

ADAPT

Teen Healthy Relationships



Project Summary

KA1 Multi-mobility Project

TEEN HEALTHY RELATIONSHIPS aims to upskill youth workers and young people in awareness about intimate partner abuse and find ways that are current and youth driven to address this with teenagers so that they develop healthy relationship patterns early on in life. The project will create local, national and international awareness and understanding of gender issues and increase the capacities of the participants and organisations.

The project has ten experienced youth work partners from Ireland, Montenegro, Greece, Macedonia, Croatia, Estonia, Latvia, Serbia, Albania and Turkey who will work together with young people aged 18-25 years old. Four participants from each country will explore teen relationships through non-formal learning activities, increase their civic and social competences, share the learning from healthy relationship activities and cross- cultural communication and will use digital technologies, online resources and social media to disseminate the results.

The youth workers mobility will upskill staff and leaders in both gender issues and Erasmus+ youth work facilitation. Two workers from each country will attend a training programme in Montenegro for peer educators and trainers in the area of violence protection and the fight against violence which will allow them to explore these subjects with appropriate skill and sensitivity with their young people.

The first youth exchange in Limerick, Ireland will involve young people learning about healthy relationships and intimate partner abuse, using non-formal learning methodologies and role-play, sharing best practice from each country and exploring ways to discuss this with teenagers using digital technologies.

The second youth exchange will involve the same participants developing contemporary resources to share 'healthy relationship workshops' with teenagers in schools and youth groups and identifying and reflecting upon what works best. The young people will use the collaboration to create materials to share with the public during the Irish 16 Days of Action campaign and use digital technology to communicate and increase public awareness. They will be supported to design and develop resources which raise awareness of dating abuse among teens and that can be disseminated online to extend the impact of the project across National boundaries and to policy makers.

APV

Teen Healthy Relationships APV will bring all participants together to discuss the planning, implementation and DEOR of the project

The APV will involve the Irish participants giving a **tour of ADAPT House** and a show of work and resources and an introduction to DATS.(Domestic Abuse Teen Support group).

All Partner countries will have planned a participatory activity where they develop a **quality charter**, and come up with an image of an ideal world.

All partners should prepare to bring with them materials to be able to present their own organisation in a three minute 'speed dating' format and then participate in an activity making **identity** cards for partners so that they understand each other's backgrounds.

Together the partners will develop a **Code of Conduct** for the project, review the Partner Agreements, Risk Assessment, Timetable and Budget.

Together they will spend time on discussing and planning the dangers of stereotyping **Domestic Abuse** and how to ensure that the young people are supported to develop a quality resource, ensuring that they do not alienate the public or undermine the concept.

Also time will be spent on an activity that ensures the **safety** of all participants and supports for participants who are affected by the issues raised.

APV

Who is it for?

The TEEN HEALTHY RELATIONSHIPS Project is for young people and youth workers.

Young people = voluntary participants 18-25 years old who may be referred to as young people, youth or participants

Youth workers = adults over 30 years old who may be referred to as staff, youth leaders, teachers, or facilitators.

i.e. professional people who work with youth.

The working language of the project is ENGLISH. Please ensure that all leaders and participants have an adequate command of the English language to be able to actively participate in the project.

The project requires that the same youth workers attend the APV, youth worker training in Montenegro and the two youth exchanges in Ireland.

The project requires that the same young people attend both youth exchanges in Ireland so that they can develop their learning, and that one of these young people is brought to the APV, to be able to share the project overview with their group when they return home.

