

Report from the study session
*Alcohol and Narcotics as
an Obstacle to Participation*



The European Youth Centre, Strasbourg
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Introduction

The study session was held at the European Youth Centre (EYC) in Strasbourg between the 8th and the 15th of February, leaving it with 6 full working days.

The participants came from EGTYF-organisations in 14 different European countries.

This report will summarise the contents of the study session point by point, describing the content and the educational methods for each point.

Alcohol and Narcotics as an Obstacle in Participation

EGTYF's motivation for a study session with this title, "Alcohol and Narcotics as an Obstacle in Participation", was based on EGTYF's ideology. EGTYF's main aim is drug and alcohol free society. There are many problems in Europe caused by alcohol and drugs, social problems, health problems and problems influencing full-value life of young people. We try to reach our aim by different prevention activities organised for youth. We think, that by prevention programmes, we can help young people to find a motivation in their life and show them, that they can be an active part of the society too.

The main **aims** of the study session were:

- To get more knowledge about alcohol and other drugs and extend the knowledge in prevention
- To get more knowledge about how to actively participate, when trying to influence alcohol and drug situation or policy
- To reflect and make suggestions on EGTYF's Alcohol Policy program
- To analyse prevention work in order to increase youth participation in this field by designing new project in prevention

Topics

Issues addressed during the study session:

- The history of alcohol and narcotics
- The situation in Europe - The handling of the alcohol and narcotics problem in different countries
- Different ways of prevention
- How to provide lifestyle and increase the youth participation in a community free from alcohol and narcotics
- European Alcohol policy
- EGTYF's Alcohol Policy Programme
- Preparation of projects by participants for their home organisations

In the first part of the study session we had a short presentation on history of alcohol and narcotics, discussion about how they can influence our lives and different ways of prevention. Second part of the programme was dedicated to European Alcohol policy, youth policy, presentation on how we could influence this process and discussion on the EGTYF's Policy programme. In the third part, participants were preparing and discussing the projects, they could do with their national organisation.

Day by day programme

Sunday 8th

Arrival and registration, welcome, name games

Monday 9th

09.00 Introduction of the study session
09.30 Information about European Youth Centre
10.00 Introduction of EGTYF
10.30 About the youth centre (discovery game)
11.15 Expectations for the study session
14.30 History of Drugs
15.00 Alcohol and other drugs influence on youth
18.00 Reflection groups
21.00 International evening

Tuesday 10th

09.00 The idea of prevention – Illustrated by a fairytale
09.15 The model of Total Consumption
09.45 Group work – How could you lower the total consumption?
10.15 Levels of prevention work
11.15 Videos- Positive and negative advertisements + discussion
14.30 Presentation of W. Farzen about prevention programme in Strasbourg
18.00 Reflection groups
18.30 Open discussion of myths about alcohol and marihuana
21.00 Free evening

Wednesday 11th

09.00 Lobbying on alcohol policy
11.30 A. Ulstein – Alcohol and drugs situation in different European countries
14.00 A. Ulstein – EU Rules and EU Policy
16.30 Sharing of Information about alcohol situation in different European countries
18.30 Reflection group
21.00 Olympic games in pyjamas

Thursday 12th

09.00 G. Filibeck- Role and a work of the European Youth Forum in the European structures
10.15 M. Lexmann – Policy programme and its criteria
10.45 Presentation EGTYF's Alcohol policy document
11.00 Group work - discussion of EGTYF's Alcohol policy document
14.00 Free afternoon
20.00 Dinner in town

Friday 13th

- 09.00 Presentation of proposals for the policy programme
- 11.00 M. Lexmann – Project management
- 14.30 Preparation of local projects
- 18.00 Reflection groups
- 21.00 Free evening
- 21.30 Open discussion – 1. Youth participation
2. Lobbying

Saturday 14th

- 09.00 Preparation of local projects
- 11.15 Presentation and discussion of projects
- 15.30 Evaluation of the study session
- 21.00 Farewell party

Sunday 15th

Departure

The participants

The invitation was sent to all of EGTYP's member- and contact-organisations, and to IOGT International, with an invitation to send nominations, from which the EGTYP office and the team could choose participants.

