

WITH THE SUPPORT OF:



Education and Culture DG

'Youth in Action' Programme

ORGANISED BY:

**noOR**  
eesti erinoorsootöö ühing



*Sailors on the CitizenShip*

*DISCOVERING AFRICA*

**JULY 26<sup>TH</sup> - AUGUST 5<sup>TH</sup> 2010**  
Dar el Salam, Tanzania

## **PARTICIPANTS GUIDE**



**TAKE ME WITH YOU AND DON'T LOSE ME!**

## WELCOME!

We would like to welcome you to the team of participants of the training course *Sailors on the CitizenShip - Discovering Africa*. You are among the 24 youth workers and youth leaders that will take part in the course.

You are in this group, because partners of this project believe that you can benefit from the training course and also the meeting can benefit from you! We also intend to give you the chance to share your experience with others and be the source of enrichment for the other participants.

We hope that the eight days you will spend at *Sailors on the CitizenShip* will be a vivid and useful intercultural experience for you. To achieve this we need to look at some practicalities as well. This is why we have prepared this **survival participants' guide** for you. It will not only help you to answer many questions, but also will help you prepare for the course.

Read the guide carefully and keep it with you during your travel so you can check the information whenever you need to.

We're looking forward to meeting you in Dar el Salam.

## THE TRAINERS TEAM

If you hoped to see our pictures in this part then we are sorry. You will have to wait until you get to Dar el Salam or check the website of the project to see us. However, we can tell you that the team that will facilitate the learning process at the event is from Czech Republic, Tanzania, Estonia and Poland.

Ondřej                      Genos  
Kasía                      Marco

And how will we do it? It will be a training course, but not one where you sit back and relax. We will use active methods based on experiential learning in combination with practical theory. It means that we will be using discussions, simulations, role plays etc and you will exchange the experiences you have from your day to day work with other participants and work together on concrete future project plans. A strong principle of the Sailor's courses is the belief that "learning from each other" is fundamental to non-formal learning.

## WHAT LANGUAGE WILL WE USE

Even though many of you speak different languages, the official training language will be English only. You can of course practice other languages in your free time!

# OUR AIM AND OBJECTIVES

## Aim:

Sailors on the Citizenship - Discovering Africa is a training course that aims to promote active participation, through training of youth leaders, youth workers and educators from Africa and from Europe. This project aims to create a pool of multipliers and common tools among the partners involved which aware local young people about the importance of the active participation with attention at strengthening Euro-African dialogue and importance of exchange and cooperation in the field of youth.

## Objectives:

- sharing different visions and understandings of citizenship and active participation,
- exchanging good practices of young people involvement in Africa and in Europe,
- approaching different levels of citizenship (local - national - international - global),
- training and developing key competences for active participation (ability to speak up your own mind, critical thinking, entrepreneurship),
- promoting participation of young people in societies,
- developing sustainable network among partner organizations and among practitioners from all countries involved.

## BEFORE

### All you need to know about preparation for the content:

Every participant/or group of participants from one country should prepare a:

- A short presentation about **youth** in his/her country (global picture of youth in the specific country)
- A short presentation how is **youth participation** supported in your country? (youth policies, youth councils, other bodies and organizations)
- Key information on **youth work** and **youth information system** in your country
- A description of one example of **good practice of youth initiatives** implemented at the **local level** (best will be examples that you know from your own experience)

### Preparation for intercultural evening

Bring with you a short story or any creative interactive presentation of your **culture** for the intercultural evening (you will present your own cultures - national, regional, personal or any kind of culture to which you feel you belong. A culture may be presented by a song, a story, a poem, a dance, try to make it as interactive as possible). If you want you can as well bring food or a drink. The idea is to “taste” our cultures and it is up to you how you present it to others.

### Preparation organisation market

Bring with you key information about organisation you represent, sharing this information will be basis for future cooperation and for getting to know our realities.

Please, keep in mind that due to the number of countries we will not be able to have long presentations on all the topics mentioned above, that is why while preparing for the content focus on **key information** on each topic and (if possible) **visualisation**: eg. photos, brochures.

