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**#YouthToo**

## **Mobility Training I: “Gender based and sexual violence in love relationships of youngsters”**

**Dear partners, coordinators and participants,**

Firstly, the NGO “PRIMA” and the whole project team welcome you to take part in the first Mobility activity

of our #YouthToo project, approved by EACEA in the frame of Erasmus+ program - Western Balkan Window, officially started at 7. December 2019.

In this project we are working on learning about Gender based and sexual violence in love relationships of youngsters and opening all those issues that are, more or less, in all our societies connected with shame, fear, feeling of guilty, shortly said – taboos.

We hope that you are looking forward to our training as much as we do!

In the following pages of this document you will find basic information about the first training, suggestions on how to prepare for it, information on the venue and how to get there, contact details and other useful links.

Preferably, we would like to meet youth workers and youth activists as participants, who will stay in the

project during the process and share knowledge gained here to your local beneficiaries.

We wish you a safe journey

and we are looking forward to see you soon in Montenegro!

Your project team,  
NGO Prima

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**Aims:** This training is first mobility activity in #YouthToo project. It has two basic aims:

1

- To gather 30 youth workers and activists from 10 countries to raise their capacities to work in the field of gender based and sexual violence in love relationships of youngsters;

2

- To share one of our values, which is love, as starting point to observe the world because we strongly believe that people educated to love cannot be easy target to those who wish to manipulate with them.



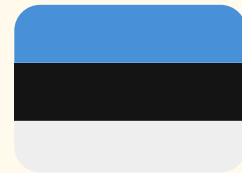
## Participants:

Each partner organization is expected to delegate 3 persons for this training and we prefer those who are active in organization as youth workers or activists. This is because we need people who will be responsible to coordinate local activities.

Also, we need persons with solid/good knowledge of English, older then 18. Take care, if possible, of sending participants of both sexes. People of all genders are welcomed.

Unfortunately, hotel isn't equipped with elevator and platforms so it's not proper for persons using wheelchair.

Training will gather youth workers from 10 countries involved in this project: Albania, Bosnia & Herzegovina, Bulgaria, Estonia, Greece, Italy, North Macedonia, Serbia, Slovenia and Montenegro.





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## Organizers and team:

#YouthToo project is led by NGO „Prima“, non-profit organization which is dealing with youth issues, established 2010, by years-long experienced activists in civil youth sector. We are developing following programs: Youth and Human Rights; Youth Policies, Non-formal education and Prevention of Violence among youth, Youth Mobility and Counseling.

Prima is one of the founder and member of Montenegrin Youth Forum - umbrella youth organization. However, Prima is mostly recognized in Montenegro by its program of non-formal education of peer educators in aim to spread culture of non-violence and to prevent violence among or over youth. Main topics are: peer violence, domestic violence over youngsters, sexual violence and violence in teenage love-relationships, non-violent communication and antidiscrimination.

We have network of peer educators and activists in almost all municipalities, mainly active in schools, Universities and youth clubs. Also, we are running some initiatives with institutions in aim of prevention of violence among youth, gathering our members and peer educators with decision-makers. Also, we are working with University students in Montenegro, mostly trainings to raise their activism and trainings about advocacy and lobbying for student's rights and standards. It's good to mention that we have a representative in Regional body for Civil Education. Work of NGO Prima is based on human rights, antidiscrimination and inclusiveness. Especially, we are working from women's rights and minority rights base. In every project or action we take care about gender balance.

Project coordinator of this training course is Aida Perovic, psychologist, feminist and peace activist. For more details: [www.nvoprime.org](http://www.nvoprime.org)



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Project team: **Aida Perovic** and **Milisav Milinkovic** as trainers, **Jelena Jovanovic** for logistics and contact, **Aleksandra – Sasha Perovic** for reimbursement.



## Partner organizations:

Youth for Social Changes – Albania,  
Bosnian Representative Association for Valuable Opportunities BRAVO – Bosnia and Herzegovina,  
Association Walktogether - Bulgaria,  
Estii People to People – Estonia,  
Hellenic Youth Participation – Greece,  
Mine Vaganti – Italy,  
Volunteer Center Skopje – North Macedonia,  
Mladi Zmaji- Slovenia,  
Red Line – Serbia.

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## Time schedule and Program 20. – 29. February 2020.

