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## Young Activists for a Peaceful and Sustainable Future with focus on contributions of migrant communities

Youth Meeting 27.08.-04.09.2022

Berlin Spreeinsel, Germany



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## Background of the Initiative

Since 2015 ICJA offers trainings and youth exchanges in the frame of a concept we call **"Young Activists for Peace"**. Until now over 400 participants came from different corners of the European Union, Eastern Europe and Caucasus, as well as the Mediterranean Region.

The **"Young Activists for Peace"** projects offers a wide range of activities, topics and pedagogical concepts in the field of peace education, trainings for democracy, empowerment of youngsters with fewer opportunities etc. We do this, because we believe in the impact of this work on the young participants who will contribute democratic and peaceful societies in the long term.



Our globalized world can be depicted as a place full of problems: we are experiencing progressive destruction of our natural basis of life and global warming that may no longer be reversible. At the same time, racist and discriminatory statements, as well as anti-democratic and nationalist trends in society are increasing.

This is where the youth encounter comes in: together we will search for positive role models and helpful skills with which a more peaceful and sustainable future can be achieved.

Problems of this scale can be overwhelming, but the *Sustainable Development Goals* (SDGs) are the solution to tackling them. We are going to involve migrant communities in EU countries to accomplish the SDGs. There is no doubt everyone has different worldviews and aspirations. Thus, **the aim** of the youth exchange is **to give young individuals positive impetus to get involved in a peaceful and solidary coexistence of diverse people who are eager to live a sustainable lifestyle.**

## Goals of the Youth Exchange

**This international Youth Meeting was related to following topics and contents:**

- ✓ How to communicate in a non-violent way? Principles of non-violent communication according to Marshall Rosenberg;
- ✓ How to empower ourselves? Self-empowerment of a migrant community; creative and interactive workshop by MinorityPoint on the topic of "Art against Racism", with the help of "Neurography" method;
- ✓ How to deal with destructive political systems? Processing of one's own experiences with the topic of war and totalitarianism;
- ✓ How to support survival of all communities worldwide? Workshop on fair and sustainable nutrition at global and local levels, offered by Foodjustice (Berlin);
- ✓ How to live sustainable and contribute to a peaceful and sustainable future on our planet? Workshop on climate justice as an example for global learning;
- ✓ Learning from best practice: Excursions to places in Berlin where migrant communities combine appreciation of diversity and solidarity with sustainable gardening.

## The Activities in Detail

### 27.08. - Day 1

- ✓ Arrival and welcome
- ✓ Getting to know each other
- ✓ Orientation about venue, Covid-19 regulations
- ✓ Expectations, first information about the program

### 28.08. - Day 2

- ✓ Introduction to the program
- ✓ Getting to know each other: on personal level, on level of activities and your organizations
- ✓ Introduction to Non-Violent Communication (NVC)
- ✓ Daily reflection round

### 29.08. - Day 3

- ✓ Self-empowerment of a migrant community Part I;
- ✓ creative and interactive workshop by *MinorityPoint* on the topic of "Art against Racism", with the help of "Neurography" method
- ✓ Daily reflection round

### 30.08. - Day 4

- ✓ Self-empowerment of a migrant community - Part II;
- ✓ Creative and interactive workshop by *MinorityPoint* on the topic of "Art against Racism", creation of the *Power Flower Collages*
- ✓ Daily reflection round

### 31.08. - Day 5

- ✓ How to deal with destructive political systems? Own experiences with the topic of war and totalitarianism
- ✓ Daily reflection round

### 01.09. - Day 6

- ✓ Workshop from *Food Justice* about healthy food for us and healthy food for the planet
- ✓ Sustainable cooking together as a team
- ✓ Daily reflection round

### 02.09. - Day 7

- ✓ Excursion to interesting places in Berlin where migrant communities combine appreciation of diversity, solidarity and sustainable lifestyle. Excursion to Tempelhofer Field. Part I
- ✓ Daily reflection round

### 03.09. - Day 8

- ✓ Excursion to interesting places in Berlin where migrant communities combine appreciation of diversity, solidarity and sustainable lifestyle. Excursion to the African Quarter with the focus on postcolonial history. Part II
- ✓ Connecting the dots activity
- ✓ Youthpass Certificates / Evaluation of the youth exchange
- ✓ Farewell party

### 04.09. - Day 9

- ✓ Breakfast / Last meeting for farewell / Departure until 10:00 am

# Daily Reports

## Day 1: 27<sup>th</sup> of August 2022

### Sequence of the day:

- ✚ Arrival
- ✚ Dinner
- ✚ After dinner

### Arrival

We arrived in the afternoon. Marie, Cornelia and Kristina helped us to find our way to the Seminar House and welcomed us one by one to the seminar. Since all of the participants started their journey from different corners of Europe, we had the joy of welcoming new people to the group all along the day. When arriving to the venue, people got to choose which room they wanted to stay in. While people were arriving and settling down to their rooms, Chris, the chef, had kindly prepared some coffee, tea, and snacks for us to share while getting to know each other's travel stories.

### Dinner

After everyone has arrived, our cook prepared dinner. Dinner from Chris was great. It was all vegan food to protect the nature by reducing the consumption of meat. At first, not all participants were in favour of this diet and missed especially German Bratwurst. However, all understood the importance of the topic and accepted the food.

### After dinner

After dinner, the first evening session started. Each participant received a name tag with another person's name. Everyone was supposed to find their own name. From now on, we will have evenings free for our own activities and relaxing together. Tonight's session was facilitated by Cornelia and Marie who told about **Young Activists for Peace** project. Everyone got to present themselves to the group by shortly telling what brought them to apply to this project. It was fascinating to hear everyone's stories and interests. The rest of the evening consisted of games to get to know each other e.g. silent age lineup, speed dating. The group also organised themselves concerning the cleaning and administrative duties. And then it was time to sleep.





## Day 2: 28<sup>th</sup> of August 2022

### Sequence of the day:

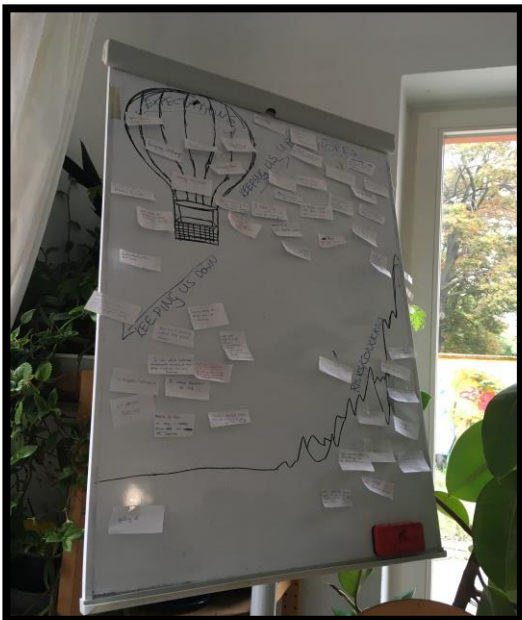
- ✚ breakfast
- ✚ gymnastics
- ✚ expectations and fears
- ✚ team building games
- ✚ artistic activity with the topic "migration"
- ✚ boundaries and rules
- ✚ presentation of youth pass
- ✚ free hour
- ✚ lunch
- ✚ active listening and fear telling
- ✚ game HI HA HO
- ✚ seminar of Non-Violent Conservation
- ✚ reflections
- ✚ dinner

### **BREAKFAST:**

We had organized a team to make the tables from the previous night. The "kitchen team" prepared the tables at 8.15 and we all had breakfast together at 8.30. It was very nice eating together and talking, getting to know each other.

