

Report

ATLANTIS VII
“Young Volunteers in Action”

Hammamet (Tunisia)
2nd-9th July 2011



Centre for the Cooperation
in the Mediterranean



Organized by



**Centre for the Cooperation
in the Mediterranean**



With the support of



International Federation of Red Cross And Red Crescent Societies
الاتحاد الدولي لجمعيات الصليب الأحمر والهلال الأحمر
منطقة الشرق الأوسط وشمال أفريقيا MIDDLE EAST AND NORTH AFRICA ZONE



Regional Activity Centre
for Cleaner Production

In the frame of





INDEX

Summary	2
Objectives and Contents	4
1.1 Purpose of the meeting	4
1.2 General Objectives	5
1.3 Specific Objectives and Contents	6
1.4 Workshops and Methodology (Disaster Risk Reduction and Volunteering, Environmental Education, Leadership Skills, Principles and Values, Volunteers Management, YABC)	7
1.5 Special Sessions	26
1.5.1 Sharing Best Practices	26
1.5.2 IFRC Special sessions (Strategy on Violence, IFRC Strategy on Migration, YABC Programme in North of Africa)	34
1.6 Photography Contest	37
1.7 Side Events	39
Organization and Logistics	41
2.1 General Overview	41
2.2 Participants	42
2.3 Facilities and Equipment	43
2.4 Logistics and Staff	44
2.5 Excursion	44
2.6 Visibility	45
Evaluation	47
3.1 Evaluation from the CCM	47
3.2 Evaluation from Participants (Workshops Contents and Organization and Logistics)	49
Follow-up	54
Annexes	



SUMMARY

The Centre for the Cooperation in the Mediterranean (CCM), in partnership with the Tunisian Red Crescent, organized the seven edition of the Mediterranean Youth Camp Atlantis, with the support of the North Africa IFRC Office and the UNEP/CP-RAC (United Nations Environmental Programme – Regional Activity Centre for Cleaner Production)

The purpose of Atlantis is not only to allow young volunteers to meet and share experiences and knowledge, but also to build their capacity to be dynamic models of change within their National Societies. In accordance with the Strategy 2020 of the IFRC and the recommendations of the Red Cross and Red Crescent (RC/RC) Mediterranean Conference, Atlantis should be a place to run into different cultural souls of the Mediterranean region and to build the capacity of the RC/RC young leaders. In addition to this general goal, Atlantis VII was devoted to **Volunteering Service** as it is the heart of community-building.

2

The seventh edition of Atlantis was held in Hammamet, Tunisia, from the 2nd to the 9th of July, 2011. The camp was attended by 65 participants, comprised of 44 volunteers representing 17 National Societies (Algeria, Andorra, Bosnia-Herzegovina, Egypt, France, Germany, Italy, Lebanon, Malta, Monaco, Morocco, Palestine, Serbia, Spain, Switzerland, Tunisia and Turkey), the IFRC North Africa Office, 13 international facilitators and speakers, as from the IFRC Migration Senior Officer, several volunteers from the Tunisian Red Crescent and some guests.

The agenda included six thematic workshops: two in English (Principles and Values and Leadership skills), two in French (Disaster Risk Reduction

and Volunteering, and Environmental education) and two more both in English and in French (YABC –Youth as agents of behavioural change- and Volunteers Management). The methodology of work was comprised of mainly interactive and practical activities, with the addition of some very useful theoretical lessons. The team of facilitators consisted of RC/RC peer-educators, coming from the Italian Red Cross, the Tunisian Red Crescent, the Lebanese Red Cross, the Spanish Red Cross, the International Federation of RC/RC Societies –P&V Department and North of Africa IFRC Office, the CCM, and field experts of the UNEP/CP-RAC.

The evaluation of Atlantis VII has been extremely positive. Participants concluded that on the whole their expectations had been achieved and their evaluations are exceedingly positive. The percentage of participants considering the general content of training as excellent or good is 94%.

OBJECTIVES AND CONTENTS

1.1 Purpose of the meeting

ATLANTIS is an encounter of the Mediterranean Red Cross and Red Crescent Youth which has been consolidated as a mandatory meeting point for intercultural dialogue and exchange of experiences in the region.

Six Red Cross and Red Crescent National Societies were already hosting ATLANTIS in its previous editions: the Italian Red Cross, the Turkish Red Crescent, the Syrian Red Crescent, the Red Cross of Serbia, the Moroccan Red Crescent and the French Red Cross. The idea of a Mediterranean Youth Camp was conceived during the Mediterranean Conference held in Cairo in 2004. On that occasion the Italian RC proposed to create a common space where young volunteers from the Mediterranean could meet, exchange ideas and discuss humanitarian issues and possible initiatives. This represented the first step in the setting-up of an annual camp named Atlantis.

4

For its VII edition Atlantis focussed on **Volunteering Service** as it is the heart of community-building. Volunteering promotes trust and reciprocity. It encourages people to be responsible citizens and provides them with an environment where they can learn the duties of democratic involvement.

Atlantis VII is meant to make more active participants as they will be better motivated, organized and supported. Young people contribute their time and skills regularly or in the delivery of services, in resource mobilization, administrative, governance or advisory functions. National Societies and so the CCM is committed to improve quality, standards,

capacities and volunteer retention by creating a welcoming and socially inclusive environment. This environment means providing volunteers with training, supervision, and regular evaluation. This will enable us to operate on the much greater scale that is necessary to meet the needs and vulnerabilities that we should tackle, given our overall size, reach and potential.

Atlantis VII is being displayed in the framework of the new IFRC Strategy 2020, which aims at a better fulfilling of the potential of the Red Cross Red Crescent at all levels, and developing sustainable approaches in addressing three key areas: disasters, health risks and social exclusion.

1.2 General Objectives

5

During the last editions, Atlantis consolidated as a mandatory youth meeting for intercultural dialogue and exchange of experiences in the region.

In accordance with the recommendations of the last Mediterranean Conference, the common objectives of all Atlantis camp are the following:

- Promote intercultural dialogue and partnership among RC/RC youth leaders of the Mediterranean region;
- Empower youth as dynamic models of change for their local communities;
- Enhance capacity building and encourage practical actions and joint activities;

- Share knowledge and information about youth programs and activities;
- Share best practices and lessons learned with other RC/RC youth branches;
- Increase and enhance the commitment to the RC/RC Principles and Values.

1.3 Specific Objectives and Contents

The 2011 edition of Atlantis was mainly devoted to subjects regarding Volunteering Service, by taking into account various issues such as voluntary activity, live solidarity, making a difference in our society, promoting social cohesion, and helping to preserve our environment.

6

Volunteering is performed by a wide range of people with many levels of skills. Regional, local communities and civil society can achieve working towards an enabling and facilitating environment for volunteering; empower volunteer organizations and improve the quality of volunteering; reward and recognise volunteering activities; and raise awareness of the value and importance of volunteering. With this Youth Camp in Tunisia focussed on volunteering we gave more support to the **2011 International Year of Volunteers** which will have an impact on the Euro-Mediterranean action for the year. Volunteering helps to build more cohesive communities, fostering greater trust between citizens and developing norms of solidarity and reciprocity that are essential to stable communities, and also cover the wholes that the state cannot fulfil.

Given all these premises, the specific objectives of the seventh edition of Atlantis were the following:

- To promote intercultural interaction and partnerships between young volunteers of the Red Cross/ Red Crescent of the Mediterranean region;
- To consolidate the capacities of the young people participating in order to encourage the implementation of practical actions in terms of volunteering in each of the National Societies where they come from and to promote new initiatives and creative contributions from Youth;
- To work towards an enabling and facilitating environment for developing and enhancing volunteering at their own National Societies and improving the quality of volunteering.

7

1.4 Workshops and Methodology

The training program allowed participants to consider, in depth, several sub-themes related to the main targeted theme of work. The participants were asked to choose between two parallel workshops at the morning and two parallel workshops at the afternoon, taking into consideration the topic of the training. A set number of participants attended each workshop. On the contrary, the special sessions counted on the participation of the plenary group.

Following the experience of the previous editions, the team of facilitators was international and came not only from different countries but also from distinct specialties of work and organisations. The team consisted of

RC/RC peer-educators (volunteers or staff members from the Italian Red Cross, the Tunisian Red Crescent, the Spanish Red Cross, the Lebanese Red Cross, the IFRC Bureau for North of Africa and the Centre for the Cooperation in the Mediterranean), and field experts of the UNEP (CP-RAC), who have specific know-how and proved training experience in the tackled subjects. With regards to the methodology of work, all workshops were comprised of mainly interactive and practical activities, with the addition of some very useful theoretical lessons. The non-cognitive approach characteristic of the YABC project distinguished the corresponding workshop. The workshops counted on the active participation and involvement of participants (role playing, practical exercises, real-life situations, plenary discussions, sharing personal experiences, etc). The groups' philosophy was based on open-mindedness, flexibility and mutual respect.

8

Hereafter you will find the main contents and outcomes for each of the workshops.

1.4.1 Workshop on Disaster Risk Reduction and Volunteering

The seven-hour workshop on Disaster Risk Reduction (DRR) and Volunteers Action, held in French on the 3rd and 4th of July from, 9 am to 1 pm, was facilitated by Mr. Wajdi Ben Mohamed and Mr. Samih Barhoumi, both volunteers of the Tunisian Red Crescent.

The aim of the workshop was to strengthen the capabilities of the participants to identify, understand, and explore DRR technical tools and

to increase the youths' skills in volunteer management in disaster risk response and preparedness.

The agenda of the workshop included the following activities:

- At first, the facilitators explained what disaster management is, how disasters are classified (natural or manmade), and what the disaster management cycle is (mitigation, prevention, intervention, recovery). Then, they took, as an example of disaster management, the construction of a refugees' camp, asking the participants their opinion on where is the best place to build a refugees' camp, what are the logistic priorities, and which are the positive or negative consequences of the refugees' camp on the local community.
- Facilitators encouraged participation in two activities about the importance of planning and communication in managing and reducing a disaster: first participants tried to untangle themselves, after having been knotted to one another, and then participants tried to pass a message one to another through looks and handclaps.
- After having suggested a personality test to participants in order to help them think of the value of a team as being composed of different personalities, facilitators divided participants into two groups, and asked them to plan a refugee camp, paying attention to the division of the responsibilities within the team and taking into consideration camp management, logistics, security, water sanitation, relief (food and shelter), health, hygiene, and human resources.

After a draft of the camp was made, every participant in charge of one of the responsibilities was asked to fix his objectives and priorities. Then the whole team wrote down the intervention plan and each group presented it in plenary, discussing the different strategies implemented and the weaknesses and strengths of the two projects. After that, facilitators gave each participant the map of the refugee's camp on the Tunisia Red Crescent in Ras Jdir, explaining to them how it was planned.

- As an icebreaker, the following dynamic made participants think about the humanitarian consequences of climate change and the essential role of collaboration to face them: participants were asked to be penguins who live in an island affected by a flood and to find the way to survive.
- As an icebreaker too, another dynamic aimed at strengthening the capacity to work in team: participants, divided into two groups, were asked to cross a river using a sheet of paper, as a rock.
- The following dynamic was a role play aiming at underlying the consequences of a lack of cooperation and the importance of having a problem solving attitude. It was about a disaster happened on the Earth in which part of the participants represented the victims and part of them the representatives of the governments, the NGOs, the UN, the private donors, the religious chiefs, and the young volunteers, that met to decide how to divide all the victims in the refugee camp (by nationality, by sex, by religion, etc), but before the Earth would be destroyed by aliens. Participants didn't manage the time and the Earth was destroyed.

