



FOLLOW-UPS



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THE MULTIPLIER EFFECT AFTER 'PEACE IN DIVERSITY' TRAINING COURSES

On the next pages, you will find examples of activities organised in 2024 and 2025 as a follow-up of the two training courses conducted within the "Peace in Diversity." project by Service Civil International.

The project promoted peaceful coexistence, emphasised the impact of daily behaviour, developed conflict resolution skills in youth leaders, equipped professionals and volunteers with tools for peacebuilding, enhanced partner organisations' capacity as peace promoters, and took co-responsibility for the peaceful future of Europe.

The project has been implemented with its 12 partners. Participants from 11 countries became actors of change in their organisations and beyond.

Our 60 training participants have carried the torch forward, hosting events like mindfulness dinners, peace workshops, and sessions on peacebuilding, emotional intelligence, inclusion and diversity, and nonviolent communication.

From schools to mountains, these follow-ups have extended our vision of understanding and prioritising peace on all three levels in our lives and communities. Each event has provided a possibility for learning and discussion as well as practical tools to live and support peace.

We invite you to embark on this reading journey and delve into the stories of proactivity and impact.

Natalie Jivkova and Goška Tur
Project Coordinators



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WHAT PEACE MEANS TO YOU? *WORKSHOP*

Non-violent communication



Wiktoria Mielak

The workshop took place at an international primary school and was dedicated to 7th-grade students from Poland, Ukraine, and Korea. Its main goal was to develop Nonviolent Communication (NVC) skills within a culturally diverse classroom setting, particularly focusing on interactions between Polish, Ukrainian, and Korean students.

At the start of the workshop, the students shared that they only associated 'peace' with the term 'war'. This initial perception was highly surprising for the team. However, after being introduced to the concept and tools of nonviolent communication, the students did very well with the last exercise and prepared very good dialogues using this technique.

by Wiktoria Mielak, Joanna Jędrzejczak, and Konrad Bocek //
SCI Poland



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PEACE SESSION IN AN OPEN SPACE



Immediately after the project, Alp was inspired to apply the open space method in future initiatives. Seeing the potential in the approach, Alp decided to implement it during a mental health and well-being seminar in Austria. There, Alp organised a 45–60 minute open space session with fellow participants to share insights gained during the training in Belgium, including both the methods used and the powerful experience of working with a fantastic team. Then the group had the chance to share own ideas of peace and brainstorm for newer ideas for future and how to maintain internal, external, inter-personal peace in daily life.

by Alp Aliyev // SCI Catalunya



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PRESENTATION ABOUT NVC



A comprehensive workshop on Nonviolent Communication (NVC) that focused on understanding its principles and practical application. Participants learned about the four components of NVC, how to express feelings without moral judgment, and methods to avoid violence and foster peace within their communities. The workshop included interactive discussions on engaging others in NVC practices and techniques for self-connection, mourning, and self-forgiveness.

The workshop was designed for community members, friends, and anyone interested in improving communication skills, fostering peaceful interactions, and enhancing personal growth through nonviolent communication practices.

by Erika Zeqiri and Andeta Zeqiri // PVN ALbania



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WORKSHOPS, PART OF TEAM WORK IN YOUTH WORK TC



A few workshops (Barnga /Guess my passion / NVC / "The blind goodbye") that were organised in the context of a Training course about Team work in youth work. It took place in Italy, during the week from 15th to 22th April 2024, with 25 youth workers from Bulgaria, Romania, Italy, Denmark and Serbia.

by Lucía Laborda // SCI Catalunya



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SCI AND HUMAN LIBRARIES



At CFA La Llagosta, a presentation of SCI was organised, followed by an exposition about human libraries and a workshop on how to set up one of them.

by Frank M. Mora and Lucía Laborda // SCI Catalunya



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PEACE ON THREE LEVELS: ONLINE CHALLENGE

Vrede op drie niveaus De online challenge!

Van 6 mei t.e.m. 26 mei 2024

Wil je...

- ... een dieper gevoel van innerlijke rust en vrede ontwikkelen;
- ... een groter bewustzijn van en respect voor de natuur ontwikkelen;
- ... een groter gevoel van verbondenheid met anderen en de wereld om ons heen?

Deze online challenge is een programma van drie weken waarin je werkt aan het cultiveren van innerlijke vrede, vrede met anderen en vrede met de natuur.

Je krijgt drie keer per week, gedurende drie weken, een nieuwe opdracht.

Ontdek zelf de voordelen ervan!

As a follow-up to the training, Mars launched an online challenge for their group.

