



Training Programme

Day 1

Session 1

Round of names – 10 min

Filling in the name tags – 15 min

What you don't know about me – 20 min

Presentation of the project – 30 min

Presentation of the program – 15 min

Session 2

State – of-the-art snapshot of my organization. Work in national teams – 40 minutes

- The community
- The target groups
- Their needs
- The methods and approaches to work with them
- Achievements/results
- Activities/projects

Presentations of the results – 50 minutes

Session 3

Make a collage. Individual work 50 minutes

How do I want to see my organization in my community 5 years from now? What do you want to learn, improve, change?

Presentations of the results – 40 min

Session 4

Re-defining the learning goals – 30 minutes



Open space for peer learning. Sharing of knowledge and information from person to person, country to country and culture to culture. – 40 minutes

Self-learning and self-evaluation time by filling in a diary. – 30 minutes

Day 2

Session 1

Work in small international groups. – 20 minutes

Answer the questions:

- What is civic engagement and participation?
- Why is civic engagement important?
- How do we do it?
- What benefits does it bring?

On the basis of the responses on the questions makes a definition of what civic engagement is?) – 20 minutes

Presentation of the result – 20 minutes

Video “Unpacking civic engagement” – 15 minutes

Discussion in big group – 15 minutes

Session 2

Presentation and solving two case studies. The participants are divided in four international mixed groups – 60 minutes

The case study of the village of the Hataka

The case study of the village Ha Mon city

Presenting the results – 30 min

Session 3

Exercise “The three balls” to practice the names and to energise the group – 10 min

Role play “World Village” – 80 minutes

Each participant is given a role randomly. The participants have to read carefully and understand its role. Then each one makes a strategy how to act. The participants are given the following instructions:



- Get into your role
- Adopt the characteristic that you are given and start living your new personality life
- Try to achieve your goals
- Make social connections and allies
- Take actions

Session 4

Discussion and reflection on the role play – 50 minutes

Daily reflection – 20 minutes

Self-learning and self-evaluation time by filling in a diary - 20 minutes

Day 3

Session 1

Speed dating activity (9 questions) – 30 minutes

Ha Long speaker's corner – 30 minutes

The participants have to talk about any problem that exist in their local communities they would like to address and change! The activity will be implemented in the park (20 pax 1,5 minutes - 30 minutes)

Good Angel vs Bad Angel – 50 minutes

The participants are divided into groups of 4 people. Each group decides which topic they will discuss presented in the previous exercise. Two of them will provide possible solutions, the others will point out obstacles that could prevent the solution. Then a briefing will be organised in the big group.

Session 2

Generator of ideas – part I – 90 minutes

Share the craziest and impactful idea from your organization related to a community action that you/ your organizations had implemented.
Share your best practice. Briefing in big group.

Session 3

Generator of ideas – part II – 90 minutes



Divided into groups of interest according to their wish list, the participants will try to present an inspiring community action concerning their topic implemented from other organisations around the world. They can show a video, use storytelling, make a presentation, act or use other artistic form of expression. Briefing in big group.

Day 4

Study visits in institutions and organisations in Ha Long

- University of Ha Long
- Fishers' village
- Social projects of SJ Vietnam

Day 5

Session 1

Morning positive messages – pass a positive message to a person from the group and say the name of the person. – 10 minutes

What methods can we use to activate the communities? Identify all the methods /tools/ instruments that we use to activate the communities. Work in small international groups – 50 minutes

What methods /tools/ instruments would better work in my community?
Discussion in the big group – 30 minutes.

Session 2

Planning the strategy – How to create a campaign? Presentation – 40 minutes

The participants are divided in 4 thematic groups: reducing poverty, reducing plastic, empowerment of women and seed saver network. Each group has to develop a strategy for a campaign following the provided guidance and presented key issues. – 50 minutes

Session 3

Presenting the results of the work from session 2. – 30 minutes

Brainstorming on “What is digital activism?” – 15 minutes.

Find out successful example of digital activism- 15 minutes

Characteristics of physical and digital campaigning. Presentation and discussion – 30 minutes

Day 6

Session 1

Develop a digital campaign on a topic/issue that is important for your community. Work in national teams – 1 hour.

Presentations – 30 min.

