

MANGLISI, GEORGIA  
02-10 MARCH 2026

DRUSTI, LATVIA  
20-28 MAY 2026



ICPI  
International Center For Peace  
and Integration



Funded by  
Erasmus +  
programme of the  
European Union





## DESCRIPTION

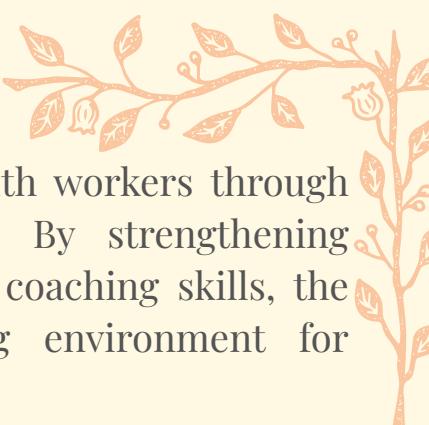
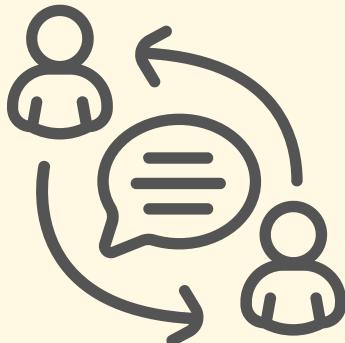
The training “Bridges of Dialogue” is designed to support and empower youth workers by strengthening the skills they use both in their personal lives and in their daily work with young people. The training focuses on helping youth workers better understand and manage conflicts, interpersonal challenges, and social tensions that young people often face. During the training, participants will gain conflict transformation tools and reading keys, empathic communication strategies, and creative non-formal learning tools that can be directly applied in real-life youth work, helping them guide young people through personal struggles, misunderstandings and tensions.

Through this training, participants will gain practical knowledge, tools, and attitudes that help them promote empathy, constructive dialogue, and peaceful conflict resolution. Special attention is given to challenges arising from cultural differences, misunderstandings, and communication gaps. The project aims to contribute to a more inclusive, respectful, and cooperative approach to youth work.



At the heart of the project is the idea of empowering youth workers through personal development and coaching-based approaches. By strengthening emotional intelligence, interpersonal communication, and coaching skills, the training creates a supportive and motivating learning environment for professional growth.

These competences will enable youth workers to have a meaningful and positive impact on young people, helping them build healthier relationships, better self-awareness, and stronger resilience for the future.



# OBJECTIVES



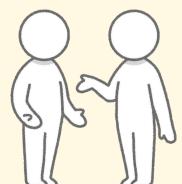
## Main objectives of the project:

- Equip youth workers with practical tools and methods for working with young people in conflict and tense situations
- Strengthen the ability of youth workers to transform conflicts in a constructive and productive way
- Give opportunity of “work on themselves” in a fruitful way and in the direction of personal development
- Develop skills in non-violent, empathic, and effective communication
- Encourage innovative and engaging youth work practices.
- Foster resilience and continuous learning in youth work.



# FIRST STAGE IN GEORGIA:

 The first stage of the project in Georgia will focus on strengthening youth workers' knowledge, skills, and attitudes essential for their daily work with young people. It will build a solid foundation in empathic communication, personal development, and constructive conflict transformation.



 Participants will deepen their self-awareness and understanding of how conflicts arise, especially in interpersonal and social contexts. They will explore youth development processes and the emotional, social, and cognitive factors that influence conflict and cooperation. Through intercultural exchange, participants will enhance cultural sensitivity and inclusive working approaches.



This stage will also develop practical skills such as active listening, emotional regulation, self-reflection, and conflict analysis, promoting a strengths-based and reflective approach to challenging situations. Participants will practice conflict transformation tools, reflect on their learning, exchange good practices, and plan future cooperation.



By the end of this stage, youth workers will have strengthened their confidence, practical competences, and readiness to apply empathic communication and conflict transformation methods in both personal and professional contexts, and to progress to the advanced stage of the training.



# SECOND STAGE IN LATVIA:

 The second stage of the project in Latvia will build on the first stage, further strengthening youth workers' competences in empathic communication, coaching, conflict transformation, and intercultural dialogue. It will focus on applying these skills in practice, particularly when working with vulnerable and diverse groups of young people.