### **GYMNASTICS:**

After breakfast, one participant was in charge to show us some exercises (simple ones so everyone can follow). It was a great way to wake up and so refreshing.



### **EXPECTATIONS AND FEARS:**

In a whiteboard was drawn an airballon. Inside the airballon everyone had to write their expectations for this program. Next to the ballon there was a mountain that represent our fears and the risks that this program may have. We also wrote things that could lift up or leave down the flow of the program, and our hopes as well. The most of us are concerned about the English level and hope to exchange opinions and make friends. It is a very nice way to make clear what we want and what we do not want.

### **TEAM BUILDING GAMES:**

Then we were seperated on groups and we discussed what a team must have to be functional. We said about respect and flexibility and how important is to hear one another.

### **ARTISTIC ACTIVITY WITH THE TOPIC "MIGRATION":**



This activity was very interesting and active. We had to build a statue that represents the migration problem. We had papers, post it, tape, ribbon and everything we could find in the garden. All the teams tried its best and we had three very beautiful statues. This activity promotes team's collaboration and creativity. This way we had the chance to think deeper about the causes of migration and represent our thoughts through art.

### **BOUNDARIES AND ROULES**

We discussed about which is important for us. Team leaders explained the week schedule and presented the tasks for the week, including kitchen tasks, morning and evening activities and writing this report. Then we talked about who is going to clean the bathroom, how we would like to talk to each other and what is important for us personally.

### **PRESENTATION OF YOUTHPASS**

Many of us did not know about the youthpass. For this reason, Marie and Kristina explained what it is and how it can help us in future. For example, if we would like to study or take part in any type of social project we can also show the pass to have better chances to be accepted. The girls informed us about the utility of the youth pass and outlined the key competences that we later on can put in our certificate ourselves. The first and second page is send and signed by the organisation whereas the third page is completed by ourselves.

### **FREE HOUR**

Many of us take a power nap, going for a walk or talk to each other. This time is also a nice chance to get to know each other, to talk about our all day lifes and to discover the soutrounding.

### **LUNCH**

The lunch was quite delicious and most of the people enjoyed it. We ate Pasta with beetroot, cheese and salad.

### **ACTIVE LISTENING AND FEAR TELLING**

It was very emotional and for some people hard to talk about their problems. It was very nice to see how all of us tried to do their best (if they listen) to understand the point of view from the person who was talking. It was a wonderful experience and I'm proud of all of us.

### **GAME HI HA HO**

After confronting on this huge topic and to cool down we had a lot of fun playing "IH, AH, OH" and the Greek team was invincible!!!



### **SEMINAR OF NON-VIOLENT COMMUNICATION**

After the break, keeping talking about non-violent communication, we split into four groups to discuss the differences between different statements.

One group talked about needs and strategies and they made two examples: the importance of communication in other to receive the attention than we crave instead of jumping in conclusions, and the creation of a safe space and the necessity to speak openly in order to build a strong connection.

The second group was about observations and evaluation and they talked about the difference between observing a behavior of someone and evaluating, which is reacting and critique someone for their behavior.

The third group talked about requestes and demands. The example described a realy common situation: the difference between requesting to a younger sibling to take care of the house instead of demand certain actions.

The last one discussed the difference between feelings and thoughts. We made two different examples: missing someone and finding confort in a hug and understanding the fear of parents that can be transformed in anger in case of bad actions by their child.



### REFLECTIONS

To conclude the activities we did a revision of the day sharing our thoughts and feelings, one highlight: we loved Cornelia's meditation.

### DINNER

The dinner was delicious and we shared great conversations as usual.

## Day 3: 29<sup>th</sup> of August 2022

### Sequence of the day:

- ✚ Breakfast
- ✚ Warm-up
- ✚ Energizer: *Fruit salad game*
- ✚ Identity Workshop by *MinorityPoint*. Part I
- ✚ Lunch
- ✚ Organisational clarification
- ✚ Energizer
- ✚ Identity Workshop by *MinorityPoint*. Part II
- ✚ Reflection Circle
- ✚ Dinner

### **BREAKFAST & WARM-UP**

After our delicious breakfast, we had a muscle warm-up with Kristina, based on stretching. It was really refreshing!

### **ENERGIZER: FRUIT SALAD**





After we were full of energy, we played the game called Fruit Salad. The rules are the following: have the participants sit in a circle with one member standing in the middle. The person in the middle announces that he or she sees someone with "black shoes." All the people wearing black shoes have to exchange seats with each other, including the person in the middle. One person will not be able to find a seat. That person becomes the person in the middle of the circle telling the rest of the group what he or she sees (e.g., blue jeans, glasses, black hair, etc.). When the person in the middle says "Fruit Salad," everyone must get up and exchange seats.

### **IDENTITY WORKSHOP BY *MINORITYPOINT*. PART I**

Then our workshop with Kira started. The objective of the workshop is to facilitate dialogue on the topic of identity, while helping participants gain a deeper understanding on how we define identity, why we need it and what good does it do, at both individual and group levels.

There is a fine line between how the individual identity impacts the functioning of a group, equally the harmony of the group impacts the wellbeing of the individual. The individual does not live alone in the society, if a person's well-being is neglected, this will also have consequences on the group the individual belongs to. The balance between individuals and groups is constantly shifting in our society because individuals are not properly educated on how to care and nurture

their identity as human beings, most of the times the society over emphasising the group's' needs over individual necessities.

We started with a small exercise – find five words which represent us.

We were also told about *MinorityPoint*, the organization, that was founded in order to make other people aware of discrimination and racism by the three young women. We learnt that *MinorityPoint* is so-called a safe-space, a meeting place for young people with and without a migration background, it is. Kira, one of the founders, showed us a video, made by herself, in which she speaks about how she felt when she was a child with a migration



family background (Arabic and European (Muslim) origins).

Smoothly we came to a special creative method of transforming the world – Neurographics. The hand and brain are connected, and in tandem, or we would not be able to pick up or touch what is in front of us. Neurographics uses that connection to loosen and redirect the habitual thought patterns that create fear and confusion. Neuroplasticity, as a regenerative organic capacity, meets a new way of thinking and being. A new line; a new neural pathway. Thus, Kira explained the importance of Neurographics and how we can use it in everyday life.

### **LUNCH & ORGANISATIONAL CLARIFICATION**

We felt the need to communicate more about our common responsibilities and dedicated a little bit of time to clarify responsibilities of common living (cleaning, etc.).

### **ENERGIZER: PILLOW GAME**

All the participants had to stand in the circle and pass two pillows to their team members via one person. It was really cool, each team was very fast and competitive that made a game even funnier.

