



ERASMUS+
Mobility of youth workers

We Are One: Harmony in diversity
Peace Education Training Course

2022 / 12 / 01-09

Result Report
Czech Republic





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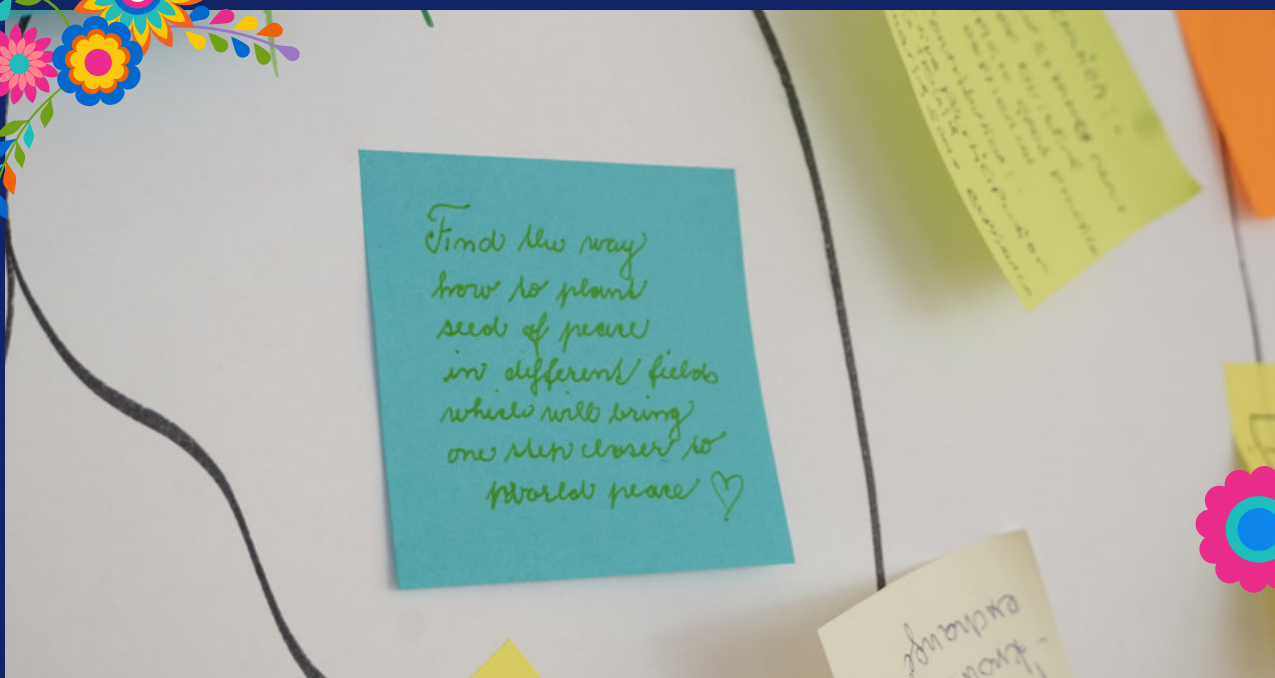
Upcoming program on April 27





Background

Cultural diversity is our greatest strength. It is the highest renewable resource of humanity and societies. Therefore, it is essential to value diversity and to protect and promote individual cultures as a precious asset of societies and nations. History has shown us that in difficult times, people turn to their culture to find answers and strength. Even 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. On a larger scale, there may be a war that no one wants.



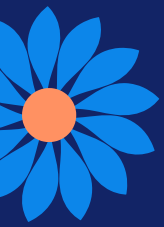
However, everyone wants peace and a peaceful culture, right? Can we use the strength of the cultural diversity to promote peace?

Purpose

The purpose of the project is to spread democratic peaceful values in order to create a harmonious European community of which 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 Peace Education implementation tools while getting to know each country behavior and teaching experiences.

In a wider scope we want to run Peace Education Training course under the Erasmus+ program regularly and open this door to all the nations in Europe.





