

INFOPACK

Peace on Earth

Empowering women
for peace within,
with others and
for nature

SVAG – PEACE POWER
May 5- 11, 2024
Greece



The Training Course



This training course for youth workers is about peace on three levels:

the personal, interpersonal and environmental.



Working on inner peace means being aware of mental health and developing emotional resilience and self-regulation skills. The interpersonal level involves Conflict resolution skills, including communication and problem-solving abilities. And the third level is about empowering young people to take action and develop the knowledge, skills, and confidence needed to make a difference. Or in other words, by addressing environmental issues and promoting environmental stewardship, youth workers can encourage a sense of civic responsibility and global citizenship in youth.

We tailor this training course to **female** youth workers, because they are facing unique challenges and opportunities, due to their gender. One in three women experienced physical/sexual violence. More women were killed by their intimate partners or relatives than civilians died in wars. Around the world 6 women are killed every hour by men. So, when we're talking about peace, gender-based violence is a crucial topic. Female youth workers need to develop the skills to create safer working environments. Moreover, we see that in the current culture both women and the Earth are often dominated and frequently disrespected. We'll encourage participants to start to improve their relationship with nature and increase their respect for her and themselves. Research indicates that women tend to underestimate their abilities more than men, leading to a confidence gap. We want to build the confidence of female youth workers to speak up for the environment, addressing this gap and simultaneously promoting environmental stewardship.

The aim of this training is to provide an opportunity to develop peacebuilding skills on the personal, interpersonal and environmental levels, so that youth workers can create a safe space for youth to solve conflicts and address eco-anxiety by sharing how to become stewards of the planet, taking civic responsibility. The training is tailored to the needs of female youth workers, to facilitate the inclusion and participation of women as they build their confidence and skills.

Our objectives are to support female youth workers to:

1. Improve mental health practices, emotional resilience and confidence, that increases their capacity to support youth;
2. Increase their ability to solve and prevent conflict and facilitate inclusive win-win solutions, thereby creating a positive and safe group atmosphere for youth;
3. Become more aware of gender based privilege and violence and how to respond to it, thereby improving women's active involvement and safety in youth work;
4. Increase the awareness and practice of sustainability in youth work, addressing eco-anxiety, providing solutions to climate change and increasing youth's civic participation;
5. Creating a network for support, learning and cooperation, so partner organisations in the youth work sector can improve their work.



Preparation

We are going to send the selected participants some reading materials and videos to prepare for the course. These will be discussed in a webinar where participants also have the opportunity to get to know each other a little already and ask questions.

Follow-up

It is important that you're committed to follow-up on the training course by **sharing what you have learned** during the training course with others. This has two elements: "dissemination", meaning sharing about the training course through social media and in informal conversations and "**multiplying**", meaning **organising an activity** in which you implement what you've learned. This could be a workshop or another kind of project. We invite you to already start thinking about the activity you'd like to do, so you can further develop your idea during the training. As you can see, we have a few sessions in which we will do that. Also please write down some learning goals for yourself and keep track of these in your notes.

The trainers will offer their support to help you implement your idea(s) so that you, as a youth worker, can empower youth to become peacebuilders, and of course also become a peacebuilder yourself :-).

Furthermore, we invite you to stay in touch by participating in webinars or other courses, contributing to the newsletter or involving us with any project ideas you may have. The world needs people that promote peace, solidarity, and cooperation, and we're stronger together.

Application and selection Results

People can apply to participate until Sunday the **17th of March** and will be notified within 5 days about the results. The application form can be found [here](#).

Only youth workers who are from or residing in The Netherlands, Greece, Poland, Czech republic, Hungary or Croatia can participate. And the training course is only for people who identify as female.

Accommodation and food

Hotel San Panteleimon: The hotel is situated in the famous Olympus Riviera, in the center of Paralia Panteleimonas, where the ancient Greek town “Heraklia” used to be. A 3km coastal beach is revealed to you just under the castle of Platamon, awarded with the “Blue Flag” by the European Union, due to the purity of the waters and the sandy coast. There is a restaurant, bar and swimming pool in the hotel and it is 80m from the beach. For more information please visit the website: <https://sanpanteleimon.gr>

You will be hosted in shared rooms of two, three or four people.



Food: The hotel offers a wide variety of Greek food. In order for them to take into account any specific needs you may have, such as vegan or vegetarian food, gluten-free or any other allergies you may have, make sure you have communicated this to us at least 10 days in advance. On the 4th we will serve dinner at **19:00** for those who arrive on time. If you do not wish to have dinner that day, please notify us in advance!

