



SAILING4YOUTH

Project description

Title	Sailing4Youth
Project Aim	Fostering of social integration and active participation in society; Promotion of peaceful conflict resolution and mediation, social skills and teamwork;strengthening of practical skills like planning, cooperation and the taking over of responsibilities
Project duration	3 Month
Project start	June 2018
Participants	8 Teenagers from Sarajevo 18-20 years

In cooperation of the **NGO Fondacija Krila Nade/ Foundation Wings of Hope** (Sarajevo) and the **Cat-MaRe gUG** (Germany/ Croatia).

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1 Overview

Sailing4Youth is a project in cooperation between Fondacija Krila Nade/ Foundation Wings of Hope (Sarajevo, BiH) and Cat-MaRe gUG (Germany) and aims at promoting social integration and engagement in Bosnian teenagers by giving them the opportunity to experience themselves as an integral part of a society in which they can and should be actively participating in order to effect change. It tackles the social challenges that young people are experiencing. Crucial for the approach is a one-week sailing trip on a catamaran. This trip will enhance skills and knowledge, which will be acquired in a previous workshop. Therefore the possible learning success is on its highest level, as the theoretical contents, which are taught and trained through non-formal methods, can be directly tried out and strengthened in practice by taking part in a temporary formed tight community, the sailing crew.

The focused topics of the presailing workshops are peaceful conflict resolution and mediation, but also the strengthening of social skills and teamwork in general. On the following sailing trip the previous learned mediation skills will support and facilitate the social interaction and contribute to a peaceful togetherness. As on board there is only narrow space, and thus peaceful togetherness is essential for everyone's well-being, the participants train their gained skills and foster them through the direct use and experience. Besides that they are actively involved in upcoming tasks as well as everyday responsibilities on board, which teaches them how everyone has to make its contribution to the community to make it work. These tasks include the sailing tasks and know-how itself, as well as cleaning, cooking etc..

This project has a long-term impact on the participants and their environment. Through the equipment of know-how and self-consciousness they will be able to solve conflicts in their own surroundings in a peaceful way and act as mediators themselves. Furthermore they will identify their own role in their own community and how they and their contributions are important to keep it working and peaceful.

2 Purpose and Needs

Teenagers find themselves in a very difficult and unstable period of their life. Feelings, emotions, thoughts, belongings can change from one day to another. They are in a kind of floating state in between their ending childhood and starting adulthood. Especially during this period it is important to offer values and indications towards they can be oriented, to show them, that they do have a place in society and that they are able and actually even have the duty to actively participate in it in order to make it work. The teenager age is a period which is formative for their further life, but also a

time in which it is still possible to shape them. Youngsters do a lot of experiences during this time and these can either be deterrent or positive.

Deterrent is for example the frequent occurrence of bullying and discrimination among teenagers. Weaker children get harassed and teased. At worst case this can leave a lifelong imprint on the victims, influencing their feeling and behavior. As it is impossible for parents to intervene it is important to call attention to the youngsters themselves and provide them with skills and methods on how to solve conflicts and problems in a peaceful way. As a big part of the workshop is about how to become a mediator, tools are provided which does not only enable the teenagers to contribute a peaceful conflict solution but also to enable them to pay contribution to their society.

The latter is especially important when considering the fact, that poverty is a big issue in Bosnia and Herzegovina. Almost all teenagers that make use of the offer of *Fondacija Krila Nade/ Foundation Wings of Hope* come from poor families. The financial situation at home does not allow extraordinary expenses. This can provoke the feeling of being excluded from society, less valuable and redundant in society. These are three aspects the project Sailing4Youth wants to address.

During the sailing trip everybody has to take care for the boat and complete the everyday tasks on board, which also includes basic tasks like preparing food or cleaning. In this temporarily limited, composed society they will experience their own value and how it is important that everybody contributes its skills to improve the living situation, as well as to communicate and treat each other in a positive way in order to ensure everyone's well being, including the own one. Afterwards they can implement the gained knowledge to their own surroundings, which will foster their self-esteem and self-awareness in their community. Furthermore they experience, that everybody has different skills and knowledge and that these differences are important in society. This shows that if everybody had the same talents, a working community would not exist. Consequently it is important to appreciate and value differences instead of using them as a reason for discrimination.