## DURING

### What you can expect to experience and learn in key words:

Theory and training of **youth participation in public life** through workshops, practice of this participation through study visit in local youth organizations in Tanzania, understanding realities of youth work and youth information systems in 4 European and 4 African countries through presentations and exchange of good practice and going through an unique intercultural experience.

### Draft programme:

July 26 <sup>th</sup>	Arrival day
day 1	Getting to know each other, intro into the project, understanding of citizenship, intercultural evening
day 2	Sharing our local realities, active citizenship on local level, methods of community development
day 3	Study visits - getting to know local reality of Dar el Salam, reflection on study visits
day 4	Active citizenship on national level, exchanging concepts of youth work and youth policies, market of organizations, free afternoon
day 5	European & African active citizenship - concepts, ideas, tools & methods, global dimension of citizenship
day 6	Key competences for active participation
day 7	Study visits - getting to know local reality of Dar el Salam, reflection on study visits
day 8	Working on: ideas for follow up activities on local level, ideas for future cooperation, evaluation
Aug 5 <sup>th</sup>	Departure day

*This is the draft programme that can be slightly changed by the SoC trainers team.*

## AFTER

### What?

All participants will be obliged to run at least 1 workshop / organise one meeting / presentation as a follow up activity after the project.

### What for?

Its aim is to share experience gained during the project with representatives of our local communities (pupils, students).

### Till when?

Deadline for delivering the workshop / organising meeting is October 20<sup>th</sup>.

We will share information on all activities that will take place in different countries through project website: [www.sailorstraining.eu](http://www.sailorstraining.eu).

## PRACTICALITIES

## COSTS

**Board, lodging and programme costs** will be provided and paid by grants from the YOUTH IN ACTION Programme.

**Insurance** will not be covered from Programme costs. This means that you are obliged to take care of insurance on your own. You have to **bring your insurance invoice** as it will be take as a proof and further as a co-finance measure.

## REFUND OF TRAVEL EXPENSES

The **travel reimbursement** rule will be done following the agreement taking with your sending organisation.

Please note that any reimbursement of your travel expenditure will only be possible upon presentation of documentary evidence of the sum actually paid (invoice, copy of credit card slip, etc). This evidence of expenditure will be attached to the claim form for reimbursement together with the relevant travel tickets or a copy (plane, train, etc). Please note that without proof of the amount paid the European Commission cannot effectuate a reimbursement. This rule applies also to electronic tickets.

The reimbursement will be done by **bank transfer** for a single bank account of the sending country agreed among the participants and the partner organisation. The correct bank details should be provided by the sending country. If there's any mistake on that information which leads for an extra bank taxes, this amount will be deducted on the amount transferred.

The reimbursement will occur only after received all relevant document mentioned before.

## VISA

Most of you will need to issue the visa at **Dar Es Salaam Airport**, in Tanzania, upon your arrival. Please bring your ticket and this guide printed with you, where it contains the hosting address. You may also need cash to pay for it (according to local sources it costs around **50 US dollars** for a European citizen).

Kenyans and Ugandans do not need Visa. South Africans will apply for VISA in their own country.

## THE VENUE ITSELF

The **contact details of the venue** are the following:

Sailors on CitizenShip - Discovering Africa (Tanzanian Edition) will be held at:

MBAGALA SPIRITUAL CENTRE

P.O.Box 9364

Dar es Salaam

Tanzania

The accommodation and food will be provided in the mentioned place.

The **hosting organization contacts** are the following:

Tanzania Youth Cultural Organization (TAYCO)

P.O.Box 42557

Dar es Salaam

Tanzania

Tel:

Genos Martin +255 715 844 484

Gwakisa Makaranga +255 713 372 835

If you have any special requirements concerning food (e.g. food allergies), besides the ones that you already expressed in your application form, please inform us before as soon as possible. Thank you.