For three consecutive weeks, they sent out an email to participants three times a week, each containing a new challenge related to peace. Every week focused on a different theme, but all remained connected to the broader concept of peace.

The initiative was described as fun and engaging. The feedback from participants was positive - mirroring the enthusiasm and inspiration Mars felt after attending the "From Conflict to Collaboration" training.

by Mars Rottiers // EdUcAntwerp Belgium



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EMPATHY POKER

			
Confused	Concerned	Cautious	Apprehensive
Afraid	Anxious	Relieved	Surprised
			

Anna did the Empathy Poker in her training for (future) campleaders for a work camp in Germany.

At first they built groups of 4 people.

One person started to think of a conflict they had before.

When stated to play the game: The person should tell the conflict without mentioning too much details, especially no feelings, thoughts. The rest of the group - the "players" - start to use feeling cards (from NVC) to put them in front of the person, asking them: Did you feel.....in the situation? The person is neither reacting nor commenting, just observes the situation and tries to connect with their own feelings in the past situation. then the "need cards" following. The same question is asked by the players: Did you have the need of.....?

At the end there was a reflection, about how the person and the players felt when they played the empathy poker.

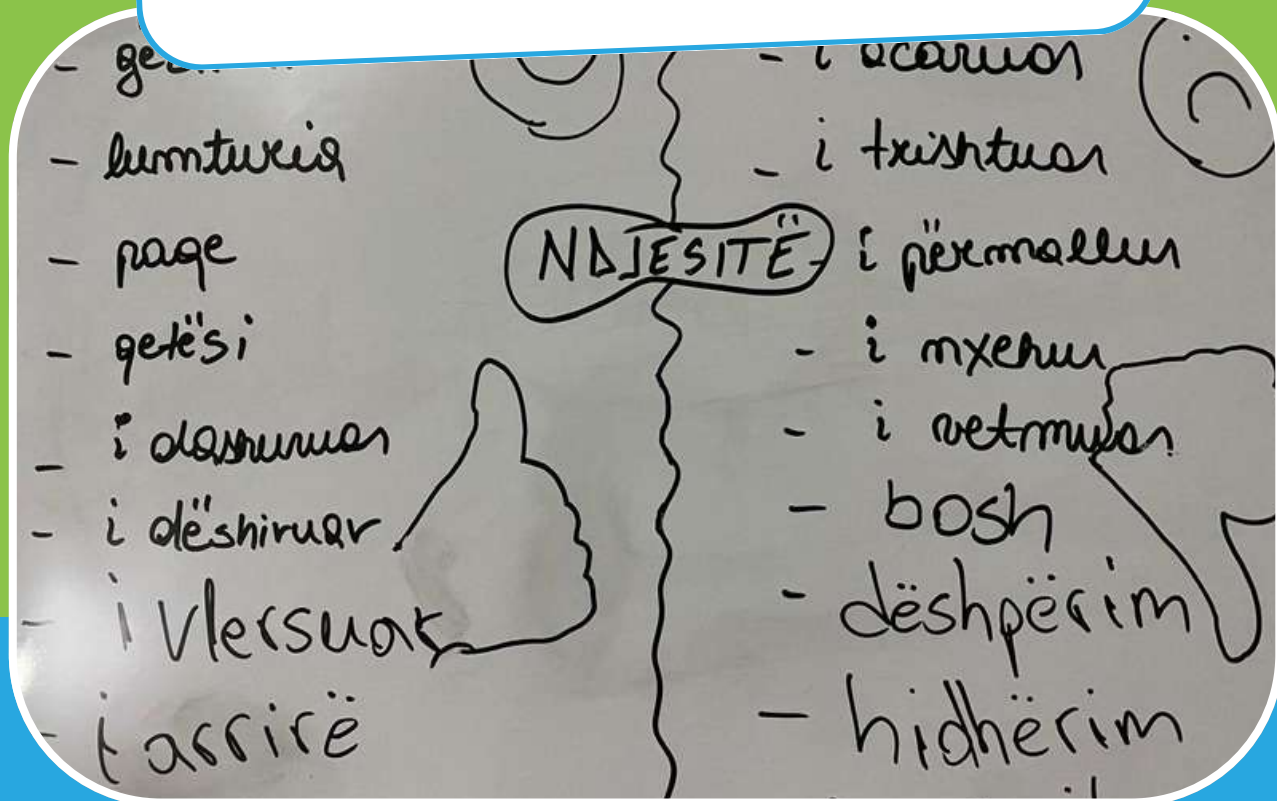
by Anna Gugel // SCI Germany



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PEACE AND NVC



The activity took place, in Arjola's house, with a group of friends of different ages (18-45 yo). The main topic of the discussion was Peace and at first it was a big misconception since two of the friends thought it would be something about religion. They managed to go through with it peacefully, sharing ideas and thoughts on the matter. Albania is known for religion tolerance and they ended talking about it even though everyone in the table had different ideas. After a brief discussion they wrote in a board what peace meant to them and shared thoughts on the matter. After that, they had a quick discussion about NVC and what everyone thought about it as a concept and why it is important. They shared everyday life stories, how they had managed them, how they had felt at those particular moments and what they had learned from them.