- Facilitators talked about how to motivate, retain, and recognize volunteers, analysing the importance of understanding what motivates someone to be volunteer, what make him remain a volunteer, and how to make him understand that his work is appreciated.

As an exercise to share experiences, participants were divided into two groups: the first group was asked to write a strategy to recruit volunteers, and the second one a strategy to retain volunteers.

Outputs of the Workshop

Participants understood the importance of preparedness and planning in order to reduce the risks during a disaster: managing a disaster is essential to always have everything under control, planning any possible contingency, and being aware of the needs. Moreover, it is important to work as a team and share the responsibilities, to communicate, to trust the leader and the other members of the team, to be fast in making decision always keeping a plan in mind, to take advantage of the differences between people as resources for the team, and to work in partnership with other organisations.

11

Regarding volunteer management, the participants understood that in order to recruit volunteers it is important to spread information, raise awareness, make networks, and involve peers. Concerning the motivation of volunteers, it is essential to organize free time activities together, to offer a valuable personalized training, to recognize the work done, to share responsibilities, and to encourage participation.

1.4.2 Workshop on Environmental Education

The six-hour workshop on Environmental Education, held in French on the 3rd and 4th of July from, 2.30 pm to 6 pm, was facilitated by Ms. Morgan Strecker and Ms. Magali Outters, from the Regional Activity Centre for Cleaner Production (UNEP/CP-RAC). The workshop also counted with the participation of Ms. Mejri Randa and Ms. Nadia Chebbi, experts holding a doctoral degree in Biological Sciences with specialization in Ecology, and who explained what macro-waste is and what impact it has on our environment.

The aim of the workshop was to strengthen the awareness of young people towards environmental challenges and their consequences on human lives, as well as provide them with the necessary tools and information not only to change their own individual behaviours but also inform and improve the behaviours of those around them –family, friends, co-workers, children, etc-.

12

It included several subjects, such as water consumption, life cycle analysis of product, and urban development, as well as understanding the climate and environmental changes that planet Earth is undergoing. Participants were engaged in practical activities to enhance their awareness on environmental subjects and mitigation and prevention of environmental degradation.

The program of the workshop addressed the targeted topic progressively in two sessions and included the following dynamics:

- Sustainable Bingo: a table of question about several sustainable skills and behaviors. Each participant completed the bingo card by finding the answers, with the assistance of the other participants, who had the correct responses listed. This icebreaker made participants reflect on the importance of the sharing of knowledge in leading a sustainable life.
- The following activities made participants reflect and debate on several commonplaces about environment and lead them to see new points of view about it. They had to decide and discuss their position on environmental issues, deciding to move in the left or the right side of the room, depending whether they agreed or disagreed with the sentences.
- The facilitators encouraged participants to discuss the definition of sustainable lifestyle and explained what an ecological footprint and bio-capacity are, requiring participants to reflect on the fact that today our countries need more space than they needed in the past. The facilitators also introduced the concept of "ecological handprint", meaning that the present and the future of the environment is in everyone's hands and that we are all responsible for it.
- Facilitators showed several pictures of the photographer Chris Jordan and asked participants to guess of which material the pictures represented were made. Every picture showed an awareness image made by symbolic materials, such as plastic bottle caps representing the average number of plastic bottles consumed in the United States every minute. This dynamic aims at making participants reflect on the impact that the things we throw away have on the environment and on the several uses they can have, even as awareness messages.



- During the following activity, facilitators gave each participant a puzzle piece; they had to construct the whole picture by finding the others holding the missing parts. At the end, there were five pictures representing climate change, public authorities, education, consumption, and production. Participants, divided in five groups, reflected on the image represented and then, in one large group, discussed the role that the things represented on the images have in our society regarding environment.
- Facilitators showed the video "A story of stuff" and let the participants reflect on the processes that occur both before and after to the things that are bought in shops and the impact that the current system of production and destruction has on our environment.
- Facilitators explained the life cycles analysis of a product, both the linear and the cyclic. Then they distributed a document in which the life cycle of a t-shirt was described, as well as several tips about how a t-shirt can be reused or recycled.
- Facilitators divided participants in groups and delivered a toothbrush to each group. Every group analysed the life cycle of their toothbrush, from the extraction of raw materials to the elimination of the product, and then participants presented in plenary their work, highlighting the impact that the life cycle of a toothbrush has to our environment and our society. Then they, designed the "toothbrush of the future," taking into consideration the reduction of the impact of the production and the consumption on our environment and our society. This group work represented a good opportunity to give participants a leading role in planning a sustainable production, making them reflect on the importance to change our life style starting with the everyday products.



Participants were divided in four groups and designed a campaign to raise awareness on a sustainable lifestyle. They produced two songs, a spot, and a mime.

Outputs of the Workshop

Participants understood the role that everyone, as a consumer, has in reducing the impact that our production system has on the environment, society, and the economy. Adopting a sustainable lifestyle, by choosing responsibly what to buy according to the impact that the production and the consumption cause, we may achieve a better life for the present and future generations. The participants also reflected on the importance that everyone's behaviour has on society and reflected on actions to take for the benefit of the community: consuming healthily and sustainably, reducing our impact on the places we visit, reducing wastes and packaging, recycling, reusing and re-evaluating, and being responsible.

15

At the end of the workshop, participants made some proposals of what they could do inside their National Societies and communities: youth programmes in and out of schools, awareness campaigns through the dissemination of "The story of stuff" video and the Chris Jordan's pictures, awareness on recycling, concerts, youth camps, workshops, and photo expositions.

1.4.3 Workshop on Leadership Skills

The six-hour workshop on Leadership Skills, held in English on the 7th and 8th of July from, 2.30 pm to 6 pm, was facilitated by Mr Marcello Sgroi, from the Italian Red Cross Youth.

This workshop aimed to improve participants' capacities to play a leadership role in their National Society and to promote a positive change in attitudes and behaviours. The methodology of this workshop was based on the principles of freedom and non-judgement: no one was required to participate in the activities if they didn't feel comfortable doing so, and no one was to judge other's thoughts and attitudes.

A non-cognitive way of learning was chosen in order to let the participants express themselves through their bodies and let them be responsible for their own education and relationships with others.

16

The key issues of the workshops were:

- Communication
- Trust and Credibility
- Cooperation

These key issues can all be included in one concept: "Relationships."

Every activity was aimed at helping participants to self-reflect on their own leadership skills. At the end of the session, there was a debriefing to support the participants in linking their experiences with their feelings in order to understand the objective of the workshop.

The dynamics conducted were the following:

- No judgment: describing a person of the group according to what it is visible.
- Brainstorming: group discussion on leadership skills, both positive and negative.
- Communication bridge activities: walking in the room, moving in the room, listening to the body, walking quickly or slowly, walking in a straight line, looking for someone else by eye contact, looking for a hand, and walking together.
- Games on disseminating leadership: starting and stopping game, both with control outside and inside the group; following the leader (everyone is proposing a way to walk: the team follows); group dance following the inner music; group dance following external music.
- Blind games on trust: walking blind-folded in groups, lead the blind, the pathway of the blind, blind dance.
- Non-verbal games on vision and intent: the participants made their own music with the body and directed an orchestra made by participants who played their body or used their voice. This game is aimed at encouraging people to communicate with no verbal language and make their own music with the resources available.

17

Outputs of the Workshop

Participants understood how leadership is based on relationships through communication, trust, and cooperation. They learned to use creativity to solve problems, to listen to their and others' feelings, to work and think as a team, and to have trust within the group.

They learned that good leadership is based on a balance between the leader and the followers. This balance is based on trust and relationships: a good leadership must be a shared leadership.

At the end of the workshop, participants could trust one another: everyone was able to lead and follow the other, respecting their and others' limits and weaknesses; everyone was able to add their contribution to the team, playing their own role and sharing their feelings and thoughts.

1.4.4 Workshop on Principles and Values

The seven-hour workshop on Principles and Values, held in English, on the 7th and 8th of July, from 9 am to 1 pm, was facilitated by the Lebanese Red Cross representative, Ms. Lama Srour.

18

The goal of the workshop was to increase the knowledge about the RC/RC International Movement Principles & Values and improve participants' capacity to apply them in their daily RC/RC task and use them as a tool for positive change at a community level.

The facilitator first showed the video "Story of an idea," which brings to life the story of the birth of the Red Cross and Red Crescent Movement and its history to date. Then she asked the participants about the 7 Fundamental Principles and showed the video "Helpman," a cartoon explaining each RC/RC Fundamental Principle, one by one.

She introduced the 7 Fundamental Principles with a game in which participants, divided into groups, had to associate a picture to one principle and its definition. Then she selected within the participants seven leaders representing the 7 Fundamental Principles and gave to the rest of the participants a paper in which the value they had to perform was written. The goal of the game was to let the participants find the Values belonging to every Principle.

During the second session, the participants learned how to put the 7 Fundamental Principles into practice in their daily lives. The facilitator used the technique of the Theatre–Forum to train the participants through behaviour according to the 7 Principles-. The participants, divided in three groups, had to act out a short story in which one of the Principles was involved. If the audience, playing the community, didn't agree with the way the actors portrayed the scenario, the group had to act out their story again; they had to play in accordance with the RC/RC Principles and Values.

19

Outputs of the Workshop

Participants understood the necessity to spread and disseminate principles and values inside their National Societies and in their communities in order to prevent and avoid conflicts and in order to achieve a more inclusive society. They understood the need to embody the 7 Fundamental Principles not only during the RC/RC service but also in their daily life, in order to be a living example for the community.

They recognized that they needed to first work with themselves to internalize the 7 Fundamental Principles; then they need to share them within their RC/RC team and promote them in the community. Participants

will bring home a new way to look at life and to behave in order to have an impact on the community in which they are living.

1.4.5 Workshop on Volunteers Management

Mr. Ferran Cobertera and Mr. Blas Bayona, Spanish Red Cross officers with a long tracked experience in volunteering (SRC Volunteering and Branch Development Department), organized the 7 hours workshop on Volunteers Management in two different sessions, one in English (3rd and 4th July from 9 am to 1 pm) and the other in French (7th and 8th July from 9 am to 1 pm).

Being set in the frame of the International and the European Year of Volunteering and the International Year of Youth, the workshop on volunteers' management acquired special relevance. It aimed to convey the basic skills of volunteers management to participants, for them to act as effective managers within their local branches through the implementation of the ***Volunteer Management Cycle***¹, defined as *an homogeneous way of recruiting, training and informing volunteers in all the branches of a National Society* and whose development stood as the core activity of the workshop.

20

As a first ice-breaker, Mr. Ferran Cobertera put participants at ease by distributing coloured post-its where they wrote their names. After collecting them, participants were asked to stand in a circle and, once

¹ The VMC supports the goals and objectives of the National Society. It organizes voluntary effort in order to accomplish the mission of the National Society and it provides national standards that incorporate quality measures to: ensure and homogenise the different stages of a volunteer in the Red Cross Red Crescent; give concrete orientations to organize the work of the volunteer managers.

given post-its with different names, the round of questions started: in a time span of ten minutes, participants had to find out as much information as possible about the person they had been assigned. This first activity was aimed at finding out more about participants' skills and attitudes which is a fundamental aspect of the *Volunteer Management Cycle*.

