



PEACE

- 📌 PROJECT CODE: 2025-1-IT03-KA153-YOU-000297078
- 📌 DATES: 30-11-2025 TO 06-12-2025
- 📌 COORDINATOR: ASSOCIAZIONE CULTURALE PRO.M.E.T.EU.S (ITALY)
- 📌 LOCATION: VITERBO, ITALY

TRAINING COURSE



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PEACE Project

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2025-1-IT03-KA153-YOU-000297078

 Viterbo, Italy

 30-11-2025 to 06-12-2025 (including travel days)

 18 Participants | 6 Countries

 A Transformative Training on Peacebuilding, Non-Violent Communication & Conflict Resolution



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TRAINING OBJECTIVES

Participants will:

- Learn practical techniques for non-violent communication and conflict resolution
- Strengthen their ability to work in multicultural and inclusive environments
- Gain tools to become youth leaders and peacebuilders
- Engage in real-life simulations and role-playing exercises
- Be equipped to implement local follow-up workshops in their home countries



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THE PARTNERSHIP



**IT – Associazione Culturale
Pro.m.e.t.eu.s (Coordinator)**



FR - Association les amis de la JSK



**CY – JOCASTA Research
Center of Youth Development
and Education**



**SE - Nätverket för albanska diasporan i
Sverige**



RO – Asociatia Pas Alternativ



DK – The Nordic Crew I/S



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REQUIRED PROFILE OF PARTICIPANTS

Each country is responsible for selecting 3 participants, of which one is fewer opportunities

✓ Eligibility

- Aged 18 to 40 years old
- Residents of one of the partner countries:
-  Italy |  Cyprus |  Romania |  France |  Sweden |  Denmark
- Able to communicate in English (working language of the project)

🧩 Preferred Background

- Active youth workers, trainers, educators, NGO staff, or volunteers
- Experience in or a strong interest in peacebuilding, conflict resolution, intercultural communication, or youth empowerment
- Involvement in international relations work or grassroots community work in their NGO or local community

🌱 Personal Qualities

- Open-minded and respectful toward diverse cultures and backgrounds
- Willingness to participate actively in the full duration of the training (preparation, main course, and follow-up)
- Motivated to apply and multiply the knowledge gained in their local context



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What's on the Agenda?

The PEACE Project offers a dynamic week of non-formal learning, intercultural exchange, and skill-building focused on:

- Conflict analysis and understanding its root causes
- Non-violent communication (NVC) techniques and empathy-based dialogue
- Intercultural learning and inclusive youth work practices
- Practical tools for peacebuilding and conflict resolution in youth settings
- Creative activities, simulations, and group workshops
- Daily reflection and team-building exercises
- Follow-up planning for local impact after the mobility
- Youthpass certificate recognition

All of this is enriched by intercultural evenings, shared meals, and time to build connections across cultures



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Accommodation

✨ Live, learn, and connect in the heart of Viterbo

🏠 Accommodation - Hotel Tuscia

📍 Via Cairoli 41, 01100 Viterbo, Italy

Participants will stay at Hotel Tuscia, a comfortable 3-star hotel located in the historical center of Viterbo – just a few minutes' walk from the training venue and key landmarks.

👤 Training Venue - Spazio Attivo Lazio Innova

📍 Via Faul 20-22, Viterbo

Workshops and training sessions will take place at Spazio Attivo, a modern innovation and co-working hub supported by Lazio Innova.



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Meals

Dinners

- Served in different local restaurants in Viterbo
- Fixed menu every evening
- Vegetarian options available
- Water included – other drinks at participants' own cost

Lunches

- Provided daily at or near the training venue (Spazio Attivo)
- Balanced, light meals with local Italian ingredients
- Special diets (vegetarian, vegan, gluten-free, etc.) accommodated upon request