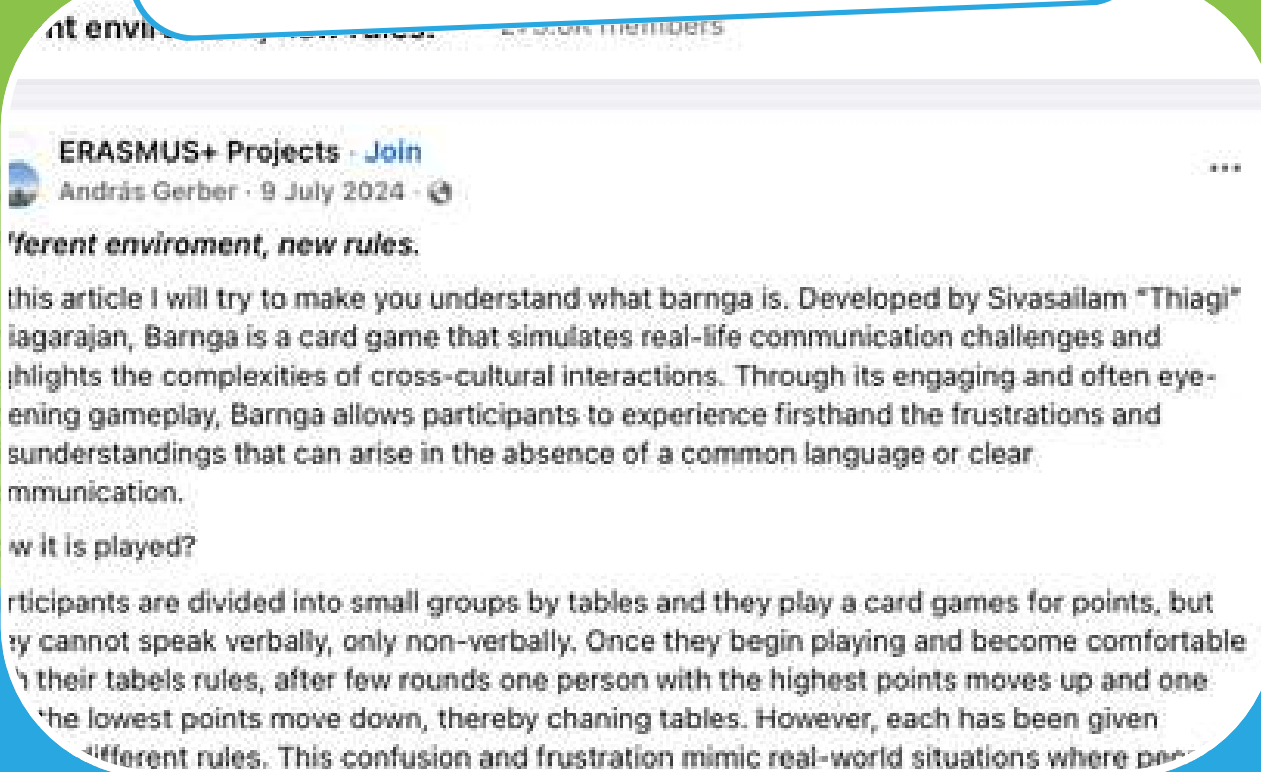
by Arjola Beqiri // PVN Albania



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BARNGA - OR PERSON VS ENVIROMENT CHANGE



András created an [educational description](#) about the Barnga game in a Facebook group for youth workers with over 210,000 members. He got to know and tested the game during the "Peace in Diversity project".

Barnga is more than just a card game; it is a powerful tool for teaching essential skills in communication, cultural awareness, and conflict resolution. By immersing participants in a simulated environment of miscommunication and cultural differences, Barnga helps them develop the competencies needed to navigate the complexities of real-world interactions. Whether used in a classroom, a corporate training session, or a community workshop, Barnga continues to be a valuable resource for fostering understanding and collaboration in diverse settings.

by Gerber András // Utilapu Hungary



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GENDER, ALLYSHIP, AND QUEERNESS IN A MUSLIM MAJORITY COUNTRY



This project was one of the several examples of trans-national cooperation in the project. Frank and Ernest organised a videoconference info-session connecting Spain and Kosovo, with Spanish students listening and discussing about how it is, to be a non-normative person in a Muslim country. They learnt unique things about queerness in a country that is not really friendly towards this community.