Participants, divided into groups were asked to think about what a volunteer should be like. Of all the qualities (participative, committed, trained, motivated, group-based, available, polyvalent) facilitators underlined the importance of acting under the seven principles, the free will of volunteers, the rights and duties of 'formal' volunteering (i.e. RC/RC volunteers). In order to clarify doubts, more terms were defined, such as the difference between *members* and *volunteers* of a NS (the former economically supports the NS and have the right to vote). Such clarifications led participants to the drafting of what they regarded were the main points of the life of a volunteer within the RC/RC Movement, taking into consideration their recruitment, skills and needs as well as the advantages/disadvantages of having the same Volunteering Management Cycle for National Societies. They all agreed that:

- it makes it easier to work together
- it makes the planning of the work easier
- it fosters the exchange of knowledge amongst volunteers
- it helps knowing the right person for the right task.

In fact, this last point is of great importance as Volunteers Management Cycles are skills and tasks focused. Participants were then given 30 minutes to design their own VMC and present it to the rest of the group,

taking into consideration its different stages: **promotion** (job descriptions; recruitment) and **integration and participation** (welcome and orientation, basic training course; induction; commitment; specific training; participation; way out). Among the positive aspects that were highlighted by the facilitators are: creativity, the training based approach, the recognition and awarding of the volunteers within the NS as well as the recognition of their work.

The second part of the workshop addressed the importance of recruitment and induction of volunteers, as well as their participation (in the activities, in the RC/RC culture, their institutional participation). The importance of volunteers' motivation and right assignment of workload were also taken into consideration, as participants were asked to pretend they were managers and to think of ways to/not to 'burn out' volunteers. Great consideration was given to the skill-based tasks, recognition and non-discrimination of the workload.

22

Outputs of the workshop

Through the thorough analysis and implementation of the Volunteer Management Cycle, participants grew acquainted with effective methods of carrying out their work as managers within their local branches, carrying out essential steps towards the encompassing of volunteers' life in RC/RC National Societies through a structured planning.

1.4.6 Workshop on YABC

Ms. Soufia Galand and Ms. Nouha Yeferni, from the North Africa IFRC Office, and Mr. Béchir Ben Radhia, from the Tunisian Red Crescent, organized the six hours workshop on YABC (Youth as Agent of Behavioural Change) in two different sessions, one in English (3rd and 4th July from 2.30 pm to 6 pm) and the other in French (7th and 8th July from 2.30 pm to 6 pm).

One of the first steps in approaching the YABC initiative for participants were the Qi-Gong sessions, aimed at taking and dedicating time to oneself, restoring the links with the natural environment surrounding the camp, and harmonizing and balancing inner energies. Every morning at 7.30, thirty minutes sessions were facilitated on the beach next to the hotel.

23

YABC uses an unconventional and non-cognitive learning methodology focusing on role plays, simulations, games and visualization exercises. Through such dynamics participants explore their feelings and emotions according to their first hand experience to then move to an intellectual analysis and understanding among peers.

In the frame of the IFRC Strategy 2020, the YABC focuses on the promotion of a culture of non violence and peace, in a context of social inclusion and intercultural dialogue. Being Atlantis VII dedicated to volunteering, the YABC dynamics contributed to improve participants' self awareness related to their role of volunteers within their communities, providing them with the technical tools to carry out their commitment.

In the first session Mr. Bachir introduced the YABC toolkit stressing that it is a non-cognitive way of learning. Soon after participants were given 30 min. free time to do what they regarded most useful. The majority of the young volunteers left the room and spent their free time talking and getting to know each other better.

After an ice breaker, the second day started by dividing the class into 5 groups. Each group had to pretend to be working for a newspaper. The role play started with one of the facilitators accusing another one to be a thief. The journalists had to write a short article about this first scene. The accused then pretended to go into a shop and steals bread. The journalists had to modify their articles according to what they had just seen. As a third step of the role play, the accused pretended to be holding a baby to whom he promised to give a better life.

24

The final act of the role play portrays a man applying for a job and meeting all the requirements. When the time comes to meet the employer, he job is denied to him for no specific reason, even if he explains his difficult situation (he has a baby to feed).

At the end of the role play volunteers explained how their perceptions changed throughout the role play, undergoing the following:

- misjudgement
- prejudice
- stereotypes
- contact/exposure
- ego

Some issues were also raised, such as the influence of prejudice on our opinion and the role of the Media in affecting our opinion.

The aim of the activity was to help participants develop their critical thinking, and volunteers thus proposed a set of solutions to the above mentioned issues, such as the need to:

- be tolerant
- keep communicating
- improve our active listening and understanding
- respect for the others
- implement a critical thinking

As a second activity, the facilitators reads some situations aloud, asking volunteers to express their opinion by simply crossing their arms if they don't agree. The situations put participants in complicated 'moral' situation, describing scenarios where their help was needed by various people at the same time. The aim of this activity was to help participants realize that in life should learn how to prioritize and that getting to agree with every scenario does not mean 'being a hero' but it is rather a matter of knowing our limits.

25

Outputs of the workshop

By experiencing 'real life' situations, participants learned how self-criticism, dropping bias and inner change can lead us towards a more inclusive and peace-based society. Critical thinking can prevent us from falling into social dynamics which are built on prejudice and stereotypes, developing a responsible and priority-based behaviour which starts by knowing our limits.

1.5 Special Sessions

There were several special sessions during the training week in order to share information and best practises on the targeted topics within the RC/RC Movement. These sessions were attended by all participants.

1.5.1 Sharing Best Practices

On the morning of the 5th of July, the special session, "*Sharing of Best Practices Among NNSS*", was carried out. Participants were asked to present programs and/or activities that their RC/RC Youth Sections undertook with respect to youth and volunteering.

- Algerian Red Crescent

It works in seven different fields: first aid, disaster preparedness, social activities, restoring family links, health awareness and prevention, psychological support, International Humanitarian Law.

The representative of the Algerian Red Crescent showed several pictures representing the activities with the children with cancer, the activities in the refugee camp in Rass Jdir and the activities after the earthquake in Boumerdès.

- Andorra Red Cross

It works in the following field: training (first aid, water rescue, mountain rescue, emergency response, psychological support, basic social training, basic institutional training, basic youth training), first aid (mountain rescue and prevention), social activities (tele-home

care, psychological support, social inclusion of vulnerable groups, home library service, activities and workshops in prisons), health (blood collection campaign in collaboration with the French Blood Establishment), international cooperation (fundraising, disaster relief, cooperation for development), promotion and diffusion of RC/RC Principles and Values, youth (programmes about safe conduct and prevention, RC/RC Movement promotion).

The Andorra Red Cross delegation showed a video containing several pictures representing the youth volunteers during their activities.

- Red Cross Society of Bosnia-Herzegovina

It implements the following programs: tracing service, home care service, voluntary blood donation, organizational development, public health education, mine awareness program, information and dissemination, first aid, disaster preparedness and relief. Concerning Youth programs, the Red Cross of Bosnia-Herzegovina is carrying out inter-entity seminars, summer camps for youth, international youth seminars and workshops.

The delegation of the Red Cross of Bosnia-Herzegovina presented also the activities carried out by the Red Cross Youth of Zenica: voluntary blood donation, promotion of the RC/RC Movement during public events, social inclusion programs, competitions, youth camps, nursing, promotion of RC/RC Principles and Values, picnics and socializing.

- Egyptian Red Crescent

It works in the following fields: youth capacity building (first aid trainings, YABC activities, trainings about the Sphere project, International Humanitarian Law dissemination), disaster preparedness and response, dissemination of International Humanitarian Law, provision of health and medical services, provision of social services.

The Egyptian Red Crescent is also implementing programs for youth: there are 25 youth clubs in which several activities are carried out, such as sports, artistic and cultural activities.

- French Red Cross

It works in the following fields: social services (assistance to the homeless people, assistance in hospitals, donation of clothes, visits to prisoners, and assistance to refugees), first aid (emergency units, trainings, training centres for nurses), international cooperation (wat-san, shelter, food). The French Red Cross Youth is working in five areas: health, solidarity, citizenship, interculturality and environment. It also spread the RC/RC Principles and Values and the IHL in schools. Recently it has started to implement YABC programs.

- German Red Cross

It has 110.000 members between 6 and 27 years old. It works on the following topics: first aid and accident simulation, school projects (peer mediation and medical services), health education and HIV/AIDS prevention, awareness campaigns, diversity, youth

politics, international youth work (international youth exchange, support projects, international networks).

The German Red Cross delegation presented the activities carried out by its youth regional branch in Hamburg: workshops about topics young people are interested in, trainings for group leaders, school rescue team, competitions, camping and holiday camps, international meetings, festival for children, awareness campaigns.

- Italian Red Cross

It has about 145.000 members and the 15% of them are Youth. The Italian Red Cross Youth works in the following areas: health (defend and protect health and life), P&V (fight against discrimination), International Cooperation, Capacity Building, Fundraising, Communication and Promotion.

29

The Italian RC delegation presented also:

- the project "Climate in action", which aims at facing the humanitarian challenge of climate changes;
- the project "The city I wish", aiming at promoting active youth citizenship.

- Lebanese Red Cross

The Lebanese RC Youth Department encompasses around 1400 volunteers implementing the following programs: HIV/AIDS program, prisoners and juveniles program, environment program, traffic safety program, humanitarian principles and values program.

In the framework of the dissemination of RC/RC Principles and Values, the Lebanese delegation presented the festival for children organised at Beirut on the 18th, 19th and 20th of March and the Lebanese Peace Festival that will take place in September. They also showed three videos about the activities done in last years.

- Malta Red Cross

The Malta Red Cross Youth are active in the following programs: teaching English to refugees, psychological support and leisure activities in refugee centres. The Malta Red Cross delegation presented also the project “Positive Image” aiming at promoting positive attitudes among young people towards vulnerable migrants and raising awareness on development issues.

- Red Cross Society of Monaco

It works in the following fields: first aid, international humanitarian action, health, social services, blood donation. It doesn't have a Youth Section: young people are present in all the sections according to their interest, skills and wishes. They are involved into the following activities: first aid, emergency response, health (nurses), support to international program, and support to elderly, clothes donation.

- Moroccan Red Crescent

It works in the following fields: health and social affairs, disaster preparedness and response, first aid and volunteering, humanitarian principles and values, youth.

The Moroccan Red Crescent Youth implement the following activities in the framework of each field of action:

- health and social affairs: health care in the local communities, blood donation, local social development;
- disaster preparedness and response: disaster preparedness and psychological support;
- first aid and volunteering: first aid trainings, recruiting campaigns

The Moroccan Red Crescent delegation presented also the YABC project that the Youth is implementing.

- **Palestine Red Crescent Society**

It is active in the following fields: emergency medical services, primary health care, secondary health care, disaster management, IHL dissemination, rehabilitation and ability development, psychosocial support, youth and volunteering. Concerning youth and volunteering, the Palestine RCS carries the following activities: support to all PRCS services, social, environmental, health and cultural activities, landmine awareness campaigns, summer camps, capacity building.

- **Red Cross of Serbia**

It works in the following areas: social area (home care, soap kitchen program), health activities (first aid, voluntary blood donation), disaster preparedness and response, tracing services, international cooperation and Youth. The youth volunteers are engaged in a range of activities, such as: Red Cross summer schools, youth camps, trainings for recruiting volunteers, Red Cross

campaigns, promotion and dissemination of Humanitarian Values and IHL.

The delegation of the Red Cross of Serbia presented the project “Promotion of Human Values in 12 local branches in Serbia”, which aims at reducing violence among young people between 8 and 14 years old by improving their communication and non-violent conflict resolution skills.

