

Youth Exchange

RACE FOR TOLERANCE

How to organize a demonstration



Newcastle, U.K. 18 – 27 November 2018

About the Project

Tolerance is not only a slogan but also an ideology, maybe even a religion. Definitions shift over the centuries, people tend to see the term from different angles. But it remains at the center of each democratic order, it proves as the main ingredient of durable peace, and it is also a very good way of saving energy and focusing on the important. For anyone who wants to know more, we could say “google it!” ... but we say ... “Explain it to others!”, “YOU, bring tolerance to the people”. This is what this youth exchange is about.

We are calling all interested partners to join us in an endeavour of squaring the circle of the youth exchange objectives and meeting the ultimate goal of dissemination. We invite you to bring together the most clever and daring of your participants and join us in a small adventure. Participants will learn together what tolerance means to them. They will develop and teach each other methods how to create tolerance in your own surrounding. They will reach out to people, organizations and institutions that also strive for tolerance, either for themselves, for others or to promote it among each others. And then we will bring it out on the road and to the people in a Tolerance Race – in Newcastle upon Tyne, United Kingdom. Yes.

At the same time we are going to train intensively with theater methods, how to develop self esteem and self-reliance, how to improve group dynamics and individual appeal at the same time. And at the end of the youth exchange we will show the world the ideas we developed - in a public demonstration in Bremen.

We will stage this adventure two times this year – the last was in Bremen, Germany, in August 2018. This second takes place in Newcastle, U.K. together with Human Family Foundation in October 2018.

Participants’ tasks for the Youth Exchange

1. Each participant has to prepare a small (3 minutes) but impressive presentation about a person considered by him as a role model for tolerance in his/her country or somewhere else in the world. Historic or living persons. Bring a photo, paint a picture, cite the person, tell us the most important events in the life of these persons and their main successes. Tell us, why that person impressed you and how that has changed you, your attitude, your actions.
2. You have to present as a group your sending organizations in a short 5-10 minutes presentation. So get that information before you come. If you are chosen as a representative of another NGO then the sending one, present your own organization.
3. You have to bring as individuals magazines, posters, photos from your country, your hometown. We will use this material. This means also, that we will partially destroy it.
4. You have to bring individually
 - a) a set of dark sportish clothes like training pants or tights and dark t-shirts and sweaters – for our trainings. The thing will get physical.

- b) slippers, sportsshoes or anything similar to wear only in the venue
5. You have to be able as a group to present, how the law of demonstration is formulated and implemented in your country (constitution, laws, institutions, realities).
 6. You have to bring something for an intercultural night – NO! youtubes, that you have not downloaded already before arrival.
 7. You have to actively disseminate the results of our youth exchange.

About Newcastle Upon Tyne

The city is located 446 km north of London on the northern bank of the River Tyne. On the other side of the river is Gateshead, twin town of Newcastle. Commonly known as Newcastle, is a city in Tyne and Wear, North East England. The city developed around the Roman settlement Pons Aelius and was named after the castle built in 1080 by Robert Curthose, William the Conqueror's eldest son. The city grew as an important centre for wool trade in the 14th century, and later became a major coal mining area and ship building town. It's heydays as shipbuilding center for the royal marine are largely over.



The dialect of Newcastle is known as Geordie, and contains a large amount of vocabulary and distinctive words and pronunciations not used in other parts of the United Kingdom. The Geordie dialect has much of its origins in the language spoken by the Anglo-Saxon populations who migrated to and conquered much of England after the end of Roman Imperial rule 4-7 century a.c.. This language was the forerunner of Modern English; but while the dialects of other English regions have been heavily altered through influences of other foreign languages—particularly Latin and Norman French—the Geordie dialect retains many elements of the old language.

How to get here?

Newcastle Airport (NCL) Main Airport hosts most international flights. From the airport, there is a direct Metro line to Gateshead Central which takes around 25 minutes. And from there it is an additional 10ish minute walk to the hotel.

England: London Heathrow: Most cheap flights arrive at Heathrow airport. You have to book a bus ticket to Newcastle Upon Tyne using Megabus.com. The bus to Newcastle starts the trip from Victoria Coach Station which is about an hour by bus from the airport. So plan enough time between your flight arrival time and departure to Newcastle. The bus trip to Newcastle is a 7 hour trip. MegaBus arrives at the library in the town center which is around a 20 minutes to the hotel, if you take the two stations to Gateshead from Monument Square. Another nearer airport with a higher frequency would be **Manchester**.

Scotland: (either Glasgow or Edinburgh): take a train to Newcastle Central station; the journey is around 2:30 hours (Edinburgh) to 3:30 (Glasgow).

