



**ERASMUS+**  
**Mobility of youth workers**

**We Are One: Harmony in diversity**  
**Peace Education Training Course**

**2023 / 04 / 20-28**

**Result Report**  
**Czech Republic**



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# Background

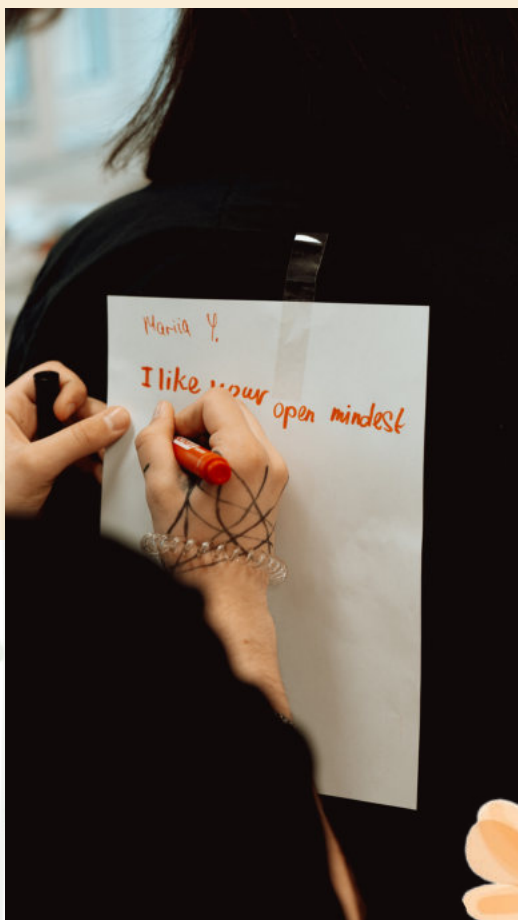
After the COVID-19 pandemic many conflicts in society, insecurity, negative atmosphere, increasing percentage of bullying, depression and social alienation have arisen. People argue easily and they get into conflicts of various kinds. However, a seemingly small conflict can result in a much larger one, even a war, which nobody wants. Through peace education one can understand one's own uniqueness, value, role and influence in society. While accepting myself, I can naturally respect mutual differences and understand others, the result of which is open communication, understanding and acceptance of each other in society.

Therefore, peace education is a way how to build sustainable peace through creating future generations that will live in harmony rather than conflict.



The project consisted of 2 training courses. The first course was held on 01 - 09 December 2022 and the second course on 20 - 28 April 2023 in Ivancice, the Czech Republic.

The courses included theoretical and practical part on topics such as linking diversity and harmony in society, cooperation, discovering one's own value, one's own influence and others, with an emphasis on developing a common methodology that will then be used by youth workers to put into practice, all in the field of democratic peace education.





# Purpose

Our aim is to spread democratic peaceful values in order to create a harmonious European community where its diversity enriches all people without distinction. We focus on recognizing the diversity of ourselves and of each individual, respect each other, cooperate and thus live in a harmonious society where conflicts can be resolved in a non-violent way. We also want to learn from intercultural diversity and get inspiration for new ways of PE implementation tools while getting to know each country's behavior and teaching experiences.



Exchanging experiences between education and upbringing for democratic peaceful values for the benefit of individuals, schools, families and society as a whole. Through activities and discussions the participants are exposed to real life issues through which they can develop the ability to solve problems, communicate, cooperate, respect each other, become good leaders or diplomats, and put it all into their practical and professional life.

The project is intended for youth workers, pedagogues and educators who can implement the acquired education into their own programs with pupils or youth.