At the same time, the students practised their English skills.

by Frank Mora & Ernest Krivanjeva
// SCI Catalunya & GAIA Kosovo



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GRACEFUL CONVERSATION: EMBRACING NONVIOLENT COMMUNICATION



Grace had the workshop on NVC in her Church, LivingGrace Assembly in Dublin, Ireland. About 70 people attended. They had breakout sessions where participants undertook group activities and role play based on NVC strategies. It was an indeed great day and the feedback was very positive.

by Abosede Grace Ogunsanya // VSI Ireland



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ČEDOMIR IN BELGIEN (NVK)

21.06.2021

Teil 1

SCI, Projekt und
Programm

Teil 2

Ein bisschen mehr
zur gewaltfreien
Kommunikation

The follow up activity was a presentation for the colleagues at work about what we did at the training course in Herentals, and after that the focus was on the Nonviolent Communication (NVC, abbreviated as NVK in German).

In more detail, the programme of the parts consisted of:

1. Input about SCI, the project Peace in Diversity and the programme of the stay in Herentals (in German),
2. A theoretical part about the NVC explained in an easy and understandable way, followed by video materials on YouTube to give the colleagues examples and make it clearer.

by Čedomir Milovanovic // YRS Serbia



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RECAP VÍDEO OF THE TRAINING COURSE



Alp prepared a recap vídeo for social media (Instagram) of the training course.

The video is with real testimony in it to reach other people with real feedback and impressions.

Alp approached and shot 5 participants, asking them training-related questions and then edited the whole video.

The whole idea of the video was to inspire others to join such amazing trainings in future calls.

by Alp Aliyev //SCI Catalunya



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PEACE IN DIVERSITY *PRESENTATION*



Mladi
istraživači
Srbije

Volonterski servis Srbije

A wonderful presentation on the International Volunteer Day, December 5, in cooperation with the Young Researchers of Serbia. The participants learned many techniques for achieving inner peace and peace with others, and inevitably peace with nature. ❤️ They received information about peace and a description of our training from Belgium. ❤️

by Sava Vracar, Minja Vracar, Vladica Raskovic, & Miona Jeremic
// YRS Serbia



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SELF CARE EVENING



On the 21st of December, Tamara and nine of her friends gathered at her place. First they made a circle where shared their impressions about the previous year. After then they talked about what they would like to achieve in the 2025. They focused on self care, and used year compass. Tamara also introduced them to “My Peace Journal” developed by SCI, and they played self-care tarot. There was a short video made by Tamara about their year, and together they watched it.

by Tamara Milovanovic // YRS Serbia



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MINDFUL DINNER



It was a mindful eating connected with discussion. Monika had a lot of time to think about relationships with herself and people around her (related to inner peace) and also about the consumption. Her idea was to talk with her friends about inner peace but in relation to the food we consume/waist every day. She prepared healthy pancakes and had dinner with her friends while they discussed the above-mentioned topics.

Also the date of the dinner (01.01.2025) was not without the meaning - new year, new start! :)