### Thursday, 20.02.2020.

Arrival of participants\*\*\* (in application form please put expected time of arrival in Montenegro)

19:00– 21:30 Dinner

### Saturday, 21. – Friday, 28.02.2020.

07:00 – 09:45 Breakfast

10:00 – 11:30 Workshop I

11:30 – 12:00 Coffee break

12:00 – 13:30 Workshop II

13:30 – 15:00 Lunch, free time

15:00 – 16:30 Workshop III

16:30 – 17:00 Coffee break

17:00 – 18:30 Workshop IV

19:00 – 21:30 Dinner\*\*\* if we organize some socializing or intercultural evenings, dinner time will be up to 20:00 h.

### Wednesday, 29.02.2020.

07:00 – 09:45 Breakfast

Departure of participants





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## Working language:

Working language of this TC is English. Some of the participants will be able to communicate in other languages as well, but we encourage use of English during the non-formal time as well, in aim to be inclusive for all in every moment.



## YouthPass:

YouthPass is certificate of Erasmus+ Youth in Action Programme, which is used as a tool to recognize non-formal education and achievements of participants thanks to this program. Each participant of our TC who would attend all workshops and respect group rules, will receive YouthPass at the end of our training.



## Venue and accomodation:

Training will take place in Hotel "Sidro" (ship anchor, engl) in Bar, Montenegro.  
<http://www.hotelsidro.com/home.html>. Post address of this hotel is: Obala 13. jula bb, 85000 Bar, Montenegro. Hotel Sidro is located in immediate vicinity of the sea and the city center.

For more details about Bar, our host town, you can check the web site of Touristic Organization of Bar: <http://www.visitbar.org/index.php?lang=en> (you can choose other languages, as well).

Participants will be provided with full board (breakfast, lunch, dinner, coffee breaks) and lodging in 3/1 rooms. Coffee breaks will be organized as self-service and you could choose to prepare: Nescafé, black (Turkish) coffee, tea or Cedevita instant juice.

All rooms have air conditioner, television, toilet with bath-cabin, balcony and wireless internet.

Participants will be accommodated in "female" and "male" rooms, by country whenever is possible. You will be provided by towels, shampoos, soaps and toilet paper but you're advised to bring additional cosmetics.

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## Hotel Sidro:



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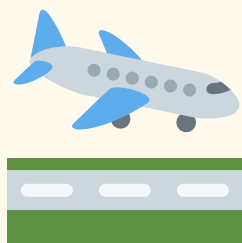


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## **ARRIVAL - Information about how to reach Bar and hotel "Sidro":**

Arrival day is 20. February and we expect you to be in hotel afternoon or evening. You can reach Bar by bus, train or airplane, to airports in Podgorica and Tivat that are just 1 hour driving away from Bar. The most of participants firstly have to reach Podgorica, capital of Montenegro, especially in case that they come by plane.



### **By plane:**

Airport with best connections in Montenegro is Podgorica's airport "Golubovci". Other option is to choose airport Tivat, but we recommend Podgorica. It has good connections with Belgrade, Rome, Istanbul, Brussels, Vienna, Budapest... Podgorica's airport is small and you will finish with all procedures very quickly.

### **From Podgorica's airport:**

Unfortunately, there is no shuttle bus driving from and to airport. Our volunteer will wait at the airport next to info-corner NVO Prima and help you to proceed your trip to Bar.

So, there are 2 options:



