is a threat that school age children and teenagers, face in almost every European country. Bullying victims come from all nationalities, ethnic backgrounds, gender and ages. Bullying is a universal issue that touches almost every person, family, school, business or community at one time or another regardless of age, gender, race, religion or socioeconomic status. It is our hope that this training will raise awareness about bullying, how it affects individuals on a daily basis and how youth workers can be "armed" with tools so they can support youth towards stop bullying. The main aim of this project is to get new perspectives, exchange experiences, gain knowledge, and adopt new methods in working with youngsters in and out of schools in order to prevent cyber bullying.

The objectives of this training course are:

- To exchange realities, practices and share experiences among participants, related to bullying and cyber bullying;
- To gain knowledge about proper usage of social media and its connection to bullying and how to transfer them to young people;
- To become familiar with different tools and methods of non-formal education for prevention and work with youth on the topic of Bullying;
- To provide knowledge and methods regarding bullying, cyberbullying, its impact, and its prevention, and provide guidelines for symptoms of victims, by standers and actors and correlation factors;

- To improve and adapt existing available workshop contents, create new ones, and sublimate everything into an online “Workshop book” with detailed description of the activities regarding the topic of bullying with focus on cyber bullying;
- To build a sustainable network between organizations and to encourage future partnerships and projects Social media bullying may be one of the newer forms of bullying, but it could prove to be one of the most serious.

### *Participant selection*

The project will engage 28 participants from 7 countries: Bulgaria, Cyprus, Croatia, Estonia, France, Germany and Italy. Participants will be selected in cooperation between sending and coordinating organisation. The selection is going to take 2 steps according to the profile required:

- 1) Sending NGO Selection
- 2) Application form

### **THE PARTICIPANTS ARE REQUIRED TO:**

- having an intermediate/advanced English level
- have participated in at least 3 training courses (as part of the organization or part of supporting staff team)
- being active members in your own local community (as a volunteer or as a worker)

The gender balance will be one of the criteria considered for the selection.

The process aimed to choose the profile of the participants will be developed in 2 phases:

- 1) a first screening of the application forms received
- 2) a selection made by trainers and facilitators of the video made by the participants and sent to the hosting organization; in the video, has to be max 3 min long, you have to answer to a list of questions that we find useful to better understand participants profile.

You can find the application form to fill here:

<https://goo.gl/forms/U4yzWxFqRMxyActv2>

**NOTICE:** all the phases of the selections will be followed by the trainer in charge, the facilitators and the partners involved.



**Deadlines for selections and travel arrangements as follow:**

First selection: 22<sup>nd</sup> January

Second selection: 30<sup>th</sup> January

Travel arrangements within: 4<sup>th</sup> February



## *Financial Procedure*

Country	Partner	Participants	Travel grant per participant
Bulgaria	MEZHDUNARODEN CENTAR ZA RAZUITIE NAOBRAZOVANIETO I OBUCHENIETO	3	275
Cyprus	DOREA Educational Institute WTF	3	360
Croatia	INTERAKTIVA	4	275
Estonia	TDM2000	5	0
France	AUX COULEURS DU DEBA	3	360
Germany	JUGEND-UND KULTURPROJEKT E.V.	3	275
Italy	TDM2000	4	360
Spain	COLEGAS – Spanish LGBT Confederation	3	360

## *Travel reimbursement procedure*

**NOTE:** Project dates are from 21<sup>st</sup> of February, which is the Arrivals day, to 28<sup>th</sup> of February which is the Departures day.

- Each participant will receive 100% of the total reimbursement within the limit of the box above after the presentation of all the official documents (Boarding Passes and Invoices), and right after they have concluded the follow-up activities, dissemination of results and the mobility report has been filled;
- Be Aware that the reimbursement will be calculated according to the travel costs of participants, from their place of origin to the venue of the activity and return;
- The reimbursement will be made by bank transfer to the bank account of the NGO partner in the project;
- Tickets can be bought only after have signed the Participant agreement provided by the Hosting Organisation;

## NOTICE!

To have more information concerning the reimbursement rules go directly to the official guide of Erasmus+ or mail us for any doubt.

**Do NOT buy any ticket without our confirmation or permission!!!**

Before buying the tickets you should always address to us and send us travel plan of the participant and ONLY after our authorization you can proceed.