## WEATHER, HEALTH AND OTHER PRACTICAL INFORMATION

- Weather

The average temperature at this time of year is around 25 degrees Celsius. You can check the weather on

<http://www.theweathernetwork.com/weather/tzxx0001>

- Health

Vaccinations are required for entry into Tanzania, an International certificate of vaccination against Yellow Fever is required for travellers and it suggested hepatitis A and Typhoid fever. Malaria medicine should be brought as well.

If for health reasons you take any specific medicine please bring sufficient supply for the duration of your stay as it might not be possible to find them on location.

The venue has mosquito nets in the windows.

- Sunscreen

Please also bring sun protector and after sun cream as some of the activities will be outside. It's also recommended repellent.

- Clothing

Please foresee light clothing as temperatures are mild. Bring comfortable clothes and also your bathing clothes! A raining coat might be necessary as well.

- Electric Power

Electric Power is 230V running at 50Hz. The Plug types used are:

Round pins with ground - <http://electricaloutlet.org/type-d>

Rectangular blade plug - <http://electricaloutlet.org/type-g>

- Mobile phones

You will find various mobile networks available with the possibility of using roaming or buying a local SIM card using directly a local network.

- Time

Time in Tanzania is three hours ahead of Greenwich Mean Time (GMT+3).

- Languages

Swahili and English are the official languages of Tanzania. However, the great majority speaks Swahili in their daily life and only the most educated ones are fluently in English.

- During the Programme

The trips organised in the framework of the programme are foreseen with specific means of transport but if participants want to go into town the transport is at their own costs.

- Internet access

You should be aware that we cannot guaranty internet access during your stay at Tanzania. You might want to do the necessary arrangements in order to be a week without internet access.

#### Money and Means of Payment

The local currency is the Tanzanian shilling. The exchange rate you can find here:

<http://www.greenwichmeantime.com/time-zone/africa/tanzania/currency.htm>

NB : It is advisable to exchange your money in a bank at the airport, this will avoid problems with fake bills and security risks.

All major credit cards are accepted in Tanzania

- **Course Fee**

There's no course fee asked, by the organizer, for the participants of Sailors on CitizenShip - Discovering Africa (Tanzania Edition).

- **Compulsory**

Bring a large dose of motivation and commitment to create together learning, working and living human community for the next weeks...and beyond!

## PARTNER ORGANISATIONS WITHIN THE PROJECT

#### **Estonia**

Estonian Special Youth Work Organisation, <http://www.erinoor.ee/>

#### **Poland**

UNESCO Initiatives Centre, [www.unesco.pl](http://www.unesco.pl)

#### **Czech Republic**

Liberecka Obcanska Spolecnost, [www.losonline.eu](http://www.losonline.eu)

#### **Portugal**

Rota Jovem, [www.rotajovem.com](http://www.rotajovem.com)

#### **South Africa**

Siyaphambili Orphan Village,

[http://www.myggsa.co.za/connect/receivers/siyaphambili\\_orphan\\_village/](http://www.myggsa.co.za/connect/receivers/siyaphambili_orphan_village/)

#### **Uganda**

Youth Plus Policy Network, <http://orgs.tigweb.org/youth-plus-policy-network-uganda>

#### **Tanzania**

Tanzania Youth Cultural Organization,

#### **Kenya**

Cheryl's Children's Home, <http://www.nairobichapel.org/Pages/cheryls.asp>

#### **Coordinating organization:**

Eesti Erinoorsootöö Ühing noOR

Sompa tee 29/31-9

11913 TallinnESTONIA

Telephone: +372 5612 0199

Fax: +372 6566 522 (Faxes to Ms.Juta Mannisalu)

## CONTACT DETAILS YOU MAY NEED

If you have an organisational question about the course, please contact Marco Santos: [ngonoor@gmail.com](mailto:ngonoor@gmail.com).

If there is question you have that is connected with the programme, please contact Kasia Szajda: [kasia.szajda@unescocentre.pl](mailto:kasia.szajda@unescocentre.pl).

MORE INFORMATION AT OUR WEBSITES:

[www.sailorstraining.eu](http://www.sailorstraining.eu)

See you in Tanzania!

The trainers' team