# Program

## Day 1

### Time schedule

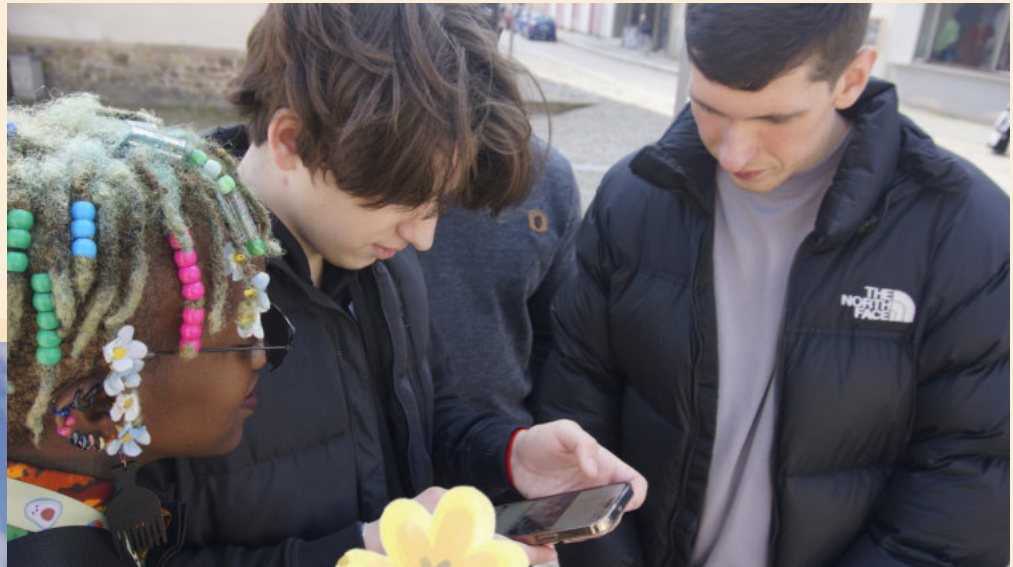
- 9:30-11:00 - Opening: Introduction
- 11:30-13:00 - Team-building games
- 15:00-16:30 - Theoretical part: Methodology
- 17:00-18:30 - Practical part: Activity (value: harmony)
- 18:30-19:00 - Reflection time



On the first day of the course we started in a circle of 12 nationalities from 9 countries gathered there. How did it all start? ...

First activity enabled participants to express themselves through creative drawing containing their name, nationality, place they came from and other characteristics describing their personality, and also shared their expectations from the training.

**In this way they could not only get to know each other from different perspectives, but also realize how much they have in common.**



**The program continued with the outdoor action game, through which the participants could get to know the city, spent time together and cooperate in the fulfillment of tasks!**

**The last part was dedicated to the, introduction of the core values of peace education and the summary of lessons covered in.**



# Program

## Day 2

### Time schedule

- 9:30-11:00 - Pottery Workshop: My value
- 11:30-13:00 - Theory and Activity: Peace and Order
- 15:00-16:30 - Theory: Greed + teaching plans
- 17:00-18:30 - Questionnaires + Activity by participants of TC1
- 18:30-19:00 - Reflection time
- 19:00~ Cultural night with dinner



The first activity of the day started at the pottery workshop, where the participants created ceramic bowls that represented themselves.

In pairs they shared the story of creation of each bowl. After receiving a command to destroy the bowl of their colleague, participants could perceive how pointless it is to destroy something into which one put such effort, no matter how it looks. The same can be applied to us, as humans, when it comes to treating each other.

**The outdoor game prepared participants on the topic of “greed” while revealing one's own desire to own more than I need.**



## **INTERCULTURAL NIGHT**

**The anticipated cultural evening was full of colors, exceptional food, dance and stories of participants related to each country and nationality.**





# Program

## Day 3

### Time schedule

- 9:30-11:00 - Participant presentations
- 11:30-13:00 - Theoretical part: The root of cause of disorder
- 15:00-16:30 - Practical part: Group Work
- 17:00-18:30 - Action game
- 18:30-19:00 - Reflection time
- 21:00-22:30 - Bonfire with czech food specialities

We started really fresh with a dancing game! :)



Participants who were present at the first training course in December prepared the presentation of their implementation projects in their countries.

**The first project was called “Essence of music”.**

**The teacher took his students to nature, they listened to different sounds coming out from there. The students were suppose to one by one play the sound they choose and at the same time listen to their colleague so as the created music is harmonic.**

**Used values:  
cooperation,  
listening to each  
other, acceptance  
of diversity.**



**Another participant presented the project called “Create emblems of your life”. Students draw their own emblem to realize that we need to start from ourselves to spread positive values, reflect on our own life and see our own values, see what we want in our lives, see how diverse and at the same time similar we are.**







**The Ukrainian participants got an opportunity to also present the beauty of their country and share their heart and experiences from the war.**

**Despite the serious subject matter, the open sharing was full of understanding and support that overflowed with gratitude for the entire group.**