There were 2 participants from most of the countries represented there, except from Latvia, where only 1 participant participated, 3 participants from Slovakia and 3 participants from Lithuania and 4 participants from Sweden, but 2 of them had school problems and couldn't come. We also expected 1 participant from Russia, but he didn't get a visa. All together there were 27 participants. The gender distribution was quite well balanced, as there were 16 female and 11 male participants.

Most of EGTYP member organisations were represented, except from Italy, Iceland, Croatia, Finland and Russia.

Part A – the study session point by point

This section of the report will describe the different parts of the study session, in chronological order. For each point, there will be a description of the content of this part of the programme, and the educational methods used.

The programmes parts about EGTYP, The Youth Centre and The Council of Europe were merely information, and will not be describe further.

Briefly history and basic info of alcohol and other drugs

Methods: Plenary session
Discussion
Small working groups

We introduced alcohol history to participants by giving them written information. Because of the lack of time we tried to be the most efficient as possible.

There were big parts of beer history, about sherbets, ciders and perry and of course vine history. We also took examples of some countries (Netherlands, Germany, Italy, Russia and Sweden) from 16 century to our days. Participants were also informed about Drug Abuse Legislative History.

The purpose of the part of basic information was to introduce the most popular drugs between youth, to discuss what are drugs, how they look like, how to recognize them, how they are used and the consequences of the use.

We talked about such drugs as:

Met amphetamine/Amphetamine, LSD, GHB/GBL, Ketamine, Ecstasy (MDMA) and other club drugs, Steroids, Heroin, Cocaine, OxyContin, and Marijuana.

We out more attention to marijuana because we think it is the first step to the addiction. We worked on such questions:

1. What is marijuana? Aren't there different kinds?
2. How long does marijuana stay in the user's body?
3. How many teens smoke marijuana?
4. Why do young people use marijuana?
5. What are the short and long – term effects of marijuana use?
6. How it effect pregnancy?
7. Can people be addicted to marijuana?
8. How to quit using the drug?

Next big part of our discussions was alcohol, alcohol addiction and alcoholism facts. We touched such topics as ingestion and it's effects, physical and social effects of alcohol abuse. We discussed the situations and reasons, how and why people becoming alcoholics. Also we talked about tolarance and dependence.

Alcohol and other drugs influence on youth

| | |
|------------------------|-----------------|
| <u>Methods:</u> | Plenary session |
| | Group work |
| | Role-play |
| | Discussion |

In the plenary session through the discussions we tried to come to the conclusion:

Who are responsible for youth becoming addicted to alcohol and other drugs (Youth, family, government, drug business).

In-group work we worked on such questions as:

1. How we, as an organization could help youngsters to stop or not to start to use drugs?
2. How to reduce drug and alcohol influence?
3. How we should cooperate with government, schools, and other organizations?

In role-play we had two groups of youth: sobers and drunk or on other drugs effect ones. Participants had free space for their fantasy. After playing this role-play we had a great discussion about the behaviour influenced by alcohol and drugs and differences in finding solutions for the problems caused by drugs. Participants had different opinions for solving it. We didn't try to find one common solution but to hear several different opinions how we could reduce it.

Prevention

| | |
|------------------------|-----------------|
| <u>Methods:</u> | Plenary session |
| | Group work |
| | Movie |
| | Discussion |

Important part of the study session, was the one dedicated to prevention. EGTYF works mainly on the prevention level, especially the first level of the prevention and therefore we used all day for this topic. We used different methods to be enough understandable and efficient.

We presented a fairytale about a boy saving melty people in a floating river. He was saving them until a girl found why they are all jumping in the water and solved the problem and they stopped to jump in the river. With this fairytale we illustrated the importance of the prevention work.