The Venue of our Youth Exchange

Our stay will be in the Hotel EXPRESS which is a recently refurbished contemporary hotel located just 5 minutes (1.1 miles) from Newcastle city centre and 7 miles from Newcastle International airport. The central location of the hotel appeals to both leisure and business travellers with quick reach to the city's nightlife attractions, shopping centres, museums, theatres, castles, St. James' park and Metro Radio Arena whilst being within a 6 minute drive of the A1. Rooms booked for the project are triple bed rooms. Every room is provided with its own flat screen TV, unlimited free wifi as well as tea and coffee. A 24 hour receptionist will be happy to offer assistance any assistance in case anything was needed.



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📍 Cuthbert Street, Newcastle upon Tyne, Tyne and Wear, NE8 1AF, United Kingdom

Facilities

- 24-hour reception
- Free Internet access (wireless) in public areas
- Prayer mats
- On-site parking
- Free parking
- Secure parking





Business facilities

- Desk
- Photocopier
- Printer
- Internet connection (wireless)

Hotel Rules

- Some facilities are shared. If used, please, be considerate to others
- Checkout time on the last day is before 11am (checkout of 12pm is available only on request)
- Charges:
 - o Lost key 10 GBP (British Pounds)
 - o False alarm or smoking in the room 50 GBP (British Pounds)
 - o Unofficial late checkout 10 GBP (British Pounds)

Food

Food will be prepared throughout the project by us according to a plan that will be distributed separately. Each participant will take an active role within a group that will take the responsibility of preparing food according to the preset schedule that you will receive.

Tesco a big supermarket is within a walking distance. There are also lots of small grocery shops of which plenty are Middle Eastern in case you need to buy anything.

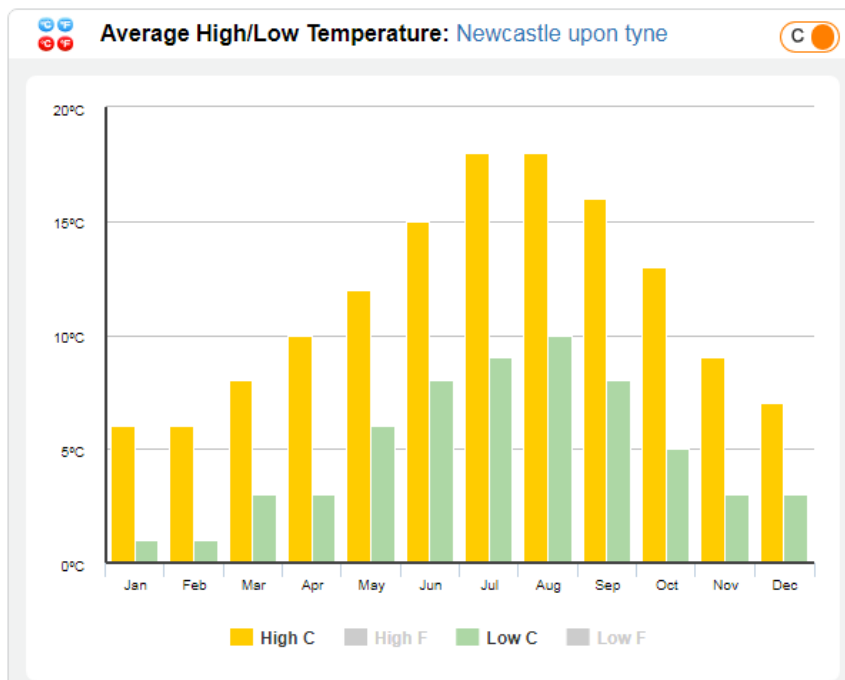
Electricity

UK has a standard 230 V and Frequency of 50 Hz, however all wall sockets are designed for safety to accept only three pin plugs like the one shown in the picture. It is a good idea then to buy a convertor before you travel to be able to recharge your electronic appliances that you will bring with you (laptop, mobile, camera ...)

