

**WHAT DO I DO WITH MY ANGER? - 2nd Edition**  
**An International Training Course About Percussion And Drumming Techniques As**  
**Tools For Violence Prevention In Youth Work**



We are looking forward to meet you in Lützensömmern near Erfurt. In order to make this Training Course a successful one and a great experience for all of us we compiled this information guide. It contains important information that you will need for your preparation.

**INFORMATION GUIDE**  
**for participants of the International Training Course,**  
**Lützensömmern, Germany**  
**31<sup>st</sup> of October - 8<sup>th</sup> of November 2010**



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**Title:**           **What Do I Do With My Anger? – 2<sup>nd</sup> Edition**  
**An International Training Course About Percussion And Drumming Techniques As**  
**Tools For Violence Prevention In Youth Work**

**Date:**           **31<sup>st</sup> of October – 8<sup>th</sup> of November 2010**

**Venue:**          **Tagungshaus Rittergut e.V., 99955 Lützensömmern, Germany**

Welcome to our Training Course!

Please find below some necessary information about the programme as well as a description of the venue and how to reach there.

### **Registration**

For the registration please fill out the attached form **“Confirmation of Participation & Travel Details”** and send it to us by fax, post or e-mail (as picture/ scanned version) for **until September 30<sup>th</sup>** ! Thank you.

### **Instruments**

If you can, please bring your own drum if it is possible for you to organize the transport. Please tell us in the confirmation-form, if you will bring something or not. Thank you!

### ***Please note:***

If you don't bring a drum you can rent one in Lützensömmern for the price of **15,-€** and play it the whole week.

For further questions, please contact us:

CULTURE GOES EUROPE (CGE) - Soziokulturelle Initiative Erfurt e.V.

Iderhoffstraße 12

99085 Erfurt

Germany

[www.cge-erfurt.org](http://www.cge-erfurt.org)

skype: CGE - Erfurt e.V.

phone: +49 - 361 60 21 515

fax: +49 - 361 60 21 516

mail: [office@cge-erfurt.org](mailto:office@cge-erfurt.org)

### **Content and aim**

The Training Course (TC) with participants from programme countries of the EU is focused on violence prevention in youth work with the help of percussion and drumming teaching methods. Percussion and drumming is a vital tool for youngsters to develop emotional, social and cognitive skills. It helps to canalize and overcome aggressions, to improve self-confidence and to develop new forms of communication. The TC will provide a platform for organisations and their youth workers to share their experiences in violence prevention among youngsters through percussion and drumming. The participants will deepen their knowledge about the causes and circumstances of violence among young people and learn about specific techniques and approaches of percussion and drumming activities in violence prevention. Experienced trainers and guest lecturers will ensure the quality of the TC and encourage the participants in developing new creative and successful approaches in violence prevention in youth work through percussion and drumming.

### Target group

The target group are members from the participating partner organisations who are focussing their activities on prevention of youth violence, who are in their daily work hardly affected by forms of youth violence, who are working with young people that lived any forms of violence or that are particularly violent and who want to integrate percussion and drumming as methods in their work.

Participants are in particular (social) youth workers and educators, who deal directly with young people and staff who are responsible especially for the alignment of the organizational tasks and the coordination and implementation of youth projects in their organizations. The participants of the TC will be selected by the partner organisations. The criteria for selection are the following: he/she should have basic knowledge of the work that is done by his/her sending organisation; be informed of the situation of young people in his/her community; have basic knowledge of the YiA programme; and most importantly be willing to actively participate during the TC but also after that in the creation of the new projects that will emerge.

### *Please note!*

In case your organisation is not able to send the amount of participants as requested please inform us as fast as possible, but latest until **30<sup>th</sup> of September 2010** in order to inform our National Agency and to find other interested people to participate in the TC.

### Accommodation, catering and sessions

We will stay and work in the "Tagungshaus Rittergut e.V.", 99555 Lützensömmern. Boarding and lodging will be provided.

### *Please note!*

Please bring your own **towels** and **bed linen**! If not you can borrow towels for 2,-€ and bed linen for 5,-€ from the Rittergut.

For further information: <http://www.rittergut.de/>

### How to reach Lützensömmern and the "Rittergut"

- Where is Lützensömmern?

<http://maps.google.com/maps?f=q&hl=de&q=Erfurt&ie=UTF8&om=1&z=7&ll=51.006842,11.019287&spn=3.484384,13.886719>

<http://www.rittergut.de/html/kontakt.php#anfahrt>

- How to reach it?