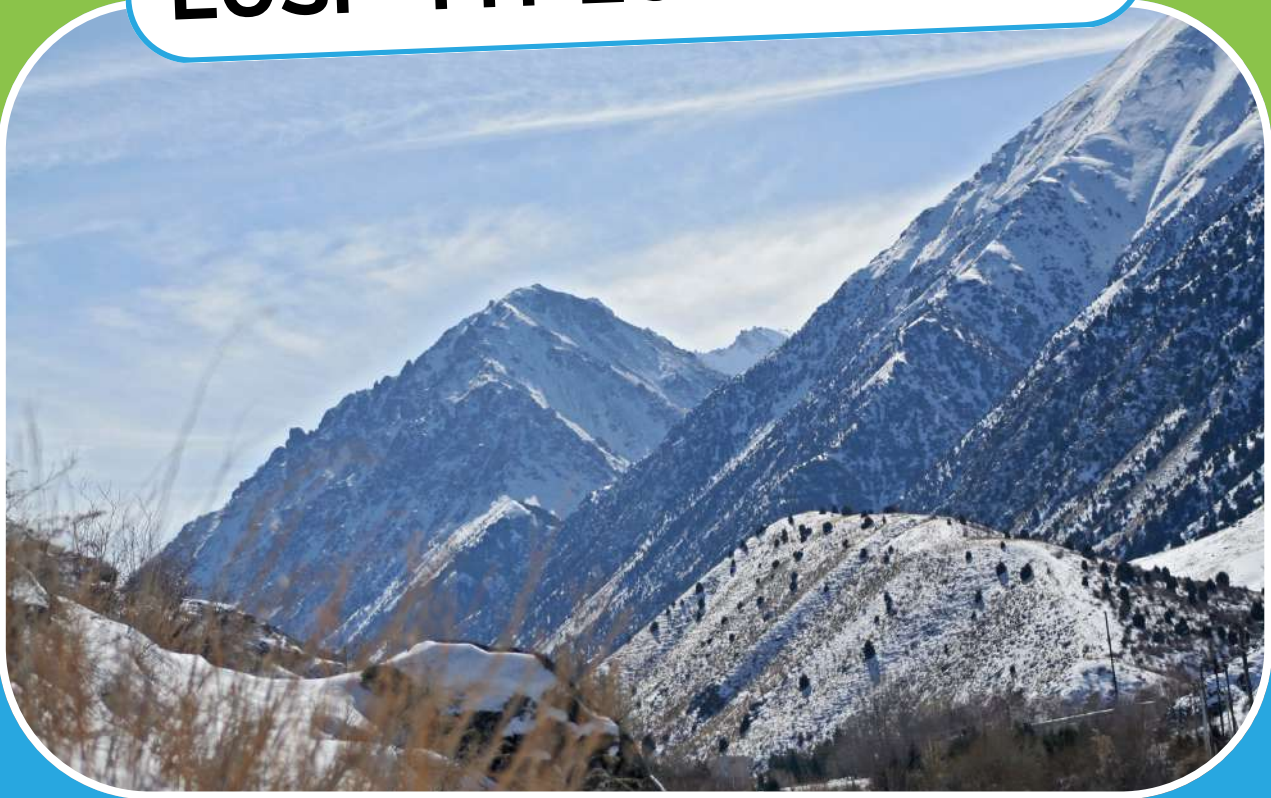
by Monika Zaborowska // SCI Poland



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HIKING ON VODNO WITH LUSI - MY LOVELY DOG



The follow up was a social campaign while enjoying nature at around 1000 meters above sea level during winter. This activity combined an outdoor adventure with a social campaign aimed at promoting the importance of nature, physical activity, and bonding with loved ones, including pets. The hike was organized for close friends and family, offering a peaceful environment to connect, share meaningful discussions, and reflect on ideas inspired by the "Diverse Voices, Common Needs" training course. It was a refreshing way to foster mindfulness, well-being, and shared values.

The activity demonstrated how simple, accessible initiatives like a hike can bring people together, fostering inclusion and collaboration. It showed that impactful actions don't always require elaborate planning - small, meaningful efforts can make a real difference. Lusi, the dog, played a key role in the experience, highlighting the unique ability of pets to enhance human interactions, reduce stress, and create a relaxed, enjoyable atmosphere for meaningful conversations. Organising the hike in winter reminded the importance of embracing all seasons and finding joy in nature's beauty, even in less-than-ideal conditions. This also encouraged the participants to build resilience and adaptability. Additionally, the activity sparked conversations about preserving natural spaces and being mindful of our environmental impact, reinforcing our shared commitment to sustainability. Overall, this experience reinforced how outdoor activities can serve as a powerful platform for personal growth, meaningful exchanges, and promoting positive values in an engaging and enjoyable way.

by Gjurgjina Jakovikj // CID North Macedonia



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GRATITUDE AND STRESS MANAGEMENT



Emiljano led a follow-up activity from the “Diverse Voices, Common Needs” training on February 4th at his school with his classmates. He started by giving out papers for everyone to write 100 things they are grateful for. After they finished, they discussed about the things everyone had written, the importance of them and how focusing on the good things in our lives can help in our well-being. He also gave a short lecture on stress, its causes, and ways to handle it, especially during exams.

The activity helped his classmates reflect on the positive things in their lives, which made them realize how gratitude can reduce stress. The discussion and lecture showed that even when we feel overwhelmed, focusing on what we're thankful for can shift our mindset. For Emiljano, it was a great way to see how simple activities can have a big impact on mental health.

by Emiljano Elezi // PVN Albania



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LET YOURSELF STOP AND HEAL



Sofia organised a workshop with a group of friends, including the following activities:

Activity 1. "Let yourself stop and heal". The participants were asked to draw a geometric figure that could describe how they were feeling at that moment, and where in the sketch, they would place themselves.

