



FROM CRISIS
TO CHANCE

INFOSHEET

“From crisis to chance - training course on emergency pedagogy”

- An Erasmus+ KA1 Capacity-Building Training Course -

Dates: 12th – 19th May 2019 | **Venue:** Lisbon – Portugal

Topic: Emergency Pedagogy | **Hosting organisation:** SPIN Association



Photo by Associação da Pedagogia de Emergência of Brasil & Friends of Waldorf Education

Project context

Around the world, natural disasters, wars and violence claim numerous victims every day. Millions of youngsters experience situations which often leave them severely traumatized and alone. Their lives are changed forever and they frequently need help to cope with these experiences. Unprocessed trauma can lead to the development of severe symptoms, of actual PTSDs and may disturb their natural development. Age appropriate pedagogical and therapeutic support of traumatised children is central for the healing of psychological wounds. Therefore, not only psychologists but also youthworkers/leaders/educators have a role in changing crisis into chance.

Main Objective

Capacitate 26 participants (youth workers from Portugal, Spain, Italy, Greece, Germany, Slovenia, Romania, Slovenia and Norway), involved in work with groups of youngsters at-risk of developing post-traumatic stress disorders, with new skills and competences for young people’s psychosocial stabilization and trauma prevention.

Methodology

Participants will be introduced to **traumatology and emergency pedagogy**, a non confrontational, pedagogical approach that helps children and youngsters in processing their traumatic experiences. Pedagogical measures are used to provide relief or avoid possible traumatic disorders. These include, among others, elements of painting and drawing therapy, circus education and plastic-therapeutic design.

The concept of Emergency Pedagogy was developed by the [Organization Friends of Waldorf Education](#) and it is based on **Waldorf educational methods** and related forms of therapy.



Programme of activities includes:

Arrival day: activities for knowing the group & breaking the ice.

1st day: Introduction into the project in E+ context, program, learning path and assessment of learning achievements. Settled grounding and connecting, specific Non Formal education dynamics will facilitate “Getting to know each other” and Team building will be fostered by group dynamics aimed at sharing relevant personal/professional background related with topic, basis for the deep “take-off” session on Psychotraumatology and Emergency pedagogy. Intercultural evening of creative cultural presentations will focus on children/youngsters’ stories.

2nd day: dedicated to understanding needs and theoretical basis of Emergency pedagogy by focusing on Psychosocial aspects of working with trauma from several perspectives and introducing Youth worker’s role.

3rd day: Before starting the Practical workshops, a special session on “Emergency pedagogy methods for Youth workers” will introduce the practical workshops’ choices. Study visits to local organizations engaged in youngster’s social inclusion will set the ground for understanding hosting local context and for preparing the evening’s NGO’s gallery/fair.

4th day: Session on “Emergency pedagogy, as pedagogy of the “safe place” followed by the practical workshops sessions (arts & movement). Mid term evaluation and interviews for video-story of the TC.

5th day: Introductory and practical session on “Youth Worker’s Self care and psychohygiene”. Practical workshops on emergency pedagogy methods continue. Open space for peer-to-peer practical workshops (suggested and led by the participants)

6th day: Presentation of practical workshops’ outcomes, finalizing TC’s video, drafting brochure/Recommendation, establishing topics for articles and settling up steps for Follow-up Plans. Youthpass certificate delivery and final evaluation.

Outcome products of the TC: Video-story of the TC; a Brochure focusing on “Emergency Pedagogy for Youth Workers’, Recommendation paper on “how to use Emergency pedagogy and/or its principles by Youth Workers, Educators, Social workers and all stakeholders of children and youngsters at-risk of developing post stress-disorders.

Schedules during the TC:

- working sessions: first session starts at 9:00 am and last finishes at 18h30. In some evenings there will be also working sessions such as the “intercultural evening” on 1st day, NGO gallery/fair on day 4, cine-forum on day 5.
- meals: breakfast (8am-9am); lunch (1pm-3 pm); dinner (8pm-9pm)
- free afternoon on day 4, May 16th



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How to apply?