**The participants played the game as a whole group, where they were given the task of arranging cards with pictures with a clearly given story into one row. Each was given one card to look at but could not show it to the others. Participants could only communicate verbally. As a result, they have learned a lot about the functioning of the whole group and reflected on how and why they behaved in a certain way at given moments of the activity and how this related to their normal behavior.**



**The evening was rounded off with a communal bonfire full of traditional czech sausages, music, singing and dancing.**





# Program

## Day 4

### Time schedule

- 9:30-11:00 - Programme by participants - topic: Love
- 11:30-13:00 - Theoretical part: Love through peace eyes
- 15:00-16:30 - Practical part: Love through peace eyes
- 17:00-18:30 - Reflection time (1/2 part of project)
- 18:30-19:00 - Reflection day time
- 21:00-22:00 - Dancing workshop



The program started with fresh ice-breaker dancing activity by participants in connection to the topic for the day “Where is the love”.

Following program has been prepared by the participants from the first training course.

The participants were divided into groups in which they portrayed a chosen type of love through a nonverbal theatrical performance.



**This activity was followed by the theoretical part explaining more in detail about what love means from the peace education perspective.**

**Values such as forgiveness, consideration, gratitude and sacrifice has been shown as irreplaceable characteristics of love.**

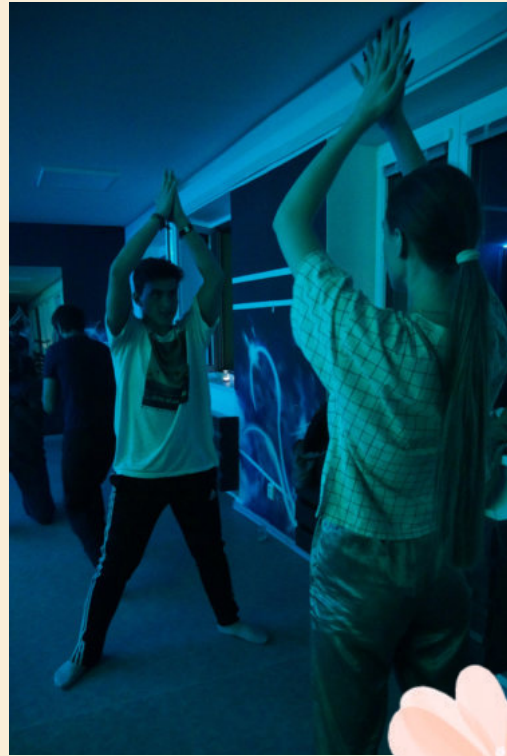


**Afternoon program was dedicated mainly to the preparation of group projects for peace education implementation.**



## DANCING WORKSHOP

The day was ended by special dancing workshop through which the participants could perceive themselves, learn how to perceive and listen to others and cooperate to get to the same destination.



Despite our uniqueness and diversity one could more understand how to be united.

# Program

## Day 5

## Time schedule

- **9:30-11:00 - Theoretical part: Natural order and society**
- **11:30-13:00 - Practical part: Natural order and society**
- **13:00-19:00 - Trip to Brno**

**The order in nature and in society has been the topic of the day. The participants could have understood what is the role of the order in the nature and how big importance it has for life. By understanding the importance of order in the nature they could more perceive its need among human beings.**



**Only when order is restored in global society the peace can come. Therefore, to restore peace, it is important to restore order among people. Participants have prepared the activity to create order in human society by music, different types of art or movements.**



After that, we moved to the practical part with the mission to be fulfilled by participants. Participants wrote down what is the message they would like to deliver to the future generations and some interesting facts about themselves.

While playing video and music about “healing the world”, grabbing candle in hands we created the atmosphere suitable for writing messages.



After reflection part there was a trip to the city of Brno. We have visited local catacombs with a guided tour and Papillonia - the house of 1000 exotic butterflies. The lecturers prepared the guided tour through the city center.

After cosy dinner together we returned back to the Leisure Center.



# Program

## Day 6

### Time schedule

- 9:30-11:00 - Theoretical part: World Peace & Peace letters
- 11:30-13:00 - Practice: World peace
- 13:20-16:00 - Slav Epic exhibition
- 17:00-18:30 - How to become the messenger of peace
- 18:30-19:00 - Reflection time



The last part of the theory has been dedicated to the restoration of order in the world of humankind. We took a step ahead and answered the question

"How can we achieve peace in our society?"

