

Infopack

no war
no warming

Training for
youth workers

JULY 2023, ROMANIA



Become an
active citizen



The Training Course – No war, no warming

The Russian invasion of Ukraine was a wake-up call for this generation of youth in Europe that peace cannot be taken for granted and needs our constant effort.

This training course for youth workers involves: supporting participants to increase their capacity to respond to challenging situations, by developing skills for inner-peace, learning methods of inter-personal conflict management and peacebuilding and nonviolent methodologies for social change that can be used by youth workers to engage youth as active citizens in nonviolent awareness raising actions regarding war and climate change.

The aim of the training course is thus to empower youth workers with peacebuilding skills and provide youth with tools to become active citizens speaking out against war and global warming.

The objectives are:

1. Letting youth workers develop skills to work on peace on the personal level, to enable them to respond to the youth in a peaceful manner;
2. Letting youth workers develop skills to work on peace on the inter-personal level, to enable them to de-escalate and solve conflicts in their youth groups and support peaceful group dynamics;
3. Letting youth workers develop skills to work on peace on the social level, to enable them to implement nonviolent awareness raising actions regarding the interrelationship of war and climate change, and assist youth in becoming active citizens;
4. Enhancing the peaceful cooperation between European organisations, exchanging experiences and practices, so they can form a pacifist voice together for our future.

You can have a look at the pre-liminary program of the training course on the [website](#), which gives an idea of what we planned, although this is not the final version!

The training will take place in Romania, in the village Măguri Răcățău, about 1 hour from the city Cluj, from the 6th till the 14th of July, 2023. We're looking forward to see you there!

Preparation

To make the most out of the training course, prepare yourself through watching videos and reading the articles that we will email. We will get back to the materials on the 1st day and we will organise a **webinar** before the training that participants should attend. During the webinar we will also discuss the Action groups that we will form during the training (see below).

Secondly, please fill out our [participation form](#) and transfer the participation fee to reserve your place. Finally, it will be helpful to write down some learning goals for yourself and keep track of these during the training course in your notes. (Don't forget to take your notebooks and pen, as I can't take too much materials with me while travelling).

Action groups & Follow-up

During this training we're going to work on developing a nonviolent action campaign. A campaign exists of several actions and groups will eventually pick one that they'll work on in more detail. All action groups are supposed to do something on the core themes of this training: war and global warming. Within that there is of course room to find subtopics. Maybe you want to inform people about the footprint and environmental damage the army does, or you want to raise awareness about refugees of war or climate disasters, or advocate for peace talks, for [unarmed civil protection](#), etc. During the

training, we'll make space for the action groups to work on their campaigns almost every day, so that by the end of the training people have the feeling they could implement the actions they've worked on.

In case you don't manage to implement your action, it is still very important that you're committed to follow-up 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 (more formally). Ideally you'll implement (one of) the nonviolent actions that you've been working on during the training. You can also give a presentation or a workshop. We'll ask you for a short written report about this activity two to three months after the training.

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.

Working Together Guidelines

The training will be more enjoyable if we work together and interact in respectful ways, so that everyone can feel safe, cared for and supported. Therefore, we are proposing some guidelines to you that will support us as a group. Based on our experience as trainers, we propose eight guidelines. We will invite you on the first day to revisit them and add or adjust them. The guidelines are phrased as commitments, which we ask you to consider.

1. I will share and participate in the exercises at whatever level feels safe and comfortable.
 - I will share what I want to share. If I choose not to share, that's fine. If I want to share a little, that's fine. If I want to share more, that's fine. Together we will create an environment where our feelings and thoughts are respected. I might want to voluntarily take opportunities to feel uncomfortable when that might aid my growth.
 - I understand that facilitators are not acting in the capacity of professional psychotherapists or counselors. They are ordinary people helping us explore alternatives to the violence in our lives and the larger world.
2. I will maintain confidentiality about personal stories or experiences shared in my small group or in the large group, unless I have been given permission to share them with others, in order to contribute to a sense of safety and trust within the group.
3. I will strive to appreciate and honor our differences. Diversity is an opportunity for me to grow and learn in a new way. I will try to be open and celebrate persons, approaches, and ways of being that are different from mine. Within this context, I recognize that there are power dynamics in every group, including this one. I will do my best to be sensitive to the use of power based on race, gender, ability, sexual orientation, money, or class. If someone, for example, discounts another person's experience, I will try to respond to this situation in a clear and loving way, seeking to ensure that everyone's needs are held as important.
4. I will listen to whoever is speaking with respect and attention, and I will wait until a person has completed his or her thoughts before I speak.
5. I will be on time for the workshop sessions, to make the most of our time together and ensuring there is enough time for learning. When I need more rest, I will communicate this to the trainers and the group.