A further reason why the workshop does not only work on the participant's issues and its possible solutions, but also train them to become peer-mediators themselves, is that thus they are able to spread their knowledge and learned values, so that more children can benefit from. As the disposable living space on board limits the number of participants, training them as peer-mediators is a useful way to extend the possible impact on the participants surroundings.

3 About the Organizations

3.1 Fondacija Krila Nade/ Foundation Wings of Hope

The organization *Fondacija Krila Nade/ Foundation Wings* started working in 1995. At first the focus was on helping children and youngsters and especially working on war trauma. With the time the field of activities grew and nowadays the organization works on vary topics.

The emphasis is on a multi-systematic approach which is based on social inclusion and empowerment of individuals and groups through psychotherapy, counseling, psycho-social and educational support. Furthermore they are involved in peace building projects and the promotion of Human Rights and LGBT rights.

Additionally *Fondacija Krila Nade/ Foundation Wings of Hope* is actively involved with the European volunteer service. Since 2014 they hosted volunteers every year, as well as sending volunteers abroad.

The vision of the Foundation: For the society of Bosnia and Herzegovina to be prosperous and have a high level of respect for human rights, protection and promotion of mental health and support for education of women, children, youth and other vulnerable groups.

Its mission: Improving the social inclusion and strengthening of women, children, youth and other vulnerable groups by promoting and protecting human rights, providing mental health and support in education.

3.2 Cat-MaRe gUG

The non-profit association *Cat-MaRe* gUG was founded in 2017 by Dr. Reinhold O. Stapf. The idea behind it was to offer sailing trips for teenagers from different backgrounds to foster the understanding of teamwork and ones contribution in society. When he was young Dr. Reinhold O. Stapf was influenced by the soccer club TV Faulbach. Depending on this experience he always considered to offer team-building experience for teenagers to return the favor he got when being a teenager himself. Through the purchase of his catamaran he saw an opportunity coming up to give teenagers the same space to make memorable experiences. The basis of his ideas was built through the founding of the association gUG Cat-MaRe.

The sailing experience

Dr. Reinhold O. Stapf got his first sailing experience in 1970. Together with a friend he transferred a 33ft sailing boat from Wuerzburg (Germany) to Spain. Later, in 1983 he got his first small sailing boat from a friend which he used for sailing till 1987'ies in the domestic sea between Osaka and

Kobe. In the 1980' he also got his first sailing license at the DSV where he sailed on the Elba and ensuing to Corsica and back. Until 1997 he participated in a lot of regatta sailings in Japan as well as some off-shore races. His longest sailing trip during this time was a transfer from Guam to Tokyo with a 75ft SWAN. He sailed along the Mariana Trench and the Mariana Islands. After this time, every now and then he sailed for day cruises on different yachts in the pacific south-west of Tokyo. Together with his wife he traveled to Croatia the first time in 2014. They decided to live and sail there at least for a while. In 2015 they bought a Privileg 435 Catamaran which is since then located in the ACI Marina Šimuni. After servicing, maintenance and improvement works, his catamaran *MaRe* was sailed in 2016 for the first time and proved that it is also suitable for rough weather and thus enables to have also teenagers on board. In summer 2017 he sailed on several trips which were already accompanied by teenagers from the age of 12 to 20 years.

4 Implementation and Methods

The Project consists of four phases: First all eight participants get together in a pre-sailing workshop to learn about peaceful conflict resolution and mediation, teamwork and social skills. This workshop will take place in Sarajevo at the organization *Krila Nade/ Wings of Hope*. The following sailing trip will start in Šimuni, Croatia, as the catamaran of the association *Cat-MaRe* is located there. For the trip the participants will be divided into two groups of four people each. They will be on the sailing trip in two different weeks. Back in Sarajevo the two groups join again together for reflection sessions. The fourth and last phase is the final event where the participants present their experiences.

4.1 Workshop

In a workshop the participants will be trained to become peer mediators. Our aim is to equip the teenagers with knowledge and methods to act as peer mediators in their own environment. Thus they will be able to interact peacefully in upcoming fights and conflicts in their surroundings.

The workshop will be divided into two parts.