Activity 2. Journaling. This part was really useful in terms of helping them realise how they were feeling at the moment, as well as for analysing how they were regarding some aspects of their lives such as the things they love, when they feel most connected, things they hide from others.

Activity 3. Vision Board. The participants had to find images of things that brought them happiness. In this activity, the outcome was differently depending on each person's preferences.

by Sofia Vallhonrat Franco // SCI Catalunya



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P.E.A.C.E.: PROMOTING EMPATHY, ART & COLLECTIVE EMPOWERMENT



P.E.A.C.E. was an Erasmus+ youth exchange that was held in Germany from 1st until 8th of February, 2025. It hosted 27 participants from 6 countries. The participants had a chance to learn and explore topics of peace, conflict, nonviolence, intersectionality, artistic expression and resistance.

The first part of the project was dedicated to non-formal education methods of learning and exchanging experiences and knowledge between participants. In the second part of the project they had a chance to use art materials/any art medium to express themselves and their personal view on resistance. The participants did a joint exhibition in the end and they were all extremely satisfied with the whole youth exchange and the connections they had made during it.

by Tijana Radomirović // SCI Germany



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INNER PEACE RETREAT: RESTORING BALANCE FOR PHD MINDS

Sauna girls



Lili/Eliana ZEF reacted

Micely organized a stress-relief retreat for PhD students from the University of Bonn in a Spa at Cologne, Germany. Recognizing the high levels of stress and pressure in academia, this event provided a dedicated day for relaxation and well-being. Participants engaged in various rejuvenating experiences, including sauna sessions, hot pools, herbal rituals, body scrubs, and stone therapies. The retreat aimed to offer a peaceful escape from academic demands, allowing participants to reconnect with their inner peace and enhance their mental well-being in a supportive and tranquil environment.

The stress-relief retreat proved to be an essential and highly appreciated activity, reinforcing how deeply PhD students need intentional breaks from their demanding academic routines. The overwhelming pressure of research, deadlines, and expectations often leads to chronic stress, anxiety, and burnout. This retreat provided a rare opportunity to step away from these pressures, engage in mindful self-care, and reconnect with inner peace.

The feedback was overwhelmingly positive. Participants expressed gratitude for the opportunity to relax in a way they hadn't allowed themselves in months or even years. Some shared that they felt lighter, more focused, and emotionally balanced after the experience. This highlighted the importance of integrating regular well-being practices into academic life.