APV

Meeting Point



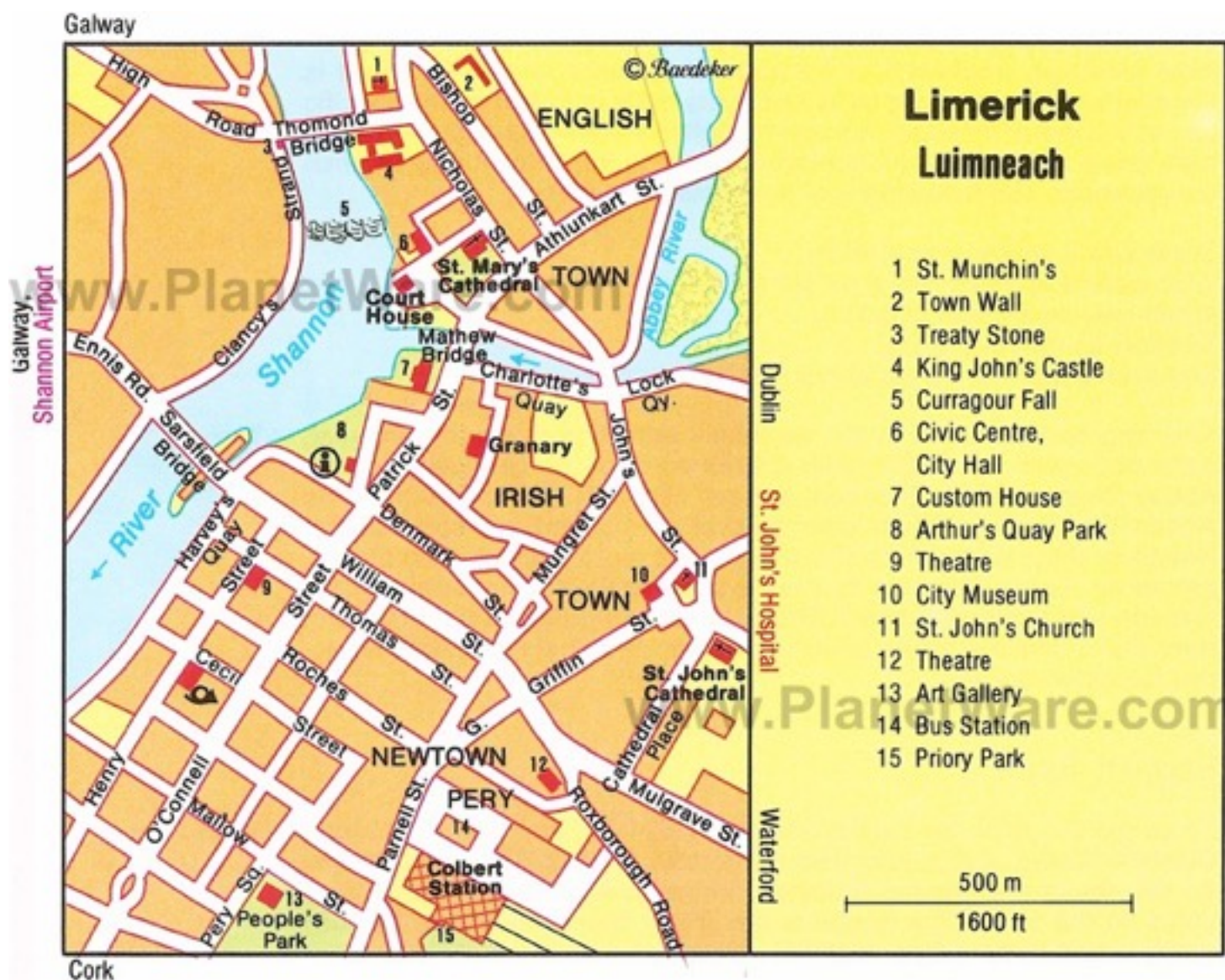
Monday April 10th 2017

16.00

Foyer of Limerick Train Station at
Colbert Train and Bus Station

Limerick is the third largest city in the Republic of Ireland with a population of 91,000 people. Ireland has two official languages, Irish and English and the currency is EUROS €. Limerick is situated on the River Shannon in the province of Munster home to the famous Munster Rugby team.