In the first part we will provide general information about theory and implications of the term conflict. The focus is on understanding and analyzing conflicts. Through interactive games and methods the participants will work out solutions for upcoming conflicts or giving conflict scenes. They will analyze situations, discuss and exchange attitudes and opinions. Everybody will have the same chance to speak and share his or her thoughts. The planned methods do not allow a person to just sit and listen but they have to involve themselves actively. All discussions will happen on an

equal level, meaning there will be no hierarchy, neither between the supervisor and the teenagers nor in between the participants. Following topics will be covered during the first part:

- General information about conflict: What is a conflict? What different dimensions of conflict do exist? What is my respond to conflict? How do I respond to conflict and conflict outcomes?
- Basic information about peace: What is peace and what is my impact?
- Talking about basic needs: Definition, what are (my) basic needs, what is my way to achieve them?
- What are values? What values are important for me?

The second part will be dealing with becoming a peer mediator. Besides talking about what a mediator is, what tasks he or she has, this part also includes different interactive methods and tasks to let the participants get in touch with important topics concerning conflict resolution. The first big topic will be communication. This includes its understanding, its inhibitors and definition as well as practicing active listening and how to form 'I' – messages. Furthermore the group will work on how to deal with emotions, how to identify positions, needs and interests, how to create agreements and how to balance the decision on a fair level. The workshop will end with practicing the learned information through mediation games and conflict scenarios.

Through all the workshops there will be team building methods used to strengthen the group dynamic and the feeling of belonging. This will make the participants feel more comfortable and reduce the inhibition threshold to step outside the comfort zone, for example in role plays. This way also the self-confidence is fostered.

Additionally two sessions are planned for extra activities which concern the security of the following sailing trip. One session will take place in the Olympic swimming pool of Sarajevo to ensure that every participant is able to swim in deep water. At another session all participants and supervisors will take part in a first aid course.

4.2 Sailing Trip

The first utilization of the new skills and also the highlight of the workshop is the participation on a 7-day sailing trip in Croatia.

Aim of the trip is not only to give the teenagers an inside in the techniques of sailing and enable them to make unforgettable experiences, but also to primarily their social skills. The owner of the catamaran, Dr. Reinhold O. Stapf, writes on the website of *Cat-MaRe gUG*: “A boat is a swimming island, which you cannot escape easily. This island must be taken care of to not sink. Also

everybody on the boat has to feel comfortable. Around this swimming island there is the elements water, sun and wind. All these elements can be nice but at the same time dangerous. Thus there is a need to learn how to behave, so that all passengers are safe.”

His concept is to give teenagers the possibility to experience for one week on a narrow space, that everybody can and actually has to do his or her bit to the community, that they can and have to trust each other. They also learn that different (e.g. cultural) backgrounds do not impede a successful teamwork and togetherness. Furthermore the aim is to make the teenagers experience that foreign people does not stay foreign as soon as you get in touch with them and that even if people first don't know each other, it is possible to spend a pleasant time together. Therefore every participant has to contribute to the atmosphere on board, which includes to take care of each other and also to participate in the everyday tasks on the boat.

The teenagers will learn important things which relate to general life and can be transferred from the situation on board to their life and environment at home. This includes:

- Budget planning which is set for every trip and includes: Food, beverages, costs for petrol and for berth and food outside of the boat
- What provision is possible to be taken on the trip: here it is important to consider different preferences and allergies etc. as well as what kind of food is suitable on a trip concerning the perishability.
- How to stow the food having regard to limited storage space as well as the boat movement and its mechanical effect on the provision
- The life and behavior on board: effective storage of luggage; to share the bathroom with another (foreign) person; to learn with and from each other; to tolerate, to understand and to deal with different opinions; frugal handling of limited resources like energy and drinking water; to learn about the importance of alternative energy sources (solar, wind generator)
- To become familiar with the boat itself: the learning of the most important nodes for operations on the boat; the understanding and training of safety-conscious behavior and equipment; to accept and to carry out given tasks reliable; to get an insight in the classical navigation with compass and sea chart as well as GPS navigation; to observe the weather and to be prepared for possible bad weather (the 'fail tp prepare is prepare to fail' principle)

The teenagers will learn that without teamwork, it is impossible to fulfill these tasks. Special about

the situation on the boat is that the teenagers get in touch with people they would have not be involved with their everyday life.

The previous learned mediation skills of the workshop will support and facilitate the social interaction. As there is limited space on the boat, upcoming conflicts are not avoidable. It is useful to give the teenagers tools for handling these situations in a positive way and facilitate the best learning results.

During the day, the teenagers will record their work with a video camera. Every evening there will be an evaluation of the day. On a screen the participants will see themselves working and reflecting what they did well and what they could have done better. Besides these technical reflections, the evening evaluation will give them also the chance to reflect on the social interactions. There will be space to tell what they liked or disliked at the day. Everyone can tell what he or she wishes to improve in the following days and also to give and handle constructive criticism.