### **DIVERSITY WORKSHOP BY MINORITYPOINT. PART II**

Kira clarified us about neurography and gave us papers, colors and other materials in order to create a painting about diversity, the topic of the day, based on neurography technique. At the end, every member presented his/her painting and the thoughts behind its creation in order to create a common discussion about diversity. And ofcourse we took photos and videos with our paintings!



### **REFLECTION**

We made reflections with our groups about what we made during the day. Moreover, there were different controversial opinions about how useful the last activity was for us.

### **Day 4: 30<sup>th</sup> of August 2022**

#### **Sequence of the day:**

- ✚ Breakfast
- ✚ Energiser
- ✚ Power Flower Workshop BY *MINORITYPOINT. PART I*
- ✚ Lunch
- ✚ Power Flower Workshop BY *MINORITYPOINT. PART II*
- ✚ Cultural night



### **BREAKFAST**

We had breakfast like every morning at 8:30, and than for our safety we made the covid test. All negative!

### **ENERGISER**

In the morning, we played the game "Pistolero" for the energy to go up. It was so amazing because we had to remember the name of the all participant as fast as possible, if you don't remember, you are out. Our host, Christian, was very strict - no mercy LOL



## POWER FLOWER WORKSHOP. PART I



We color with pens a flower that represent our privileges: if you color less this flower you have more privileges and if you paint more the flower, you have less privileges. The Power Flower illustrates our social identities and the ways in which we experience power, privilege, and oppression in society in intersecting ways. Each petal of the flower represents a category of our social identity (for example, gender, race, and class).

Then we had discussions in pairs about our privileges related to the power flower and than all together we had a big

discussion. We have pointed out that it is important not to forget who you are and we highlighted the opportunity of this youth exchange. It was really interesting the activity because participants come from different countries and we discovered different point of views.

## POWER FLOWER WORKSHOP. PART II

After we reflected on whether this activity shed light on our life experiences of either privilege or marginalization, what we are taking away from this activity etc, we were proposed to create collages that represent our experiences, that tell others about our privileges and disadvantages. Collage describes a two-dimensional art piece which consists of old fragments e.g. newspaper, photos, book, pages, maps etc.

The idea of collages is to take old things from your environment and recycle them to something NEW. The most important factor for collage artists is to obtain a connection between the art piece and the real world.

All in all, we created beautiful artworks.



## CULTURAL NIGHT

After dinner we had the cultural night during which we represented our own country and obviously we ate typical food from Italy, Germany and Greece. Needless to say, German team was very diverse – people originated from Ukraine, Germany, Belarus, Burkina Faso and Russia who currently live in different parts of this country. Such a mix! That is the fact - DIVERSITY PROMOTES NEW THINKING that we needed during this exchange. We also had presentations, fanny videos, cultural quizzes in Kahoot and finally we danced all together our typical dances. It was unforgettable!



## Day 5: 31<sup>st</sup> of August 2022

### Sequence of the day:

- ✚ Breakfast
- ✚ Warm-Up Activity
- ✚ Workshop on how to deal with destructive political systems. Part I
- ✚ Lunch
- ✚ Workshop on how to deal with destructive political systems. Part II
- ✚ Reflection groups
- ✚ Dinner

### **BREAKFAST & WARM-UP ACTIVITY**

This day after stretching we decided to warm up our muscles by the way everyone in a circle suggests and shows the exercise.

### **WORKSHOP ON HOW TO DEAL WITH DESTRUCTIVE POLITICAL SYSTEMS. PART I**

Today we had a trainer, lecturer and supervisor for peace building, conflict management as well as leadership and organizational development, Christoph Pinkert. Our goal for today was to find ways to overcome conflicts and deal with the challenges of cooperation.

At the beginning, Christoph asked questions in the square and we had to decide on which side we felt comfortable to stand in and then we shared why we chose this place. In general, this exercise was about sharing our feeling in that exact moment.

After that Christoph took a deck of cards from Dixit game and placed it on the table so we could walk around and find the one that is the most suitable for answering the question 'What is a violence for you?'





Then Christof asked us to split into groups of 3 people 5 minutes each when all of us should tell about the violence episode we represented. Thus, one was a speaker, the rest – active listeners (without interrupting the one who is speaking, no judgments, no comments etc.)

### **WORKSHOP ON HOW TO DEAL WITH DESTRUCTIVE POLITICAL SYSTEMS. PART II**

Then we discovered an 'ego-state' model, which basically helps you to define the state you're in when you communicate with other people (critical/nourishing parent, adult, adopt/rebel/free child). We realized that this model got a real impact on us because we began to analyze our actions even in our free time. We decided to reflect on this model with the situation that really happened to us. We also discussed a child-parent symbiosis and whether it's a great thing for a long term or not.

In order to consolidate our knowledge on the topic we were invited to split into pairs, choose a situation during this exchange and analyze it from the perspective of the 'ego-state' model. It was great to have a partner performing such a task because we could help each other to get another point of view on the situation.



### **REFLECTION GROUPS**

We ended the day by sharing how we feel about the day, what new we have learnt and how every day helps us to see the world differently.

### **Day 6: 1<sup>st</sup> of September 2022**



#### Sequence of the day

- ✚ Breakfast
- ✚ Simulation game from *Food Justice*
- ✚ Lunch
- ✚ Plenary
- ✚ Dinner

#### **SIMULATION GAME**

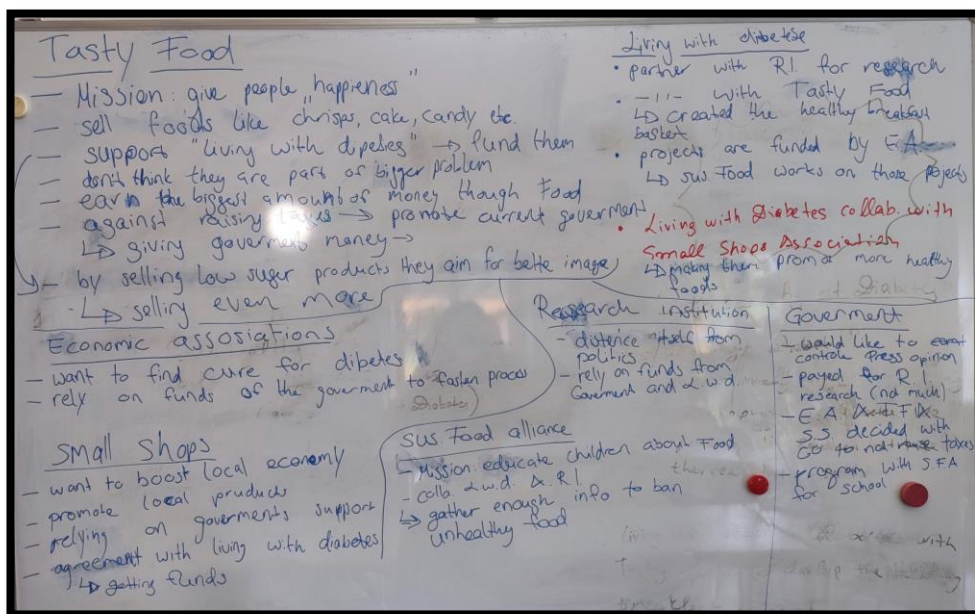
The representative from Food Justice, a project by Blue21, introduced us to the topic of sustainability. We found out that according to the World Health Organization (WHO), non-

communicable diseases, especially cardiovascular diseases, cancer, diabetes and chronic respiratory diseases, are the cause of 63 percent of deaths worldwide - 80 percent of them in developing and emerging countries. The consequences of these diseases are particularly devastating there: due to inadequate health care and a lack of education, people often do not have the opportunity to be treated appropriately. Many also lack the money for medication or doctor visits. The spread of non-communicable diseases exacerbates poverty and prevents people from being able to free themselves from precarious living conditions.