Later we explained a model of Total Consumption, what is a research about drug addiction done mostly by Swedish scientists. After the presentation, participants were split into 5 groups and they discussed what could lower the total consumption of alcohol and drugs. They could come with different ideas for example more useful prevention work, changing the law, more strict alcohol and drug controls etc. They wrote their ideas on the papers and later we altogether in the plenary room split their proposals, according to which level of the prevention work they belong. We explained how EGTYF works on each level of this prevention and also what generally belongs under each of them. Since EGTYF and its member organisations

works mainly on the 1st level of prevention, we dedicated the biggest part of the work to this level, with plenary debates about efficiency of each method. The result of the general prevention work you can see on the picture below.



To show to participants, how difficult is to choose which method of prevention could be the most efficient, we used the videos. We shown to participants 2 kinds of advertisements, used in Sweden, as anti advertisements on alcohol or marijuana. First kind of advertisement was different spots of car accidents caused by alcohol. Second part of the advertisements were spots, showing how beautiful it can be with alcohol. But only at the beginning and a small shot with the result of addiction.

Participants were split into 4 groups, after seeing both those kind of advertisements. They were asked the question, which of those videos is most likely to be successful. None of the groups had a common opinion, which advertisement was better and which could succeed. We continued the discussion also in a plenary and participants came with different opinions what do they like about such kind o anti advertisements, or whether they use it in their home countries or not.

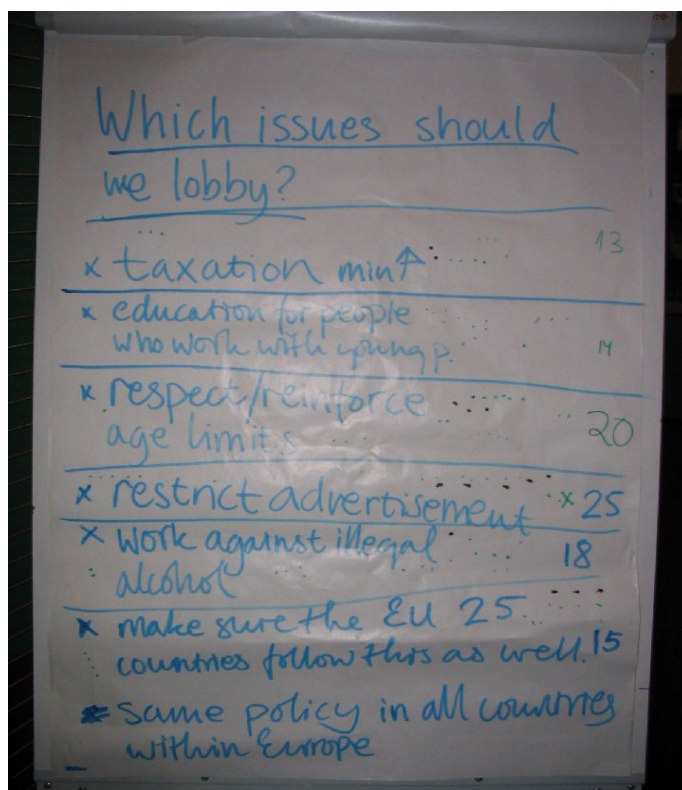
In the afternoon we continued with the 2nd level of the prevention work. For this, we invited Wima Farzen, who works on 2nd level of prevention, with addicted people in Strasbourg. It was very interesting presentation, were the participants could compare their knowledge about efficiency of each method in theory and in reality. After the presentation, we had a big discussion and many questions for Mr. Farzen, who tried to explain them all. The team was very thankful to Mr Farzen because he has done this presentation also without getting any fee.

In the evening we had a free discussion about myths about marijuana and alcohol. Participants could decide if they want to participate or not but most of them participated.

Lobbying on alcohol policy

Methods:

Plenary session
Brain storming
Discussion



This rather short part of the programme was dedicated to explanation of lobbying, since very few participants had any experience with lobbying and for better understanding of following presentations, we used this presentation.