At the end of the sailing trip the teenagers will make a video clip of their trip which afterwards can be seen on the websites of the organizations.

Furthermore, during the workshop periods and the sailing trip, the participants will write a blog in support of the supervisor. This blog will be also transformed into a newsletter, so that stakeholders will be informed about the ongoing activities.

4.3 Reflection Session

After the return all participants will come together again for reflection sessions. In this meeting the groups can share their experiences, reflect on the whole project and talk about their learning progress. The participants will finalize the video clips and the final newsletter will also be completed. Furthermore the reflection sessions are used to plan and organize the final event.

4.4 Final Event

The final event forms the end of the project Sailing4Youth. As well as the workshops it will take place in Sarajevo at the *Foundation Wings of Hope/ Fondacija Krila Nade*. This event will give the teenagers the chance to share and present their experiences and gained knowledge to their parents and friends. Furthermore they will show the movie they made before. They give detailed impressions of their previous two months. It is intended that the teenagers plan the final event by themselves, which includes for example writing invitations, planning the agenda, preparing the

technical devices for the screening of the video clip etc..

As one of the organizers of the project Sailing4Youth is currently an EVS volunteer at Fondacija Krila Nade/ Foundation Wings of Hope, one part of the final event will be used also to present her EVS experiences and her involvement in the organization.

5 Fitting of the project with the Ideas of Krila Nade/Wings of Hope and Cat-MaRe

In an understanding that peace is not only a matter of countries and politicians but also of the peoples' mindsets and their acting in their own small communities, the project „Sailing4Youth“ can be located in the working field of peace building. Peace does start or end in relationships of neighbors, friends and families. Without the awareness of citizens that the implementation of peace does address every single person, there is no chance for a successful realization of a worldwide peace. As can be seen in chapter four, the offered presailing workshop builds a foundation to open the participant's minds towards such a consciousness through professional methods. The sailing trip itself helps to deepen the learned knowledge and gives the chance to immediately train it with the other participants.

A collaboration of the two organizations *Fondacija Krila Nade/ Foundation Wings of Hope* and *Cat-MaRe gUG* is appropriated as *Krila Nade* is already actively involved in peace building projects and works with vulnerable teenagers and youngsters. Thus the concept of *Cat-MaRe gUG* fits as the idea behind it is to give vulnerable teenagers the chance to experience a peaceful togetherness with people from different backgrounds.

6 Timeline

The total duration of the project is three month, from June until August 2018. This includes all four phases mentioned above. Even before that an organization and planning phase begins where all the following activities are being planned in detail.

The presailing workshop period is set up for three weeks. It starts on Monday the 18th of June and ends on Friday the 6th of July. The workshop sessions take place three times a week and last four hours each. Consequently there will be nine sessions. All eight participants join the workshop together.

On Saturday the 7th of July the first group of four participants (Group I) and two supervisors start the sailing trip in Croatia. The first day is scheduled for the arrival as well as the boarding of the

catamaran. The sail is scheduled for the next morning. The boat will anchor in Šimuni again on the 14th of July. Group I will drive back to Sarajevo on the 15th of July with one of the supervisors. The other supervisor stays on board to prepare the sailing trip for Group II. Group II will leave Sarajevo with another supervisor on the 19th of July and will return on the 27th.

In the beginning of August the reflection sessions as well as the final event will be scheduled. For both the exact dates are not specified yet as this will be organized in cooperation with the participants. So far it is planned that there will be three reflection sessions consisting of again four hours each. In case this should not be enough there will be capacity for more.

After the project it self is finished the rest of August will be used to finish the reports for donors and further stakeholders.

7 Requirements

The crew will consist of one skipper (Dr. R. O. Stapf) and two supervisors. The equipment will allow the participation of four teenagers at the same time. As neither Dr. R. O. Stapf nor Maria Dumbisky (constant supervisor) are familiar with the Bosnian language, a basic understanding of English will be required to participate in the project. This is mandatory to guarantee the safety of all participants. Nevertheless the second supervisor will be speaking the language to diminish the language barrier.

Furthermore the participants should be at least in the 17th year of their life. Dr. R. O. Stapf made the experience before that it is difficult for younger children to handle the continuous responsibility.