- Spanish Red Cross

The action of the Spanish Red Cross Youth is based on five areas: education, participation, prevention, training, social intervention. It runs the following programs: health promotion and education (food and nutrition, drugs and new addictions, sexuality, HIV/AIDS and other sexually transmitted infections, prevention of accidents and first aid), gender perspective and coeducation (coeducation and non-sexist education, prevention of gender violence, mainstreaming gender in every Spanish Red Cross action, empowerment and involvement of women), participation (child and youth participation, participation of the volunteers in the association and in the International Movement), social intervention and inclusion (intervention with children and youth at risk, prevention of violent behaviours, employment of unemployed youth, prevention and family support), environmental education and sustainability (sustainable development, global warming, responsible consumption, good environmental practices), education for development and international cooperation (human rights, children rights, IHL, intercultural education, education for peace and development, humanitarian aid).

- Swiss Red Cross

As in Switzerland each Cantonal Red Cross Society is autonomous, the Swiss Red Cross delegation presented the activities implemented by the Geneva Youth Red Cross: afternoons with children, visit to elderly, raid cross, non-discrimination activities, fund raising, dissemination of RC/RC Principles and Values.

- Tunisian Red Crescent

It is active in the following sectors: health (blood donation, HIV/AIDS, awareness campaigns), social assistance (collecting food for poor people and delivering food during Ramadan), disaster management (disaster preparedness and relief, safety road programs), first aid (trainings addressing RC volunteers or the community), promotion and dissemination of RC/RC Principles and Values and information about Tunisian RC activities.

33

Concerning Youth, the Tunisian RC carries out several programs mainly focused on YABC.

- Turkish Red Crescent

It works in the following fields: disaster preparedness and response, relief services, health and social support services, blood donation, international cooperation. Concerning Youth and Volunteering, the Turkish Red Crescent Youth volunteers work in the following activity areas: disaster volunteering, health and blood donation volunteering, administrative and technical services, trainings, public relations and resource development, social services.

- Centre for the Cooperation in the Mediterranean

The Centre explained to the participants its mission, objectives and areas of action and discussed main concerns and goals on Youth activities and its approach.

1.5.2 IFRC Sessions

During the afternoon of the 5th of July three special sessions, regarding IFRC strategies and programmes, have been attended.

1.5.2.1 IFRC Strategy on Violence

Ms Soufia Galand, Coordinator of Principles & Values and Youth as agents of behavioural change (YABC)-North Africa Office, presented the IFRC Strategy on Violence.

First, participants could watch an IFRC video addressing the different kinds of violence existing in our society. Afterwards, the facilitator explained how we achieved the IFRC strategy on violence and its purpose.

In 2007, violence was declared a great humanitarian challenge at the 30th International Conference of the Red Cross Red Crescent and in 2008 an IFRC network, including 24 National Societies, on violence prevention, mitigation and response was established.

In 2009, violence was mentioned in the three strategic aims of the IFRC Strategy 2020 whose content is "Promote social inclusion and culture of non-violence and peace". The IFRC Strategy on violence has been officially launched in September 2010. Its purpose is to provide specific strategic directions to National Societies to implement the three strategic aims of IFRC Strategy 2020 as each of them relates to self-directed and interpersonal violence including urban violence. The Global Strategy does not cover collective violence, which includes armed conflicts and internal strife.

The speaker explained to the participants the different kind of violence and their impact on the society and described the standard programs that the Federation is encouraging based on integration and on evidence.

1.5.2.2 IFRC Strategy on Migration

Ms. Sue Le Mesurier, IFRC Senior Policy and Programme Support Officer – Migration, presented the IFRC Strategy on Migration, especially focused on Youth.

After having analyzed the complex mixture of reasons inducing young people to migrate, the speaker explained which are the risks and the vulnerabilities that they have to face across the migratory trails (before, during and after migration, once they arrived at destination).

Once young migrants arrived at their destination (legally or not), they are often subject to the following protection issues: lack of documentation verifying their age and status, lack of information about their rights, social

isolation and lack of familiar networks, fear of the unknown and being reported to the authorities.

All four factors have a serious impact on a young person, preventing him gaining access to assistance, which ensures his safety, well being and dignity.

Mrs Le Mesurier explained the role of the IFRC in protecting young migrants and its priorities in developing youth, including young migrants.

At last several projects about migration, involving youth, were presented, such as the initiative of the Norwegian Red Cross Youth “Youth on the run”, a 24-hr refugee simulation game for youth, the project “Positive Image” of the British Red Cross, the awareness campaign “Label” of the Australian Red Cross.

1.5.2.3 YABC Programme in North of Africa

Mrs Nouha Yeferni, Responsible of Capacity Building – YABC North Africa Office, presented the initiative developed in North of Africa about Youth and Migration with the aim of working with youth, at community level, on perceptions, mindsets and behaviours in order to improve conditions of marginalized groups, particularly migrants.

The speaker introduced the skills needed to pass from a safety option to an humanitarian option (efforts to get closer to the others, critical thinking, courage to accept the differences, self confidence to accept them as complementary and recognizing the other as an insider) and presented

the YABC approach based on: acquiring the necessary skills, better understanding of the RC/RC Principles and Values, changing of attitudes and behaviours, reduction of vulnerabilities. The best way to overcome fears of outsiders and live and enjoy diversity is to start by trying ourselves to be a living example of humanitarian RC/RC Principles and Values.

The RC/RC volunteers in the North of Africa implement this project with several activities: initiations on P&V and YABC approach with a focus on migration, trainings of YABC Peer Educators, advanced trainings on Migration and project development, national meetings of YABC Networks Launch, national and regional meetings on integration and activities development. Through those activities many results have been achieved, such as: national networks, integration of the YABC approach to the National Society activities, development of new exercises based on the participatory and non cognitive YABC approach, development of training tools, development of ideas of pilot projects, better understanding of the thematic.

37

At the end of the session, the facilitator showed a video about migrants housed in reception centres in Tunisia.

1.6 Photography Contest

In accordance with the priorities of the RC/RC International Movement in the matters of youth and volunteering, the Centre for Cooperation in the Mediterranean organized a photography contest for youth.

The contest had the objective of giving youth an opportunity to express themselves creatively and show their vision of the youth and volunteering in their multiple dimensions. Each participant was free to approach the themes of youth, volunteers, and volunteering from any angle they chose. They could relate these issues to one or many of the integrated themes in the Millennium Development Goals of United Nations, such as international disasters, local delivering services, volunteers and youth, principles and values in action, intergenerational or intercultural dialogue, amongst others.

This competition was open to all individuals between the ages of 18 and 30 who live within the countries of the Mediterranean Conference or neighbouring countries. The photos, accompanied by a descriptive form including the copyright permission, were sent to CCM and selected by an *ad hoc* committee composed by the Spanish Red Cross Youth, Tunisian Red Crescent, Department of Volunteering of the Spanish Red Cross, Communication Department of the Spanish Red Cross, Department of International Cooperation of the Spanish Red Cross, MENA Youth Network, and, finally, the Centre for the Cooperation in the Mediterranean.

38

The most representative 15 photos were selected and exhibited in Atlantis VII. Among them, the jury chose the best one and invited the photographer to participate in Atlantis VII. Travel and accommodations were covered by the organization. The winning photo was shot by Mihailo Rakonjac, from Serbia. His photo was titled "*Running against AIDS*" and, using the photographer's words, "*It shows young healthy people enjoying their lives, they are running against AIDS.*"

The CCM will keep on promoting this exhibition in different national and international events related to Youth and Volunteering.

More information about this competition is available at: www.cruzroja.es/ccm

1.7 Side Events

In accordance with the themes proposed throughout the exchange, different side events were displayed in the evenings. In the general context of Volunteering, the activities addressed current and fundamental challenges such as **climate change, intercultural dialogue and dissemination of International Humanitarian Law.**

On the 2nd of July, an **opening ceremony** was organized in order to welcoming participants. It is explained in detail in chapter 2.1.

39

On the 3rd, the participants could enjoy the **TERRA game**, a Spanish Red Cross role play aiming at raising awareness and taking action towards environmental challenges as relating to climate change. The game laid the foundation for group discussions regarding the role of civil and private stakeholders in the decision- making process and its consequences on the environment.

The following evening, with the aim of exchanging material from their National Societies and sharing a common space of cultural traditions based on gastronomy, dance and music, a **“Cultural Flee Market”** was set up. Participants had the opportunity to approach their partners’ cultures and habits and enjoy an inclusive atmosphere.

On the 5th, participants could take part in the **Raid Cross**, a role play based on the application of the International Humanitarian Law. This activity was intended to encourage participants to approach IHL both as field practice and in its implementation in the International Criminal Court.

On the last night, the 8th, a **farewell party** was organized by the Tunisian Red Crescent: participants danced and enjoyed their last evening together.

ORGANIZATION AND LOGISTICS

2.1 General Overview

In order to guarantee a geographical distribution of the several editions of Atlantis, the CCM and the Tunisian Red Crescent agreed to host this camp in Hammamet, Tunisia during summer 2011. The Director and the Youth Officer of the CCM attended two preparatory meetings, both in Tunisia in November 2010 and May 2011, to discuss the general lines of the camp, the agenda, the logistics, and more. The camp was held in Tunisia from the 2nd to the 9th of July 2011. It counted on the collaboration of the IFRC-North Africa Office and the UNEP/CP-RAC.

In May 2011, an e-mail to Mediterranean National Societies was sent, enclosing the following documents: an invitation letter, terms of reference, draft program (see annex 1), application form and visa assistance form. The Tunisian Red Crescent was responsible for dealing with consular representations, through its Ministry of Foreign Affairs, to facilitate the issue of visas for those nationalities which needed one. All visas were issued on time and no particular problems occurred.

The week before the camp began a practical information sheet and the final program were sent to participants and facilitators, together with the list of participants (see annex 2) and the content outlines of each workshop (see annex 3), in order to inform participants on the main organisational aspects and the general agenda, and to allow them to reach the camp with a basic knowledge of the objectives, contents and thematic background of the workshops.

On Saturday, the 2nd of July, the opening ceremony was chaired by Dr. Taher Cheniti, Secretary General of the Tunisian Red Crescent with the participation of Ms. Amelia Marzal, Director of the Centre for the Cooperation in the Mediterranean and Mr. Josep Marqués, President of the Spanish Red Cross in Catalonia –who paid a visit to the camp together with Mr. Eric Morist, Coordinator of SRC in Catalonia-.

The closing ceremony, on the evening of Friday the 9th, was lead by the Centre for the Cooperation in the Mediterranean and the facilitators where they presented participants with the certificates of attendance and training.

Some evening activities, as mentioned in detail in point 1.6 of the present report, were also carried out:

- The Terra Game role play
- The 'Intercultural Flee Market'
- The 'Raid Cross' role play
- A farewell party

2.2 Participants

The camp was attended by 68 participants, comprised of 44 volunteers, representing 17 Mediterranean National Societies (Andorra, Algeria, Bosnia-Herzegovina, Egypt, France, Germany, Italy, Lebanon, Malta, Monaco, Morocco, Palestine, Serbia, Spain, Switzerland, Turkey, and Tunisia) and 25 more attendants (including international facilitators and speakers and volunteers). The 17 Mediterranean National Societies

represent the 68% of NS in this area. Gender balance was plenty ensured among participants distribution.

The requested profile of participants was:

- Youth volunteers between 18 and 30 of age;
- Able to communicate in English and/or French in order to actively participate in working groups, role-plays, etc.
- Youth volunteers that:
 - play an active role in their National Society;
 - are involved in programmes focused on the topic of the youth camp;
 - are able to work in a team with other participants and take an active part in discussions.

2.3 Facilities and Equipment

Atlantis VII took place in Hammamet, Tunisia at a hotel near the beach. The venue will be at the hotel facilities in a maritime environment: Hotel "Les Colombes." Atlantis VII had the use of two meeting rooms and one secretariat.