We explained what is lobbying and why is it needed. We continued with the explanation of different levels of lobbying, stating with the local, regional and continuing with those where we want to lobby, national, European and international level. We tried to explain also policy making process and give them some tips, what

they should pay attention about and what they should rivet. At the end we gave some examples about good and bad lobbying and we had a brain storming and later short discussion about lobby priorities of EGTYF.

All had to be done in very short time, that's why we decided to prepare some summarised materials, which they can study during their free time.

Alcohol and drugs situation in different European countries

EU Rules and EU Policy

– presentation by Anders Ulstein

Mr. Ulstein is a person, working on European level and trying to promote different legislations in Europe which could help to decrease consumption of alcohol and drugs in Europe. He is working for Actis, which is an umbrella organization for different Norwegian organizations promoting less alcohol and drug abuse with headquarter in Brussels. He prepared very good Power Point presentation where he explained how is the alcohol and drug situation in different European countries, situation on the EU level, priorities of the European Alcohol Action Plan and how has the legislation movement deflated on both previously mentioned levels. He explained the adoption of the legislation on the European level and the priorities of EU in implementing alcohol or drug policies. He spoke about difficulties in implementing those programmes because of different lobby groups trying to increase the alcohol consumption.

After he finished his presentation, we continued with very fruitful discussion about alcohol and drug issue. Participants mostly asked about their possibilities to lobby on the regional but also national level and we also spoke about potential cooperation between EGTYF and Actis and possible future projects.

Sharing of Information about alcohol situation in different European countries

Methods: Plenary session
Discussion

The aim of this part was to figure out, in which way the price and the regulations on alcohol and tobacco have an impact on the total alcohol (and tobacco) consumption in different european countries. And what we could change.

The steps were:

- The participants were asked to guess how much of pure alcohol a citizen of their country drinks per year.
- We showed them the real consumption figures on alcohol (liters per person per year) in different European countries in the year 2000 and the change of this consumption between

the years 1979 and 2000. Also the figures on spirits, beer and wine. (source:“Jahrbuch Sucht 2003“ Neuland)

- We had a short discussion about drinking behaviour and prejudices about drinking culture in different countries. (For example in Spain or France the beer consumption is „low“, but the wine consumption is high, due to the „drinking culture“)
- After this discussion we were collecting several regulations and prices in the countries of the participants(e.g. age limit for buying alcohol and tobacco, the approx price of a glass of beer). Every participant was asked to tell the regulations and prices from his/her own country as far as he/she knew. (see doc „comparing some facts of our countries“) It was hard to control the up-coming discussion when the participants saw the really different prices and regulations. Compared with the consumption figures it was visible that for example the strict regulations in Scandinavia cause a, compared with other countries, low consumption. Countries with few regulations have higher consumption.

Due to the short time we were not able to discuss the two questions:

1. What kind of „drug education“ do the schools in your country provide?
2. Which kind of law, connected to „alcohol topic“, would you like to change the most?

Conclusion of the this part:

The time was too short, so we were not able to come to a real conclusion at the end of this session. But we believe, that the participants understood the idea we’ve had, which was to show how the regulations and the price of alcohol influence, the consumption and the problems caused through this.

| | | | |
|---|--|--|--|
| Consumption of pure alcohol per person | | | |
|---|--|--|--|

| Rank | country | 2000 | change 1979-2000 |
|------|----------------|------|------------------|
| 1 | Luxemburg | 12,1 | 21,60% |
| 2 | Romania | 11,7 | 86,50% |
| 3 | Portugal | 10,8 | 9,60% |
| 4 | Ireland | 10,7 | 81,40% |
| 5 | Czech republik | 10,6 | 26,70% |
| 6 | France | 10,5 | -35,20% |
| 7 | Germany | 10,5 | 2,40% |
| 8 | Spain | 10 | -14,30% |
| 9 | Denmark | 9,5 | 40% |
| 12 | Switzerland | 9,2 | -13,80% |

| | | | |
|----|-----------------|-----|---------|
| 13 | Slovakia | 8,5 | 1,20% |
| 17 | Russia | 8,1 | 24,70% |
| 34 | Sweden | 4,9 | -15,50% |
| 41 | Norway | 4,3 | 18,50% |