Coffee Breaks

- Included during training sessions
- Snacks, coffee, tea, and water provided

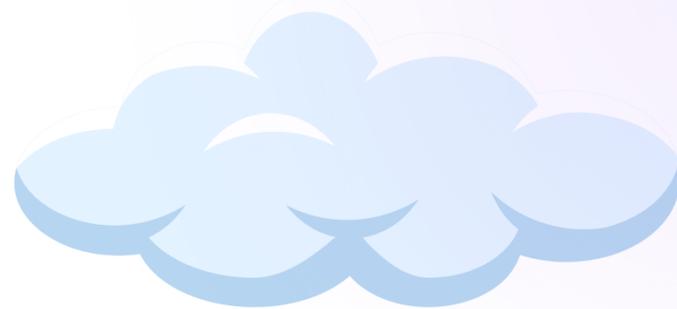


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Travel reimbursement



 **Reimbursement Conditions:**
Keep all receipts, tickets, and boarding passes
Submit travel documents within 15 days



Country	Maximum Reimbursement
Sweden	395
Cyprus	395
Romania	309
Denmark	309
France	309



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How to Reach Viterbo from Rome Airports

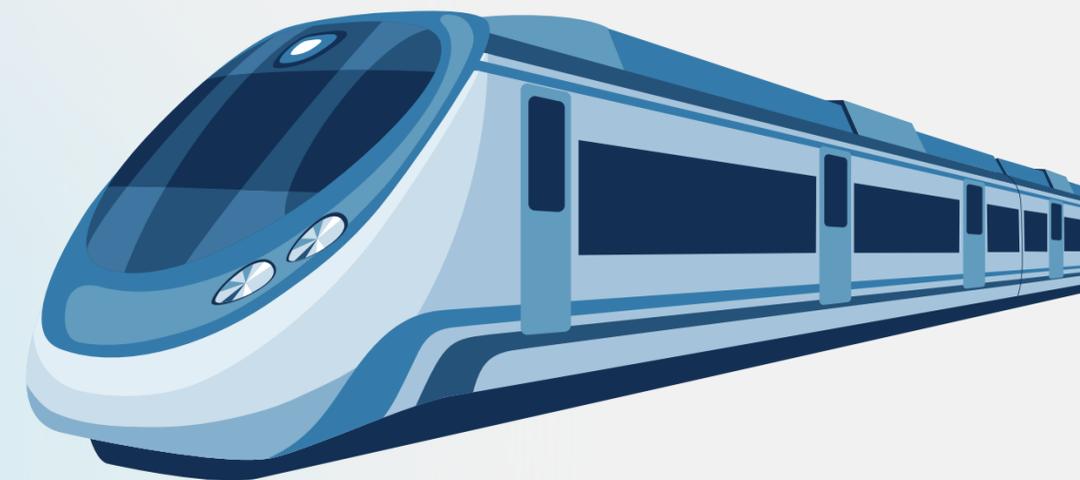
Rome has two main airports: Fiumicino (FCO) and Ciampino (CIA). The best and most economical way to travel from the airports to Viterbo is by train.

Option 1: From Fiumicino Airport (FCO) 🚆

Take a train from Fiumicino to Roma Trastevere or Roma Ostiense

Transfer to a regional train to Viterbo Porta Fiorentina/Porta Romana

Check schedules: [Trenitalia](#) or [Trainline](#)



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How to Reach Viterbo from Rome Airports

Option 2: From Ciampino Airport (CIA)

Take a shuttle bus to Rome Termini

Take a regional train to Viterbo

 Reminder: Flights should arrive before 17:00 to ensure same-day arrival in Viterbo



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Health & Safety

General Emergency Numbers:

-  112 – European Emergency Number (Police, Medical, Fire)
-  113 – Italian Police (Polizia di Stato)
-  115 – Fire Department (Vigili del Fuoco)
-  118 – Medical Emergency (Ambulance & First Aid Services)

Viterbo Emergency Hospital (Belcolle Hospital)

-  Strada Sammartinese, 01100 Viterbo, Italy
-  **+39 0761 3391**

Pharmacy on Duty in Viterbo:

-  [Find the nearest pharmacy here](#)

Lost Passport? Contact Your Embassy in Rome



Local Contact for the Project

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