Also all participants have to be able to swim. As mentioned above one workshop session will be held in the Olympic Swimming Pool of Sarajevo to ensure an advanced level in swimming.

Further, to guarantee a high level of security all participants have to successfully complete a first aid course. This course will be commonly done with all participants and supervisors.

8 Finances

The total costs of the project amount to 4256€.

This divides into costs for the workshops, the sailing itself, the final event and additional costs.

For the workshop the subtotal costs of 425€ include materials, beverages and food for participants and support staff and the entrance fee for the Olympic Swimming Pool of Sarajevo. 100€ are needed for materials: pencils, flip chart paper and pens, glue, toner, white and colored paper, sticky notes and alike. Food and beverages will cost 300€ for twelve days of workshop, eight participants

and two supervisors. We calculate 2,5€ per day and person. The entrance fee for the Pool is 2,5€ per person and thus 25€ for eight participants and two supervisors.

The sailing phase with subtotal costs of 3472€ includes all expenses for travel costs, accommodation and food, insurance as well as further materials necessary for sailing.

The travels costs of 970€ are comprised of: From Sarajevo we will first take the bus to Zenica (Bosnia and Herzegovina). The two way ticket is 12€ per person. From Zenica we will take another bus to Zadar (Croatia). Price of these bus tickets (two ways) are 48€ per person. From Zadar to Šimuni, where the boat waits, we will take a taxi bus. The taxi bus costs 100€ per ride and consequently summing up to 400€ for four trips in total. Tickets are needed for eight participants and three supervisors. The first way two supervisors will travel with the first four participants to Šimuni. After the sailing trip one of the supervisors will travel back to Sarajevo while the other one stays on the boat until the end of the second sailing trip. Another supervisor will accompany the second group of four participants to Croatia and will stay for the sailing trip. After the second week of sailing two supervisors travel back to Sarajevo with the second group.

Further costs are calculated for accommodation and food and amount to 2280€. This price is calculated for two supervisors (in opposite to the travel costs which includes three supervisors because two of them take turns while one is constantly on the boat) and the skipper. This includes: food and beverages, fresh water, laundry for bed-sets, gloves for save rope handling, car expenses, visitor's tax and ship expenses (diesel, petrol for the dinghy engine, costs for the stay overnight: 20-40€ in a bay with buoys and 60-150€ in a marina).

All eight participants are in need of an additional insurance for being abroad. This costs 1€ per day and participant. As we need additional insurance for eight participants and nine days, it sums up to 72€.

Also for the sailing trip there is further materials needed which cost 150€. This implies the first-aid kit, sun creme, slip-resistance shoes to guarantee the security on board, windbreaker if needed and eventually snorkeling sets.

The costs for the final event amount to 150€. This includes food and beverages for the participants and guests of the event. The price is calculated for 30 people. The needed materials and its costs are included in the material costs of the workshop.

Additional costs come up because of the first aid course for the participants and support staff. This is needed to guarantee a high level of security on the boat. The course will take place on one day and will be attended by the participants and the supervisors together. Costs for the course are 209€.

9 Expected outcomes

Through this project we hope to leave a lifelong imprint on the teenagers. Experiencing a being together on narrow space successfully and the fact that, every person involved is responsible, should always remember them of their own role in society. The teenagers should realize that they can transfer the situation on board to any situation in their daily life and own environment. We hope to show them that they play an important role in society and that every one of them is able to change, what he or she dislikes. Furthermore the aim is, that the teenagers learn that peace is a matter of everybody and that they are in charge of it. Besides that we want them to experience that everybody has its own perception and idea of a good living, which is important to consider when it comes to solve upcoming conflicts. As mediators the teenagers also act like idols for younger kids and set positive values the younger ones can be oriented towards. In this way the project can foster the self-understanding of teenagers in society and positive values can even be spread through them to their environment, which multiplies the impact.

Further outcomes will be for one thing the newsletter and secondly the video documentation. The newsletter keeps the stakeholders informed and also fosters the writing of summaries, the focusing of the most important contents and the creativity in design. The video documentation will be, for the teenager, one of the tools to remember their experiences. As it will be available on the internet, the participants will always have access to the documentation and so the possibility to memorize and refresh the learning process of their activities. Both, the creation of the newsletter and the creation of the movie, requires teamwork, organization and planning. Consequently important skills will be strengthened which the teenagers can make use of in their future life in many situations.