Information on how to get to the accommodation will be sent to you, after the selection process. The closest airport is Thessaloniki, but it is also possible to travel to Athens.

Expenses



This program receives co-financing from Erasmus+, a European institution that supports mobility within Europe as well as the improvement of youth work and other sectors of formal and non-formal education. This funding **covers your accommodation and food.**

We ask everyone to pay a **participation fee** of 45 euro to be paid before the 14th of April, in order to reserve your space. When we do not receive your payment, we will contact people on the waiting list or have time to find another person, as we do not want to have any empty spaces. (In total 21 people can join).

The training starts the 5th, so you should **arrive on the 4th of May and leave the 12th.**

Travel costs to and from your home to the venue (and no additional detours!) are reimbursed, up to the following maxima:

- Netherlands, Poland, Hungary, Czech Rep.: €275
- Croatia: €180
- Greece: for >100km €180, for less €20

If you are using green means of transport (carpooling or bus) other rates apply:

- €320 for NL, PL, HU, CZ
- €210 HR and GR

The travel expenses are reimbursed after the training course, upon receiving all your receipts of your journey. **Only expenses for which receipts are presented** will be covered! Also note that international bank transfers or currency transfers are to be paid by/on the costs of the participants.

How to send in your reimbursement file: scan all your receipts. Make a word file where you write your name and bank account and the total amount of your travel. Put all the receipts in the file and create a PDF that you call: Travel reimbursement *your name*.



Program



PROGRAM Peace on Earth: empowering women for peace within, with others and for nature, Greece May 2024							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Time	Community Building	Compassion & Resilience	Conflict Navigation & Gender	Best Practices in youth work	Green Future	Nonviolent Action	The end is a new beginning
Session 1 9:15	Introductions to the program and group	Emotions & Somatics	Male privilege	World Café	Gratitude & fears around environmental destruction	The Third Harmony film & discussion	Review Youthpass competences
Coffee break							
Session 2 11.00 or 11.30	Group Agreement + Mapping Expectations	Emotional Resilience + Two Hands of Nonviolence	#Meetoo	Action groups: <i>Generating ideas for action</i>	Talking to 7th generation + "Voluntary Simplicity"	Social Change Roles	Dissemination of project results
Lunch break 13:00							
Session 3 15:00	Peace Building on three Dimensions + Forms of power	Nonviolent Communication & Self-empathy	Bystander Intervention Techniques	Free time	Female role models, femininity in mentoring	Action groups: <i>improve action plan</i>	Evaluation of the program
Coffee break							
Session 4	From me to we: interconnectedness	Gratitude & Self-care + Action Groups: <i>problem trees</i>	Conflict styles & problemsolving	Free time	Action groups: <i>spectrum of Allies</i>	Recycling workshop	Closure
Short break							Free time
Reflection+ feedback				Free time			Free time
Dinner 19:00							

Trainers



Nina Koevoets is a trainer in conflict management and peacebuilding since 2015, with an interest in environmental issues. She's the Coordinator of Training in the Foundation for Active Nonviolence since 2022. She is the co-author of "[Engaging Nonviolence, Activating Nonviolent Change in Our Lives and Our World](#)", published in October 2019. She has a bachelor in psychology (major) and anthropology (minor) and two master degrees: Conflict Resolution and Governance and Global Studies. Her training in conflict resolution is extensive, including a 10 week long training programme in Nonviolence in the USA, several Erasmus+ projects about this topic, one that she co-organised during an internships at the United Network of Young Peacebuilders.

Other internships she did at Save the Children (Netherlands, 2007), Middle East Nonviolence and Democracy (Israel-Palestine, 2009), and a European Voluntary Service in Israel- Palestine with the Holy Land Trust (2010-11), and the Center for Conflict Resolution and Human Security (2010, India). Other relevant experiences Nina has are working as a workshop facilitator for two different Dutch NGOs, one dealing with development aid issues, the other with conflict. She did a Training for Trainers (E+), a Theater of the Oppressed training for facilitators, Dialogue for Peaceful Change training, several Nonviolent Communication trainings (short+long term) and several Work that Reconnects workshops.



Krystyna Stawicka, a Kingston University graduate with a BA in Media and Film Studies, embarked on a diverse professional journey. She completed a work placement at a PR/Event agency, participated in Study Abroad programs in the USA and Spain, and participated in the EVS program. For the past decade, Krystyna's affiliation with KobieTY, an NGO founded by her mother, has seen her evolve into an international project coordinator. She's held various roles, from volunteering to coordination, and currently serves as a board member. Her skills include facilitating group processes and co-creating a Human Rights Education (HRE) training course in collaboration with the Council of Europe. Krystyna is currently an active coordinator in projects with two NGOs, focusing on adult education and the youth sector under the Erasmus Plus program. She has a deep interest in ecology and peace education, particularly Nonviolent Communication (NVC).