Program

Day 1

Time schedule

- 09:30-11:00 - Official opening (introductory game, basic rules, schedule)
- 11:30-13:00 - Official Introduction of HWPL and Peace Education
- 15:00-16:00 - Sharing expectations, contribution, ideas
- 16:30-18:30 - Team Building Games, Getting to know each other
- 18:30-19:00 - Reflection time

First day was a lot about getting to know each other through various activities. Participants discovered diversity in the group in the sense of different countries they came from (8 countries in total), different nationalities each one is (14 nationalities in total) and different background and culture each one grew up in. On the contrary, they could recognize how unique each one is and how much they have in common as a group of young people.



As a part of getting to know each other there was also the session introducing HWPL and Peace Education work.



This session allowed participants to understand the strategy of HWPL peace work that gets real results all over the world and they could realize each of them is also part of such a work that can have substantial impact in spreading peace around Europe and even further.

Closing part of the day represented adventurous outside game leading participants to the local Christmas market with traditional cultural performances.





Program

Day 2

Time schedule

- 9:30-11:00 - Theoretical part: "Diversity in and around us"
- 11:30-13:00 - Practical part: 5W1H analysis to know the field for peace education implementation
- 15:00-16:30 - Practical part: introduction into methodology for making lesson plans
- 17:00-17:45- Reflection time
- 18:00 - Intercultural night

Through the first lesson about diversity the participants could realize that despite differences between each other, we need each other to live and prosper.

To deliver the seed of peace to the country of each participant, they were also taught how to explore the field I want to deliver thoughts of peace to, and how to prepare lesson plan to implement peaceful values on the topic discussed.





Warm Up Activity



Theoretical part: Diversity



Intercultural night



Participants presented their unique cultures by preparing traditional food and presenting their nations, countries and cities. They played together on various musical instruments and presented national or even global dances.

Through sharing and knowing various cultures with mutual interest and respect, participants could feel how creating multicultural respecting environment is not only possible but highly enriching and needed.



Program

Day 3

Time schedule

- 9:30-11:00 - Theoretical part: Harmonious society
- 11:30-13:00 - Practical part: Harmonious society
- 15:00-16:30 - Sharing time to introduce visions and goal of the organization
- 17:00-18:30 - Dance time: Expressing harmony through dance
- 18:30-19:00 - Reflection time



The 3rd day was focused on the topic of "HARMONY".

Participants had an opportunity to express harmony in original ways, such as creating a flower with participants' own bodies or composing music through different voices and sounds which all together created a harmonic melody.



Dance workshop

"To know myself and respect myself and each other"

Participants joined dancing workshop with holding own candle representing their own unique and unconditional value. They were led by basic solo improvisation movements to listen their body and feelings, express it freely through the dance without any need to look perfect. When they could more realize value and uniqueness of their existence and life, they dance in pairs by mirroring movements of each other with deep perception, listening and care about their partner. They could realize responsibility and influence of the one who is leading and important connection of both partners to create harmony and peace.



Reflection (Feedback) time

As a daily habit participants used time for reflection at the end of each day to share their realizations, experiences, new ideas or feedback



Program

Day 4

Time schedule

- 9:30-11:00 - Outside Game for Cooperation
- 11:30-13:00 - Theoretical part: Cooperation & coexistence
- 15:00-16:30 - Practical part: Cooperation & coexistence; working on individual peace education projects
- 17:00-18:30 - Feedback timee and evaluation
- 18:30-19:00 - Reflection time



Through cooperative outdoor game participants experienced the need to cooperate so as they can survive.



After this "waking up" activity we moved to the theoretical part about cooperation to explain more from peace education curriculum perspective.





Since that day was also St Nicolas's Day, the participants could experience traditional czech custom of St. Nicolas, devil and angel, who visit kids with gifts according to their deeds they have made during the year.





After coming back
to the practical part
of the day....

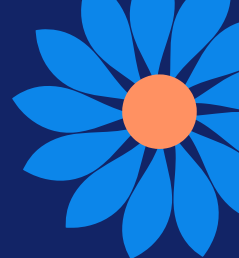


...brainstorming on concrete
steps to resolve conflicts
helped the participants to find
also a way to prevent
conflicts.