Participants' Profile

- youthworkers (professional or volunteers)/youth leaders/educators/teachers
- actively involved in work with groups of youngsters at-risk (i.e. refugees, migrants, youngsters who suffer violence or natural disaster)
- able to understand and express themselves fluently in English
- eager to gain new skills and competences and share them with their peers
- resident in Germany, Slovenia, Italy, Norway, Romania, Spain, Greece or Portugal
- aged >21 years old (no maximum age limit)
- motivated to write one article and organize and lead at least 1 dissemination event after the training.

If you correspond to this profile, and can commit with your active participation in this training course in Lisbon, from 12-19th May 2019, please fill out the **online Application Form**, [here](#).

What is included in your participation?

All the expenses regarding board, lodging and activities are fully covered by Erasmus+ grant. Travel costs will be covered up to a maximum amount pre-established according with distance.

Venue:

The Training course is going to take place in Carnide, a district located in the northernmost part of Lisbon (around 45 mins away from the city center by public transportation), and more specifically in Bairro Padre Cruz, a public housing neighborhood which gathers people from different nationalities and backgrounds some of whom live in poor and disadvantaged conditions. There are many associations which take action in this neighborhood in order to improve its status and the majority of them cooperate in trying to reach this goal. Spin is part of this synergy and is committed to improving the neighborhood conditions and the social involvement of the local people.



Accommodation:

SPIN HOSTEL

Address: Rua do Rio Tejo, nº7, 1600-746, Lisbon, Portugal
Phone: +351 217145520

Spin Hostel is a social project of the Spin Association and it is supported by the local council, Junta de Freguesia de Carnide. It is **the first "social hostel" in Portugal** specifically designed to host groups of people coming to Lisbon for intercultural exchanges, training courses, study visits or for other social and educational international activities.



The hostel is situated right next to Spin's office in Bairro Padre Cruz, a public housing neighborhood located in the northern part of Lisbon, **about 45 mins from the city center**.



You may also want to see the hostel's website at www.a-spin.pt/hostel/english/

→ Participants will be staying in 8-bed dorms shared with other participants of the same sex. However, as the hostel is quite small, it is possible that there will be one co-ed room.

→ We will provide bed sheets but it is **necessary to bring your own towel** (if you forget it, it's possible to hire one at the hostel for 5€) **and bathroom supplies**.

→ You may also want to bring a **little padlock** in case you wish to secure your belongings in the room's closet, you can also hire one for an extra fee of 5€.

→ In the hostel there is a **free Wi-Fi** internet connection to use on your laptop and/or portable devices. The hostel doesn't have a computer, so if you want to use the internet make sure you bring your own device. Also please remember that one of the objectives of the project is for you to meet and get to know other people in your free time. Please try to **limit your internet use as much as possible**.

→ All breakfasts & dinners and nearly all lunches will be served at the hostel. The meals will be adapted to your allergies/special dietary needs **according to what is specified in your [application form](#)**

Please note that if you do not let us know about your special needs in your application form, we may not be able to provide you with suitable options.

→ There is a washing machine at the hostel. There is **no hair dryer**.



Travel expenses reimbursement:

Your travel expenses are going to be reimbursed by Spin Association in 100% up to the Erasmus+ pre-established maximum amount, which is as follows: 275€ for participants coming from Germany, Italy, Spain; 360€ for participants from Slovenia, Romania and Greece; 530€ for participants coming from Norway; 0€ for participants from Portugal.

However, you must keep in mind that **we cannot reimburse:**

- taxi fares (if you decide to take a taxi from the Airport, it will be at your own expense);
- any missing tickets/invoices (so please make sure you do not lose anything);
- any tickets that do not bear their price or purchase date (if your ticket does not show its price/purchase date, you must provide us with a receipt/invoice for that ticket).

Please make sure you **keep all the original invoices, receipts, tickets and boarding passes** (if you have a mobile boarding pass with **Ryanair**, please make sure to take a print screen as soon as you get it!).

We are going to reimburse your travel expenses by bank transfer **within 3 months** after the training course, once we receive ALL original tickets, invoices and boarding passes. The transfer is going to be made preferably **into your sending organization's account**.