Her future endeavors involve a return to working with young volunteers through European Solidarity Corps (ESC) projects. Krystyna's quest for knowledge and experience has led her to various eco-villages worldwide, including places like Findhorn (Scotland), Auroville (India), and Las Cañadas Centro de Agroecología y Permacultura (Mexico). She has written and coordinated the Erasmus plus project "Nature Around Youth," supporting European youth centers in creating food forests. Additionally, Krystyna has empowered youths from her organization to form long-term partnerships focused on Sustainable Development Goals, cultivating a passionate local and international community.

Organisations



The main organiser (Netherlands):

Foundation of Active Nonviolence / Peace Power



The Foundation for Active Nonviolence (Stichting voor Actieve Geweldloosheid - SVAG) was founded back in **1966**. The Foundation seeks to nonviolently foster a just society in which people treat each other and the environment in a nonviolent way, and all activities that are in coherence with this goal. SVAG held many trainings on nonviolence in The Netherlands between the mid sixties and mid-nineties and issued workshop materials in areas such as self-defense methods, mediation, conflict management skills, decision-making and democratization processes, communication skills, community development, development of non-violent actions etc. The other pillar of the organisation is educative information materials; SVAG published about 120 brochures and books. In **2014** I (Nina) contacted the SVAG, looking for collaboration. SVAG had stopped running trainings because interest in The Netherlands kept decreasing after the fall of the Berlin Wall in 1989.

They were happy to support me and I've been using my own name - first Towards a Nonviolent World, and since 202 Peace Power - and an English website to promote the international training courses.

The Dutch website of the foundation is: www.geweldlozekracht.nl

The English website with the training courses is: www.peace-power.org

For any questions, email to Nina at **contact.peacepower@gmail.com**

KobieTY is an NGO founded in Łódź Poland, with a rich history of youth and adult education spanning over two decades (founded in 2000). Currently in our work we are dedicated to fostering community engagement and international cooperation. KobieTY provides opportunities for personal and professional growth through various projects and initiatives, with a particular focus on non-formal education and sustainable development.

United Societies of Balkans (USB) is a non-profit, non-governmental organisation based in Thessaloniki, Greece working in the fields of youth, human rights and intercultural dialogue. It was founded in 2008 by a group of active young people who wanted to address the social issues which affect the youngsters of Balkans and Eastern Europe. The vision of the organisation is the promotion of youth empowerment in order for them to become an equal part of the economic, social and political life. This is happening using youth mobility, volunteering, sport and educational activities. USB envisions a global and inclusive society, where citizens are equally empowered to contribute in the shaping of a world with less prejudice, discrimination and other forms of injustice.

Pandora Association was founded in 2012 in Hungary, initiated by people who had several years of work experience in the fields of learning for sustainability, working within the European Youth In Action Programme, and non-formal education. Since the foundation of the association we have organised several workshops, activities and events to promote sustainability, active citizenship and healthy lifestyle for different target groups. We are operating within local contexts as well as on regional, national and European level. The aim of Pandora Association is to transmit knowledge and practical alternatives on fields of living in harmony with nature, active citizenship and community building for a sustainable world by promoting the worldview and philosophy as well as applying the methodology of deep ecology. We disseminate the approach of deep ecology, voluntary simplicity and permaculture in the broader meaning of this. We create time and space for collective learning to develop a global vision that promotes conscious and harmonious co-existence with nature.

Since 2004 **Cia Cekija** worked as an informal group with young people from shelter homes and families with addictions. We realized 6 youth exchanges and many short activities on national level, focusing on personal and community development and healthy growth. Our topics were connected with outdoor sports, life in nature, environment, art and culture. In 2011 we established NGO Čia Čekija, initiated by former participants of our activities. Aim of our association is development of competencies of young people from socioeconomically difficult environments. We work towards this aim through activities of non-formal education, leisure time activities and support of volunteering. After 10 years of working in the field people started to ask about our know-how, so since 2013 we focus not also on youth-workers, social workers, teachers and guides. We are exploring and teaching mainly through community and nature based methods, in cooperation with the Natural Spirit platform. We are learning from old teachings from different cultures all over the world, looking for the universal essence and developing around it methods, techniques and activities, which are accessible and useful in nowadays society.