Training our cooperation
and realizing how important
diversity is, participants
created a game in which one
can perceive how different
senses on our body
with different functions can
cooperate together as one unit.

We need each other
to cooperate, listen and work
in order to be able to survive.

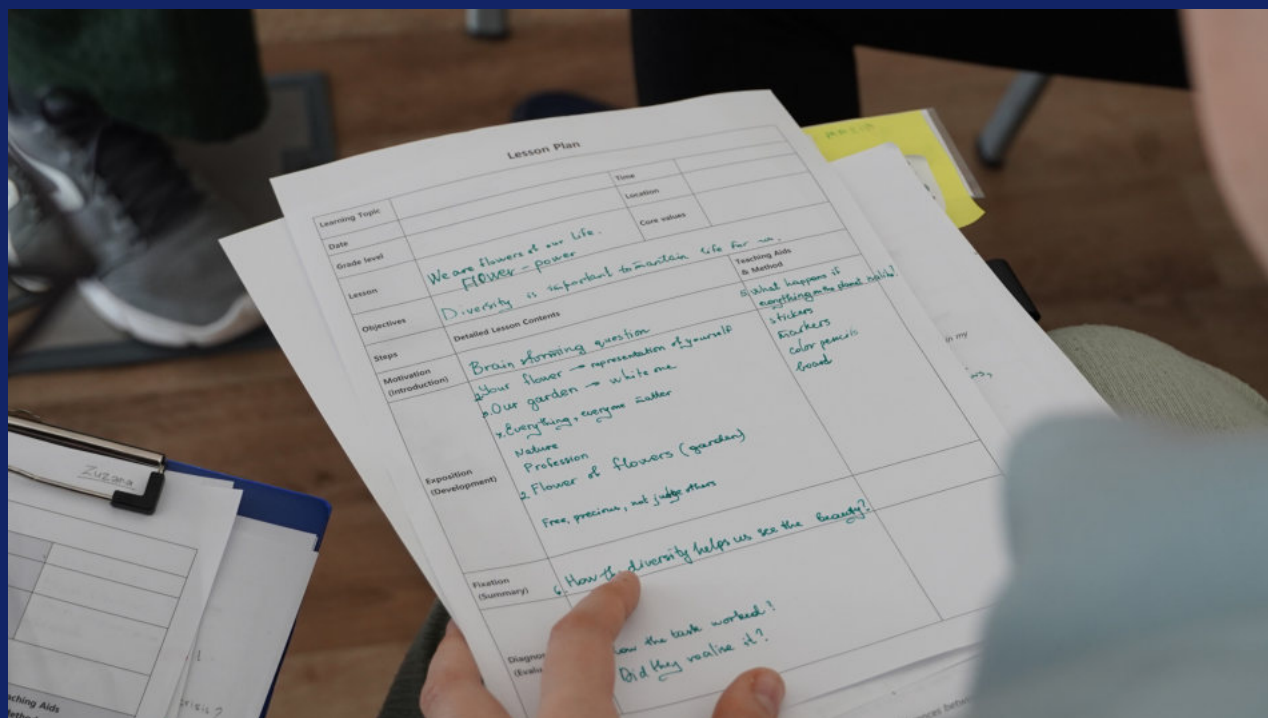




Lesson plans and Feedback time



While entering new topics of Peace Education, the participants were working throughout the week on their own lesson plans that will be implemented in their country before the next course on April.



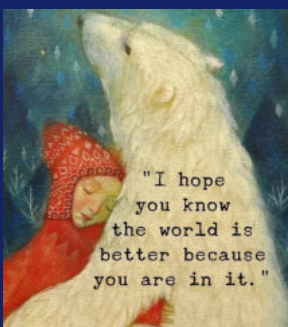
The methodology of effective education of the future teachers in how to implement after receiving Peace Education lesson has been designed and tested in this project period.