We were divided by the following teams:

- Companies 1) Tasty Food 2) Economic Association 3) Association of small shops
- NGOs 1) Sustainable Food Alliance 2) Living with Diabetes
- Government
- Research Institute
- Press

Being in our roles, our task was to cooperate between each other in order to achieve our companies goals (please see the picture). For example, we found out during the game that civil society organizations (especially in countries of the Global South) that want to promote health, consumer protection and local nutrition are struggling to achieve their goals because of industry influence on policy makers. In addition, they usually do not receive sufficient funding, and state-enshrined consumer protection is the exception rather than the rule.



At the end of the activity we had a plenary session where we shared our conclusions, challenges and of course we talked about solutions to some global issues and recalled which initiatives are taking place all around the globe in order to achieve several Sustainable Development Goals: Goal 2 (End hunger), 3 (Health for all) and 1 (End poverty).

### Day 7: 1<sup>st</sup> of September 2022

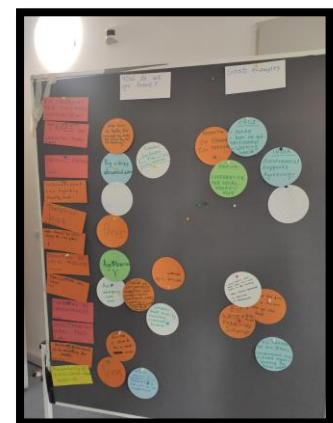
#### Sequence of the day

- ✚ Breakfast
- ✚ Free time in the city
- ✚ Visit at the Tempelhofer Feld

#### Breakfast

Early in the morning we had breakfast so that we could have enough time to visit the city.

#### Free time



We were given time to visit museums such as the Pergamon Museum, the GDR, the National Gallery, the Futurium, but some of us also went for a walk through the city centre and admired historical buildings.

### **Tempelhofer Feld**

Once arrived at the park we immediately discovered that it was once an airport which explained the enormity of the place. Here we talked about the process to keep the space as a park and its importance for the environment and the flora and fauna.

We came to the following conclusions. **Tempelhofer Feld means...**

- Urban nature

The whole city benefits from the uncultivated field: the field ensures the necessary exchange of air, trees and plants filter the dust out of the air, and rainwater can seep away here. It acts as a cold air generation area, allowing fresh air to spread again and ventilate the adjacent districts. The biodiversity here is particularly huge.

- Human-nature relationship

Berlin's largest informal sports facility and a place for experiencing nature, environmental education and culture.

- Encounter and exchange

The neighboring quarters are among the most densely populated in the city. Tempelhofer Feld provides the necessary freedom.

- Negotiation and public perception

Tempelhofer Feld is also a "place of living democracy": through the referendum, Berliners have ensured that the field will be 100% preserved.

We discussed about similar situations in our own countries and what we could do to resolve them. Overall, the whole experience was very enlightening and it gave us the opportunity to take inspiration from how the other countries handle things. We came to the conclusion that as a central part of Berlin's city green, Tempelhofer Feld improves the health and quality of life of its visitors, is an element of municipal services of general interest and important for positioning in the competition between cities. The special value of the Tempelhofer Feld increases through the interaction of the levels mentioned. The whole is worth much more than the sum of its individual parts.

Regarding the free time, it was a great opportunity to enrich us in many different ways.





## Day 8: 3<sup>rd</sup> of September

### Sequence of the day:

- ✚ Breakfast
- ✚ Decolonization Tour
- ✚ Lunch
- ✚ "Connecting the dots"
- ✚ Reflection Circle

### **DECOLONIZATION TOUR**

We had a very early breakfast and went to the decolonization tour. Germany's ties to Africa date back to the scramble for Africa, when the continent was divided along arbitrary lines and given to the allied powers to control, while exploiting rich mineral territories and cheap labour. We discovered that during the scramble, Germany seized Togo and Cameroon, German Southwest Africa, which is today's Namibia, and German East Africa, today's Tanzania, Rwanda, and Burundi. As Germany moved in, many bloody battles were fought between Africans defending their land and the colonialists, who came equipped for war with modern industrial weapons.

World views and political influences are reflected in the street names and in the architecture of the buildings in this green district like no other part of Berlin-Wedding. Togostrasse, Kameruner Strasse, Swakopmunder Strasse - in the otherwise nondescript residential area to the east of the Rehberge park, the streets have exotic-looking names. We were educated about the men who are honoured with street names at the African Quarter to this day despite their colonial past.



Three personalities from German Africa policy were also honored with street names: Gustav Nachtigal, Franz Adolf Lüderitz and Carl Peters. They had helped to secure parts of the continent for German interests militarily or through purchase agreements. Little consideration was given to the indigenous people - the bloody climax was the suppression

of the Herero uprising from 1904 to 1908.

After the loss of the German colonies in 1918, more streets were named - people did not want to accept that there should no longer be a German colonial policy.

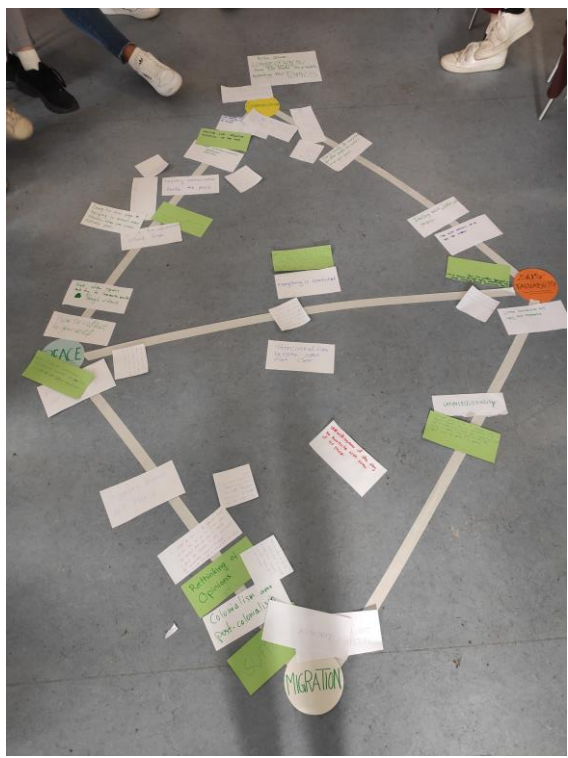
The meaning of the names is almost unknown to the residents of the African Quarter. Additional signs that allow a historical classification of the street names are completely missing today. Some parties, anti-racist initiatives or associations dedicated to coming to terms with colonial history have been calling for individual streets to be renamed for many



years. Above all, the three names Lüderitzstraße, Nachtigalplatz and Petersallee are in the crossfire of criticism. Interesting in this context is the fact that a town in Namibia is named after Lüderitz – to this day.