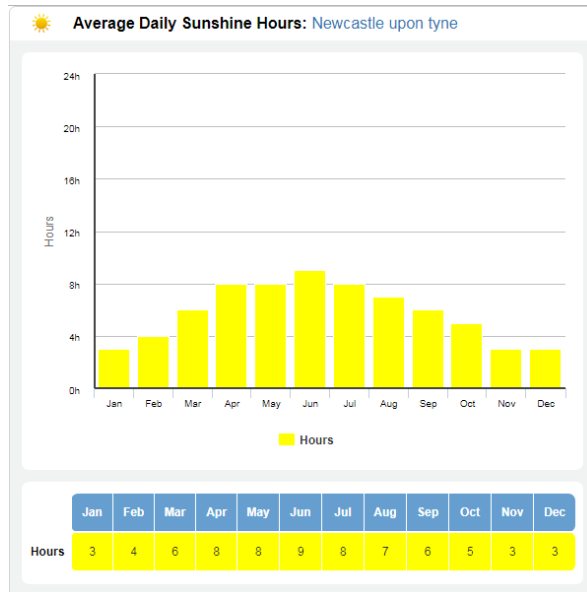
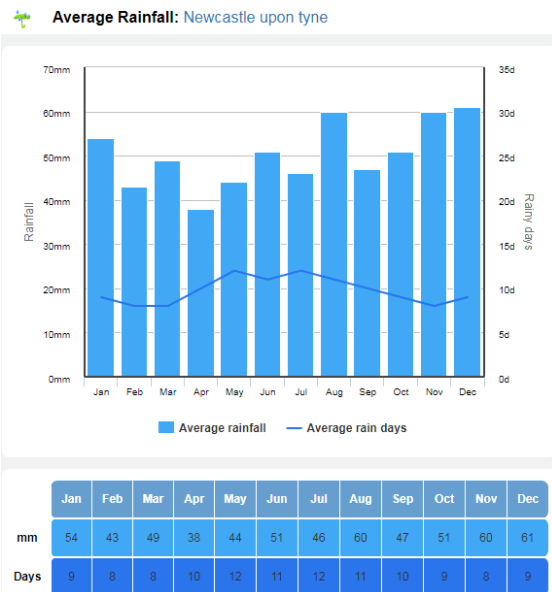


Weather issues

We do not know, how will the weather be in three weeks from now. But maybe it will be in the range of the prior years.



Then temperatures will be between 4 and 8 degrees Celsius, 3 hours sunshine and likelihood of rain. So bring good clothes, as we will be outside again and again!!!! We will provide ginger and lemon juice ... and tea to make you survive it.



Health Issues

You should be insured for health and bring your international health insurance with you. If not, you can still buy them at the internet.

ATM & cash

Will be discussed during the APV

Can we stay longer in the U.K. than the actual exchange?

According to the rules of the national agency (NA) Jugend in Aktion, it is acceptable in Germany to come/leave up to 4 days prior or after the project. This respects the grossly varying travel prices. Every itinerary that oversteps these time limits would not be accepted by NA, and therefore we cannot reimburse it. Please note that any plan of yours to overstay this time limit automatically rids us of our responsibility for your travels. Even the costs for accommodation, food and other costs are then going to be for the full term of the exchange on your own expense.

If you have question concerning this issue, contact us at mostarfp@yahoo.de!

Reimbursement Scheme

	Partner organisation	participants	
Germany	MFP	5	275 euros
Bulgaria	Walk Together	5	360 euros
Czechia	European youth Center Breclav	5	275 euros
France	Eurocircle	5	275 euros
Hungary	Europai Halgatok Halozatanak	5	275 euros
Romania	Puzzle OptimEast Assoc.	5	360 euros
Malta	Malta Unesco Youth Assoc.	5	360 euros
UK	Silver Fox Nort East CIC	5	0 euros
		40	

Travel generally costs will be reimbursed 7 days after receiving all documents from all participants. And this includes the following documents and activities:

- documented presentation about this exchange “Race for Tolerance” that will be delivered by the participants upon their return in their home country;
- dissemination of the project which includes an article, blog or short report, which will be written or composed already during the exchange;
- delivery of all missing boarding passes, flight bookings, train tickets, invoices etc. as well as proof of travel with cars in kind.
- filling out of the questionnaire of the EACEA (in youth exchanges this is done by the team leaders)
- filling out of the Youth Passes by the participants

Accommodation, food and all materials are for free. Travel costs will be reimbursed to the presented maximum amount. We agreed during the APV that **no participation fee** would be raised, **so no extra costs will be covered** (like daily tickets of public transport, excursions or entry fees).

Time Plan

The time plan is generally subject to changes and minor redactions. It can also be adjusted during the youth exchange according to the will of the trainers or the majority of the participants, if the objectives will be reached.