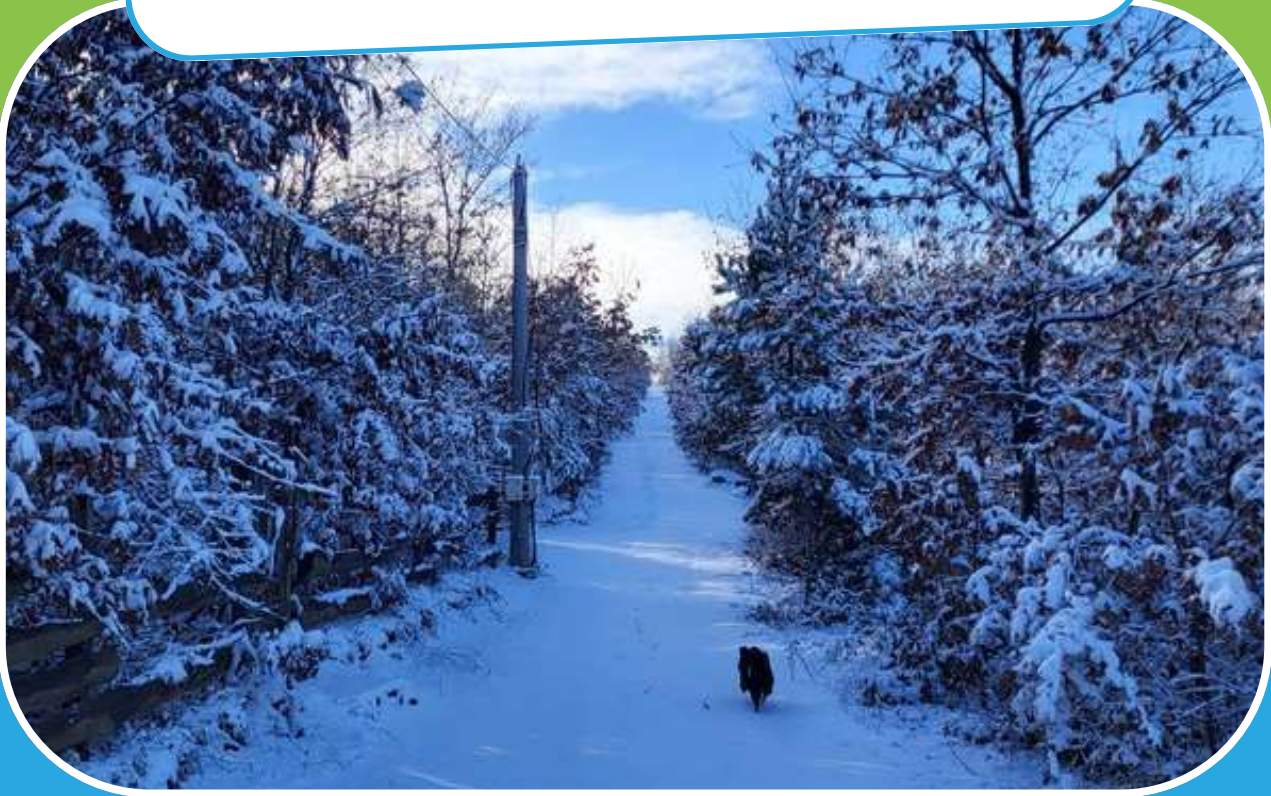
by Micely Diaz Espailat // SCI Germany



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THE REFLECTION WALK



Vesa and her siblings went for a walk on a forest for around 3 hours and along the way they discussed about the role of nature in our wellbeing and inner peace. After an hour of walking, they took 20 minutes alone time for reflection and then continued the walk together.

The reflection lead to the conclusion that nature has a great impact on us and it is a source of peace for all, something that we can always find an open door to go for peace and reflection whenever we need. By the time the activity was held, it was snowy and it was such an inspiring place to be.

by Vesa Berbatovci // GAIA Kosovo



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QUIET REFLECTION



The event included some activities that were done during the “Diverse Voices, Common Needs” TC in Antwerp and some physical activities, and was held in the city park of Mitrovica with a group of friends. The day started with a walk in nature where each individual spent 20 minutes alone in nature, continued with some interviews and discussions in pairs with materials from the training and ended with physical activity (archery) and group meditation.

The group's conclusions were that reflecting on the things we should be grateful for and exploring our inner peace are things that we do very rarely due to the dynamics of life that are happening everywhere in the world, which are very necessary for each of us to do.

by Saranda Xhafa // GAIA Kosovo



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REFLECTION WALK



Eriona organised a casual walk with friends in Germany, where they talked about topics like diversity, inclusion, and different perspectives on peace. The idea was to create a relaxed environment where they could reflect on these themes while spending time outdoors. It was a simple way to engage in meaningful conversations without any formal setting.

In conclusion they had open discussions about how diversity affects our everyday interactions. Everyone felt more comfortable sharing their thoughts in an informal setting. It showed that even small conversations can help us reflect and grow in our understanding of peace and inclusion. Spending time outside helped them feel more connected to both the topic and each other.