Session 2

What has to be done next? Planning the next steps of the project. – 90 minutes

Session 3

Evaluation of the training course

Evening

Intercultural dinner



Materials needed for the training:

Paper balls

Flipchart paper

White A4 paper

Colour A4 paper

Post-its

Papers cut in different shapes

Scissors

Tape

Glue

Markers and felt pens

Old newspapers and magazines

Rope/ cord/ string

Envelopes

Speakers

Music



Annexes: Training resources

Case Study of the Village of Hataka

In the village of Hataka situated in the south- western part of Republic of Giroza, for more than 40 years people were employed by big plants producing chemical products, paper and electronic parts and chips. There was zero unemployment but the pollution was 5 times higher than the normal rate. Kids and adults started developing diverse medical problems like respiratory problems, lung diseases, allergies, etc. The village of Hataka is situated in a valley surrounded by mountains and the air could not circulate and the polluted air stayed in the valley embracing it in constant smog of fumes. The village was also rich in mineral water (debit of 300 l per second and average temperature of 60 degrees) which was creating prerequisites for spa and recreation tourism. Next to the village of Hataka there was a uranium mine which was emitting high level of radiation. After the change of the political and economic regime almost all the plants shut down and the mine closed. People lost their jobs and the percentage of unemployment raised up to 30%. However, year after year the environment started recovering and the place turned into a paradise – no pollution, calm life in a rural area surrounded by mountains (tracks and lift facilities just 10 mins drive away from the village) and abundance of mineral water. Slowly but effectively the strategy to transform the area into a sustainable touristic site had been put into action. Things seemed to develop really well until the day when the municipality decided to build a big depot for processing non-degradable waste with European funds. The depot is going to process the waste generated by four other municipalities and it will be constructed in an enormous area 100 hectares among the mountains, in proximity to two main rivers and the closed uranium mine. The environmentalist say that all the pollution will directly go into the rivers, the soil and the mineral water in the area. This will cause pollution, will stop the touristic flow and will provoke again health problems. On the other hand the depot is a European requirement and will solve the problem of waste management according to the European standards. It will lower the waste tax in the municipality and will open a lot of working positions. The leading political party is supporting the establishment of the depot, while all the others political parties are against. The citizens are totally against but their voice is not heard. The municipality is determined to open the depot and does not want to make a step back.

Try to provide solution to the problem. What actions will you take? How will you activate the community to take a step forward, stand for their position and protect the environment? Which stakeholder will you address? Propose a holistic approach/ strategy to solve the problem.

The Case Study of Ha Mon City

In the city of Ha Mon, the inhabitants used to live peacefully for hundreds of years. The city was populated by people from more than 80 different nationalities coming from diverse religious, social and cultural background. The harmony among all the cultural groups was built because all obeyed the unwritten rules of mutual understanding, tolerance and respect. A right extreme political party started gaining a lot of support from the citizens by promising social justice equality and more benefits for the socially disadvantage groups including migrants and refugees. As migrants and refugees were forming a big percentage of the



local population, while at the same time locals would also support that political vision as they believed that tolerant and integrated society is the key. That was the only way for the party to enter the political scene. At the next elections they got enough votes to have the majority in the city council, to influence and to take political decisions.

In order to destroy their political opponents by playing unfair games., the political party started empowering certain groups of migrants, refugees and other minority groups by developing social integration programs for them that were created to give them more social benefits like being released from local taxis, free public transport, having access to funds for starting businesses and not paying taxes for the 1st five years, free education for their kids, free medical care, etc. One of the minority groups manage to create a religious and cultural problem in one of the primary schools because the school was providing pork meat at the cantina, although alternatives were given for vegetarian or even vegan menu for the students that do not eat pork meat. That was not a satisfactory for them so they threatening the school management that they will blame them in cultural intolerance, discrimination and even racism if they don't ban the pork meat. They managed to achieve their goal.

Anger and hatred were raising up in some of the local community groups that have always belonged to that society and now they feel that they are deprived of their rights. The tension escalated into number of local protest, street demonstrations and several violent crashes between different groups. The society became segregated. There was no harmony and there was no safety just mistrust and hatred. The locals believed that the "new comers" have displaced them and have taken away all their social privileges.

The breaking point was when a group of local youngsters attacked 2 migrants and as a result one was seriously injured and the other died.

The community could not control anymore this situation and could not keep silent. Actions were to be taken!

Try to provide solution to the problem. What actions will you take? How will you activate the community to take a step forward, stand for their position and protect the environment? Which stakeholder will you address? Propose a holistic approach/ strategy to solve the problem.

Role play "World Village"

Each participant is given a role randomly. The participants have to read carefully and understand its role. Then each one makes a strategy how to act. The participants are given the following instructions:

- Get into your role
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Assigned Roles

The Mayor

You are the Mayor of a town of 16000 inhabitants. Basically you have good relationship with the whole community except some few cases. You tried to play safe and keep the electorate happy. You don't take decisions easily and you leave the problems to go with the flow hoping that will be solve in the curse of time as you don't like to take too much responsibility. In general you supporting more the economic interest rather than the social development but you pretend that you support both.

The unemployed young person

You have recently graduated from school. You have shown remarkable achievements and great potential, but you are quiet, lazy and apathetic. You don't have any plans for the future. You expect time to pass to enroll in a university abroad.