The Tunisian Red Cross provided the camp with all the materials requested by the facilitators. Pens and block-notes were distributed to participants at the beginning of the camp, together with a folder containing the program, the workshops' context outlines, pins and brochures from CCM. Wi-fi internet connection was available in the hotel.

2.4 Logistics and Staff

All the transportation from/to the airport and for the sightseeing activities were ensured by the Tunisian Red Crescent.

The CCM staff arrived on Friday, the 1st of July. Participants and facilitators reached the camp the 2nd of July and left between the 9th and the 10th, depending on flight availability.

The camp was managed by Mr. Radhouane Ben Amara (Member of the general Committee of the TRC), Ms. Amira Ben Ali (in charge of the Youth department of the TRC) and Mr. Ahmed Krimi (a youth volunteer of the TRC). Mr. Enrico Di Lena (CCM Youth Officer) was in charge of the overall coordination of the event, with the support of Ms. Ariana Potrafki and Ms. Silvia Piscitelli (desk officers of the CCM).

44

2.5 Excursion

On the 6th of July, as a leisure activity in order to let participants share some free time and get to know new sights, the organization of Atlantis VII scheduled a visit to Tunis and Carthage.

Once Tunis was reached by bus, participants could enjoy the Medina, a dense agglomeration of alleys and covered passages, full of intense scents and colours, boisterous and active trade, and a range of goods on offer ranging from leather to plastic, tin to the finest filigree, tourist souvenirs to the works of tiny crafts shops.

After having spent some times shopping, participants could visit the Bardo Museum, a museum containing a major collection of Roman mosaics and other antiquities of interest from Ancient Greece, Tunisia and from the Islamic period.

After the lunch break in a cafeteria of Tunis, participants reached Carthage, where had the opportunity to visit the national museum Acropolium and the Roman baths.

In late afternoon participants could enjoy some free time in the beautiful neighbourhood of Sidi Bou Said. A dinner was offered by the IFRC-North of Africa Bureau, giving participants the opportunity to enjoy the Italian food in the centre of Tunis.

2.6 Visibility

All information concerning the camp was sent to the Mediterranean National Societies, as well as other components of the Movement and partners.

The outcomes of this report will be distributed to all participants and partners, as well as to the members of the Steering Committee of the Mediterranean Conference and the members of the Governing Board of the CCM. They will also be available on the CCM website.

Promotional materials have been delivered to participants, such as pins and leaflets of the CCM, t-shirts and caps specifically produced for Atlantis

VII. Promotional posters of the camp were created and hung in the surrounding premises (see annex 4).

A DVD was delivered to participants at the end of the camp, containing all key documents related to both workshops and organisation, as well as a range of the most significant pictures. A facebook group “Atlantis VII” was created to share pictures and comments between the participants.

All pieces of information concerning Atlantis VII and its follow-up will be published in the CCM Newsletter, as well as on CCM website (www.cruzroja.es/ccm).

EVALUATION

3.1 Evaluation from the CCM

This year's edition of the Youth Camp 'Atlantis' confirmed the camp as a good and useful experience as far as its goals are concerned. Volunteer service and volunteers management, some fundamental elements to built strong societies, were dealt with from different perspectives thus fulfilling the organization's goals of offering an approach and overview as comprehensive as possible on the issue.

Overall, participants showed a high level of commitment and enthusiasm in all workshops and activities and shared a powerful sense of teamwork and a positive feeling of friendship, commenting that intercultural dialogue was one of the main assets of the camp.

47

The collaboration with the Tunisian Red Crescent was efficient and enriching. Coupled with the coordination and the meetings between all parties involved, it ensured a very positive outcome of the camp. The summer atmosphere of a sunny maritime location like the city of Hammamet and the good service and cuisine provided by the staff of 'Les Colombes' made both participants and facilitators feel at ease and full of energy at the same time, even considering the hot temperatures of the period. Staff and volunteers were present at all times, underlining the great quality of the services provided. Moreover, in addition to the rooms used to carry out the workshops, participants could take advantage of the all necessary facilities of the hotel, as the reception's hall with Wi-Fi connexion.

There are a few issues that we would like to underline for the future editions of Atlantis. As presented above, this year edition of Atlantis was characterized by workshops in English or in French or in both of them: the language issue was a great challenge, but the result was great and the experience enriching. The language level shown in Atlantis VII was generally really good and has improved since past editions and let the participants share a successful experience.

Considering that the next edition of the camp will be carried out with the same methodologies, we would like to remind National Societies that a good knowledge of the working language from participants is required, for them to fully express their ideas, feelings, and points of view. For this reason we still appeal to National Societies to always appoint those representatives that best suit the profile, both in language proficiency requirements and commitment to RC/RC principles and values.

48

We would also like to emphasize that participation in the activities is a key element for a successful outcome of the camp, along with a positive attitude towards interaction with other youth from different cultures, different ways of doing things and the fostering of a friendly atmosphere and mutual understanding: for this edition of the camp, we can affirm that the commitment and the participation to the activities was really good and gave to the participants the possibility to work hard during the workshop and, at the same time, to enjoy the whole week of the camp.

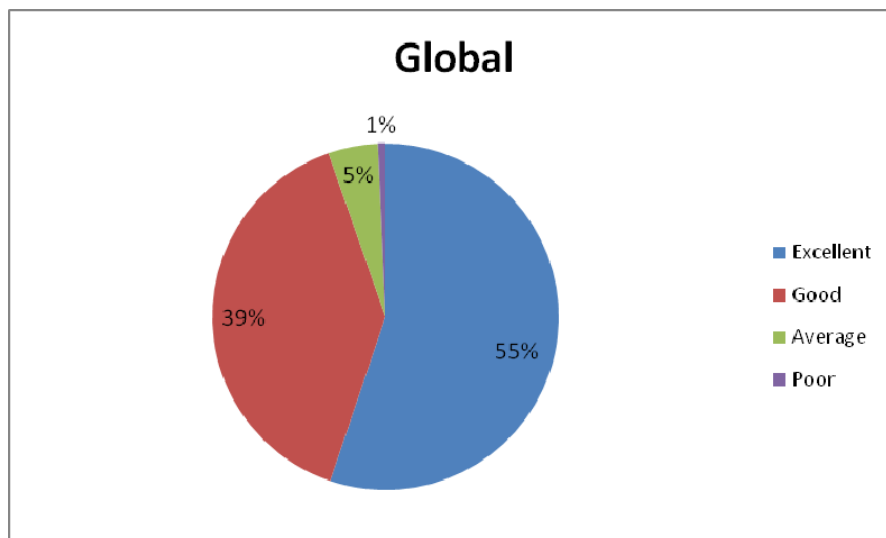
The strong participation also let the volunteers share their best experiences, build partnership and networks with other youth from different backgrounds and strengthen their capacity to carry out youth

work with other volunteers and in their own societies and to find ideas for new projects and use common tools to develop combined programs that will benefit the most vulnerable.

3.2 Evaluation from Participants

In order to have participants' feedback on the workshops and the activities carried out, a questionnaire was handed out on the last day.

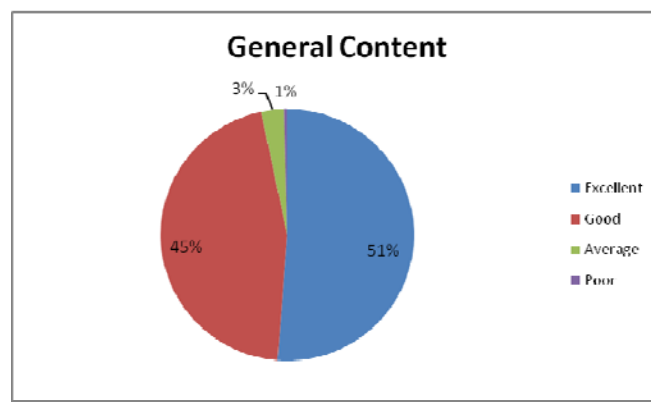
As per the chart below, the results of the questionnaire confirmed 94% of participants' global satisfaction to be excellent or very good, reflecting the fulfilment of their expectations.



Participants were asked about each workshop and the logistics, their opinion is outlined in detail below.

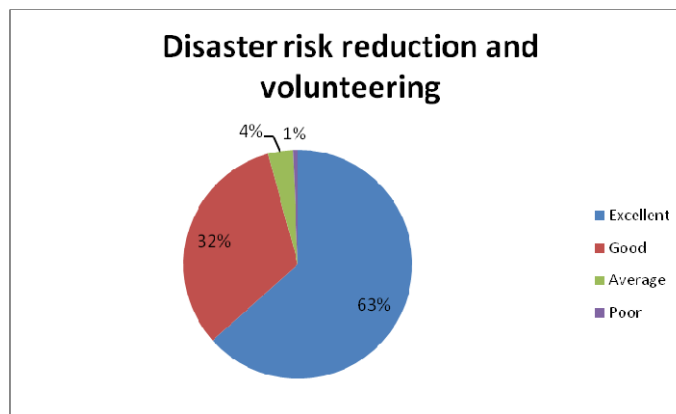
3.2.1 Workshop contents

The workshops included both practical and theoretical activities. Their impact on participants was extremely positive, with a 96% satisfaction rating. Participants found the contents and methods of the sessions to be inspiring.

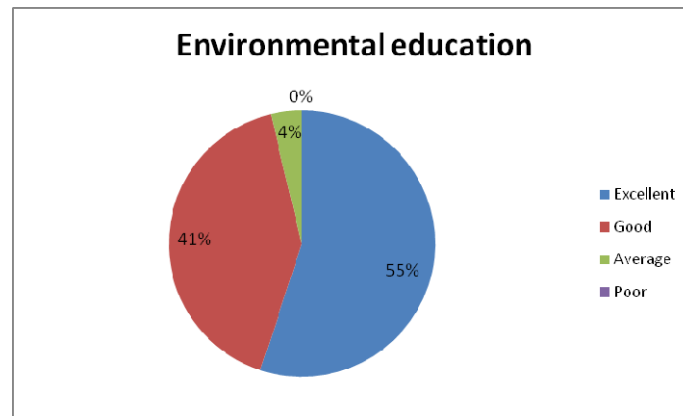


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As the chart below shows, the first workshop, dedicated to the issue of **Disaster Risk Reduction and Volunteering**, was perceived as excellent or good by 95% of the participants.

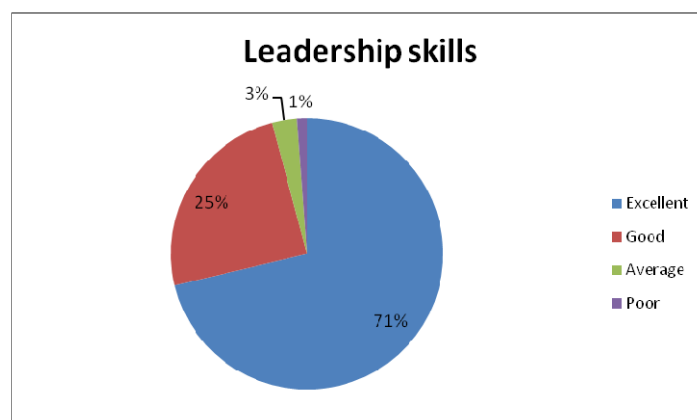


In regards the evaluation of the workshop on **environmental education**, 96% of participants rated it as excellent or good, as the chart below demonstrates.



