

# Young Activists for Peace

## Youth Exchange "Peace Camp"

Denkte,

08.-22. August 2015



Daily Reports by

Participants

Denkte

08.-22.08.2015

© 2015 - ICJA

Freiwilligenaustausch

weltweit e.V.

Co-funded by the  
Erasmus+ Programme  
of the European Union



*The European Commission support for the production of this*

*publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein*

# Activity Report

**ICJA e. V. Young Activists for Peace**

**Denkte 08.08-22.08.2015**

## **Contents**

- 1. Introduction, Aims and Objectives**
- 2. Program Overview**
- 3. Daily Reports**
- 4. Conclusions**
- 5. Annex 1 Final evaluation by participants**
- 6. Annex 2 Partner organizations**

Further information and documents can be found

at the “Young Activists for Peace Blog”:

<https://eu-projects.icja.de/content/Home/>

## **Introduction, Aims and Objectives**

About the Young Activists for Peace project:

In view of eruption of hotbeds of war and growing tension between Russia and its neighboring states as well as the European Union, young Europeans are affected and sometimes have a distorted view on the process of European unification. Contrary to the aims of the EU the approximation of some Eastern European countries causes division and mistrust and becomes a threat for peace.

Against this background the project "Young activists for peace" brought together youth and voluntary service organisations from Georgia, Russia, and Ukraine as well as from Estonia, France and Germany in support of peace education and action. The objective was to enable face-to-face encounters between young people from Russia, countries of the Eastern partnership and the European Union in the frame of the Erasmus+ Youth in Action Programme. The aim of the activities was breaking enemy stereotypes nurtured by the media and to turn them into positive personal experiences. Furthermore the project's aim was to foster young people's active citizenship in promoting peace.

### **About this Activity:**

The peace camp took place in Denkte and brought together 30 people from Germany and the following partner countries: Estonia, France, Ukraine, Russia, Georgia. Each national group consisted of a youth leader and 4 participants. The youth leaders had got to know each other already in May in Berlin during the introduction training "Together for Democracy, Human Rights and Peace". The aim of the peace camp in Denkte for participants was to learn about conflict resolution and peacebuilding and to share their views regarding the historical and current geopolitical situation and conflict in Eastern Europe and how this affects young people in Europe. Central elements of the program of the camp were the training „Jugendliche werden Friedensstifter (Young people as Peacemakers)“, creative Workshops with the local refugee community (art, sports, games, music and dance), two excursions to nearby important historical places (former German-German border, city of Hannover) and as a very important element the personal encounters between the participants. Group dynamics were supported by various events in the evenings, such as an intercultural night, sport activities, barbecue, camp fire and some nights with group games (e.g. Dream Team 44).



## **Program Overview**

### **Day 1 / 08.08.2015 / SATURDAY**

*Welcome*

Arrival and transfer

Welcome and getting to know each other

*Dinner*

Presentation of programme, general introduction to project, participating organizations

Let's get to know each other

### **DAY 2 09.08.2015 / SUNDAY**

*Breakfast*

Getting to know each other and introduction to the local project Falkenhaus Freundschaft, its history, its mission, its aims

*Lunch break*

Motivation, expectations, seminar rules, presentation of program, general introduction to the project, organization of working groups for daily tasks and rules.

*Dinner*

Reflexion round

### **DAY 3 10.08.2015 / MONDAY**

*Breakfast*

Personal conflicts – conflict biography

*Lunch break*

Workshop about prejudices, discrimination, racism and genocide; introduction to the term "othering"

*Dinner*

Reading articles about Ukrainian crisis, free time, volleyball

### **DAY 4 11.08.2015 / TUESDAY**

*Breakfast*

Discovering German history: border between GDR and GFR – guided tour at the border checkpoint Marienborn

*Lunch break*

Discovering German history: Guided tour at the border checkpoint Hötersleben

Free time – visit of public swimming pool

*Dinner*

Discovering German history: personal reflection and group discussion

### **DAY 5 12.08.2015 / WEDNESDAY**

*Breakfast*

What is violence? - Different activities related to the topic

*Lunchbreak*

Crisis in Ukraine: Discussion of the articles.

Galtung: pyramid of violence

Conflict mapping

*Dinner*; Social games (mafia, killer game, sport games)

### **DAY 6 13.08.2015 / THURSDAY**

*Breakfast*

Conflict mapping

*Lunchbreak*

Team building

Cultural conflicts: Onion theory

*Dinner*

### **DAY 7 14.08.2015 / FRIDAY**

*Breakfast*

The concept of "Peace Makers"

Do's and Dont's of a peace maker

*Lunchbreak*

Presentation of host organization ICJA and information about Erasmus+ Programme.

Reimbursement of travel expenses.

Discussion of weekend plans

*Evening*

Social games

**DAY 8 15.08.2015 / Saturday**

Excursion to Hannover city

**Day 9 16.08.2015 / Sunday**

Individual excursions to places of interest

**Day 10 17.08.2015 / Monday**

*Breakfast*

Planning Peace workshops

*Lunch break*

Peace activities with local refugee community, get to know each other, different workshops