The NGO / community worker

You work for 6 years in an organisation that develops capacity building programmes for young people and provide a lot of opportunities for them to develop. The direction in which your organisation develops is healthy life-style and environmental protection. Recently you have started working on a project supporting social entrepreneurship. You also are a volunteer and you are very active member in the community action group.

Representative of Roma / indigenous community

You are o mother of three children. You are well educated because of the discriminative reasons you work a cleaning the public institution. It does not satisfice you but at least you make some money and you have a stable job.

The businessman

You are a well-known, wealthy businessman who owes a big touristic complex which is famous for the golf court and its tournaments. Another part of your business is dedicated to recycling plastic. Yours is the only enterprise that pollutes the area because you illegally destroy the plastic that you don't need. People don't like you but they would like to be closed to you because of your power.

The parent

You are a concern parent of a 14 – year – old student because you know that the opportunities of the children and youngsters are very limited in your city. You try to create appropriate environment for your kid to live and develop by offering and participating in the community life (attending cultural events, meeting, trainings and be socially engaged)

The journalist

You are a local journalist that report that try to spread all the news happening in your community, trying to be objective but sometime you can be manipulated and influenced by the strong of the day.



The sportsman

You are an appreciated sportsman in your city. You are not only a local celebrity but are also famous on national level. You are expending a lot of time teaching kids not only to play tennis which is the sport that you are good at but also you build with them values and soft skills for their daily life. Very often you support social campaigns.

The bank manager

You are close to decision makers and of course to the business community in your city. Your interest are only mercantile and you want to reach your annual goals to provide loans, credits at high interest rate.

The social worker

You are a devoted social worker who works with people with physical and mental disabilities. You work to make them as integrated in the community as possible. You participate in advocacy groups for the rights of the people with disabilities.

The disable person

You are a disable person and you are desperate that you cannot find a job. The job would give you more opportunities for social integration, financial independence and improve self-confidence.

The headmaster

You are a progressive headmaster of a school who tries to introduce creative and innovative methods of education but the educational system restricts you to unleash all your potential. You support every effort of the students to learn, to develop and to be engaged.

The artist

You are a famous local artist. You are an active social person. You are involved in many of the social actions in your city but in the political level you are not really well-seen because you are always opposing the political decisions and you threat politicians both local and national as a corrupted circle.

The parent

You are a parent who are not taking care about your three children. You are living from the help that the government is giving to you because you have three kids. You do not care too much about their education and they are all day out of home. You are living in a conflictive neighborhood and you simply don't want to move because you believe that this is the real life and the faster your kids adapt to that reality, better for them.

The student

You are a normal student teenager interested to expend time in front of the computer and with friends. You have diverse interest but you are not focus just in one thing. You have good marks but you do not put extra efforts on your educational achievements but in order to get more credits and good recommendations you have to find a community project to get involved and you don't mind just you have to find in what you want to participate, where and how.

Representative of the cultural institution

You are in the heart of all the cultural activities organised in your city. You have got your position because the mayor is your cousin. You have good relationships with the local community organisations and you are looking for extending the cooperation and building new forms of partnership and projects. Although you are a capable person, somehow the people don't trust you that much because they know your family relationship with the mayor and that you protect his interests.

The renowned person

You are a retired engineer that have design and built almost all the emblematic buildings in your country, a person of dignity and respect. You came back to live in your home town and you see things that you do not like. People invite you to participate in different events and attend meetings. You gladly get involved because you don't have anything to do but at the same time you believe that with your experience you can support the development of your city. You are not politically biased and you freely express your opinion.

City councilor

You are an elected figure and you are responsible for the social and cultural development of the city. Your position is very tough. You are quite corrupted. You like the power, the money and the influence. You will not support any cause just for philanthropic reasons, but economic interests.

The Observer

You observe the whole process, take notes and report in front of the big group

Questions for the briefing

How did you feel in your role?

Did you manage to make connections and allies? Was it difficult or easy?

Did you manage to achieve your goal?

What strategy did you adopt? What kind of actions were taken?

How did the community develop? What projects/ initiatives were initiated or implemented in your community?

Can you relate any part of the role play with a real-life situation/s from your daily work?

Lessons learned

Speed dating activity

Questions

1. Small community actions are important, why?
2. To what extent can local community actions influence the social, political, and economic situation in your country?
3. What was the 1st time that you participated in a CA, where and when, what?
4. How can you activate your local community?
5. How do you evaluate the need of your community and plan community actions (CA)?
6. Once you have identified the needs of your community, what would be the next steps to implement community actions (CA)?
7. What is the next community action project that you have planned to organize or that you want to get involved in?
8. Who is the person that most inspires you for your community actions (CA)?
9. What is a successful community action (CA) for you?