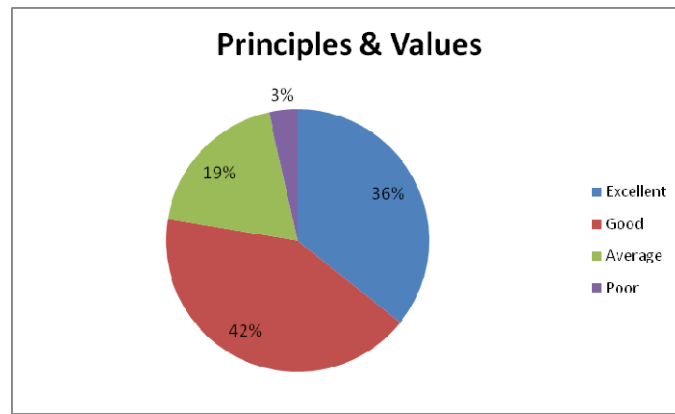
The **Leadership Skills Workshop** received a 96% level of satisfaction rating between excellent and good. This workshop was rated the highest by participants and was singled out by participants as excellent. Participants felt that they learned a lot from this workshop and appreciated the atypical methodology.

51



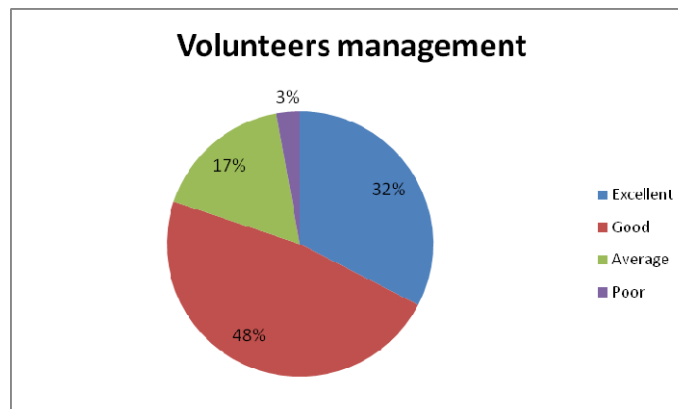
The evaluation of the **Principles and Values Workshop** was rated as follows: 78% of the participants evaluated it to be excellent or very good,

as shown by the chart below. The participants felt that this was an important topic which should be given more focus in the future.

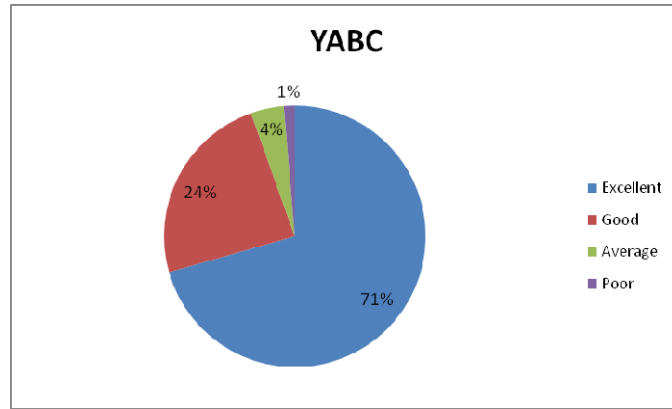


The **Volunteers Management Workshop** was valued excellent or good by 80% of participants. The methodology of this workshop was well-received by the participants.

52



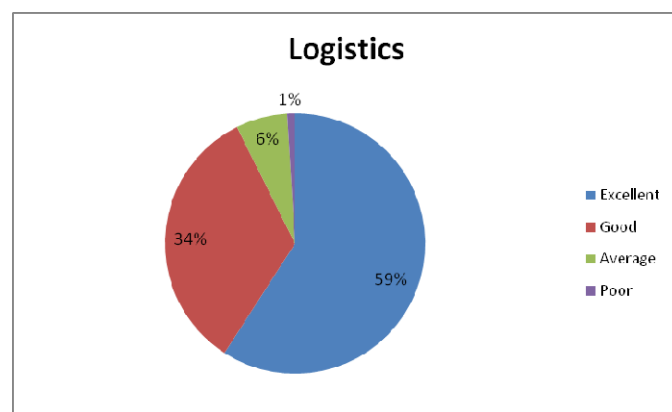
The **YABC dynamics** were very appreciated by participants, with 95% of participants' rating it as excellent or very good. They considered this workshop to cover a very important topic and expressed a desire to learn more about it.



3.2.2 Organization and Logistics

In regards to the organization and the logistics of the camp, the percentage of participants who considered it excellent or good was 93%. The leisure activities were especially appreciated, with 100% of participants rating it as good or excellent. In addition, nearly all participants gave the same rating to the agenda, the accommodations, and the transportation.

The chart below shows the general evaluation of the logistics:



FOLLOW-UP

Atlantis has become through the years one of the main RC/RC youth achievements in the Mediterranean in terms of intercultural dialogue. Its success depends on the rate of replication of the best practices exchanged and experiences shared. Youth have the potential to be, and are already acting as, agents of behavioural change within their communities. Their work must be reinforced and supported and we hope to uphold those goals through the future editions of the camp, particularly in the upcoming Atlantis VIII that will be held in Andorra and will focus on the role of Youth dealing with Principles & Values for non-violence, peace and respect for diversity.

Thus, on their return to their home country, participants are expected to meet with their local RC/RC youth coordinators to plan follow up events and the CCM will support them by acting as a mentor to those volunteers who should require assistance in planning such events.

54

In the other hand, the CCM will encourage contact with peer-participants through a specifically developed web portal. All the topics dealt with in Atlantis VII and its contents and results will be one of the main areas of the Med Youth Port@l – a new tool for young volunteers which is currently under construction by the CCM, and will be fully operational by 2012. The follow-up of the camps will be guaranteed in already scheduled events, such as the Mediterranean Youth Seminar on Humanitarian Migrations to be held in Rome, March 2012.

The present report will be distributed among RC/RC and all relevant parties and will be presented in the upcoming meetings the CCM will assist

with such as the 2nd residential seminar of the Euro–Arab training course for cooperation youth projects through non formal learning, that will be held in Dubai next December.

Additionally, the best practices shown during Atlantis VII will be introduced in the Collection of Best Practices by the CCM. This Collection of best practices is a new virtual tool to share information about programs across the Mediterranean. The participants will be encouraged to regularly send information about new activities issued from the lessons learnt during the Youth Camp.

All lessons learnt, comments and evaluations from participants and the feed-back sent by the facilitators will help the organization to focus and improve the activities for the next Atlantis Youth Camp of 2012, hosted by the Andorran Red Cross.

Centre for the Cooperation in the Mediterranean
Barcelona, October 2011









ANNEX I

Draft program

Program

	2nd July	3rd July	4th July	5th July	6th July	7th July	8th July	9th July
7:30 - 8:00		Qi-Gong	Qi-Gong	Qi-Gong	Qi-Gong	Qi-Gong	Qi-Gong	Qi-Gong
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 - 11:00	Participant's Arrival	A -Volunteers Management B - DRR and Volunteering	A -Volunteers Management B - DRR and Volunteering	Sharing of best practices among NNSS	E x c u r s i o n	A - Principles&Values B -Volunteers Management	A - Principles&Values B -Volunteers Managment	Conclusions/ Final evaluation
11:00 - 11:30		Break	Break	Break		Break	Break	
11:30 - 13:00		A -Volunteers Management B - DRR and Volunteering	A -Volunteers Management B - DRR and Volunteering	Sharing of best practices among NNSS		A - Principles&Values B -Volunteers Management	A - Principles&Values B -Volunteers Managment	
13:00		Lunch and Break	Lunch and Break	Lunch and Break		Lunch and Break	Lunch and Break	
14:30 - 15:30		A - YABC B-Environmental Education	A - YABC B-Environmental Education	IFRC Violence Strategy's Presentation - North Africa YABC/P&V/Migration focus programme		A - Leadership skills B - YABC	A - Leadership skills B - YABC	Departures
15:30 - 16:00	Break	Break	Break	Break	Break	Break	Break	
16:00 - 18:00	Opening Ceremony - Welcome and Presentation	A - YABC B-Environmental Education	A - YABC B-Environmental Education	IFRC Violence Strategy's Presentation - North Africa YABC/P&V/Migration focus programme		A - Leadership skills B - YABC	A - Leadership skills B - YABC	
18:00		Break	Break	Break	Break	Break	Break	
20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21:30	Free time	Terra Game	Cultural flee market	Raid Cross	Free time	Free time	Firewell Party	



A: Workshop in English

Volunteers Management: Spanish RC
DRR & Volunteers: Tunisian RC
Principles & Values: Libanese RC
YABC: IFRC, Tunisian RC and CCM

B: Workshop in French

Environmental Education: UNEP (RACCP)
Leadership skills: Italian RC
TERRA Game: CCM
Raid Cross: French RC

ANNEX II

List of Participants

Participants List Atlantis VII Hammamet _ Tunisia 2-9 July 2011

n.	National Society	Name	Surname	Post	Email	Facebook
1	Andorran RC	Yaiza	Ortega Resina	Volunteer	Utopia_6066@hotmail.com	Yaiza agetroniser
2	Andorran RC	Jessica	Villanueva Rodriguez	First Aid Volunteer	moshito87@hotmail.com	Jessica Villanueva Rodriguez
3	Algeria RC	Haifa	Aidoud	Volunteer	Haifa_a89@hotmail.com	Haifa doc
4	Bosnia-Herzegovina RC	Amra	Piric	Activity coordinator of Tuzla Canton Red Cross Youth	Pirry1655@hotmail.com	Amra Piric-Pirry
6	Bosnia-Herzegovina RC	Erna	Zulic	Volunteer of the Red Cross of Zenica	erna_ze@live.com	erna_ze@live.com
7	Egyptian RCs	Abdallah	Mohamed Mohamed Emam	Volunteer	ana3bdallah@hotmail.com	Abdallah Emam
9	Egyptian RCs	Marina	Melad Samy	Volunteer	Dr_marinadent@yahoo.com	Marina melad
10	French RC	Azèlie	Brand	Youth regional coordinator	azel45@msn.com	Azèlie Brand
11	French RC	Sophie	Daviet	Dissemination of IHL and partnership networking	daviet_sophie@hotmail.com	Sophie Daviet

12	German RC	Mona	Lampe	Volunteer	mona_lampe@hotmail.de	
13	German RC	Tim	Schönborn	Volunteer	Tim_15.4@hotmail.de	Tim Schönborn
14	Italian RC	Laura	Ghezzi	Volunteer (International Cooperation, Health and Care, First Aid)	laura.gialda86@hotmail.it	Laura ghezzi
15	Italian RC	Ilaria	Piras	Volunteer (International Cooperation)	freak_ila90@hotmail.it	Ilaria Piras
16	Lebanese RC	Kamil	Hamity	Public Relations and Communication, coordinator and trainer in the T.O.T	PR_youth@redcross.org.lb; Kamil.Hamaty@gmail.com	Kamil hamaty
17	Lebanese RC	Danielle	Lahoud	Coordinator of the the prison programme of the LRC	prisons_youth@redcross.org.lb	Danielle lahoud
18	Malta RC	Sarah	Mallia	Project manager; open centres	sarahmallia89@gmail.com; sarah.mallia@redcross.org.mt	Sara Mallia
19	Monaco RC	Emmanuelle	Legay	International Cooperation	Emmanuelle.legay@gmail.com	Emmanuelle Legay
20	Moroccan RC	El Kebir	Abdessamie	Peer education project_YABC Morocco	Abdessamie_el@hotmail.com	Abdessamie elkabir
21	Moroccan RC	Ali	Amziane	YABC Coordinator_Morocco	amziane@gmail.com	Ali Amziane
22	Palestine RCs	Mariam	Alnashash	Volunteer	Spoiled_daisy1990@hotmail.com	Mariam al-nashash