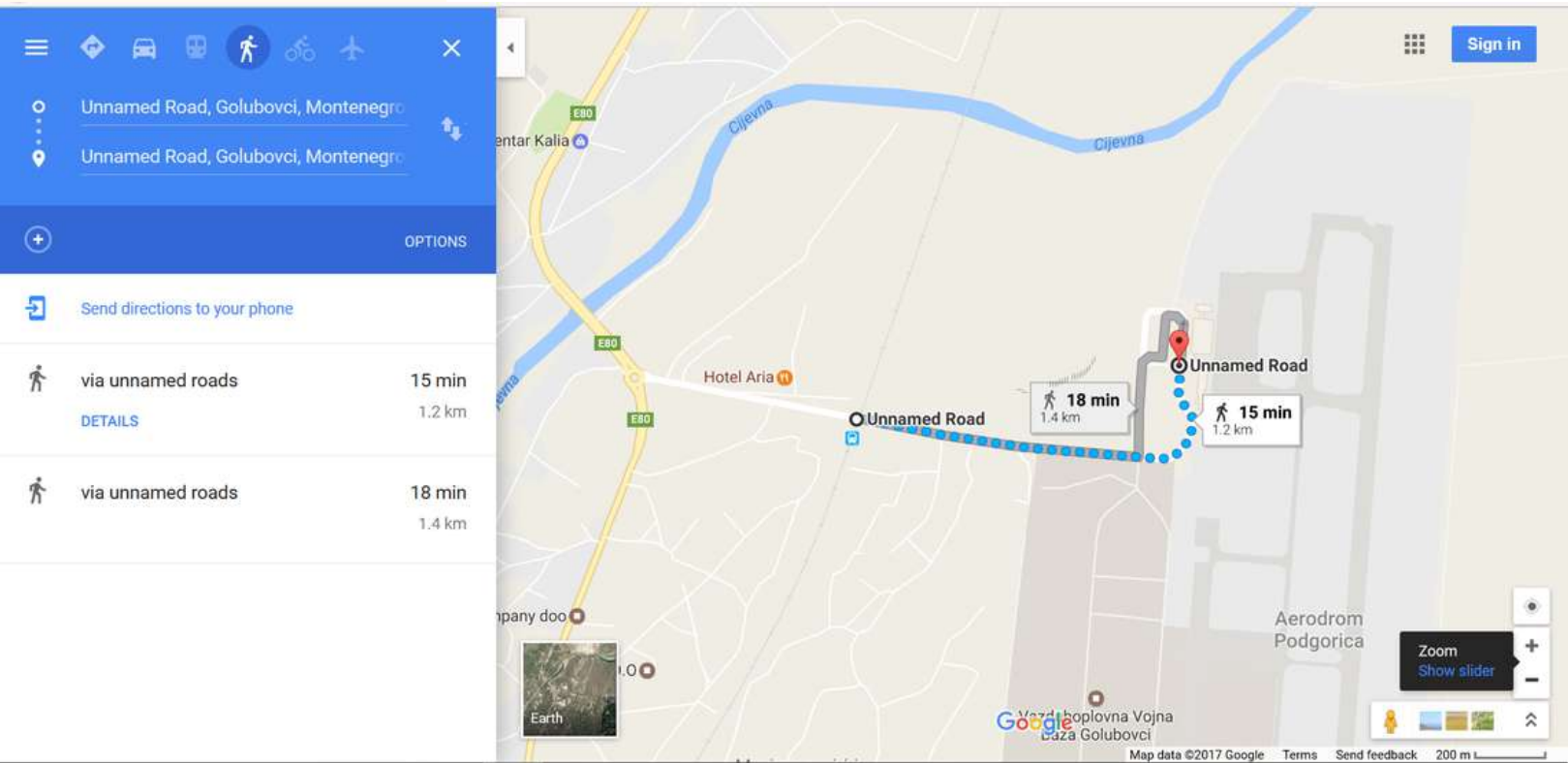
You can go by walk about 1 kilometer from airport to nearest train (railway) stop. That is 15 minutes by walk. (In Montenegrin language: vozna stanica). When you see overpass, go under it and there you will see train stop. Trains for Bar will come from right side. You will need approximately 50 minutes to last stop in Bar -railway station. Be aware when checking train schedule that those are times when train is departing from Podgorica and it needs 5 minutes to reach this train stop near airport. Please, check the map on the next page.



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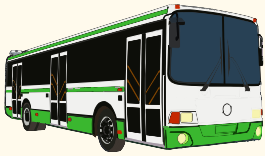


Our volunteer can order taxi to pick you up in front of the airport's building and drive you to main bus or railway station in City of Podgorica. It takes approximately 10 minutes to reach Main bus/railway station. You don't need to pay but please take a bill. This taxi will be paid by organizer.

Main bus and main railway station in Podgorica, as well as in Bar, are next to one other.