## About the Venue



The Hotel ECOLAND is located in the ecologically friendly and clean district of Tallinn in the 5-minute-drive from the sea and in the 15-minute-drive from the city centre. The convenient location of the hotel allows you to enjoy the peace and the nature, to relax from the city fuss.



The Hotel is equipped with working room for the sessions of activities during the training and there is WIFI free for all its Guests.



Participants will be accommodated in triple or double rooms, divided by gender and mixed by country.

Here's a link to the Hotel Website: <https://ecoland.ee/>

There will be included three meals, breakfast, lunch and dinner. All the meals will respect the Estonian and Russian traditions. There will be provided also two coffee breaks, one in the morning session and one in the afternoon session.



## How to get there

Travel to Estonia is not easy in some cases we suggest always to travel to Riga or Helsinki and then reach Tallinn by bus, train or boat. In Tallinn airport are travelling Air Baltic, EasyJet, Ryanair from cities as Amsterdam, Paris, Milan, London.

Instead, from Riga you can travel with AirBaltic from the majority of the main European capitals, Ryanair from Milan, London and Berlin or even Wizz Air from Barcelona and London. From Riga the Bus can be booked with this company [luxexpress.eu](http://luxexpress.eu) which is the most frequent one travelling to Tallinn, or if you want other companies as [ecolines.net](http://ecolines.net).

## What to bring

February in Estonia is a very cold month; average temperatures are from  $+3^{\circ}$  to  $-12^{\circ}$ . If you fancy a walk in Old Town Tallinn we suggest to bring with you really warm clothes in order to face the cold but remember that indoor places are well heated so you might also need to take with you lighter clothes like T-shirts. Also here's a small list of things of other things you should bring with you:

- Bathrobe or towel
- Flip flops
- Personal care products
- A personal mug, in order to reduce the use of plastic glasses, to use during the coffee breaks
- In Ecoland Hotell there's also a sauna so if you might want to stop by for a "Estonian experience" we kindly suggest to take your swimsuit!
- By the agenda is also planned a Intercultural night and we suggest to bring some of your typical food and drinks, your country flag and to prepare some games, dances or a small presentation to present your country
- Brochures, flyers, posters and any other kind of material that can be useful to represent your organization to the others
- Health insurance (or E111 card if you are from an EU country).
- Don't forget to bring with you any medicine you might need even if we hope it will not be necessary.





## DRAFT AGENDA

21/02/2019	22/02/2019	23/02/2019	24/02/2019	25/02/2019	26/02/2019	27/02/2019	28/02/2019
	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
A R R I V A L S	Getting to know each other and Ice breaking activities	What is bullying and Cyberbullying?	How to deal with Cyberbullying?	Cyberbullyism and raising awareness	Workshop: Working with Youth Preparation	Creating the short Online "Workshop book" – Part 2	D E P A R T M E N T
	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
	Introduction to the project and Ground Rules	Different types of Cyberbullyism	Cyberbullying polices and legislation	Consequences of Cyberbullying	Workshop: Working with Youth Presentation	Next steps and future projects ideas	
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
	Group building activities	How to protect online	Country realities – Part 1	Different tools and methods	Workshop: Working with Youth Presentation	Future project ideas: Presentations	
	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
	Erasmus+	Bullyng and Social Media	Country realities – Part 2	Role of Youth Work in Prevention of Cyberbullyism	Creating the short Online "Workshop book" – Part 1	Youth Pass and reflection on the learning process	
	Reflection time	Reflection time	Reflection time	Reflection time	Reflection time	Final evaluation	
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Social evening	Intercultural night	Intercultural evening	NGO Fair	Movie night	Tallinn by night	Farewell evening	

## *Working methods*

All the training will be done through the methods of non-formal education. The activities will be for example brainstorming, plenary discussions, simulations, role plays, team building, energizers, ice breakers and many others. We remind you that Non-Formal education is voluntary, non-hierarchical and all its methods are based on the concept of learning by doing. Activities will be based on COMPASS manual, COMPASITO and other publications related to Human Rights.



## *Communication & Dissemination*

This part is very important because will help understand our work and results, those who haven't attended the project in person. Each participant and partner will have to help on dissemination of results and follow the visual identity rules for the overall project. In order to share pictures, video and other materials please, while sharing them on social media, use the following hashtag:

#STOPBULLYING

## *References*

FB group: <https://www.facebook.com/groups/1832185266887279/>

E-mail: [sbullyism@gmail.com](mailto:sbullyism@gmail.com)

Just in case of emergency contact:

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