 Participants will deepen their understanding of advanced communication and coaching principles, including non-violent and inclusive dialogue. They will explore how identity, culture, and values shape interactions and conflicts, while refining skills such as active listening, empathic feedback, facilitation, and coaching conversations.

 This stage will also enhance participants' ability to design and lead inclusive, participatory, and reflective youth work activities. Through self-reflection, peer learning, and feedback, youth workers will examine their attitudes and biases, adopting a strengths-based approach.

 By the end of this stage, participants will have consolidated their competences, enabling them to create safe, inclusive, and impactful learning environments. They will be equipped to apply coaching, empathic communication, and conflict transformation techniques effectively in both their organizations and daily practice.



# ORGANISERS



**ICPI**  
International Center for Peace  
and Integration



International Center for Peace and Integration (ICPI) is a Georgian not-for-profit non-governmental organization with a mission to provide the platform for the development of self-aware, progressive and engaged youth in civil society.

We encourage personal growth, innovation and positive change through critical thinking, intercultural understanding, support for new initiatives and collaboration. We believe in the power of education as a means to plant the seeds of change in attitude and action. We work in different social, educational and cultural fields with several target groups such as: youth, IDPs, people with fewer opportunities.



"Esi labs!" is non-governmental and non-profit organization, whose operations are based on voluntary work done by members and supporters.

The organization has been created with the aim to support and promote active citizenship in society; emphasize the importance of altruism, empathy and willingness to help; social entrepreneurship and volunteering both locally and internationally. Most activities implemented by Esi Labs are targeted to young people, but all of our events are open and accessible to people of all age groups and social affiliations.

We are working with youth to give them more opportunities in life. And one of the main instruments is volunteering work. Esi Labs! is one of the biggest European Solidarity Corps (ESC), previously European Voluntary Service (EVS) sending organisation in Latvia and the first Latvian organisation certified as a sending organisation of EU AID volunteers initiative.

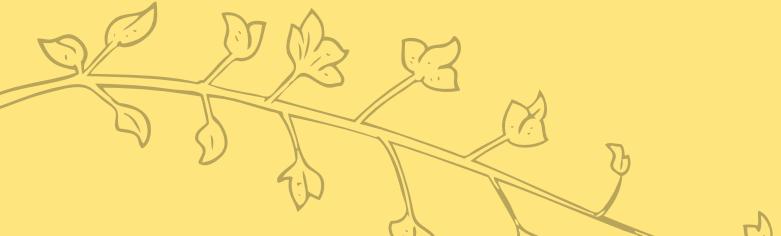
## Partners

Italy - I.S.R.E.  
Belgium - EU Youth Connect Belgium  
Armenia - Youth Organizations Union of Armenia  
Croatia - Udruga za savjetovanje MORE  
Croatia - COACHING  
Czechia - Tvořivá dílna, z.s.  
Spain - LA VIBRIA

# FOR WHOM?



- \* Residents of their sending/receiving country
- \* Age: 18+
- \* Youth workers/coaches
- \* Youth leaders/Educators
- \* Social workers
- \* Available for both stages of the project
- \* Possess good English language skills
- \* Actively engaged in youth work or willing to expand their role in supporting young people
- \* Interested in applying conflict transformation, coaching, and non-formal learning tools in their daily work.



# TECHNICAL INFO

1. After selection, you can start looking for travel options for the **first stage**.
2. Send your travel proposal to:  
[bridgesofdialogueproject@gmail.com](mailto:bridgesofdialogueproject@gmail.com)
3. **Wait for our confirmation before you buy the tickets!**
4. You will receive a link where to upload your tickets
5. **Keep ALL** paper boarding passes and tickets with you and hand them over during the project.
6. Participants will be reimbursed per stage. This means that tickets from first stage will be reimbursed after the first stage and the tickets from the second stage will be reimbursed after the second stage and after all the reports will be sent and approved by the National Agency (please note that this process can take up to 2 or 3 months after the second stage finishes)



100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+ by EU.

Participants are required to have valid travel health insurance, as this is not covered by Erasmus+. We kindly ask all participants to upload proof of their insurance. Please note that health insurance is mandatory for all tourists entering Georgia!!!