Limerick City



The meeting place: Limerick bus and rail station COLBERT STATION is by number 15 on the map. ADAPT House is a ten minute walk from the train station.

The weather: It's always raining!! (even in summer) Bring warm and waterproof clothing!

Travel

Visas

Please note: This information is our understanding it is each partner's responsibility to check with their embassy to get the current up to date position

Turkey and Albania both need Visas to come to Ireland. Each single entry visa costs €60. Multiple entry visas cost €100. Once visas are obtained and the receipt is brought to us during the trans-national partnership meeting we can reimburse from the exceptional costs budget. The maximum available in the budget for each visa is €100. If you need to contact us regarding Visas please email Majella Foley Friel tdcoordinator@adaptservices.ie

Montenegro, Macedonia and Serbia also need visas but there is no fee associated with these visas.

Please be careful if you are transiting through the UK on your way to Ireland as this can cause issues. *eg. Ryan Air do not check you through all the way to Ireland and you have to exit through UK customs to check in at the main airport terminal for the onward flight, you will not be allowed into the terminal building without a UK visa and therefore will miss your flight to Ireland.*

The visa application process takes 8 weeks if everything is in order. It is pretty tight for the 10th April but Leargas (our national Agency) have advised us that that flights shouldn't be booked until visas have been granted.

In relation to the trip to Montenegro, **all partner countries** will need to check if they need a visa to go to Montenegro for the Youth Worker mobility in June.



Flights:

The easiest way to get to Limerick is to fly to Shannon airport and get a bus to the city.

The two main airlines to Ireland are Ryan Air www.ryanair.com and Aer Lingus www.aerlingus.com.

But you can also fly to Cork or Dublin airports and get a bus or coach. Trains in Ireland are very expensive and you'd have to get buses from the airports to the train stations and it's really not worth the time or effort!

Shannon Airport: 30km to Limerick

Bus Eireann or JJ Kavanagh Coaches. Depart twice an hour. 25 minutes journey €6.18 single. See: http://getthere.ie/limerick-shannon_airport/

Dublin Airport: 207 km to Limerick

Dublin Coach. Depart every hour. 3 hours journey. €15 single. Change bus at Red Cow. See <http://www.dublincoach.ie/services/dublin-coach-journey-planner.php>

Eireagle. Departs every 2 hours. Direct service. 2.5 hour journey €33 return (online adult return fare only) See: <http://www.eireagle.com>

DO NOT travel Bus Eireann or JJ Kavanagh Coaches from Dublin airport - they stop everywhere and it takes up to six hours!!

Cork Airport: 105 km to Limerick

Citylink bus. Depart every three hours. 2 hours journey time €19.00 single. See: bookings.citylink.ie

Reimbursement

You must **REMEMBER TO KEEP ALL TRAVEL RECEIPTS AND TICKETS AND BOARDING PASSES TO GIVE TO Majella Foley-Friel in ADAPT House** to ensure that you are reimbursed.

FOR THE APV Reimbursement of travel costs will be on production of receipts and bank details within one calendar month of completing the APV in accordance with the travel band allocation below. If travel costs exceed the travel band allowance below your own organisation will have to pay the difference. Please try to find the cheapest routes possible. Your total travel allowance for the APV is listed below.

	APV Travel Band	€ per person
Croatia	2000-2999km	270
Albania	2000-2999km	270
Estonia	2000-2999km	270
Turkey	3000 - 3999km	400
Former Yugoslav Republic	2000-2999km	270
Serbia	2000-2999km	270
Greece	3000 - 3999km	400
Latvia	2000-2999km	270
Montenegro	2000-2999km	270

APV

Working Place

See: <http://www.adaptservices.ie>

ADAPT Domestic Abuse Services is a voluntary organisation which was set up in 1974 to provide a wide range of supports to women survivors of domestic abuse and their children across Limerick City and County. ADAPT runs the largest refuge in the country providing emergency accommodation for women and children who have to leave their homes because of domestic abuse. It also provides a wide range of outreach services for women who are not staying in the refuge including: 24 hour helpline support, 1-2-1 support in relation to issues arising as a result of domestic abuse e.g. financial and housing concerns, accompaniment to court to seek legal protection, support groups for women who are or have been in an abusive relationship, and educational opportunities for women survivors of domestic abuse.