Program

Day 5

Time schedule

- 9:30-11:00 - Theoretical part: "Discover your value"
- 11:30-13:00 - Practical part: "My value" , Pottery workshop to create own bowl and reflection time
- 13:30 - Trip to Brno : tour in Brno city, visiting sights, Christmas market, Jazz concert



The 4th day was about our true value. After the theoretical part the participants experienced the atmosphere of local ceramic workshop while creating bowls from modelling clay.





The participants had a chance to create their unique bowl representing themselves and present and share more about it with classmate.



They could perceive more the value of our life and value of others that nobody wants to destroy but keep alive.





Trip to "Christmas Brno"

From city sightseeing...



... to jazz concert of local czech band...

Program

Day 6



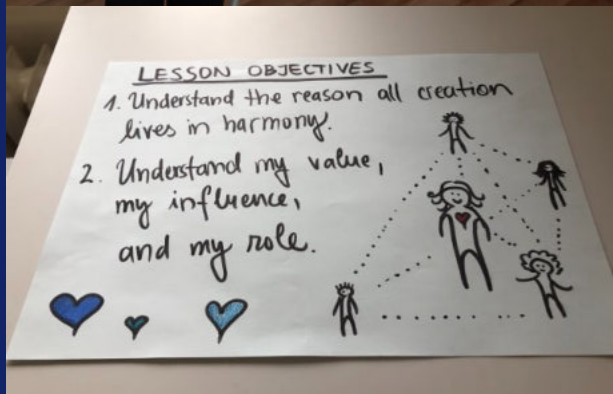
Time schedule

- 9:30-11:00 - Theoretical part: "Power of my influence"
- 11:30-12:00 - Special lesson: Importance of Media in peace work
- 12:00-13:00 - Practical part: "Power of my influence", Individual lesson plans, interviews
- 15:00-17:30 - Finalizing individual projects; Recording own song "we are one"
- 18:00-19:00 - Tea room time - Discussions about topics connected to Peace Education in small groups while drinking tea in calm atmosphere



The lesson "My influence" brought an important realization of the fact how much it matters what decision and action I make and that it does not have an impact only on me but all my surrounding. Knowing that, I have the power to decide what action I will make not to influence my surrounding in negative but positive way.

The participants discussed a specific situation from daily life and came up with different possible reaction of presented actors that led to different consequences.





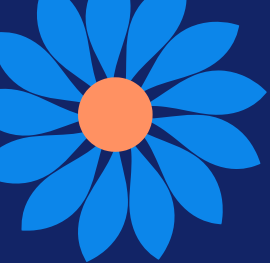
Activity "What do you want to pass to others"?

A special feature of "heavenly culture" is the fact that the sun, the moon and the stars and the whole sky have no boundaries, but belong to the whole world.



Because each of us is also such a rare star that has the motivation to make peace on earth, the participants placed a star, representing what they want to pass to others, into one sky, knowing that wherever one or another is, if we connect our hearts that have the same goal, we can achieve it.





HWPL PR Team Introduction & Interviews



The media is a unique means of today's time, which enables the rapid transmission of information to the entire world. They can thus be a very effective tool for spreading peaceful values.

However, ensuring the transparency and accuracy of information transfer can often be a challenge.

During a special lesson from the head of the PR team in the Czech Republic, the participants could learn how the HWPL PR team works with the media and what challenges they face.



Participants then used the opportunity to join special campaign of the PR Team and some of them also underwent an interview where they shared their insights from the ongoing course.



Program

Day 7

Time schedule

- 9:30-11:00 - Theoretical part: My role and duty in society
- 11:30-13:00 - Practical part: Sharing the results - project presentations
- 15:00-16:30 - The song recording, evaluation questionnaires, sharing documents, writing letters to each other
- 17:00-19:00 - Non-Violence Forum to Spread a Culture of Peace (online)
- 20:00 official closing, photos, saying goodbye, writing letters to each other

Passing the last lesson about "My role and duty in society", participants have learned and understood that the reason all creation is living in harmony is because the nature understands its value, influence and role. This is what we as society need to realize and learn again to live in peace and harmony all together.



After the lesson the participants presented their own project proposal for implementation of peace education activity in their country.

