

# CALL FOR PARTICIPANTS

## **Activist Skills Training I „Sustainable Activism & Self-Care“ of the Youth of European Nationalities (YEN) in Berlin, Germany**

**1st – 4th February 2024**

The Youth of European Nationalities (YEN) is looking for participants for the **Activist Skills Training I „Sustainable Activism & Self-Care“**. The event will take place in **Berlin, Germany** from the **1st – 4th February 2024**.

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## ACTivist Skills Trainings in Year 2024

In 2024, we are focusing on the topic of "ACTivism" with the aim to strengthen the work of our member organisations. To do this, we will reflect on minority rights and our options for action in our seminars and training sessions throughout the course of the year. We will place particular focus on learning concrete skills that can help us improve engagement within our minority youth organisations.

Over the course of the year, we offer three short training sessions - the "Activist Skills Trainings". In these sessions, we will deal with the topics of "Sustainable Activism & Self-Care", "Project Management" and "Communication and Public Speaking". These trainings are mainly for young people who hold a leading, organising, or coordinating position within their minority youth organisation, or who want to take on such a role in the future.

It would be great if you would like to participate in all three trainings, but you can also participate in just one or two - whichever option suits you best.

## About the Training

We start our first training in Berlin (Germany) with the topic "Sustainable Activism & Self-Care". As young people who are active in minority (youth) organisations or projects, we often put a lot of time and energy into this voluntary work. This work is not only important, but also a lot of fun! Sometimes, however, it can be overwhelming and the question arises as to how we can find a balance between our education, private lives and activism.

To remain active and motivated in the long term, it is particularly important to learn how to integrate our activism into our lives in a sustainable way, whilst also taking care of our own mental and physical health.

As a participant, you will:

- learn strategies for making confident decisions.
  - reflect on a balance between your education, work, activism, and personal life.
  - have the opportunity to share skills, hurdles, and learning processes of your engagement with a small group of young people from minorities in Europe.
- ➔ *The training is based on non-formal education methods, which are very different from school or university education. It is based on exchange between the participants, shared experiences, and self-reflection.*
- ➔ *The training will be held in English. If you are concerned about your English language skills, please contact us and we will find a solution together.*

**Accommodation** will be provided for all participants during the Seminar.

## Participants profile

Are you a member of a minority between the ages of 16 and 30 and actively involved in a member organisation of the Youth of European Nationalities (YEN)? Are you in a leading, organising or coordinating position within your youth organisation or would you like to take up such a position in the future and would like to strengthen and expand your skills? Then this training is just right for you!

We accept one participant per organisation. However, there will be a waiting list from which available spots will be allocated after the registration deadline. So if your organisation has more interested people, please contact the YEN Office (at [events@yeni.org](mailto:events@yeni.org)).

If you are not a member organisation of YEN but would still like to take part in a YEN event, write to us at [events@yeni.org](mailto:events@yeni.org). We are always happy to welcome guests!

## Arrival & Departure

**Arrival Day:** 1<sup>st</sup> February 2023 (if possible before dinner 6pm)

**Departure Day:** 4<sup>th</sup> February 2024 (in the morning after breakfast)

More information on the venue and how to reach the accommodation in Berlin (Germany) will be provided after the application process.

## Finances

### Travel expenses

Travel expenses can be reimbursed up to a maximum amount. This involves a signed "expense claim". The reimbursement will only be considered if original tickets are presented and sent to the YEN Office and participants provide all necessary documents of travel and expenses (invoices, boarding passes, train or bus tickets...). Please notice, taxi costs cannot be reimbursed! We will only reimburse your travel costs if you stay for the full duration of the seminar. Those who wish to arrive earlier or depart later must carry the costs for accommodation themselves, and also organise their own accommodation.

There are no participation fees for the Activist Skill Trainings.

Selected participants will be provided with further details.

## Social fund

If you need support to pay either your travel costs or participation fee, contact the YEN Office to ask for more information and/or to apply for financial support - [events@yeni.org](mailto:events@yeni.org)

## About YEN

As YEN we believe in human rights and fundamental freedom for all humans. We cooperate with and support institutions that share those values. Our work is built on the ideas of respect, openness and tolerance for all minorities. We openly position ourselves against racism, sexism, homophobia, transphobia, antigypsyism, antisemitism, and discrimination or forced assimilation of any kind of minority. We are too, as a matter of principle, against violence in whatsoever form. When we choose facilitators and topics for workshops we do so with these values in mind.

We are happy our participants and team at YEN events have diverse opinions and views on the topics we address, and we value discussions and an open exchange of ideas. Therefore, we expect participants and team members to show respect to everyone and to not spread hate. Furthermore, we expect all participants and attendees to acknowledge that every human being is equally valuable and that each individual's freedom ends where another individual's freedom begins.

## Application procedure

Please note that **you must contact your organisation before you apply**. Applications that were sent **without the knowledge of an organisation will not be considered**.

Participants will be informed after the registration deadline whether they have been selected or placed on the waiting list.

All participants are required to take part in the full duration of the seminar.

**The closing date for registration is 14<sup>th</sup> January 2024.**

### [Registration!](#)

Try to travel as cheaply and eco-friendly as possible. Please book your trip directly **after** you receive an official confirmation from the YEN Office!

Additional information will be sent to you after your participation has been officially confirmed by the YEN Office.

## Contact

The YEN Office is available for any questions.

YEN Office:

[events@yeni.org](mailto:events@yeni.org)

Tel.: +49 176 31779414

[www.yeni.org](http://www.yeni.org)

Facebook: @yeni.org

We are looking forward to your participation!

The Orga-Team of YEN

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