We found out that there are initiatives that are made by activists to remove the names from the streets as these names ring with sinister resonance, and are seen as colonial relics for many Africans living in the capital.

### CONNECTING THE DOTS

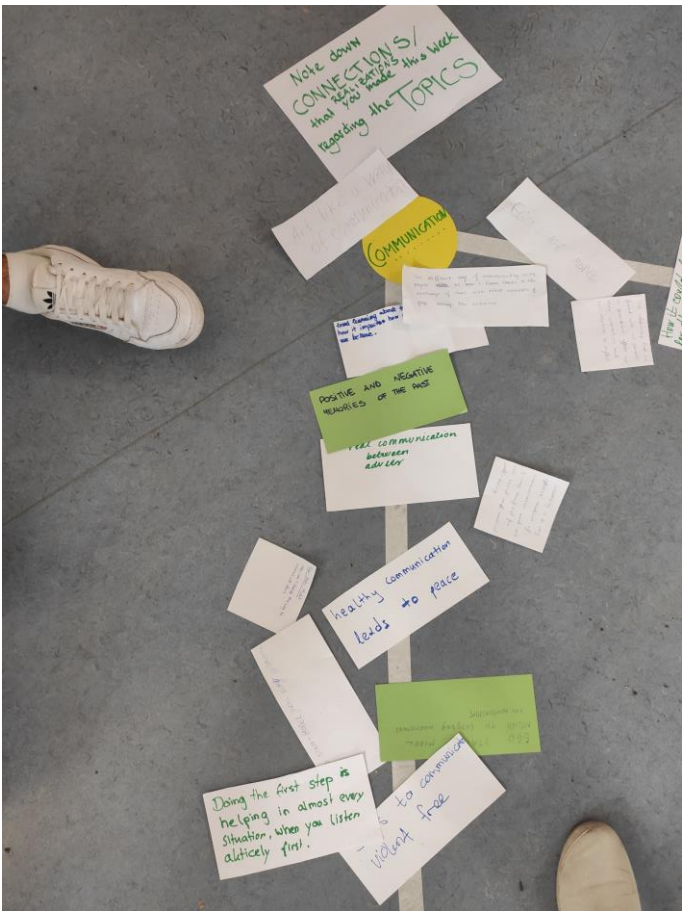


Afterwards we had lunch and had the evening that was full of different games and reflecting the topics and the group process.

We came to the conclusion that everything is connected. For instance, there is a link between climate change and migration – there are currently already 25 million migrants due to weather-related disasters. To make societies more resilient and

adaptable to such climatic changes in the long run, it is crucial to incorporate migration as an inherent part of managing social transformations.

In the end we shared our overall feedback and we spent one last night together, sharing leftover food and impressions from our journey as a group.



## Day 9: 4<sup>th</sup> of September 2022

### Sequence of the day:

- ✚ Morning
- ✚ After breakfast

### **Morning**

The participants had their last breakfast together which was made by the lovely breakfast teams.

### **After breakfast**

The participants came to the warmest part of the exchange when they had to say goodbye to each other, feel each person's energy and wish/share what they wanted to tell each other. It was a highly important activity since all of them had to end the exchange positively. People started to leave one by one and it was all very sad. But this is life. Every journey has a beginning and an end. They had their beginning last week and it was now time for the end.

Ciao!



## **Online Meeting**

First of all, the organisers and team leader conducted a virtual get-together on 22.08.2022 from 7-9 pm (Berlin / Rome time) and 8-10 pm (Athens time).

The meeting agenda was the following:

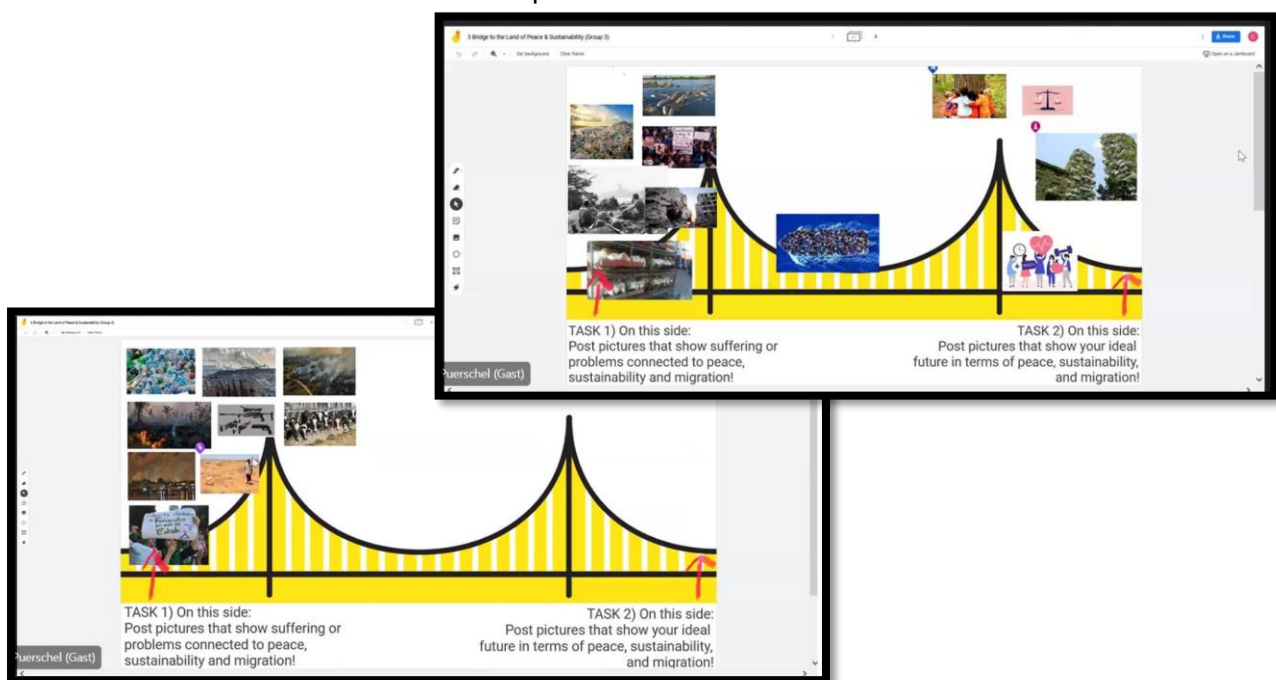
- ✓ Welcome & get to know each other!
- ✓ First insight and exchange on the program topics
- ✓ Organizational details - What not to forget?
- ✓ Q&A - Ask all you want!

During the meeting the participants discussed many ideas of peace to be on the same page before the arrival and they distinguished 3 central elements of peace for themselves.