The participants discovered that through heavenly culture we can be able to restore the order of the whole humanity. This is the way we can achieve peace. Should we not be the ones to create peace in this time and pass it as an eternal heritage for the future generation?



**Those who wanted to leave message to the actual status of the world conflicts had an opportunity to write a peace letter.**



**After lunch we went on a trip to the exhibition of the famous Czech painter Alfons Mucha in Moravský Krumlov and we could perceive and understand Czech history through the eyes of the Czech painter of the 18th and 19th century.**



**At the end of the day, participants had time to reflect on how they themselves can become messengers of peace who spread the values of peace in their life. We discussed and shared our ideas and also determinations.**

# Program

## Day 7

### Time schedule

- 9:30-11:00 - Theory: Review of lessons 1 - 4
- 11:30-13:00 - Projects presentations
- 15:00-16:30 - Projects presentations & PR team presentation
- 17:00-18:00 - Ceramics: painting of bowls
- 18:00-19:00 - Official closing

On the last day, participants focused on completing their projects in teams. Each group presented their project to the others. Some groups even prepared an activity for the others.





**Then a special time was set aside for a presentation on the role of the media. Participants were able to realize the importance of the media in spreading trustworthy news and culture of peace.**



**Before the official closing we could finish our ceramic bowls from the pottery workshop with painting. The specific colour of each of us has been then written into each masterpiece.**



# What participants say about this project?

## Embracing Peace and Diversity: A Journey in Ivancice, the Czech Republic

In a world brimming with unique cultures and beliefs, unity in diversity is essential for establishing harmony.

As a participant in the Erasmus+ project, I had the opportunity to experience an amazing adventure in Ivancice, Czech Republic. The project, titled "We are One: Harmony in Diversity," gathered young individuals from various countries to explore the importance of peace and the beauty of diversity. From April 20-28, 2023, we embarked on a journey of learning and self-discovery at the Horizont Leisure Center in Ivancice.

Our multinational group consisted of 12 nationalities, all eager to promote peace and understanding. We engaged in various activities, including creative presentations on peace, hand-crafting, and dancing, allowing us to appreciate the different perspectives and talents of our peers.

Our days began with seminars where we discussed fundamental concepts such as "What is peace?", "How can we see it in nature?", and "How to achieve harmony in diversity?". These seemingly simple topics turned out to be quite profound, as we discovered that understanding and embracing diversity is the key to harmony.

As the week progressed, we applied our newfound knowledge to practice through art, music, and dance, all of which showcased our unique personalities and cultures. One of the highlights of the project was the intercultural evening, a colorful and unforgettable event where participants shared their countries' traditions, food, dances, and stories.

We also explored the Czech Republic's rich culture during our visit to Brno, where we toured the historic city center and enjoyed traditional Czech cuisine. Throughout the project, we forged strong bonds with each other, creating an atmosphere of trust, acceptance, and love. The Erasmus+ experience taught us the importance of valuing our emotions and connecting with our peers in a safe environment. As we bid farewell to Ivancice, we left with a renewed commitment to promote peace and diversity in our respective communities. This extraordinary experience in Ivancice has left an indelible mark on my heart...

I am grateful to the Horizont Leisure Center for hosting us, the facilitators for their guidance, my fellow participants for their kindness, and the EU for funding this remarkable project. As we continue to strive for a sustainable and peaceful world, our journey in Ivancice serves as a constant reminder of the power of unity in diversity. Děkuji!

-Faiza Taoufik, Hungary -



# What participants say about this project?

What are the most meaningful learnings you got out of “We are one: Harmony in Diversity”?

“The importance we have as an individual to make a change in our society and on larger scale in the world.”

“Communication with the people although with world and spread out the idea of this project although the educational materials.”

“To be myself. Peace is not impossible, sometimes it is natural.”  
“That we have to think more about simple things. And teach peace and love to other people.”

“I will think more about teamwork using love.”

“Believe that we can have a peaceful world.”

“How important is spread the seed of peace and how necessary is to keep order. I got inspired by all activities. I loved to see that we can be one in diversity.”

“Active listening is important. With small things we can reach big things. Everyone is different and it is perfectly OK. Thanks to this course I learned things about myself.”



We need to create a peaceful world  
without war, a place of freedom, peace,  
and love, as a lasting legacy.

*-Man Hee Lee-*