There are several possibilities for travelling to Germany low-priced:

Budget and scheduled flights:

<http://www.e-flights.de/index.php?lang=en&PHPSESSID=5092f746764c804cc02f87c681094ccd>

<http://de.momondo.com>

<http://www.skyscanner.de>

<http://www.etn.nl/lcosteur.htm>

<http://www.opodo.com>

International bus lines:

<http://touring.de/index.php?id=2&L=1>

International train connections:

<http://www.b-rail.be/int/E/>

- After your arrival in Germany:

To reach Lützensömmern the best way is by train via Erfurt: The Deutsche Bahn's Intercity Express (ICE), Intercity (IC), and Eurocity (EC) trains connect Erfurt with cities throughout Germany. From Frankfurt, you reach Erfurt by ICE in slightly more than two hours; from Berlin it's about three hours by ICE. A cheaper way is to travel by Regionalbahn (RB) and RegionalExpress (RE), which then takes longer.

From Erfurt you take the Regionalbahn (RB) to Gangloffsömmern.

Use the DB English-language journey planner to search for convenient train connections: <http://reiseauskunft.bahn.de/bin/query.exe/en>

From Gangloffsömmern they will bring you by bus to the Rittergut.

### ***Please note!***

You must tell us (by mail if possible) your **time of arrival in Gangloffsömmern** that we can organize the transfer to the Rittergut.

### **Internet**

There is no internet access for public use in the Conference House.

### **Preparation and Intercultural Evening**

To facilitate the exchange of experiences and good practice, please bring with you any material you consider useful (e.g. photos, videos, newspapers, pictures, reports etc.) For the Intercultural evening we ask you to bring material about your organisation and something which represents how your culture relates to other cultures (e.g. a poem, an object, a song, a fairytale, a dance, a game, etc. - so something that explains how your culture deals with other cultures). Feel free to bring a culinary specialty (food or drink) from your culture as well.

### **The venue, Lützensömmern and the Rittergut**

**Lützensömmern** is a tiny village (300 inhabitants) in the middle of Germany, in the Thuringian basin north of Erfurt. 1627 Lützensömmern was looted and burned during the Thirty Years War and. The reconstruction began in 1685 and 1790, the estate completed. Over the centuries, the owners changed, the property was expropriated by 1945 in the course of land reform. After the political changes of the Business Association was founded Tagungshaus manor, who began rebuilding the estate properly and carefully. Its idyllic location far from the hustle and bustle make the three-sided-farm with a large park the perfect place for meetings and intensive concentrated work. In recent years the estate has been fully repaired set. An old barn is still under construction. For approximately three acres with stables, one also has a outdoor, volleyball court, campfire site, log cabin and two clay-furnaces where the bricks were burned to build the houses themselves, as well as an ecological and traditional courtyard. The staff of the estate are dedicated host and thus contribute to the good atmosphere.

To get an impression of the place look at: <http://www.luetzensoemmern.de/index.html> and <http://rittergut.de/html/index.htm>

### **Participants fee and travel costs**

There is NO participants fee!

We will reimburse **70% of the travel costs** for the TC on the basis of the **cheapest possibilities**, e.g. second class railway tickets, APEX-flights etc. by bank transfer after the TC and the receipt of all original tickets, bills, receipts, boarding cards etc. Arrival day is 31<sup>st</sup> of October. On 8<sup>th</sup> of November (departure day) we have to leave the Hostel until 10.00 a.m.

### ***Please note!***

1. We are not allowed to reimburse the costs for travelling by car!
2. Following the guide lines of the YiA programme the travel must be realised by the participants on **direct way** within maximum 2 days. **In case of longer stays or indirect travelling (holiday travel etc.) there ist no reimbursement of travel costs!**

Here you find the maximum travel costs for **ONE** participant per organisation from home town to Lützensömmern and back:

Promoter	City	Country	Persons per organisation	Max. costs per person in € (100%)
Akzente Salzburg	Salzburg	Austria	3	150
Youth Center – Theatre Studio	Haskovo	Bulgaria	1	250
Balkan Kids Foundation	Varna	Bulgaria	1	250
EstYes	Tallinn	Estonia	1	250
Eesti Erinoorsootöö Ühing noOR Project	Tallinn	Estonia	1	250
TE IS Foundation	Budapest	Hungary	1	250
HELPI	Kecskemet	Hungary	1	250
Vicolocorto	Pesaro	Italy	1	250
Comune di Tortona	Tortona	Italy	2	250
Language an Cultural Center	Rezekne	Latvia	1	250
Youth for Society	Ergli	Latvia	1	250
Assoaciation Youth Initiative Group	Vilnius	Lithuania	2	250
Strim	Kraków	Poland	2	200
Gabinete de Desenvolvimento Associativo e Cidadania - C.M.M.	Montijo	Portugal	2	350
Youth Organization SAKURA – ROMANIA	Bukarest	Romania	1	250
Asociatia CERT Apuseni	Bukarest	Romania	1	250
Centrum vol'neho casu JUNIOR	Banska Byzstrica	Slovakia	2	250
Zavod za usposabljanje Janeza Levca	Ljubljana	Slovenia	2	200
AFEMJO-CLM	Ciudad Real	Spain	1	300
Asoaciación Juvenil Intercambia	Malaga	Spain	1	300
Youth A.R.T.	Istanbul	Turkey	2	300
Soft Touch Arts	Leicester	Great Britain	1	250