23	Palestine RCs	Mohammed	Hemeda	Volunteer	Scream_die_2010@live.com	Mohammed riyad alyasseni
24	Red Cross of Serbia	Mihailo	Rakonjak	Promotion of human values; anti trafficking; first aid	mihacha_032@hotmail.com	Mihailo Rakonjak
25	Spanish RC	Bianca Roxana	Rus	Volunteer	anca.02.rus@gmail.com	Bianca Rus
26	Swiss RC	Aline	Baillifard	Dissemination of IHL, migrants	alinebaillifard@gmail.com	Aline Baillifard
27	Turkish RC	Gizem	Ceylan	Volunteer	Gizem491@hotmail.com	Gizem ceylan
28	Tunisian RC	Bilel	Dhouib	Volunteer	Dhouib_bilel@yahoo.fr	Dhouib bilelino
29	Tunisian RC	Asma	Ben Ltaief	Volunteer, forst aid	bbeltaiefasma@hotmail.com	Asma smitcha
30	Tunisian RC	Moataz	Oueslati Billah	Volunteer	Oueslati.mootez@gmail.com	Mootez_rambo@live.fr
31	Tunisian RC	Nadia	Nasri	Youth responsible regional committee of Ariana	Nadianasri@yahoo.fr	Nadia Nasri
32	Tunisian RC	Hayet	Khedri	Volunteer	Hayet.khedri@hotmail.fr	Hayet khedri
33	Tunisian RC	Nihel	Mastouri	Regional commetee member	Nihel.mastouri@hotmail.com	Nihel mastouri

34	Tunisian RC	Malek	Ben Regaya	Volunteer; first aid	malekbenregaya@gmail.com	Malek ben regaya
35	Tunisian RC	Kalthoum	Ben hamed	First Aid Trainer	kalthoumbhh@gmail.com	
36	Tunisian RC	Manel	Meftah	First aid responsible	Mannou-key@hotmail.fr	Manel Meftah
37	Tunisian RC	Maroua	Ben Said	Volunteer	Mito_psy@live.fr	Maroua ben said
38	Tunisian RC	Ayemen	Trifi	Volunteer; regional youth responsible	trifi.aymen@gmail.com	Ayemen trifi
39	Tunisian RC	Karima	Ben Haha	Volunteer; first aid	karimabhaha@hotmail.fr	Kiné Grombaliene
40	Tunisian RC	Fethia	Bedoui	Volunteer	fathiabedoui@hotmail.fr	Touha maroco
41	Tunisian RC	Khalil	Mohamed Hassen	Volunteer	Mhk_tunisie@yahoo.fr	Mohamed hassan khelil
42	Tunisian RC	Mohamed Rafik	Ben Mansour	First aid trainer	benmansour_rafik@yahoo.fr	rafik_001@hotmail.fr
43	Tunisian RC	Cheima	Ben Said	Volunteer	b.s.chaima@live.COM	
44	Tunisian RC	Leila	Gouiaa	Staff	Lili_lili_26@live.fr	Leila gouiaa

Staff

n.	National Society/ Entity	Name	Surname	Post	Email	Facebook
45	CCM	Amelia	Marzal	Director	amarzal@cuzroja.es	
46	CCM	Enrico	Di Lena	Youth Desk	edilena @cuzroja.es	Enrico Ico Di Lena
47	CCM	Ariana	Potrafki	Desk Officer	apotrafki@cuzroja.es	Ariana Potrafki
48	CCM	Silvia	Piscitelli	Desk Officer	spiscitelli@cuzroja.es	
49	CCM	Nestor	Llobet	Volunteer	llopnes@hotmail.com	llopnes@hotmail.com
50	Tunisian RC	Radhouane	Ben Amara	Member of the general Commitee TRC	radhouane.benamara@gmail.com	
51	Tunisian RC	Amira	Ben Ali	Volunteer	emirabenali@yahoo.fr	
52	Tunisian RC	Ali	El Abed	Volunteer	elabed_ali85@yahoo.fr	aloulou81@homail.fr

Facilitators

n.	National Society	Name	Surname	Post	Email	Facebook
53	Spanish RC	Blas	Bayona	Volunteering and Branch Development Department	bbp@cuzroja.es	
54	Spanish RC	Ferran	Cobertera	Volunteering and Branch Development Department	fch@cuzroja.es	
55	CCM	Noor	Oughly	Volunteer	noor.ogly@gmail.com	
56	Italian RC	Marcello	Sgroi	IHL; Peace educator	marcello.sgroi@gmail.com	
57	Lebanese RC	Lama	Srouer	Project coordinator Youth Department	Lama.srouer@redcross.org.lb	Lama Srouer
58	UNEP	Morgan	Strecker	Environmental consultant	morgan.strecker@gmail.com	
59	UNEP	Magali	Outters	Consumption specialist	moutters.h2020@cprac.org	
60	IFRC	Sue	Le Mesurier	Senior Officer Migration	sue.lemesurier@ifrc.org	
61	IFRC MENA	Soufia	Galand	North Africa YABC coordinator_MENA	soufia.galand@ifrc.org	Soufia YABC

62	IFRC MENA	Nouha	Yeferni	Responsible of capacity building YABC in north Africa	nohua.yeferni@ifcr.org	Nohua Yeferni
63	Tunisian RC	Béchir	Ben Radhia	YABC peer educator	bechirbenradhiamd@yahoo.fr; bechirbenradhiamd@hotmail.fr	
64	Tunisian RC	Samih	Barhoumi	Volunteer	samihcrt@gmail.com	
65	Tunisian RC	Wajdi	Ben Mohamed	Volunteer	wajdibenmohamed@live.fr	

Guests

n.	National Society/ Entity	Name	Surname	Post
66	Tunisian RC	Taher	Cheniti	General Secretary
67	RC of Catalunya	Josep	Marquéz	President Spanish Red Cross in Catalonia
68	RC of Catalunya	Enric	Morist	Coordinator of the Spanish Red Cross in Catalonia

ANNEX III

Frame of contents of the workshops

MEDITERRANEAN YOUTH CAMP ATLANTIS VII -Young Volunteers in Action-

Hammamet - Tunisia 2nd to 9th July 2011

Session: Disaster risk reduction and volunteering, facilitated by Samih Barhoumi and Wajdi Ben Mohamed (Tunisian Red Crescent volunteers)

Date: 3rd and 4th July

Time: From 09:00 to 13:00 (for the two days)

Working language: French

Objective:

Disaster Risk Reduction (DRR) is a systematic approach to identifying, assessing and reducing the risks of disaster. It aims to reduce socio-economic vulnerabilities to disaster as well as dealing with the environmental and other hazards that trigger them.

DRR is very wide-ranging and there are several aspects related to it: disaster mitigation and preparedness, recovery and support to livelihoods. A specific role is played by volunteers in dealing with disaster management in its whole sense: this means that it is important that NS programs concerning risk management provide volunteers with disaster related training and emergency skills.

The aim of the workshop is to strengthen the capabilities of the participants to identify, understand and explore DRR technical tools and to increase youth skills in volunteers management into disaster risk response and preparedness

Format

- 2 hours and 30 minutes each day for a total of 5 hours in total
- One group of around 30 people. The group will participate to the full session
- Particular attention to the intercultural dialogue
- Active participation of the volunteers.
- Peer education



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in the Mediterranean**



Contents

- Disaster risk reduction and disaster management
- volunteers management: from preparedness to disaster response
- DRR tools and techniques

Framework

In IFRC:

- <http://www.ifrc.org/en/what-we-do/disaster-management/about-disaster-management/>
- <http://www.ifrc.org/Global/Publications/disasters/appeals/MAA0002909p.pdf>



International Federation of Red Cross And Red Crescent Societies
الاتحاد الدولي لجمعيات الصليب الأحمر والهلال الأحمر
منطقة الشرق الأوسط وشمال أفريقيا
MIDDLE EAST AND NORTH AFRICA ZONE

**MEDITERRANEAN YOUTH CAMP ATLANTIS VII
-Young Volunteers in Action-
Hammamet - Tunisia 2nd to 9th July 2011**

Session: Education for Sustainable Development, facilitated by Morgan Strecker and Magali Outters (UNEP - CP/RAC – United Nations Environment Programme/Regional Activity Centre for Cleaner Production)

Date: 3rd and 4th July

Time: From 15:30 to 19:00 (for the two days)

Working language: French

Objectives:

Our natural environment is in a mess: we know that climate change and all its consequences are great challenges that we have to tackle in the future, with all the effects it has on our resources and our sustainable development. It is important to understand the fact that natural environment and man-made environment are interdependent.

In the complex and fast-paced world we live in, we may think our daily actions only matter to us. On a planet scale, our everyday life looks like a drop in the ocean, especially when it comes to facing global challenges such as climate change that have important environmental, social and economic implications. But as much as scientists have shown tiny variations can affect giant systems; the way we live has impacts on us as individuals, as well as on our natural environments and societies worldwide. This also means that there are numerous opportunities, through individual and collective choices, to operate the change and build solutions for sustainable lifestyles.

Everyone has a role to play in this process – inclusive of young people, representative of half of the world's population. Young people and young adults entering life as citizens and professionals are catalysts for social, cultural and technological innovation: they are also key actors in shaping lifestyles and consumption trends.

Education for Sustainable Consumption, Environmental Education, awareness raising and training plays a significant role in encouraging and enhancing people's participation in activities aimed at conservation, protection and management of the environment, essential for achieving sustainable development. Learning about how the choices one makes today affect today and tomorrow's generations' has a great impact on the way our world works and the changes to be made in order to preserve as well as improve a healthy environment. It is important to understand environment in a wide sense, not only meaning the natural ecosystems and resources around us, but also people and their interactions with people and nature.

The aim of the workshop is to strengthen the awareness of young people towards environmental challenges and their consequences on human lives, as well as will provide them with the necessary tools and information to not only change their own individual behaviors but also inform and improve the behaviors of those around them – family, friends, co-workers, children, etc. From water consumption, to life cycle analysis of products to urban development, as well as understanding the climate and environmental changes that planet earth is undergoing are all part of this important subject.

Participants will be engaged in practical activities to enhance their awareness on environmental subjects and to develop skills to mitigate and prevent environmental problems, giving some tools to "make people think and act. It also has the aim of providing participants with technical tools in order to spread out and share the acquired knowledge among their local youth sections: we want participants to be able to set up and carry out awareness campaigns on environmental education where they can involve and attract more



Centre for the Cooperation in the Mediterranean



volunteers of their National Societies into initiatives dealing with environmental issue in order to be agents of positive change at community level.