Role and a work of the European Youth Forum in the European structures

– presented by Giacomo Filibeck

EGTYF works on both, national and European level and to reach any of our goals, it's important to know, how much is each of this level connected. This was the reason, why we invited for the next part of the study session Mr Filibeck, president of the European Youth Forum. European Youth Forum consist of both, European or international organisations and also National Youth Councils. They are very well educated on how to combine the work on both levels, how to actively participate and reach the best result for the interest of youth.

In the first part of his presentation, Mr Filibeck explained the role of the YFJ, it's work and importance. In the second part he spoke about different forms of lobbying, how to lobby differently on each level, how EGTYF members could work actively on national or international level and promote EGTYF ideas.

After the presentation we had a discussion where all the participants had a possibility to ask question about participation on the European level, how they could organise different activities or ex-change programmes.

Policy programme and its criteria

– presented by Miriam Lexmann

EGTYF has several policy programmes or documents on different topics but mostly alcohol and drugs related. In the other group there are policy programmes regarding youth, peace and development etc. These documents are very important for EGTYF because they explain very clearly our ideas and demand and the plan of action is based on these documents. Form the previous study session we had an experience that it wasn't very clear to all the participants, why are these documents that much important in the youth national and international work or the reason why do write them. That's why we decided to start with explanation, what are policy documents, why do we write them, who usually writes them, who are they addressed, what they should contain and the language we use when writing them. I was very satisfied with Miriam's presentation because although it was very difficult topic, she explained it very clearly and I think all the participants understood its importance. They also received printed version of her power point presentation, so in case they'll try to explain in their organisations criteria of the policy documents, it will be easier for them to do it.

EGTYF's Alcohol policy document

When we had a preparation team meeting, we firstly thought to have a discussion of two EGTYF's policy documents. After some discussions in Strasbourg, regarding age and experiences of participants, we decided to work only with Alcohol policy programme. This document was last time discussed and adopted in 1996 and since alcohol issue is one of the most important for us, we had chosen this document.

Firstly we presented all document, explaining again little bit importance of it for EGTYF. Then we went paragraph by paragraph, clarifying what do we mean by each sentence and pointing some sentences, which we thought are old or not enough clear and which should be most probably changed. We also included a short discussion about each paragraph, if participants wanted to discuss it.

After this presentation and short plenary discussion, we separated this document into 5 sections. Participants organised themselves according to which section they were interested. They had about 2 hours for discussion and we knew that it's not enough time to formulate new paragraphs or sentences for the new policy document. For this reason we asked them only to discuss the section and prepare for the plenary presentation each part or sentence, which should be changed. But without formulating a new sentence, only expressing what do they miss there, what they would add or giving some other tips for the new policy document.

The team was very satisfied with their work because they understood what they should do, they had very good discussions and they prepared good proposals for changes additions or future discussions within EGTYF.

I decided to not attach these proposals for changes because without reading all the policy document, they are absolutely not clear. But if you are interested to read them, I can add them also with the Alcohol policy programme.

Project management

– presented by Miriam Lexmann

For preparing a good and realistic project, which could be done on local, regional, national or international level, project management is very important part. This was the reason, why we decided to include this presentation into the programme.

Basic document for preparing this presentation was T-Kits about Project management. The presentation was prepared very well but the time for presenting it, was very short. Many participants would have it much longer and have more questions and get more answers but because of shortness of time, we couldn't continue. Miriam gave them again printed power point presentation with more detailed tips for good project management. She also told them about the book, where they can find any information they need about project management.