Time plan for activities as in the application

18. November 2018 - Sunday		
Morning	Arrival of the groups	
Afternoon	Introduction of groups, presentation of the partners Knowing each other better, team building,	Introduction of groups, presentation of the partners Knowing each other better, team building, group work

	group work	
Evening	Continuation	Checking the materials participants brought. Implementation preconditions deriving from the Advanced Planning Visit
19. November 2018 - Monday		
Morning	Introduction into the Youth Exchange	Energizer and Opening of the day Welcome and introduction of the groups and participants, Name games, group building games and Icebreakers Hope, fears and expectations Assessment Group agreement Introduction into the theme of the YE:
Afternoon	Secret admirer game - ongoing throughout the exchange This is not a cap (Magritte game) - ongoing throughout the exchange Freakshow catwalk exercise - ongoing throughout the exchange What is tolerance for you? Creating a word field	Secret admirer game is a variation of the secret friend game. The purpose is to learn to understand the other person by observing, reflecting, contacting and discussing views of that person, increasing the connections between the participants in an almost unfelt way. This is not a cap (Magritte game) - is an imagination game, which demands a high level of association and is an introduction to surrealism. Surrealism is an artistic approach to a new reality and a new reality is close to tolerance. The game is about changing the perspective of seeing and appreciating the reality differently. The freakshow catwalk game prepares the participants for the final moment. They create their clothes with inlets and special walks - people starting to get into a new reality. (Rene Descartes - doubting of the reality? What is tolerance for you? - Free association in groups to individually assess the meaning of the word tolerance and to collect a compendium of definitions and side-explanations. Strong inclusion of all languages of participants to create a "word field"
	How was our day - where do we stand? Evaluation of the activities	Evaluation, Group Work and Feedback into the process
Evening	Get to know each other evening	The participants are turning the seminar rooms into a playing and chatting space
20. November 2018 - Tuesday		
Morning	Preaching the concept of tolerance Hey, stop - here is the law!	Participants will contribute with introducing persons from their society or from other countries, which they consider role models in promoting tolerance. They will describe the person and their activities. Working on the legal terms and conditions under which a "race" can take place in democratic societies. Comparing the situation in different countries. Based on APV. Chosing an orga-team

Afternoon	Visiting organisation engaging for tolerance	Participants are divided into groups and will visit organisations in the local surrounding that are involved in promoting tolerance for their purposes, for themselves or other person or groups. Choosing the organisation
Afternoon	Fill in the Gap Alignment-Balance-Game Keep your distance for the others game Marionet Master	Fill in the Gap is an exercise to train participants to take their place in an unexpected situation. Alignment balance game (non-competition race) makes participants learn to reach the finishing line together . Keep your distance game - Participants learn to walk in a way, that allows them to keep a natural distance and to open space for non-participants when they want to join the race Participants learn to direct each other like puppets and to implement this over many stations.
	Going to the Lakes	
	How was our day - where do we stand? Evaluation of the activities	Evaluation, Group Work and Feedback into the process
Evening	NGO Fair	Participants are presenting their sending NGOs and other initiatives or NGOs they are member of or involved in
21. November 2018 - Wednesday		
Morning	Rehearsal of the games	This is not a cap (Magritte game) - ongoing throughout the exchange Freakshow catwalk exercise - ongoing throughout the exchange Fill in the Gap - ongoing throughout the exchange Alignment-Balance-Game Keep your distance - ongoing throughout the exchange A leader and a follower that change. A person is doing something obscure with the body. The other is explaining or interpreting . The partners change. All group is moving like a fisch in the sea. Change direction another leader. If somebody wants, he can take the others away and also return.
	Visiting organisation engaging for tolerance	Participants are divided into groups and will visit organisations in the local surrounding that are involved in promoting tolerance for their purposes, for themselves or other person or groups.

Morning	Strange reality game Fish leader follower	Strange Reality is played by pairs, a leader and a follower that changes. one person is doing something obscure with the own body. The other is explaining or interpreting the move. The partners change. All group is moving like a fish in the sea. On the edges and later in the whole group single person take command. Training to change direction and to transfer the command to another leader. Learning to split off the group and to rejoin it.
Afternoon	Treasure hunting the personal story.	Participants are receiveing the photos of persons in Newcastle and have to find them - Then they are doing interviews and learn in their involvement and their views of tolerance. (Game is prepared in the week before the activity by host NGO)
	How was our day - where do we stand? Evaluation of the activities	Evaluation, Group Work and Feedback into the process
Evening	Inter-intercultural Night	Participants dress up like the other participants and take over the task to present the other countries
22. November 2018 - Thursday		
Morning	Rehearsal of the games	This is not a cap (Magritte game) - ongoing throughout the exchange Freakshow catwalk exercise - ongoing throughout the exchange Fill in the Gap - ongoing throughout the exchange Alignment-Balance-Game Keep your distance - ongoing throughout the exchange Strange reality game - ongoing throughout the exchange Fish leader follower - ongoing throughout the exchange
Morning	Warm up - funny embarrassing story	Before their arrival or shortly after participants have written down funny embarassing story - seen or experienced by themselves. They share it now. Using the Actors Studio Method participants are taking roles in the story Through enacting the situation, participants are going into the role of the embarrassed, of the embarrassing (bully) and the people who just watched.
	Visiting organisation engaging for tolerance	Participants are divided into groups and will visit organisations in the local surrounding that are involved in promoting tolerance for their purposes, for themselves or other person or groups.
Afternoon	Brainstorm about the race	Working groups, proposals, discussion process. Setting the where and when or organizing with police and authorities for a permission.