**There are many ideas of peace.  
What are 3 central elements of peace for you?**



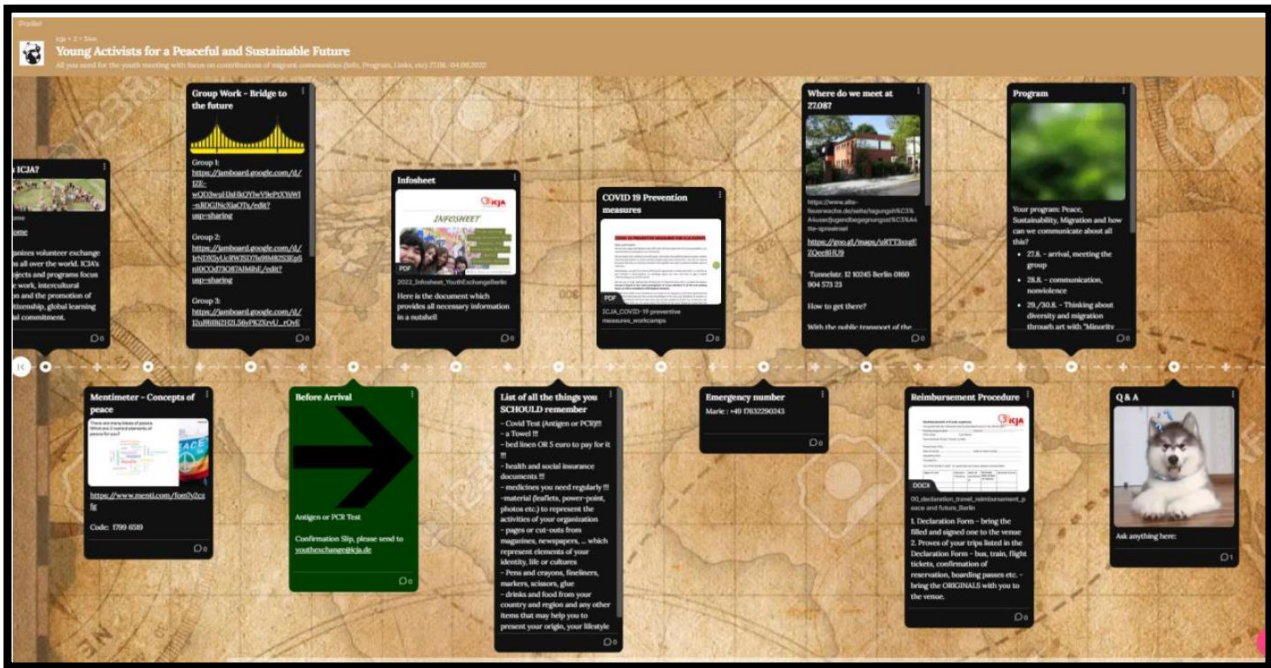
After that the participants were divided into four different teams and were proposed to do another exercise – *Bridge to the Land of Peace & Sustainability*, where they shared their ideas about the scenarios of the potential future of the Planet.



At the end of the meeting the youth expressed their opinion about what is the most inspiring and thought-provoking about the meeting.

For the further usage of the information acquired, there was created Padlet [Young Activists for a Peaceful and Sustainable Future \(padlet.com\)](https://www.padlet.com/), the link to which was distributed after the meeting.





## Sustainable Development Goals



Source: [What are the Sustainable Development Goals? \(teorra.com\)](https://teorra.com)



During the *Youth Exchange* we concentrated on many Sustainable Goals that were approved by the **United Nations** in **2015** as a global call to action to eradicate poverty, safeguard the environment, and guarantee that all people enjoy peace and prosperity by 2030. The 17 SDGs are interconnected. They realize that actions in one area impact outcomes in others and that their growth must balance social, economic, and environmental sustainability.

### **The participants actively discussed the following SDGs:**

**Goal 1:** the eradication of poverty in all its forms remains one of the most important challenges facing humanity. We discussed how to end poverty in all forms and dimensions, which includes working with the most vulnerable, increasing basic resources and services, and supporting communities affected by conflict and climate-related natural disasters.

**Goal 2:** Over the past two decades, the number of people suffering from hunger has almost halved due to rapid economic growth and increased agricultural productivity. Unfortunately, extreme hunger and malnutrition remain a huge obstacle to development in many countries. We have discussed how we can end all forms of hunger and malnutrition by ensuring that all people, especially children, have enough nutritious food at all times. This includes the promotion of sustainable agriculture, support for small farmers and equal access to land, technology and markets.

**Goal 10:** Income inequality is growing. In recent decades, income inequality has increased almost everywhere, but at different rates. Income inequality requires global solutions. The group agreed that promoting safe migration and mobility of people is also key to bridging the growing divide.

**Goal 12:** Achieving economic growth and sustainable development requires that we urgently reduce our environmental footprint by changing the way we produce and consume goods and resources. We conclude that encouraging industry, businesses and consumers to recycle and reduce waste is just as important as supporting developing countries to move towards more sustainable consumption patterns by 2030.

## **Conclusions**

The youth exchange brought together **24 young activists** from Greece, Italy, Burkina Faso, Belarussia, Ukraine, Pakistan, Russia and Germany to learn and share experiences about peace and sustainability.

Together we searched for positive role models and helpful skills with which a more peaceful and sustainable future can be achieved. The aim of the training was to give young individuals positive impetus to get involved in a peaceful and solidary coexistence of diverse people who are eager to live a sustainable lifestyle.

**6 trainers and speakers offered a wide range of methods and topics:**

The participants encountered the topic of **Peace** in many facets: in workshops on how to personally deal with conflicts, in discussions about a fairer distribution of resources in the world and in getting to know civil society initiatives that contribute to a more peaceful society **from a migrant perspective**. Participants learned about the principles of “**non-violent communication**” according to **M. Rosenberg**, they experienced how self-empowerment of a migrant community works by doing a creative and interactive workshop on the topic of “**Art against Racism**”. They were introduced to the “**Neurography**” method, which allows to visualize personal perception of thoughts and feelings. In a workshop about conflict and peace participants learned about their feelings and thoughts when they experience a conflict and how to analyse it from the perspective of the “**ego-state**” model.

**Sustainability** was experienced in concrete terms through a full day workshop on global nutrition and an excursion to relevant places in Berlin. Participants took part in a workshop on **fair and sustainable nutrition at global and local levels** by *Foodjustice Berlin*, in a **postcolonial city tour** in the so called “*African Quarter*” with **focus of history of colonialism in Africa and its influence in contemporary society**. They joined a **guided tour on the “Tempelhofer Feld”**, which showed how civil society is using an abandoned place in the city as space for social and ecological development in a self-determined way. Visitors can find different examples of Urban Gardening there, which is best example for sustainable lifestyle.

With the activities of this youth exchange, the topics of inclusion, sustainable lifestyle and constructive handling of conflicts were linked in many ways and dealt with on a personal as well as on a social level. We involved migrant communities in EU countries to accomplish the **Sustainable Development Goals**. In terms of inclusion, people with refugee and migration biographies were included both at the active level of the speakers and at the level of the participants.