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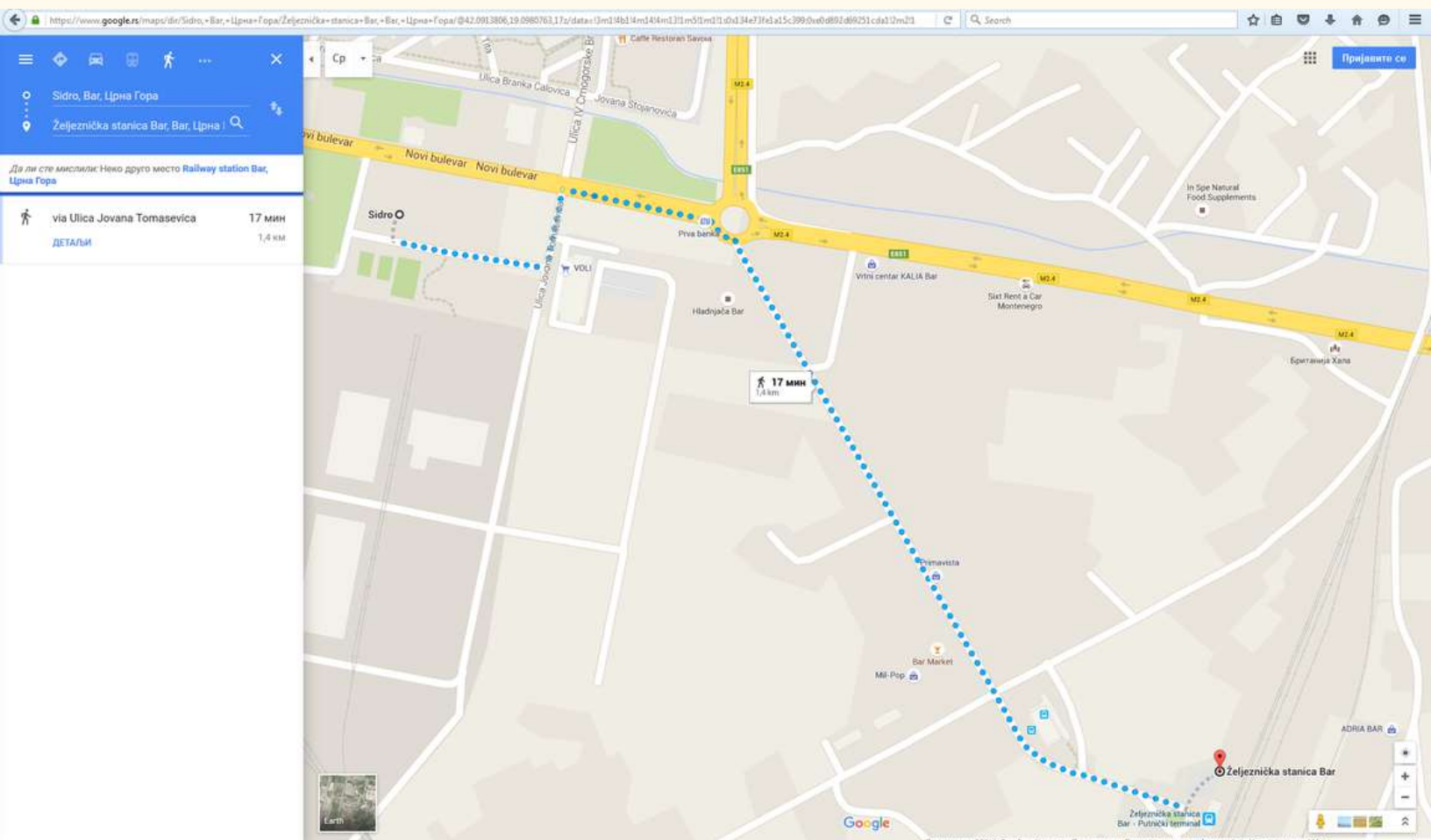


## By bus From Podgorica's Main Bus Station:

Buses are very often. One way ride costs 4 - 5 €. It takes 01.00 - 01:15 h to reach Bar and you have to leave a bus at last stop – Main bus station of Bar. Walk to hotel around 15 minutes. Please, check the map below.

Bus time – table you can find on following link:

<https://busticket4.me/EN/1121-1165-132-0-0/0-1/Podgorica-Bar/20-02-2020/>

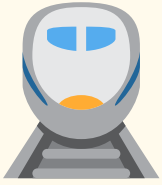


Participants coming from Albania can reach Bar by bus from Shkoder to Ulcinj, and then another bus to Bar. Also from Tirana to Podgorica, and then to Bar.

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## By train from Podgorica's Railway Station :

One way ride costs 2,40 €. It takes 1 hour to reach Bar. You have to leave a train at the last stop in Bar. Also, we recommend you to choose local trains, not fast-ones, because locals are more exact and on time. When you leave a train, walk to hotel about 15 minutes. Please, check the map on the previous page.