ADAPT also provides a range of supports for children and young people who are or have lived with domestic abuse. These services include helpline support, one to one support in relation to their experience, emotional and practical support in relation to their concerns, group work programmes for young people, educational support and a play therapy service.

We also work with young people in the general community to promote healthy relationships which are based on equality, dignity and mutual respect. We do this by running our Healthy Relationships Programme with young people in schools and youth groups across the region.

Living Place

We will be organising Stays for the APV in Limerick this will allow us to get to know each other and allow you to experience Irish culture.

APV

Before Arrival

Every Youth Exchange leader and participant **MUST** have and **BRING** a personal European Health Insurance Card (EHIC). Non-Europeans must have their own medical insurance cover. It is very expensive to see a doctor in Ireland (€40-€60 for a doctor's visit plus medication and €100 to go to A&E). Your own organisation will be responsible for any health expenses that you have whilst in Ireland.

All youth workers should plan a quality charter with their young person to share with the group and bring their image of an ideal world.

All youth workers and the young person should bring with them materials to be able to present their own organisation in a three minute 'speed dating' format

RULES FOR LEADERS:

Every group leader **MUST** forward (email and discuss in meetings) all information gathered in the APV to their own group, staff and youth participants alike.

Every group leader is directly responsible for his/her group and must watch over them and is directly responsible for every participant's safety and wellbeing.

All group leaders must be involved in all activities (supervising, energisers, translating, helping where needed etc)

All group leaders will make themselves available for briefing meetings together each day

All group leaders will make it their business to be aware of the health and safety requirements of each premises and will share this information with their group.

All group leaders will make it their business to be aware of the overall aims of the project, the objective of each trans-national partner meeting and the daily plan and share these with their group.

All group leaders will check in with their group each evening to see how their day was and assist them with reflection for their Youthpass certificate.

RULES FOR PARTICIPANTS:

Every participant is requested to respect the timetable and to be on time and ready to actively participate in every activity

It is mandatory to respect the space we are living and working in, to keep them clean and tidy.

Smoking and drinking alcohol inside the living and working places is forbidden.

Every participant must bring their own towel and hygiene products



APV

Provisional Basic Schedule

PARTNERS		
Montenegro, Greece, Macedonia, Croatia, Estonia, Latvia, Serbia, Albania, Turkey, Ireland		
	Activities Programme	Place
April 10th		
4pm	Arrival of Participants Getting to Know You activities	Train station
6pm	Dinner	ADAPT HOUSE
7pm	Tour of ADAPT House rules/timetable	ADAPT HOUSE
9pm	Retire to accommodation	Host accommodation
April 11th		
8-9am	Breakfast	Host accommodation
9.30am - 11am	Orientation activity and image of an ideal world	ADAPT HOUSE
11am - 11.20am	Coffee break	ADAPT HOUSE
11.20- 1.00	Speed dating presenting 'organisation" activity and partner identity cards	ADAPT HOUSE
1.00-2.00	LUNCH	ADAPT HOUSE
2.00pm - 3.30pm	Objectives and timescale of project What is Domestic Abuse?	ADAPT HOUSE
3.30pm - 3.45pm	Coffee break	ADAPT HOUSE
3.45pm - 5.45pm	Discussion and sharing of best practice The Equality Wheel activity	ADAPT HOUSE
6pm	Dinner	Host accommodation
7pm	Social Activities	TBA
April 12th		
8-9am	Breakfast	Host accommodation