The team decided to not dedicate more time to this topic because we know, that EGTYP would organise a separate study session only about project management in future months.

Preparation of local projects

This study session had 3 important parts. The first was prevention section, the second was lobbying and the third was preparation of the projects. Usually participants of different seminars like to prepare various projects because they are free to use their imagination and creativity. The problem is that they mostly prepare very unrealistic projects, mostly with many big international ideas and goals, although they have never prepared any project on the local level. We tried to avoid such projects and there fore we explained once again which kind of realistic projects we would like them to think over.

First we started with a plenary brainstorming, where most of the participants came with some ideas about the project they would like to do. Using the outcome of the brainstorming, we prepared some topics for some projects for example, ex-change programmes, leisure time activities, lobbying, educational programmes and the others. In a basement of the European Youth Centre we put the papers with these topics on the tables and participants were free to join the table with the topic, they were interested. If there were more ideas for the same topic, they could separate into more groups and prepare the project individually.

The next day we had a presentation of these projects with a following discussion. Firstly we planned to present all the projects individually and later have a discussion about each of them but I think it was much better to have a presentation of a project and a discussion or other comments by participants or the team immediately.

These are the projects planned by participants:

Experimental school:

Target group: young people
Aim: to impact young people by working with people close to them
Topic: preventing from drug abuse and alcohol consumption
How: by working *with teachers*: to develop a programme, which will nable us to write a manual on interactive and interesting ways of working with young people
with parents: educational programme to teach parents how to talk about this topic with their children
with young people: prevention campaign

If the project is successful, we will run an information campaign through which, we will lobby the ministry of education to include our programme in the school curriculum.

Fun-Bun camp

Target group: young people, 14-18 years old

Type of activity: summer camp with a lot of sober activities and education

Aim:

- To show people how to have fun without alcohol and dugs
- To recruit new members
- To maintain old members
- To improve peace and tolerance
- To make publication

Topic: preventing from drug abuse and alcohol consumption

How:

- Competitions
- Workshops
- Guest (cooker, photographer...)
- Hitchhiking
- Pic-nic

When: summer 2004

Objectives:

- Find different foundations for organising this project
- Organize place, timing
- Invite participants
- Prepare activities

Education with fun

Target group: young people 11-14 years old

Aim: to promote drug free lifestyle, to get new members

Topic: preventing from drug abuse and alcohol consumption

How: to offer countryside school possibilities to see that it's possible to live and have fun without dugs and alcohol

Working steps:

- Having activities in schools
- Lessons in a day time (max 12 people in a class)
- More funny activities during a night time (educative games, dancing, night coffee...)

Important:

- To give positive emotions, not only statistics
- To not have many people in one group

Dream: To cooperate with International Organisation of Good Templars in order to get more parents involved.

Lobby the EU parliament elections

Target group: young people 18-25 years old
Aim: to influence EU parliament elections
Topic: to increase number of EU parliamentarians who will support campaigns against alcohol and drugs.

This project was presented by several drawings. I won't scan them, because it's 5 pages, but I'll try to shortly explain it shortly.

