

## Pre-liminary Program **No war, no warming!**

Time	Themes/topics
<b>Arrival Day</b>	
20.00-21.30	Registration, introductions
<b>DAY 1 – Introduction</b>	
Session 1 9:15-11:00	Introduction
Session 2 11.30-13.00	Group Agreement + Mapping Expectations
Session 3 14.30-16.00	Peace Building (PB) on three Dimensions + Forms of power
Session 4 16.30-17.30	War and warming
Reflection groups 17:45-18:30	Reflection groups
<b>DAY 2 – PB on the personal level</b>	
Session 1 9:15-11:30	Emotions - body & culture
Session 2 11.30-13.00	Gratitude & self-care
Session 3 15.00-16.00	Emotional Resilience + Two Hands of Nonviolence
Session 4 16.00-17.00	Nonviolent Communication: self-empathy
Action Groups 17.30-18:00	Groupwork on Nonviolent Action Campaign (problem tree)
Reflection groups 18:00-18:30	Reflection groups.
<b>DAY 3 – PB on the interpersonal level</b>	
Session 1 9:15-11:00	Bystander Intervention Techniques
Session 2 11.30-13.00	Conflict management strategies
Session 3 14.30-16.30	Restorative Justice principles and process + role play
Action Groups 17.00-18:00	Groupwork on Nonviolent Action Campaign (imaginative activism)
Reflection groups 18:00-18:30	Reflection & feedback groups
<b>DAY 4 – Best Practices</b>	
Session 1 9:15-11:30	Participants share best-practices (method tbc)
Session 2 12.00-13.00	Debriefing/harvest of the morning
Free time / trip	
<b>DAY 5 – PB on the social global level</b>	
Session 1 9:30-11:00	Peacebuilding experiences from the field - a talk from Kai Brand-Jacobsen
Session 2 11.30-13.00	Social Change Roles
Action Groups 14:30-16.00	Groupwork for Nonviolent Action Campaign (generation of actions)
Action Groups 16.30-17.45	Groups work on their Nonviolent Action Campaign (spectrum of allies)
Reflection groups 18:00-18:30	Reflection & feedback groups
<b>DAY 6 – Nonviolent activism</b>	
Action Groups Session 1 9:15-11:00	short presentations + Feedback
Action Groups Session 2 11.30-13.00	Groups improve their campaign plan
Action Groups Session 3 14.30-16.00	Participative theater of Nonviolent actions
Session 4 16.30-18.00	The Third Harmony film + discussion
Reflection groups 18:00-18:30	Reflection & feedback groups
<b>DAY 7 – Looking Back &amp; Forward</b>	
Session 1 9:30-10:30	Review youthpass competences
Session 2 10.30-13.00	Dissemination of project results (with self-organised break)
Session 3 14.30-15.30	Evaluation of the program
Session 4 16.00-17.00	Closure