PARTNERS		
Montenegro, Greece, Macedonia, Croatia, Estonia, Latvia, Serbia, Albania, Turkey, Ireland		
9.30am - 11am	Overview of Teen Healthy Relationships Programme	ADAPT HOUSE
11am - 11.20am	Coffee break	ADAPT HOUSE
11.20- 1.00	Planning sessions. Logistics Implementation. DEOR.	ADAPT HOUSE
1.00-2.00	LUNCH	ADAPT HOUSE
2.00pm - 3.30pm	Risk Assessment. Code of Conduct Partner Agreements. Safety of participants	ADAPT HOUSE
3.30pm - 3.45pm	Coffee break	ADAPT HOUSE
3.45pm - 5.45pm	Planning session: Objectives and quality The Quality Charter	ADAPT HOUSE
6pm	Restaurant Dinner	Limerick City
7pm	Free time in Limerick	Limerick City
TBA with host	Return to host accommodation. Bedtime!	Host accommodation
April 13th		
8-9am	Breakfast	Host accommodation
9.30am - 11am	DEPARTURES	Limerick City

APV

See You Soon!

PARTNER DETAILS		
Organisation	Contact Name	Contact email
ADAPT House, Ireland	Magella Foley-Friel	tdcoordinator@adaptservices.ie
NVO Prima, Montenegro	Aida Perovic- Ivanovic	nvoprima@yahoo.com
Hellenic Youth Participation, Greece	Elena Kardamitsi	hellenicyouthparticipation@yahoo.gr
Volunteers Centre Skopje, Macedonia	Ivana Angjelovska	vcs_contact@yahoo.com
IDA Croatia	Diana Grgat Gabrijela Perše	dianagrgat@yahoo.com gabi.perse@gmail.com
Eesti People to People, Estonia	Ruta Pels Anton Arvik	ruta.pels@mail.ru anton.arvik@gmail.com
ARTILT-D, Latvia	Mihails Kozlovs	mihails.kozlovs@gmail.com
NGO IUVENTA, Serbia	Diana Puskar	invent.vp@gmail.com
Youth for Social Changes, Albania	Mimoza Ikonomi	mimosa.ikonomi@gmail.com
Fortuna Youth Union, Turkey	Same Firat Soydemir	sfsoydemir@yahoo.com.tr

Join the Dedicated Facebook page for this project:

APV

Complete and Return!

To be completed by participant (young person aged between 18-25 years old)

Name of Participant: _____

Age: _____

Gender: Male/Female

Have you any dietary requirements? Yes/No

If yes – please give details _____

Have you any any medical requirements? Yes/No

If yes – please give details _____

Have you any allergies? Yes/No

If yes – please give details _____

NB! Please ensure you have an adequate supply of any medication and carry a prescription with you during all trips.

I allow ADAPT Domestic Abuse Services and the Teen Healthy Relationships project to use photographs/video footage of me as appropriate for promotional and publicity purposes and on the internet including Facebook, You Tube and social networking sites.

Yes _____ No _____

I am aware that I am representing my organisation in the Teen Healthy Relationships project and will do my best to represent them well. I will attend for all of the project. I am aware that all the workshops and youth exchanges are cigarette, alcohol and drug free events for **all**.

Signed: _____

Date: _____

APV

Complete and Return!

To be completed by youth worker (leader aged over 30 years old)

Name of Leader: _____

Age: _____

Gender: Male/Female

Have you any dietary requirements? Yes/No

If yes – please give details _____

Have you any any medical requirements? Yes/No

If yes – please give details _____

Have you any allergies? Yes/No

If yes – please give details _____

NB! Please ensure you have an adequate supply of any medication and carry a prescription with you during all trips.

I allow ADAPT Domestic Abuse Services and the Teen Healthy Relationships project to use photographs/video footage of me as appropriate for promotional and publicity purposes and on the internet including Facebook, You Tube and social networking sites.

Yes _____

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Signed: _____

Date: _____