## Feedback of the Participants

**Orestis Siskopolous, Greece:**



*At the first days of the programme we discussed about identities and what defines them. We had workshops about who we are, how different but also equal we are all of us. This was a very interesting topic and we tried via art to express ourselves and our feelings. We learned the neurographic technique and we also used the collage to communicate our ideas and views. The conclusion of this topic was about privileged and non privileged people and how privileged we think we are in this world. The workshop was really intriguing and well organised by Kira. The next topic was about violent systems and how we deal with violence every day. The workshop was held by Christoph and it was one of the most exciting days. He presented the ego state model and how the communication turns sometimes into violence. Moreover, it was time to discuss about food justice. At this point, the introducer suggested us to play a role game that was great to understand the wills but also the needs of people who are involved with food. As*

part of this project, we cooked two different foods all together. The last two days of the programme we had excursions in the city of Berlin. The first one was in the old airport that is used now as a park but also as a community and the second was at the African quarter of Berlin where we had a tour. In conclusion, the programme was very interesting and well organised by our organisers Cornelia, Marie and Kristina. They helped us with everything that we needed at anytime. The topics were very significant and related to each other. The only thing that I would have changed would be in the day with the workshop for food justice. It would be more interesting to find and visit food markets in Berlin learning how to choose healthy food instead of cooking all together.

**Sveva Silvestro, Italy:**

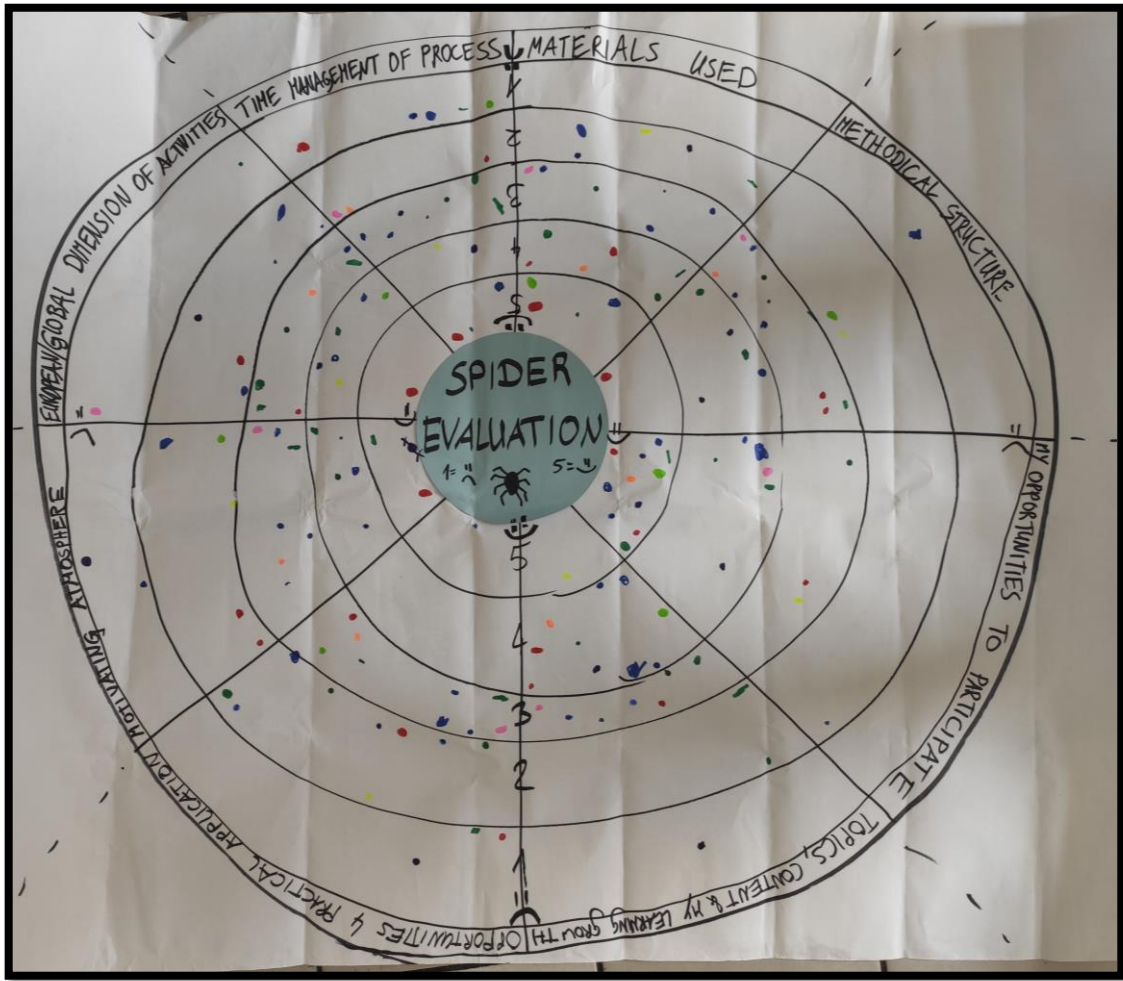
The overall experience was nice but i think there are things that could be improved: some activities could have lasted less and could've been discussed more; the organizers should have been more strict regarding the cleaning turns to avoid people not doing their part; dinner time should've been 'respected' more and there should have been a little more variety in foods since the chef also cooked spicy foods (this doesn't mean there should've been meat but just a little alternative in case someone didn't want to eat something); the themes should've been treated as connected from the start so that the path of this exchange could be more clear. Regarding the excursions, I found them interesting and relevant to the topics we were discussing.

**Sara Willems, Germany:**

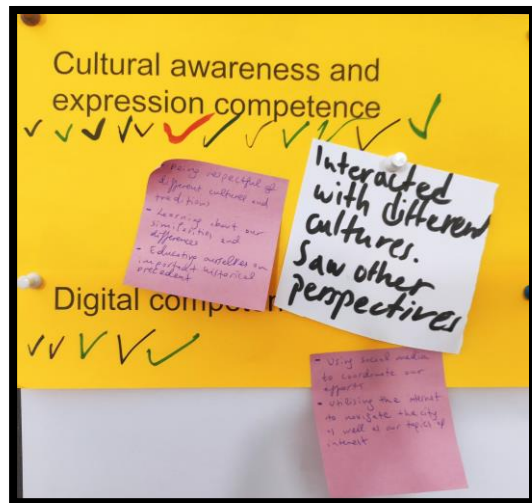
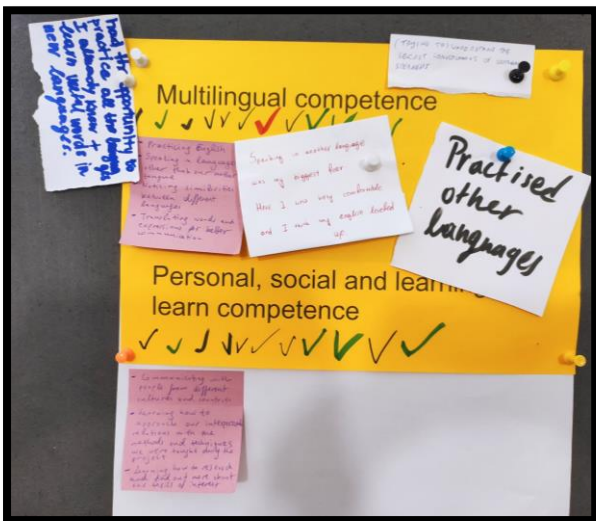
The experiences I can experience in berlin are indescribable. We all got to know each other in a different way. Not superficial, but very profound. And it was nice to learn how strangers treat the things that concern you very respectfully. Thanks to the great guidance of Cornelia and Marie we had the opportunity to learn how to deal with such situations. And other workshops on diversity, privileges, identity, colonies and sustainability have taken each of us in different ways. I'm very sure everyone was able to take something valuable. Thank you for this unique opportunity. It was a wonderful time that I will never forget!