Peace Education Project Presentations



Recording the new song "We are one"



During the training participants composed a unique song called "We are one" that has been recorded together in different languages, showing that despite differences among us we are one society.

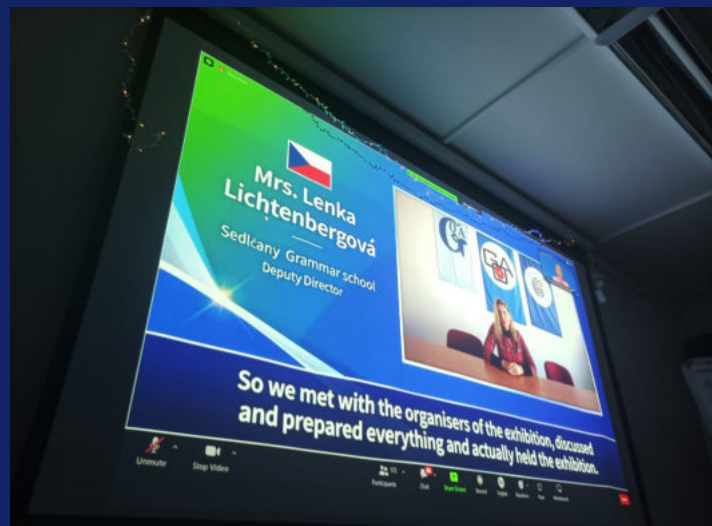


Non-Violence Forum to Spread a Culture of Peace

In cooperation with UNESCO delegations, HWPL hosted an online forum on *Non-Violence to Spread a Culture of Peace: Case Presentation* on December 8, 2022 at 5 p.m.

The forum presented the results of the activities of the past eight months. HWPL co-hosted the event with the UNESCO delegations of Libya and the Kingdom of Morocco. This forum brought together the audience of approx. 185 people, including experts in international law, religious leaders, leaders of youth organizations and journalists. Participants were able to see the results of recent peace activities, identify the causes of violence and get inspiration for its prevention.

The participants could also see Peace Education in practice and realize how HWPL work is actually spread all over the world.