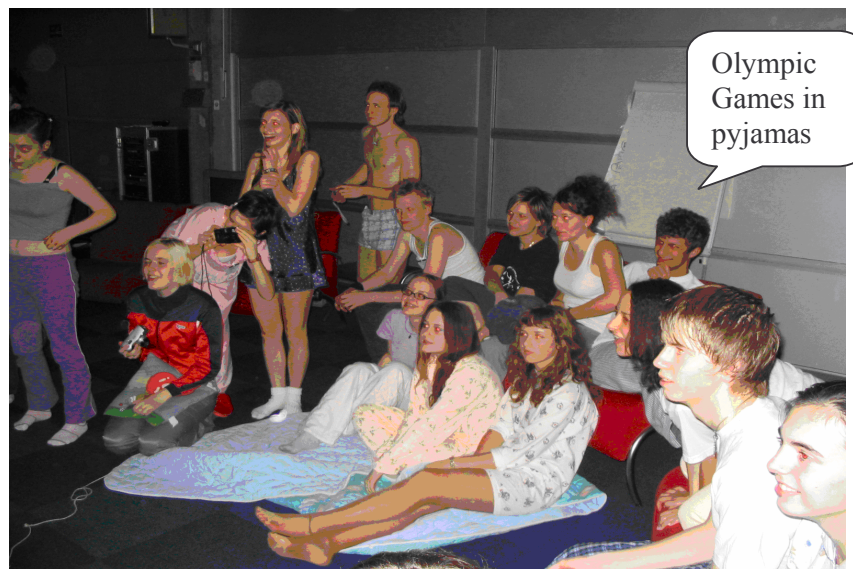
1. Talk to young people on the street and explain them importance of alcohol and drug policy and encourage them into voting for candidates for the EU parliament, who are promoting these policies.
2. Write articles about candidates to EU parliament into newspapers and magazines.
3. See the result of the elections and when we know the names of people elected, write them a letter, e-mail or produce common material about alcohol and drug policy. The ideas for these policies are to reinforce age limits for alcohol, restrict advertisements for alcohol and work against illegal alcohol and drug production and consumption.
4. This campaigns should start on the national levels ad later create a group for the European level. Without good work on the national levels it's very difficult to reach the goal we want.
5. After a good campaign we hope to influence politicians and change their opinions so they will work with the alcohol and drug policy much more.

Part B – Evaluation

Social part of the study session

In this part of the report, I'll shortly describe the social part of the study session.

For EGTYF is social aspect very important. The reason is, that our aim is not only to do prevention programmes in schools, but we won't to show our members how easy they can spend their spare time without alcohol and drugs. To show them, which kind of activities they can do with the members on the national level or which kind of games they can play with children in schools.



With less formal discussions in small groups we also tried to overcome the problem of some participants, which they had in plenary room, while speaking to microphones.

We also used reflection groups consisting of 5-6 participants and one person from the team, where they had an opportunity to say how do they feel, what do they like or what they would like to change in the study session. I think it's the best way, to understand feeling of participants and what they would like to get from such a study session. Every evening a team had a discussion about the outcome of the reflection groups and possibilities to reach the best result at the end.

We tried to organise a good social programme for the participants but we decided that 2 evening of this week are free, so that participants can organise a programme that would like to have and the team can help them. On Sunday and Monday we spent some time getting to know each other. The participants impressed by learning all the names almost at once. During the whole week, in the morning and after the lunch break we used energisers. The biggest success of the social part of the programme was an Olympic games in pyjamas, where we divided participants into groups and then started the whole ceremony with different funny disciplines.

I think that social part of this study session was very good and participants were satisfied. As they said at the reflection groups, they were also happy about the free evening where they could spend an evening as they wanted, having a disco or small discussions.

Language and translation

This study session had two working languages – English and Russian. Translators were providing simultaneous translation during all the plenary sessions and if it was necessary, they tried to help or translate in small working groups as well. There were some of the participants who didn't speak English very well, but because one of the team members speaks Russian and English very well, we didn't have any language problems in the evening activities.

Simultaneous translation was very useful for better participation of those participants who didn't speak English very well.

This way, I also would like to thank a lot to our translators' because they helped a lot to good communication and participation of all participants.

Follow-up work

The last day, after the evaluation, all participants were asked to write a letter to them-selves. This was supposed to be a personal letter with the feelings from the study session. We sent this letter a month after a study session to each of the participants. This letter was written to remind them how was the study session and also their motivation for the projects they prepared while they were in Strasbourg.

Some participants also created a mailing list, so all the participants can stay in touch very easy or discuss their projects. Two months after the study session, there was created another

mailing list for those participants, interested in lobbying and especially lobbying on the EU level.

The team will stay in touch with participant to help them to follow up on the local projects. For some of the projects, continuation of the contacts made during the study session is even a part of the project plan.