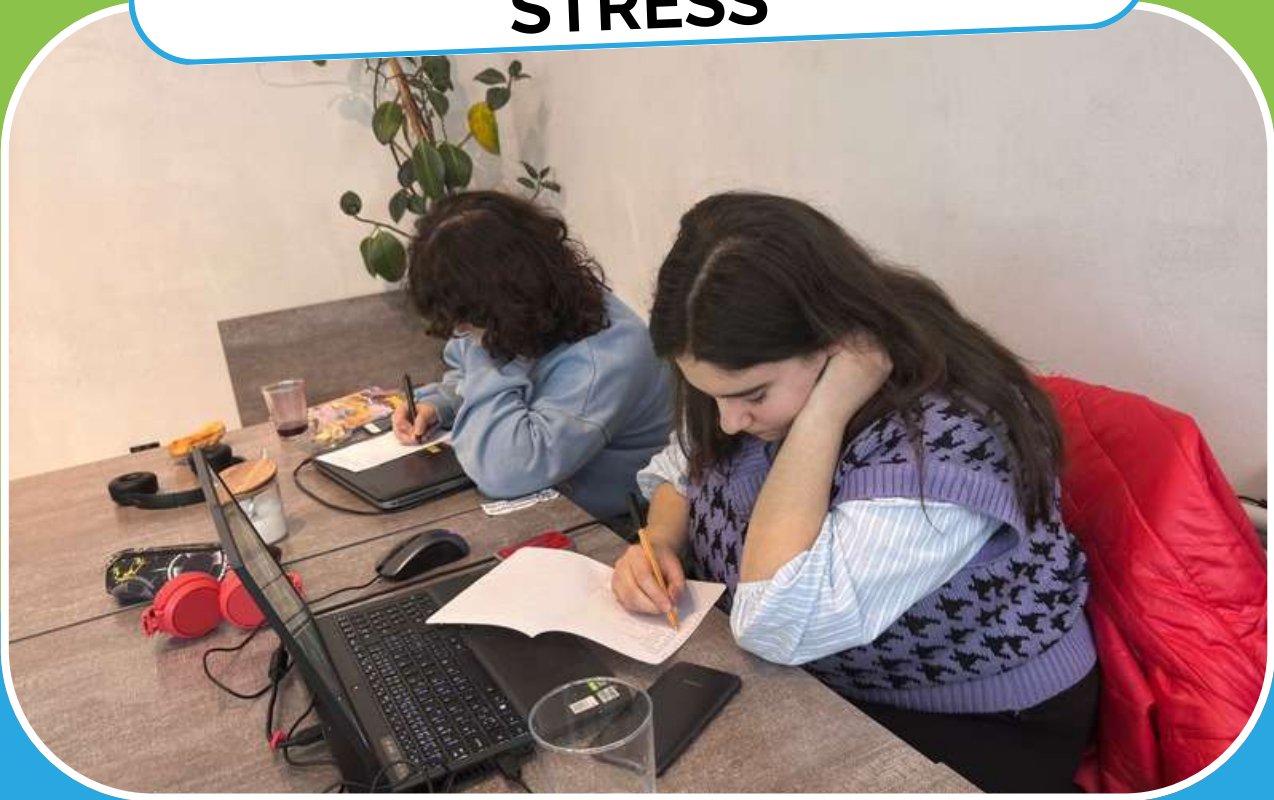
by Eriona Duraj // GAIA Kosovo



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FOSTERING GRATITUDE AS A COPING MECHANISM FOR STRESS



Because of the high stress levels lately in his work environment, Albanoi found it useful to share what he'd learned from the training. Namely, he shared the lessons on building gratitude, and shared how this can help people feel steadier in times of stress. Together with his colleagues, they wrote 50 things they felt grateful for and shared them with each other after.

The feedback from his colleagues was that it was a pleasant reminder of what they had, and how focusing on this in times of stress could build resilience. Together, they discussed the things they wrote, and found many similarities and differences in the things they felt grateful for.

by Albanoi Retkoceri // GAIA Kosovo



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THE EGG DROP CHALLENGE



During two separate training sessions, Lejla facilitated the Egg Drop Challenge, a fun and engaging team-building activity that she learnt during the “Peace in Diversity” project. Her participants described it as one of the best session parts. The first training, “Civil Rights and Inclusive Classroom,” was held with primary and high school teachers, focusing on inclusive education practices and promoting civil rights within schools.

The second activity took place during the workshop “Inclusive Societies through Youth,” where Lejla worked with high school students to explore topics of inclusion, diversity, and cooperation.

In both groups, the Egg Drop Challenge served as a hands-on, collaborative exercise to foster teamwork, creative problem-solving, and communication skills, while also highlighting the importance of inclusion and valuing different perspectives within a group.

Participants from both the teacher training and the youth workshop expressed enthusiasm and enjoyment, with many naming the Egg Drop Challenge as a highlight of the programme.

by Lejla Leci // GAIA Kosovo



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WALK IN NATURE



Dragana was deeply inspired by the concept of importance of self-care of youth workers and peace activists that we discussed and explored at one of the training courses within the “Peace in Diversity” project. Therefore, upon return, she organised a walk in nature in a park in Skopje with a friend. They took some time for themselves, some time to enjoy and reconnect with the nature. They practiced walking, breathing and then talking about the way they felt during the activity. This moment of recharging batteries helped them to continue their activity in the civil sector with renewed energy.

by Dragana Kichukova // CID North Macedonia



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PEACE IN DIVERSITY WORKSHOP



Aswin and Vinoy in November 2024 organised two independent workshops with colleagues at their University in Budapest. The workshops were followed by a group discussion and a safe space for sharing personal insights. Varied participants were included - they came from different walks of life.

The conclusions of the workshops:

1. Enhanced Cultural Awareness – The workshop helped participants recognise and appreciate cultural differences, fostering a more inclusive mindset.
2. Practical Conflict Resolution Skills – Through discussions and activities, the teams strengthened their ability to address and mediate conflicts constructively.
3. Community Engagement & Impact – The event increased awareness of diversity and inclusion at the university, encouraging others to continue such conversations.

by Aswin Chandran & Vinoy Vimalan // Utilapu Hungary



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