**IMPORTANT: Since the date when the first costs may incur is the 1<sup>st</sup> of September 2010 please book your tickets as fast as possible but not before 1<sup>st</sup> of September 2010!**

After the TC, please send us back all your complete travel documents in ORIGINAL by post mail as well as your bank account information (computer printed version including name of account holder, name of the bank, IBAN code, BIC/SWIFT code) **until the 22<sup>th</sup> of November 2010 to:**

CULTURE GOES EUROPE (CGE) - Soziokulturelle Initiative Erfurt e.V.  
 Iderhoffstraße 12  
 99085 Erfurt  
 Germany

**Please note!**

1. The reimbursement of travel costs will happen not before all participants will have sent there complete travel-documents!
2. Missing tickets will not be reimbursed!

**See you soon! The team of CGE Erfurt e.V.!**

**“What do I do with my anger?” 2<sup>nd</sup> Edition - International Training Course about percussion and drumming techniques as tools for violence prevention in youth work - Program** - Please note! breaks, group games, energizer, drumming-exercises and drumcircle are not listed separately but included in the program.

1 <sup>st</sup> Day	2 <sup>nd</sup> Day	3 <sup>rd</sup> Day	4 <sup>th</sup> Day	5 <sup>th</sup> Day	6 <sup>th</sup> Day	7 <sup>th</sup> Day	8 <sup>th</sup> Day	9 <sup>th</sup> Day
arrival of the participants	Breakfast							
	Welcome: * program & methods * team & participants expectations * getting to know each other	Block I: Youth Violence (1) * our knowledge about causes and reasons for violence among youths?	Block III: Drum against Violence (1) * drumming as an instrument for preventing violence in youthwork: intruduction, fundamentals	Block III: Drum against Violence (3)  * Trashpercussion as a tool for preventing violence in youthwork	Block III: Block III: Drum against Violence (5) * how to teach and lead percussion-groups * percussion on stage	Block III: Percussion und Trommeln´gegen Gewalt (6) * summary of Block III * first tries	Block IV: Project Ideas (2) * the program YOUTH IN ACTION * development of ideas for own projects * Projectplanning	departure of the participants  evaluation-meeting of the trainers and the organisation staff
	Lunch				excursion	Lunch		
	Opening discussion „What Do I Do with my Anger?“ * what kind of violence/ what kind of youths * reflection: our interest on the topic	Block II: Youth Violence * expression of violence, disposition to violence, aggression * our reaction to violence and violent youths	Block III: Drum against Violence (2) * Bodypercussion as a tool for preventing violence in youthwork	Block III: Drum against Violence (4) * Methods and technics of drumming for: group dynamics integration de-escalation etc.		Block IV: Project Ideas (1) * reflection and discussion about the application possibilities of the techniques and approaches learned	Block IV and V: Project Ideas and Summary * presentation, discussion and evaluation of the project ideas * summary and final discussion	
	daily reflection	daily reflection	daily reflection	mid-term reflection		daily reflection	final reflection	
	Dinner					Dinner in Weimar	Dinner	
welcome evening	Free evening	intercultural evening and presentation of the organisations	creative open space	movie evening	return to Lützensömmern	Free evening	farewell evening	

### Confirmation of Participation

**What Do I Do With My Anger? – 2<sup>nd</sup> Edition**  
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**Violence Prevention In Youth Work**

Lützensömmern, Thuringia, GERMANY, 31<sup>st</sup> of October – 8<sup>th</sup> of November 2010

**Please by email or Fax not later than September 30<sup>th</sup> 2010 to [office@cge-erfurt.org](mailto:office@cge-erfurt.org), +49 361 60 21 516**

Name, Surname	
Profession	
Address	
Tel/Fax	
E-Mail	
Age and gender	
Name of Organisation	
Language abilities	
Allergic person (yes/no, if yes, please specify)	
Further information (e.g. vegetarianism/ vegan)	

**Please tell us, if you bring your own drum:      ☐ yes      ☐ no**

**Please describe your motivation to participate in the TC!**

Please describe your experience in percussion and drumming so far!

*In order to simplify the process of reimbursement of travel costs after the TC (for details please see the participants guide) please fill already your bank details:*

Bank name			
Bank branch			
Street address			
Postcode		City	
Country			
IBAN		SWIFT	
Account number			
Account holder			

Conditions of participation:

Working language will be English. There is no registration fee. Board and lodging during the TC are free of charge. Travel expenses will be reimbursed at 70% on the basis of the cheapest possibilities by means of transportation. Reimbursement after the receipt of all original tickets, bills, boarding cards etc by bank transfer.

Date, place

Signature