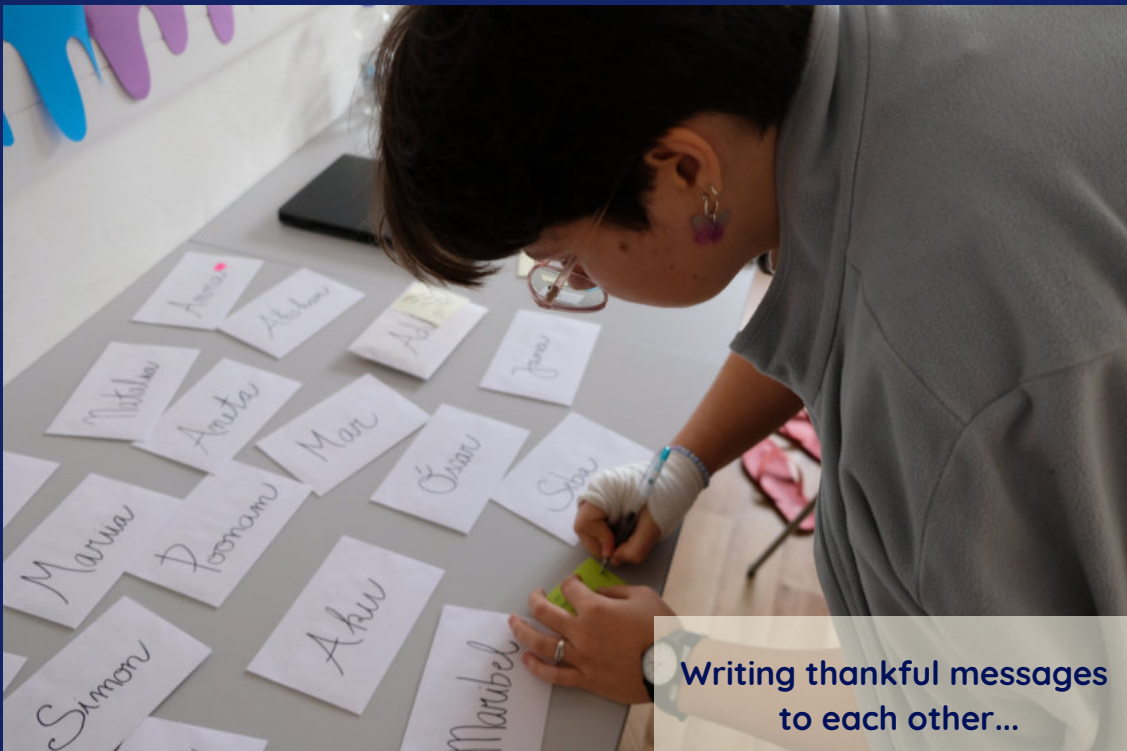


Saying goodbye...



*"With heavy hearts everybody parted the ways
with a promise to see each other during another
part of the project in April."*

- participant Poonam -



Writing thankful messages
to each other...

Reactions of participants



We showed our personality, our uniqueness through drawings, presentations, plasticine, dances, songs. Each of us had our own comments and suggestions and thanks to each of us we managed to create a harmonious atmosphere where everyone found what they needed at that moment. For example, by dancing we learned how to love and appreciate ourselves, how to feel that we are not only honouring our bodies, our thoughts, but also our lives. That only we can decide what the next step should be, not a society that condemns and negatively criticizes our actions.

With so many nationalities coming together in one place, we had a very colourful, fun, vibrant and memorable intercultural evening, with dances, songs, music, food, stories, videos and presentations - everyone had the opportunity to showcase what they love about their country.

Our trip to Brno showed us the Czech Republic of this region. We toured the historic center, visited the cathedral and castle, and ate traditional Czech food at the Christmas markets. We were even invited to a local jazz concert.

I want to thank each and every person I met there for making me laugh, think, understand and opening my mind to new opportunities!

-- Mariia



Peace education was the essence of the project where we not only learned the different aspects of peace but also created our own projects that we will be implementing in our home-locations.

The project had another vital aspect towards it, i.e. youth networking. We were more than 20 young people learning together in the same informal classrooms like the seminar room where we came together to learn theoretical bases.

The project gifted me with a lot of learning and also created another added impact, i.e. a thought of creation of such spaces in my home country. I come from Nepal and we rarely have such programs or youth spaces where we can bring the youth together and make them have conversations about the issues that they care about. We lack such safe spaces where youth can actually communicate, be free, and still learn some basic but very vital necessity of our generation, i.e. to value ourselves and our emotions.

The project will have a long lasting impact in our lives and our generation will create that sustainable and peaceful world that we all are longing towards. Děkuji !!

-- Poonam



**Thank
you!**

Reactions from participants

What are the most meaningful learnings you got out of "We are one: Harmony in diversity"?

"I believe it is the importance of myself and my role whether it is to accept diversity, to understand and practice cooperation and harmony or the ability of influencing people around me."

"All are meaningful. I can not compare one to another because they are meaningful in their perspective."

That I should and I have to appreciate myself, also the importance of peace in the world in a pasive or active way as well as the need of diversity and harmony in our planet. Apart from these, I learned about different cultures.

What program/activity of the training course served the purpose you came here for?

"Dancing activity perhaps the most powerful and impactful .. connection not only with others but also yourself."

"I really loved open discussions, hearing different points and getting inspired and motivated by others."

The reflection and the deep in the topic of peace, practical activities that make me understand the idea they try to explain.

"Overall structure of program and people."



Upcoming 2nd part of the training course...

...on **April 20 - 28, 2023** in **Czech Republic**



The training course will be attended by 27 youth workers, teachers, educators, lecturers and other professionals in the field of non-formal education, culture, sports, etc. Workers should already have experience in education, they should already be able to create programs and actively work with children or youth.

We are looking forward to cooperation with You!

Team HWPL Peace Education



Where there is your heart, there is dream.
Before an airplane was made, it was
in the thought of someone's mind.
Like this, things get created according
to the thoughts in our hearts. Therefore,
we should have the peace in our hearts
first and then build peace.

