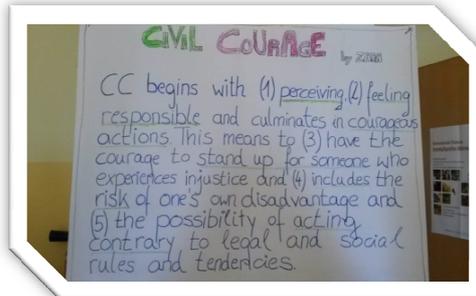


**“Stand up! Support Civil courage within your youth projects”
TULLN, AUSTRIA; 5th July – 12th July 2015**



“I learned overall how to be more courageous and how to stand up for your rights and opinion!”

“I have gained a lot of information and experience in the area. I have also come to understand that in other countries there are different views in relation to some issues we discussed!”

Grenzenlos is running international projects and exchanges since several years. Within different contexts our volunteers in Austria and abroad reported us about situations where they wanted to stand up against something or someone but did not have the right methods or where simply too shy to do so.

According to our experiences we decided to organize a 6-day training course on how to promote and teach civil courage within other organizations' projects. The training's main focus was to raise awareness of civil courage and to teach civil courage so that the participants could implement it in their future projects and personal life.

“I think that the best part of this training course is the people and the intercultural things. I am taking home a lot of things and a big and unique experience.”

Aims and Objectives of the Training course were:

- ✪ To promote and teach civil courage
- ✪ To share methods on how to encourage young people to stand up for their own beliefs
- ✪ To sensitize young people on situations where civil courage is needed
- ✪ Train different possibilities on how to re-/act
- ✪ To give youth organisations methods on how to train civil courage within their projects
- ✪ To promote civil courage within international voluntary projects
- ✪ To sensitize young people towards dangerous situations
- ✪ To give young people self confidence and empower them
- ✪ To give young people tools to stand up against racism and inequality

Trainers and facilitators: Barbara Eglitis, David Castillo, Gohar Ghandilyan, Florian Schanzig, Eeva Airikkala and Marianne Huber

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