You can find Time table Podgorica's Railway Station – Bar on the following link:  
<https://www.zcg-prevoz.me/timetable-local.html>

**To buy train ticket you can use your EYCA youth card. You can buy ticket at the station (bus and train) or in the train.**

## Travel costs reimbursement:

Travel costs will be reimbursed according to the rules of Erasmus+ Distance Calculator – details about reimbursement limits are in table down below. To ensure your reimbursement please first send us your traveling options for approval before buying it!

Reimbursement will be done after receipt of all travel documents (tickets, boarding pass and invoices, both from arrival and departure trip). Also, for full reimbursement you need to attend whole program and to respect working rules. When we receive all traveling documents, we will reimburse you via bank account of you or your sending organization. If you provide all documents during the training (electronic version too), we will consider the possibility to reimburse you in cash.

Taxi costs will not be taken into consideration except in case that we arrange taxi for you. We don't cover travel insurance.

All tickets, boarding-passes and invoices must be kept! Scan it or take a photo and send to: [nvoprima1@gmail.com](mailto:nvoprima1@gmail.com). Then send by ordinary post shortly after your arrival home using envelopes that we will give you during training.

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## Travel reimbursement limit:

Albania  
Bosnia and  
Herzegovina  
Bulgaria  
Italy  
North Macedonia  
Serbia  
Slovenia

**180 euros per  
participant**

Estonia  
Greece

**275 euros per  
participant**

**Montenegro - covered by  
NGO Prima**

## Lodging and internet:

Accommodation, 3 meals per day, coffee breaks and working materials are covered 100% by budget and NGO Prima. There is free Wi-Fi in the hotel.

## What to bring:

For intercultural evening you are encouraged to bring some national food, sweets and music, photos, touristic promo materials and whatever you find good to present your country in the best way. Be aware that we have 10 countries involved and your presentations have to last up to 10 minutes.

Materials for work are provided by NGO Prima. You can bring your lap-tops. We have not foreseen in the program a session for presenting the participants' organizations. We encourage you to present your organizations during spare time, and, of course, briefly in opening session.

## Information about Montenegro:

Official name: Montenegro –Crna Gora (meaning: Black Wood or Black Mountain)

**Population (2011  
census):  
620,029**

**Location:** Montenegro is situated in South-eastern Europe neighboring Bosnia and Herzegovina, Croatia, Serbia, Kosovo and Albania. At south Montenegro has a seaside and the border across the sea with Italy.

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**Official language:  
Montenegrin**



**Podgorica,  
the Capital**



**Sveti  
Stefan**

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**Religions: majority:** Orthodox Christians; minorities: Muslim, Roman Catholic and others

**Political structure:** Republic

**UNESCO World Heritage sites:** Natural and Culture-Historical Region of Kotor, Durmitor National Park.

**Time:** GMT+1

**Measure units:** degree Celsius (oC), meter (m.), gram (gr.), litre (l.)

**International telephone prefix:** +382

**Money:** Official currency in Montenegro is Euro. Please do not bring your local currencies because it is almost impossible to exchange them.

**Credit cards:** Some major credit cards (Visa, MasterCard and MaestroCard) can be used for payments almost everywhere. In green market you can pay only by cash.

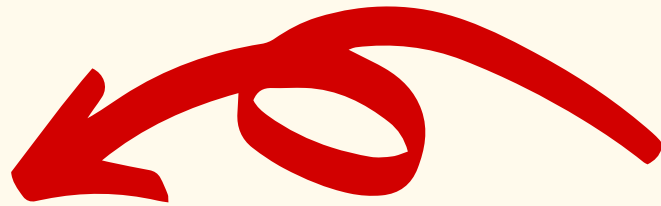
## Contact information

**Project assistant Jelena:**

**[jelena.nvoprima@gmail.com](mailto:jelena.nvoprima@gmail.com)**

**Viber, WhatsApp +38263463544**

**<https://www.facebook.com/jelena.jovanovic.9862>**



The most part of information will be shared via our Facebook group:

<https://www.facebook.com/groups/425897881299844/?ref=bookmarks>

**So, add Jelena as Fb friend so that we can add you to Facebook group of project's participants.**

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# See you soon in Montenegro



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