Arrival day arrangements:

You can check-in to the hostel on May 12th from 3:00 p.m.

On that day Spin's team is going to be present at the Hostel to help you with anything you might need. If you arrive earlier than the check-in time, you may be able to leave your luggage at our office and then go explore Lisbon, or maybe even check-in earlier, in case everything is ready!

The meeting time for the whole group on the arrival day is at 6:00 p.m. First we are all going to get to know one another and then have dinner. After dinner we are going to continue getting to know each other and the venue a little more.

Please keep in mind the time for our general arrival day meeting while buying your travel to Lisbon. Try to choose a flight that arrives in Lisbon before 4-5 p.m.

If you arrive at our hostel earlier than 6:00 p.m. and decide to go out to explore the city before the meeting, please make sure you are back in time for the meeting at 6:00 p.m.

What to bring with you:

→ **All personal hygiene products (including some sun cream) as well as medicine you take on a regular basis (or could need while here).**

There is a small store in the neighbourhood where you could buy your hygiene supplies, but they may not have your favourite shampoo or soap. There also is a pharmacy nearby, but keep in mind that meds and regulations differ greatly from country to country, so bring your own medicine to be on the safe side.

→ **Adequate clothing.** Lisbon in mid May may be very hot and sunny during daytime, but nights will definitely be quite chilly, so make sure you have both types of clothing (shorts&t-shirts, as well as jeans/pants&long-sleeved shirts). Lisbon can also get quite windy, so jackets and light scarfs may be necessary. It is also quite probable we will have a rainy day or two.



→ **Your European Health Insurance Card** (if you come from an EU country). We also strongly advise all the EU participants to purchase additional travel insurance to complete your EHIC.

→ **Food/drinks and other materials for your country's intercultural evening.** You are kindly asked to prepare one evening activity concerning a cultural aspect of your country – we will ask you to focus on children/youngsters's heroes, legends, fairy tales.

On this occasion you can take from your country: traditional food, drinks, sweets, music, etc, which will help others to get to know your country better. PLEASE, unless strictly necessary, no videos or Power Point presentations, let's keep interactive ;)

→ **Materials and/or visual aids** for a Peer-to-peer Open space session (practical exercise/method that you use with your beneficiaries and you may wish to share with fellow participants and trainers)

→ **Leaflets, cards, posters, information materials from your Sending Organization**, for sharing during the NGO fair/gallery.

→ **ID/Passport and some pocket money.** Though you do not need to, you may want to bring some extra money for your additional expenses, not covered by the programme. For the countries in which currency is not EURO: we recommend you to exchange money to EURO in your own countries. You might also do it at the Lisbon airport, but it is quite expensive there.

→ If you are a light sleeper, you may consider bringing **earplugs and/or a sleeping mask** to help you sleep well, while sharing the hostel room. You may also want to bring **flip-flops** for taking showers. For our planet's sake we also advise you to bring **your reusable water bottle**.

Weather:

May is usually a mid weather month in Lisbon (14-25° Celsius – but it also reached already 35 °C!), however, early morning and at night the temperature falls considerably (10-15° Celsius) and it sometimes might get quite windy. It is also somewhat possible that it will be cloudy and/or rainy. And sometimes it is all that in a span of only 1 hour! You can always check the weather forecast [here](#).

Facebook Group: we have created a closed group for this project's exchange of information, pictures, debates. Once your selection is confirmed, please click on the [link](#) or find it on "From Crisis to Chance - training course on emergency pedagogy".

Contact:

Mrs. Sara Segurado
International Project Coordinator
**Spin Association for the Exchange,
Training and Cooperation among Peoples**
Address: Rua do Rio Tejo, 7; 1600-746 Lisbon, Portugal
Telf:/Phone: (+351) 914519264 // (+351) 217145520
E-mail: international@spin.pt
Skype: spin_associacao
Facebook: [Associação Spin](#)
Webpage: www.a-spin.pt



Looking forward to meet you in Lisbon!