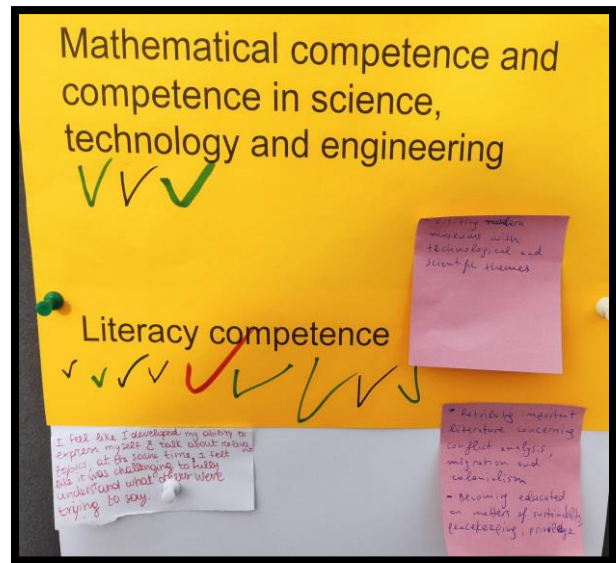
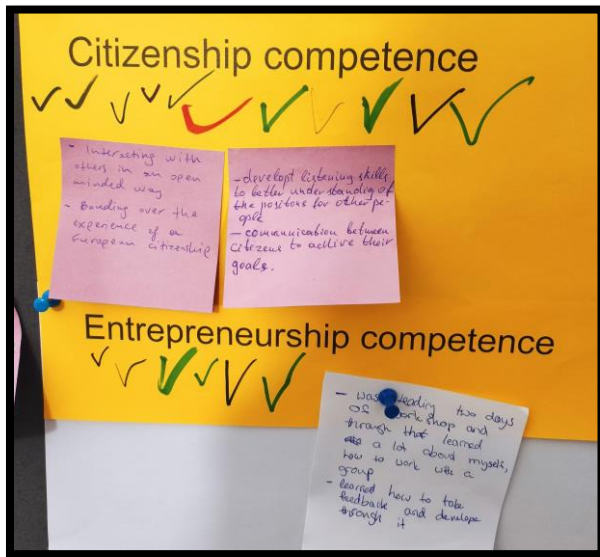


## Spider Evaluation



## Youth Pass Competences





## Participating Organisations

Greece	ELIX	<a href="#">Website</a>	<a href="mailto:youth(at)elix.org.gr">youth(at)elix.org.gr</a>
Italy	JOINT	<a href="#">Website</a>	<a href="mailto:exchanges(at)associazionejoint.org">exchanges(at)associazionejoint.org</a>
Germany	ICJA	<a href="#">Website</a>	<a href="mailto:youthexchange(at)icja.de">youthexchange(at)icja.de</a>

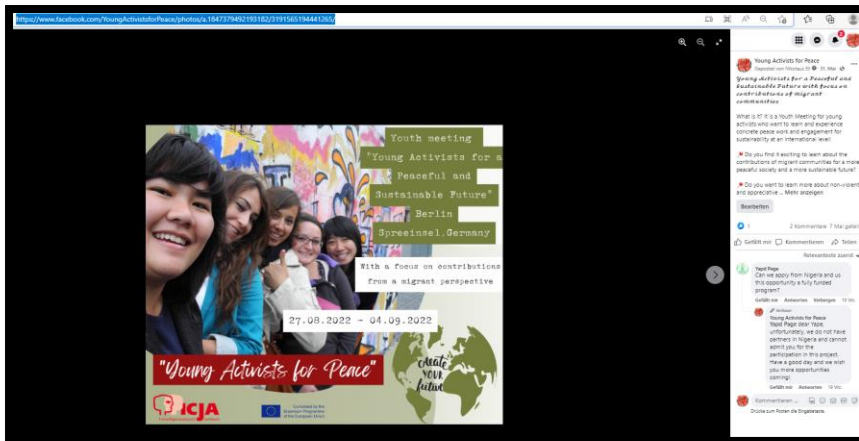
## Links, Articles and Social Media



[ELIX \(@elix.greece\) • Instagram-Fotos und -Videos](#)

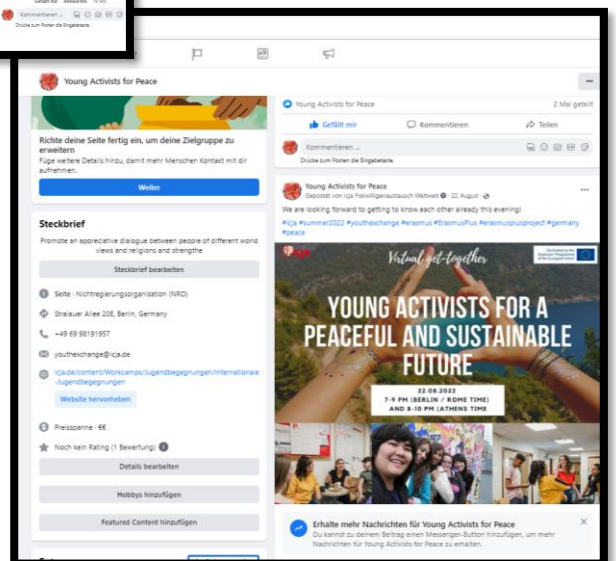


[Δήλωσε την συμμετοχή στην ανταλλαγή νέων, στο Βερολίνο, 'Young Activists Communicating Peace and sustainable future with focus on contributions of migrant communities'! \(elix.org.gr\)](https://www.elix.org.gr)



[Facebook Young Activists for a Peaceful and Sustainable Future](https://www.facebook.com/youngactivistsforpeace/)

[Facebook Young Activists for a Peaceful and Sustainable Future](https://www.facebook.com/youngactivistsforpeace/)





## Coordinating Organisation

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This project is registered as local awareness-raising activity associated with the Raising Peace campaign



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*Raising Peace is a networking initiative that aims to contribute to the construction of peace, the guarantee of human rights all over the world, and to highlight the role that International Voluntary Service (IVS) plays in the field. The programme achieves this through advocating for human rights, non-formal education training and capacity building, empowerment of activists and organisations and through communication and visibility campaigns.*

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