6. In order to participate fully in the training and be present to all the learning, I will turn my mobile phone, computer and other devices off and leave them in my bag or in my room during the training sessions and reflection groups. If I need to make or receive a call during one of the training sessions I will speak to the trainers about this beforehand.
7. I will try to be aware and respectful of the needs of the participants, trainers and other people at the venue. I will take responsibility for contributing to a space that is enjoyable to work in, and also encourage others to do so, for example by clearing the room from any cups or personal items at lunch time and after the last session, and putting the chairs back into a circle. I will also be careful with all the materials in the hotel and be quiet between 11PM and 7AM to respect other guests. If disagreement arises I will do my best to practice the nonviolent skills I am learning and I will bring up any issues with the trainers.
8. I understand that I have been chosen over many other applicants to be a part of this project, and that I am receiving financial support from the EU to take part in this training. Therefore, I commit to participate fully in *all the three stages of the project*: I will attend the webinar and the sessions during the training. I understand that not participating fully in the training may have consequences for the reimbursement I am receiving. And I will implement a follow-up activity to share with others what I have learned and report back about it to the trainers.

Accommodation

Our accommodation is Valea Paradisului, in the village Măguri Răcățău, about 1 hour from the city Cluj. Participants will be accommodated in rooms of two, or three. You can have a look at their [website](#). Travel instructions are going to be sent separately.



Expenses



Erasmus+

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 at least two weeks before the start, in order to reserve your space. When we do not receive your payment, we will contact people on the waiting list, as we do not want to have any empty spaces. Two weeks gives us little time to find another person, so of course the earlier you can confirm, the better.

Please transfer the fee to:

Stichting voor Aktieve Geweldloosheid

NL41 TRIO 0320635031

And write “No war, no warming participation fee”

If you need a reduction, we can provide this up to 50%, if you can prove to have a valid reason.

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

- Romania + Slovakia: for >100km €180, for less €20
- All other countries: €275,00
- If you plan to travel by car, please get in touch

The travel expenses are reimbursed after the training course, upon receiving a PDF that includes all your receipts of your journey. Please note that we may need to present these receipts to Erasmus+ so therefore, **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.

Organisation and Trainers



You will see two names on our documents and the website: **Foundation of Active Nonviolence** and **Peace Power**.

Peace Power is a new name that I adopted for 2020. The previous one, Towards a Nonviolent World was the title of a project and website I (Nina) started to give shape in **2014**. On the way I found The Foundation for Active Nonviolence (Stichting voor Actieve Geweldloosheid - SVAG) which was founded back in **1966** and is made up of largely the same people who started it. I explained to them my ideas, and discovered they'd run many trainings until the mid-nineties. While the peace movement has diminished in the Netherlands since then, these people's enthusiasm for the topic of nonviolence and peace didn't wear off during all these years! They decided to support me and I kept the name 'Towards a Nonviolent World' to promote the training and attract young and international people. So far I organized 7 Erasmus+ training courses.

SVAG is currently publishing a "**Handbook of Nonviolent Power for a Peaceful Society**", made available for the few hundred members of the organisation, and the author is working on English translation. At the moment there is a brochure in English.

I myself co-authored a book, the **Study Guide "Engaging Nonviolence. Activating Nonviolent Change in Our Lives and Our World"** published in October 2019 by Pace e Bene Press. [Pace e Bene](#) is an American organisation that provides training courses in nonviolence. You can read more about the book [here](#).

For more information on the Romanian Partner organisation visit patrir.ro

The trainers



Nina Koevoets - Project coordinator and trainer

Nina has been studying nonviolence and conflict resolution for more than a decade. Her master in Conflict Resolution did not include what regular people can do to build peace, so she sought answers elsewhere. She joined a training program with the Metta Center for Nonviolence in the USA and worked several months in India and Israel-Palestine. These experiences gave her new perspectives and ideas about the challenges and potential of nonviolent action. She earned a second master degree in Global Studies in Sweden, with the intention to do a PhD afterwards, but decided instead to teach outside of academia and become an independent trainer. In 2015 she implemented her first training course in The Netherlands and has organised several since then. She also initiated a two year project to develop a game for a Culture of Peace, the "Peace Please" card game. She was born in The Netherlands and lives in Greece (Thessaloniki) since 2017. 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, 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 (deep ecology) workshops, as well as meditation courses. She likes writing, reading, mountains and nature in general, and is a mother of a daughter (since august 2021).

Angelika Kobl - co-trainer



Angelika Kobl is an international facilitator, holistic educator, community builder, grassroots peacebuilder, processworker, musician and poet. She holds a BSc in Ecology and Conservation (University of Sussex, UK) and a MA in Global Studies (Karl-Franzens University of Graz, AT) with focus on Human Rights and Rights of Indigenous Peoples.

Since 2018 she has also been training in process-oriented facilitation and World Work with different Processwork Institutes, has joined the Process-oriented Psychology Diploma program of the School of Processwork UK in 2022.

She has worked in various countries in the intersection of natural systems and social systems; humans and environment.

Designing and facilitating holistic experiential, participatory, dynamic and transformative learning journeys and processes is a great passion and skill of hers that she has been able to craft in the last years through her involvement with, e.g. the Economy of Love Education team as program and curriculum designer and workshop leader, as well as educational designer and facilitator at the Spiritual Politics Lab or in various roles for the Global Ecovillage Network Education sector, as training coordinator for Sekem Holding in Egypt or as project assistant at the One Humanity Institute in Poland. She has developed and held trainings in emotional intelligence, resilience, sustainable culture, mindfulness, personal development, professional direction, deep ecology, communication skills, anti-racism, as well as in peace work.

Contact

In case you have any questions before arriving to Romania, please contact Nina by email: contact.peacepower@gmail.com