Format

- 3 hours and 30 minutes each day for a total of 7 hours
- One group of around 30 people.
- Active participation of the youth
- Particular attention to intercultural dialogue
- Peer education

Contents

Environment and sustainable development
Sustainable Consumption and Production
Sustainable Lifestyles
Environmental challenges:

- o Climate change
- o Climate change in the Mediterranean
- o Persistent Organic Pollutants
- o Waste
- o Pollution

Skills to mitigate and prevent environmental problems
Educational resources for environmental problems
Skills to communicate environmental solutions
Draft conclusion document

Framework

International Federation of RC/RC National Societies:

- Strategy 2020 - Strategic Aim 2 and Enabling Actions 2
(<http://www.ifrc.org/Global/Publications/general/strategy-2020.pdf>)

The RC/RC Climate Centre (<http://www.climatecentre.org/site/home>):

- Climate Guide (<http://www.climatecentre.org/site/publications/85>)
- <http://www.climatecentre.org/site/preparedness-for-climate-change-programme>

The UN Climate Change Convention and the Kyoto Protocol

<http://www.un.org/climatechange/background/kyoto.shtml>

- European Commission's Climate Action

http://ec.europa.eu/climateaction/eu_action/index_en.htm -

The UNEP UNESCO YouthXchange Toolkit on Responsible Consumption

- <http://www.youthxchange.net/main/english-guide.asp>

Espace Eco-Citoyens de l'Ademe

- <http://ecocitoyens.ademe.fr/>

Foundation for Environmental Education – Green Schools

- <http://www.eco-schools.org/>

ConsumpediaMed – Sustainable Consumption in the Mediterranean Region

www.consumpediamed.org



Mediterranean Education Initiative for Environmental & Sustainability
www.medies.net

Regional Activity Centre for Cleaner Production (CP/RAC)
www.cprac.org

**MEDITERRANEAN YOUTH CAMP ATLANTIS VII
-Young Volunteers in Action-**

Hammamet - Tunisia 2nd to 9th July 2011

Session: Leadership skills, facilitated by Marcello Sgroi (Italian Red Cross Youth)

Date: 7th and 8th July

Time: From 15:30 to 19:00 (for the two days)

Working language: English

Objective:

Leadership is an attitude, is a way to live and think inspiring oneself and people, making everyone full responsible of the own decision and life.

By enhancing the skills of the youth in the areas of leadership, voluntary service, management, and communication, the participants will be able to use their creative ideas for a great delivery service. Communication tools will be used to emphasize the spirit of team work and to allow the achievement of the results during working meetings.

The aim of the workshop is to make everyone fully aware of the way to relate to others, the way to be part of a team, the way to share leadership. Relationship is a key area which every leader should auto-reflect on.

The training method that will be used is inspired to the theatre of the Oppressed and other technique for the training of the actor. It is highly preferred a no cognitive way to learn based on the body, the music, and the team building.

Creativity will be stimulated as “way of being”.

Light dress is suggested.

Format

- 3 hours each day for a total of 6 hours in total
- One group of around 30 people. The group will participate to one session of two days (6 hours)
- Particular attention to the intercultural dialogue
- Peer education

Contents

- communication with the youth
- peer education
- team working
- games -exercise from TdO (theatre of the oppressed):
- trust games and shared leadership
- body awareness and consciousness, non verbal communication, games

Framework

In FEDNET:

https://fednet.ifrc.org/graphics/Fednet_files/Organisational_Development_11/Youth/documents/step-by-step-english.pdf

https://fednet.ifrc.org/graphics/Fednet_files/Organisational_Development_11/Skillshare/Skillshare_2005/David%20Wenner_Overcoming%20the%20barriers%20to%20Nonprofit_Effectiveness.pdf

<https://fednet.ifrc.org/sw35751.asp> Article IN SEARCH OF GOOD POLITICAL COMMUNICATION AND LEADERSHIP by Jean-Marc Coicaud

https://fednet.ifrc.org/graphics/Fednet_files/NS_dev/LDC/2009/EN/Lunch%20symposium%20on%20Leadership%20and%20Management/Prof.%20Adei%20Lecture%20Marks%20of%20success%20in%20leadership%20and%20management.pdf

Suggested Bibliography:

Paulo Freire: The pedagogy of the oppressed

Thomas Gordon: Leader effectiveness

Augusto Boal: Theatre of oppressed

Enzo Bianchi: Verso un'etica condivisa

Enrico Peyretti: Il diritto di non uccidere

Anna Chesner: The handbook of drama Therapy

Christopher Achenbach: Creative music in group work

**MEDITERRANEAN YOUTH CAMP ATLANTIS VII
-Young Volunteers in Action-**

Hammamet - Tunisia 2nd to 9th July 2011

Session: Principle & Values, facilitated by Lama Srour (Lebanese Red Cross)

Date: 7th and 8th July 2010

Time: From 9:00 to 13:00 (the two days)

Working language: English

Objective:

To Increase the knowledge of participants about the RC/RC International Movement Principles & Values; and increment their capacity to application in daily RC/RC task.

To achieve a shared vision of participants on how to make better use of Principles and Values as a tool for positive change at community level.

Format

- 3 hours and 30 minutes each day for a total of 7 hours
- One group of around 30 people
- Active participation of the youth
- Particular attention to the intercultural dialogue
- Peer education

Contents

The International Federation has embarked on a consistent and inspirational approach to promoting humanitarian values and the seven Fundamental Principles of the Red Cross and Red Crescent Movement. This has been identified as one of the four core areas of activity for each National Society and for the International Federation under *Strategy 2010*.

The seven Fundamental Principles are humanity, impartiality, neutrality, independence, voluntary service, unity and universality

The aim is to positive influence the behaviour of the people we work with, through a better understanding of the Fundamental Principles and humanitarian values. The three main target groups are those working within Red Cross/Red Crescent societies, public and private authorities, and communities members where we work.

Some ideas:

- short briefing on RC/RC Movement
- practical application of Fundamental Principles
- Practical application of Values

The drafting of a conclusion document carried out by the participants.

Framework

- **International Federation of the Red Cross/Red Crescent Societies**
<http://www.ifrc.org/Global/Publications/general/strategy-2020.pdf>
<https://fednet.ifrc.org/en/resources-and-services/principles-and-values---global/culture-of-non-violence-and-peace/non-discrimination-and-respect-for-diversity/>
- **Principles and Values Department**
<http://www.ifrc.org/what/values/index.asp>

MEDITERRANEAN YOUTH CAMP ATLANTIS VII
-Young Volunteers in Action-

Hammamet - Tunisia 2nd to 9th July 2011

Session: Volunteers management, facilitated by Ferran Cobertera and Blas Bayona
(Spanish Red Cross, Volunteers Department)

Dates:

3rd and 4th July (workshop in English)
7th and 8th July (workshop in French)

Time: From 09.00 to 13:00 (all the days)

Working language: one workshop in English and a second one in French

Objective:

Volunteers are one of the strongest parts in the life of RC/RC Societies and in the whole RC/RC International Movement, it means that knowing how to attract volunteers and develop their capacities and how to manage their participation and involvement in activities and decision making is a crucial task for a National Society at national and local level.

The aim of the workshop is to make everyone fully aware of the importance of volunteers management, of the effective involvement of volunteers into the organization to enhance performance and results, of the way to be part of a team, and to give to the participants knowledge on how to manage and coordinate the activity of volunteers at their local level.

By enhancing the skills of the youth in the areas of voluntary service, volunteers recruitment and management, membership, commitment and participation the participants will be able to strengthen and use their knowledge to protect, recognize and promote volunteering. Communication tools will be used to emphasize the spirit of team work and to allow the achievement of the results during working meetings.

Drafting a conclusion document carried out by the participant it could be preferred.

Format

- 3 hours and 30 minutes each day for a total of 7 hours in total



- Two groups of around 30 people. One group will participate to one session of two days (7 hours) working in English and then the facilitators will repeat the session the other 2 days for the second group working in French.
- Particular attention to the intercultural dialogue
- Peer education

Contents

- Definition of “volunteer”
- Importance of RC/RC volunteers
- Identification of steps to manage volunteers: Volunteers management cycle
- Volunteers participation: how to involve volunteers and team working
- Volunteers motivation
- Managing and coordinating the activities of volunteers

Framework

In IFRC: <http://www.ifrc.org/Global/Governance/Policies/volunteering-policy-en.pdf>

http://www.ifrc.org/Global/Publications/volunteers/Taking_Volunteers_Seriously_2007_EN.pdf

http://www.ifrc.org/Global/Publications/volunteers/Taking_Volunteers_Seriously_2007_FR.pdf

<http://www.ifrc.org/Global/Publications/volunteers/203800-IYV%20NewsFlash-01-EN.pdf>

<http://www.ifrc.org/Global/Publications/volunteers/203800-IYV%20NewsFlash-01-FR.pdf>

<http://www.ifrc.org/Global/Publications/volunteers/199000-Volunteers-guide-EN-LR.pdf>

<http://www.ifrc.org/Global/Publications/volunteers/199000-Volunteers-guide-FR-LR.pdf>

<http://www.ifrc.org/Global/Publications/volunteers/IFRC-Value-of-volunteers-report-EN.pdf>

<http://www.ifrc.org/Global/Publications/volunteers/IFRC-Value-of-volunteers-report-FR.pdf>

-European year of Volunteering 2011:

<http://europa.eu/volunteering/en/home2>

The Study on volunteering in the European Union

<http://europa.eu/volunteering/en/content/study-volunteering-european-union-now-available-online>



**MEDITERRANEAN YOUTH CAMP ATLANTIS VII
-Young Volunteers in Action-**

Hammamet - Tunisia 2nd to 9th July 2011

Session: YABC (Youth as agents of behavioural change), facilitated by Soufia Galand (IFRC - North Africa Office, YABC peer educator), Nouha Yeferni (IFRC – North Africa Office, YABC peer educator) and Béchir Ben Radhia (Tunisian Red Crescent, YABC peer educator)

Date: From 3rd to 9th July 2010

Time

From 07:30 to 08:00 (all the days, Qi-Gong Session)
and
From 15:30 to 19:00 (all the days)

Working language: English/French

Objective

To spread knowledge on and practice of YABC and how we can use this toolkit in our National Societies within our programs with youth in order to make a positive change on our communities.

Format

- Two workshops of 2 days for 3 hours each day, being a total of 6 hours in total
- 30 minutes each morning Qi-Gong session
- Two groups of around 30 people. One group will participate to one session of two days (6 hours) working in English and then the facilitators will repeat the session the other 2 days for the second group working in French.
- Active participation of the youth
- Particular attention to the intercultural dialogue
- Peer education

Contents

Youth as Agent of Behavioural Change is an initiative of the Principles and Values Department of the IFRC in which **40 NS** worldwide have taken an **active part** to empower youth to play a lead role in transforming mindsets, attitudes and behaviours in their local community. It integrates peer-education and non-cognitive learning and uses games, role plays, artistic platforms to promote behavioural change.

In North Africa for example, almost 200 youth have embarked upon the project and devoted themselves to work on the Fundamental Principles and their underpinning Humanitarian Values, especially regarding migration issues. As so, they're applying YABC initiative on the specific domain of migration, using behaviour change tools to enable youth to take the lead in changing their communities' perspectives towards migration issues and attitudes towards migrants.

Framework

International Federation of the Red Cross/Red Crescent Societies

YABC <http://www.ifrc.org/docs/news/speech09/kb220909.asp> Principles and Values Department <http://www.ifrc.org/what/values/index.asp>

Annual Report of the Red Cross Red Crescent, YABC section

[Energy boost video of YABC](#)

[Red Cross, Red Crescent Youth Declaration](#)

ANNEX IV

Poster



Centre for the Cooperation
in the Mediterranean



الهلال الأحمر التونسي
Tunisian Red Crescent



Let's mark
our imprints

and be
volunteers

Atlantis VII

Youth Volunteer in Action

From 2 till 9 July 2011
Hammamet, Tunisia



International Federation of Red Cross and Red Crescent Societies
Fédération Internationale des Sociétés de la croix-Rouge et du Croissant-Rouge
Federación Internacional de Sociedades de la Cruz Roja y de la Media Luna Roja
الاتحاد الدولي لجمعيات الصليب الأحمر والهلال الأحمر

**CENTRE FOR THE COOPERATION
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PERMANENT OFFICE OF THE RED CROSS
AND RED CRESCENT OF THE MEDITERRANEAN**

With the support of:



Av. Portal de l'Angel, 7, 4th, Office J-K, E-08002, Barcelona (Spain)

Phone: +34 93 302 15 85

www.cruzroja.es/ccm