Only the most economical transportation will be reimbursed and only under the condition that the participant will take part in the whole project!

Travel must be economy/2nd class for a plane, train or bus ticket. No taxi costs will be refunded unless there is no public transport that covers your journey.

You have to be responsible for your health, bring your own first aid kit and necessary medicines.



# NUMBER OF PARTICIPANTS AND TRAVEL LIMITS

Country	STAGE 1 GEORGIA Travel limits €	STAGE 2 LATVIA Travel limits €	Number of participants
Latvia	395,00	28,00	4
Georgia	-	395,00	4
Italy	395,00	309,00	5
Belgium	580,00	309,00	3
Croatia	395,00	309,00	3
Armenia	211,00	395,00	3
Spain	580,00	395,00	3
Czechia	395,00	309,00	3





# PROJECT VENUE

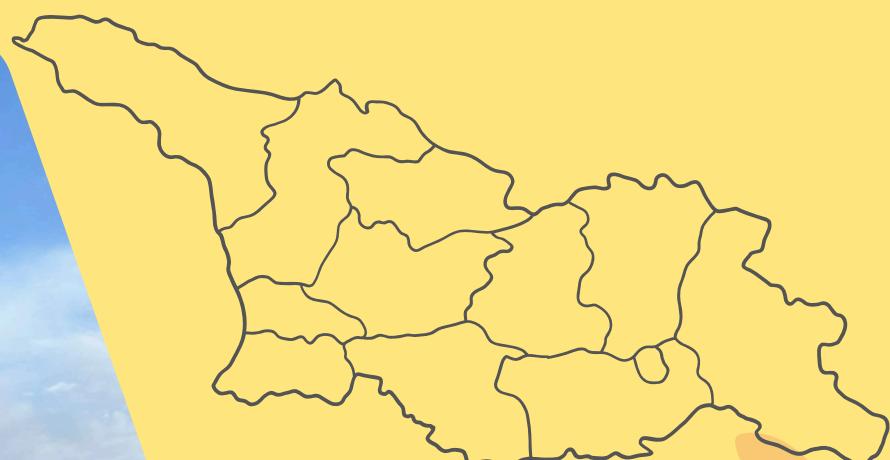


The first stage will be hosted in Manglisi, Georgia, in a newly opened hotel that is well known to the organizing team and provides a safe and comfortable environment.

The venue is surrounded by beautiful Georgian nature, with a forest and a river located near the hotel, offering a peaceful and inspiring setting, providing ideal conditions for full focus on the training. Participants will stay in shared rooms (2-4 people) with private bathrooms.

Three meals and two coffee breaks per day will be provided. Dietary needs will be collected in advance and accommodated as much as possible.

Wireless internet connection is a bit slow, and available at the venue only in case of necessity.



# TRAVEL INFO



Participants can use maximum up to 2 extra travel days. These days are NOT covered by the project regarding food and accommodation.

## 1st stage in Georgia

Arrival date in Georgia:

2nd of March

Departure date:

10th of March at 10:00

Meeting point on Rustaveli avenue on 02/03 at 17:00 next to Bicycle statue.

### With travel days, possibility to:

Arrive on 28/02 and leave on 10/03

Arrive on 01/03 and leave on 10/03  
or 11/03

Arrive on 02/03 and leave on 10, 11  
or 12/03

## 2nd stage in Latvia

Arrival in Latvia:

20th of May

Departure date:

28th of May



More info soon to come!

**! IMPORTANT !** From Tbilisi Airport you should count 30-45min to the city center by bus or Bolt taxi depending on your arrival time.

From Kutaisi Airport you should count 3-4 hours to reach Tbilisi city center, busses are running according to flight schedules and can be booked through <https://georgianbus.com> or <https://omnibusexpress.ge/>.

# CONTACT



**For more information or any questions about the project, do not hesitate to contact us on the project e-mail:**  
**[bridgesofdialogueproject@gmail.com](mailto:bridgesofdialogueproject@gmail.com)**

**All SELECTED participants will receive technical info-pack with the additional details. They will also be added to a Whatsapp group for further communication.**

Deadline for selecting participants:  
**30th of January**

Deadline for booking flights:  
**5 st of February**

**SEE YOU SOON!**