Participants' Evaluation

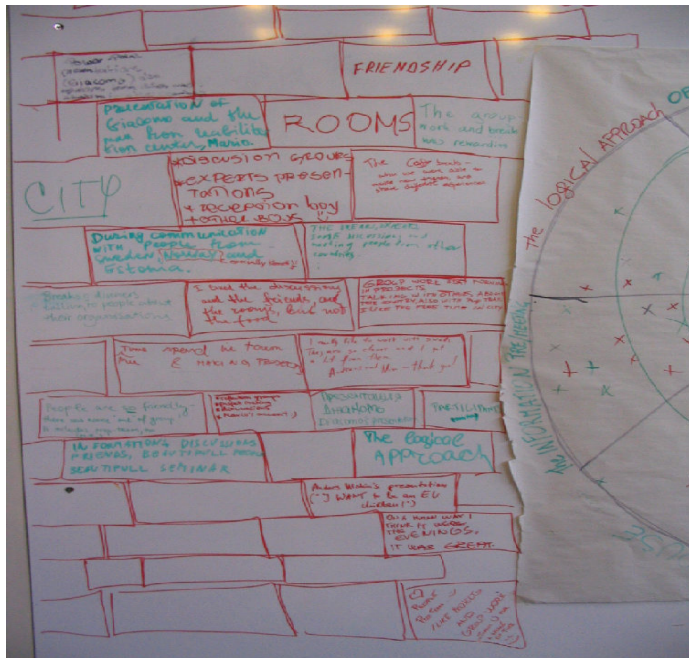
For the evaluation of the seminar, team decided to not use a traditional evaluation with giving a paper to participants with several questions about the session. The team decided for the evaluation on the wall, as you can see in the pictures below.



We divided a circle on the wall into 8 blocks (methods, contest, team, experts, house, information received before the session, the logical approach of the session, objectives). All participants had a possibility to make a point in each part of the circle. If they considered that particular part was good, they putted the cross close to the middle of the circle.

If they were not satisfied, they put the cross close to the frame of the circle.

As you can see, most of the participants were satisfied with the study session, invited experts, logical approach etc. the only part, they were not satisfied so much was the information received before the study session. As usually, before the study session we sent an announcement about the study session but as some participants said, they would appreciate more information about the level of the study session, since EGTYF member organisations works on very different level concerning alcohol and drug issue.



On the part of the wall we drew some bricks and participants could write, what did they like the most about the seminar. They were not expected to write only which part of the programme, but the whole seminar, including all its aspects.

As you can see, some of them were very happy about the ling conditions, some other with friendly atmosphere at the seminar or some specific presentations of invited experts.

The team's evaluation

At the end of the study session, the team agreed on several proposals for EGTYF or future study sessions:

- The participants should get more information about the level of the study session and planned programme, so that member organisations can nominate a right person, with sufficient experience, knowledge and motivation.
- Before organising a seminar, each member organisation sending a participant for the study session should have some discussion about the topic of the seminar, so that participant is able to explain the situation concerning this topic on the national level.
- It would be very useful, if EGTYF does a seminar on project management as planned.
- EGTYF should organise a seminar on recruitment of new members as this is the biggest problem in most of the member organisations.
- It was very useful to have reflection group every day, so we could see a development of the study session from participants point of view, hear their opinions or proposals for changes. Also the team had a meeting every day, after reflection group, what helped a lot to flexible continuation of the programme.
- Although we made many changes in the programme during the week, participants would still have more time for discussions.
- EGTYF should start to publish a magazine or newsletter specialised on alcohol and narcotic situation in Europe.

Contact information

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Resources

All different – all equal education pack
<http://www.hrea.org/erc/Library/secondary/different-equal.html>

Council of Europe's **T-Kits**
<http://www.training-youth.net/tkits.htm>

Compass - A Manual on Human Rights Education with Young People
<http://eycb.coe.int/compass/contents.html>

