

## ACTIVITY PROGRAMME [tentative]

Activity n°	1. Training for Youth Workers: Active Nonviolence: Peace begins with you(th)					
Linked to Activity n°	-					
Participating organisations	SVAG, NVRC, Terram Pacis, Fundacio Catalunya Voluntaria FCV, Semper Avanti, IKAROS					
Venue			Duration			
City/Town	Country		Start date	End date	Activity duration (excluding travel days)	Travel days
Keeken	Germany (2km from Netherlands)		17/09/2018	23/09/2018	7	2
Timetable	Activity Programme					
		Description	Method (elaborated when needed)			
Arrival		Arrival. At 20:00 some getting to know each other activities.	games.			
Day 1: 17/9	AM	Introduction trainers and the program. Mapping expectations	mapping: post-its with worries, hopes and goals			
	PM	Empathy experiment, Pieces of the Truth and Conflict Resolution Guidelines. Reflection Groups.	Eye-gazing with Buddhist text, role-play of conflict, taking multiple roles, writing down guidelines to resolve conflict.			
Day 2: 18/9	AM	Morning meditation. Five Ways to Interrupt Intimidation and Harassment. Personal ex.	Role-plays with 5 scenarios, personal ex. and debrief (CR skills)			
	PM	Introduction to Non-Violent Communication (NVC). Reflection Groups.	Short Role-Plays of conflict following NVC principles, and working on personal examples.			
Day 3: 19/9	AM	Morning meditation. Parallel sessions: A. Restorative Justice with Youth; B. (Peer) Mediation in Youth Work.	Through role-plays participants will experience these two different methods of conflict resolution.			
	PM	Emotional Awareness and youth work, going through simple exercises that they can repeat with youth, and discussing violence & emotions. Reflection Groups.	sharing. Mindfulness exc.: working with a 'road map' for strong emotions.			
Day 4: 20/9	AM	Morning meditation. "Nonviolandia" exercise.	Mapping the elements of a Nonviolent World, by (small) group analysis and creating a common drawing.			
	PM	Social Movements: film and listing actions, tactics and strategies of social movements. Reflection Groups and/or short mid-term evaluation.	small groups to list social movements and their actions/ tactics/strategies. Evaluate with "thermometer" for quick feedback and round of comments.			
Day 5: 21/9	AM	Morning mediation. Follow-up plans: presentations of Problem Trees, making an Actor Mapping and Spectrum of Allies.	Groups present their topics for campaign plans in the form of problem trees, create a visual image of actors and target groups/allies.			
	PM	Social Change Roles. Video about 'Artivism' (18 min). "Fruit Machine". Reflection Groups. Optional: attending the 'Peace symposium' in Zwolle.*	Identify your role with human mapping, listing dis/advantages (group work). Video. Brainstorm strategies with a method called fruit machine, combining what+where+when.			
Day 6 22/9	AM	Morning meditation. Strategy Star: check your project plan. Feedback session.	Groups will create their own star and then go around to see the work of other groups and provide feedback.			
	PM	Consultations with trainers and/or preparations. Presenting campaign plans to each other. Late evening: if participants want, they can hold an Open Space or World Café.	The groups get time to integrate the feedback and present their plans. Participants host topics they want to discuss, or present and can move around.			
Day 7 23/9	AM	Creating a video message for dissemination. Evaluation: oral and written feedback of the program and youth-pass evaluation.	Thermometer method, or "stepping in" making a human map with different statements re the program, sticking post-its to the YP competences and discussing.			
	PM	Closing 'ceremony'	Ceremony such as expressing gratitude and creating a web with rope that we cut.			
Departure		Departure: one can depart after 18:00 on Sunday or until 12:00 on Monday.				

\*The symposium is about HR protectors & young "peace hero's" (Nina is one of the speakers).