Evening	Midterm Evaluation	Participants are taken to the different locations of Newcastle, where they have to answer questions of evaluation in different fashions (secret ballot, open speech, marking the room, climbing up or down, etc)
23. November 2018 - Friday		
Morning	Rehearsal of the games	This is not a cap (Magritte game) - ongoing throughout the exchange Freakshow catwalk exercise - ongoing throughout the exchange Fill in the Gap - ongoing throughout the exchange Alignment-Balance-Game Keep your distance - ongoing throughout the exchange Strange reality game - ongoing throughout the exchange Fish leader follower - ongoing throughout the exchange
Morning	Bizarre - Mirroring in the city	Participants go out in the city in pairs and find citizens with impressive behaviour. They copy a certain element, and walk the city for half an hour with this specific behaviour with another participant as shadow and then switch. Purpose is, that the participant slowly loses the feeling that the behaviour is bizarre, they explore the city and experience the people and their behaviour.
Afternoon	Reflecting on the task	Participants describe their morning and their experience. They intensively reflect on their feelings in encountering strangers and behaving strange in front of them. Participants discuss, what awaits them as a group in two days.
	Visiting organisation engaging for tolerance	Participants are divided into groups and will visit organisations in the local surrounding that are involved in promoting tolerance for their purposes, for themselves or other person or groups.
Evening	Dancing out	Participants visit different dance clubs and make contact with the people. They tell the people about their intention to make a race for tolerance and invite them
24. November 2018 - Saturday		
Morning	Rehearsal of the games	This is not a cap (Magritte game) - ongoing throughout the exchange Freakshow catwalk exercise - ongoing throughout the exchange Fill in the Gap - ongoing throughout the exchange Alignment-Balance-Game Keep your distance - ongoing throughout the exchange Strange reality game - ongoing throughout the exchange Fish leader follower - ongoing throughout the exchange

Morning	Prepare the race	Division of tasks. One group has to prepare the location and timing. Another groups is tasked to work on the Publicity and Dissemination of the News about the Tolerance Race. Another group works out rules of behaviour of conduct and how to implement them. A fourth group is tasked with documentation
Afternoon	continuation of tasks Briefing of the group	continuation of the tasks The different working groups intensively brief the others about their work
Evening	Hangman's meal	
25. November 2018 - Sunday		
Morning	Warm up	with a few funny embarrassing storie with some of the rehearsal games
Morning	last preparations	
Afternoon	THE RACE	The race will include at least all participants but likely representatives of the organisations met, of the persons interviewed in the treasure hunt, person met in the dancing night. Participants will represent their ideas in different forms of presentation (painting, slogans, dresses, actings) and in a joint fashion as they have rehearsed it the last days. The parcours will be along places, that all participants have already visited. The purpose of the race (winning, losing, etc) have been agreed upon.
Afternoon	Exhaustion - after the execution Reflection Afterwork	Participants slowly reassemble in the venue Participants discuss the things that happened, what they experienced, how they experienced it. Participants are writing down their impressions. Publication group is working on the collected material. Press briefings are sent out
Evening	How was our day? Evaluation of the activities	Evaluation, Group Work
26. November 2018 - Monday		

Morning	Introduction into ERASMUS+ Youthpass Introduction	Participants are introduced into the different elements of ERASMUS+ suiting their interest Using the Youthpass methodology the participants reflect on their learning experience
Afternoon	The Future: What can we do now? Summary Final Evaluation of the YE Written Evaluation	Concrete Planning of Dissemination and Exploitation of Results (DEOR) Future Projects on local, national and international level; Group Work Summary Final Evaluation of the YE
Evening	Closing and Saying goodbye DINNER Youthpass Ceremony	Final Moments for the group Issuing the Youth Passes
27. November 2018 - Tuesday		
Morning	BREAKFAST Departure Local team meeting	Evaluation of the Youth Exchange with the Team