*Dinner*

Peace activities with local refugee community

**DAY 11 18.08.2015 / TUESDAY**

*Breakfast*

Reflection and planning the day, Activities with local refugee community

*Lunch break*

Different workshops with the local refugee community

*Dinner*

Cultural evening, including local refugee community

**DAY 12 19.08.2015 / WEDNESDAY**

*Breakfast*

Convictions

*Lunch break*

Intercultural Communication: Contact Hypothesis

*Dinner*

**DAY 13 20.08.2015 / THURSDAY**

*Breakfast*

Non-violent communication: different tasks related to the topic

*Lunch break*

Evaluation of peace maker workshop

*Dinner*

Evening with refugees at the camp fire

**DAY 14 21.08.2015 / FRIDAY**

*Breakfast*

History of conflict of Yugoslavia, evaluation of workcamp

*Lunch break*

Evaluation of learning results and transfer to own practice

*Dinner*

Social games

**DAY 15 22.08.2015 / SATURDAY**

*Breakfast*

Final reflection and evaluation of the youth exchange as a whole,

Cleaning, personal goodbye, departure

## Daily Reports

### Day 1 – Saturday, August 8th

The first group to arrive was the Estonian group. They arrived very early in the morning and went to sleep to be active and full of energy for the time others arrived. During lunch time



most of the other participants arrived and the first activity was during the afternoon. Despite most participants were tired from their long trip, everybody was motivated and enthusiastic to get to know each other. The first session was at 5 o'clock and we started with energizers about where the participants come from and why their cities are worth visiting. We had several energizers, for example "question game" and "how long was your trip".

Before dinner every participant had to find a partner and interview him or her and present the person in a bigger group. All of these games were to get to know each other better and to build a great team-spirit.

In the evening we played "Dream team 44", where participants had to do 26 tasks (some were in group and some were individual) in 44 minutes using their imagination and creativity. For example all the participants had to dance together for 1 minute or learn a sentence in a foreign language and present it later to the organizers.

### Day 2 – Sunday, August 9th

In the morning of the second day we felt more energetic than the day before and we already knew each other a bit and felt at ease in each other's company.

The morning started with a ball energizer which helped to get to know some names. It was easy in the beginning, but when participants tried the more advanced version, it needed a lot of concentration and became challenging.

After the participants were energized, everybody had to find an object that would represent their motivation for being in this youth exchange. There were many interesting objects, for example Indian currency with the picture of Gandhi that represented peace or scissors that represented "cutting the borders". Also one person had a hand watch that represented that we should not waste our time and should make it count.

We got to know the fears, expectations and contributions of everybody with an exercise in small groups and shared our ideas in the big circle. Everybody had a chance to share his/her ideas and it seemed like we could overcome all the fears through discussions.



In the afternoon we had a tour of the venue and introduction of the Falcon movement. The house holder made a nice speech about how to make the world a better place and told us that everything is in our hands and minds and we can change the world and make it a better place. The speech was very motivating and the participants felt more motivated and made the participants more purposeful.

Participants had some more energizers (Running pillow) before the introduction of the program of the Youth Exchange so everybody would know the schedule and planning. In the evening the trainer arrived and the group leaders talked about the organization, which coordinates this project.

In the evening we had an activity called “speed dating” and then free time to socialize.

Participants had great ideas during the activities and all the exercise showed that the participants are mature and have knowledge of the subject.

### **Day 3- Monday August 10<sup>th</sup>**

The third day we had our first training day with Christoph, the trainer. He asked us to present ourselves and we had to say how we felt in the group, what do we think about the topic “being a peacemaker”, and what influenced us from outside.

Christoph decided then to do a warm-up to wake us up because most of us were sleepy. This game made us run and feel full of energy.



After that, Christoph decided to make us draw our biographical experience. We had to answer this question: “Where / How / When did I experienced peace and conflict in my life?” We were divided in groups and had to share (if we wanted to) our conflicts or peace experience by speaking during 5 minutes. It wasn’t easy for everybody to share parts of their lives but it was interesting to hear about other people’s different stories.

In the afternoon, Christoph gave half of the group a good characteristic and to the other half an opposite characteristic. We made groups according to the characteristic words and discussed if it’s possible to come from the negative group to the positive group. Through this exercise, all participants got into a more serious discussion about how prejudices become serious (finally genocide). The different steps are prejudices, discrimination, racism and genocide. Everybody was interested about it and had many questions for Christoph.

The next discussion was about the term “othering”, which was connected to the exercise before. It was a new term for many participants and we had discussions in small groups of 3 people and had to share a personal experiences of othering. The trainer wanted us to realize how people can “other” others without knowing it. It was a sharing moment and everybody had interesting ideas, for example if there is a family and the parents do not agree with the choices of their child. Then the parents make a team against their child’s ideas and “other” their child. Another good example of “othering” was generalization of nationalities *e.g.* all Germans drink beer or all Italians are talkative and loud. The trainer explained to us that these are stereotypes and that it is not fair to put people into classes by common prejudices.

In conclusion, the first day with the trainer was thought-provoking and made us think before we prejudice others.

#### **Day 4- Tuesday August 11<sup>th</sup>**

We started the day with a little warm-up (thumbs out) and then left to Helmstedt. In Helmstedt we visited the museum of the former German-German border. We were divided into two groups and had a guided tour through the former checkpoint. The guides gave us a lot of information about how the checkpoints’ system worked. Further we heard many stories about persons who tried to cross the border and how strictly they were controlled. The guide also tried to tell us about the feelings of the people waiting in front of the border. We were also shown a tower from which the guards had an overview about the whole checkpoint and from where they could make important decisions very quickly just by pushing a button. Another interesting fact was that the former GDR government put a very high priority to the protection of the border. For example if there was a power outage in one of the cities which were near to the border, all the energy was used for the boarder instead of using it for the population.

Later we went to the next part of the museum, the former wall in Hötensleben. There the



guide told us about how people tried to flee from the GDR and how hard it was. It was very interesting also to learn about the working conditions of the guards. They can also be seen as victims of the former GDR regime. In the end we had a discussion about how people lived in the GDR and that there are several perspectives on these episodes. For example it was surprising for some participants that there

also lived people who were very content with their life and who never felt any repressive character of the system. After we all felt really exhausted and so we went together to the Asse swimming pool, where we played some games and got to know each other better.

Afterwards we reflected about the excursion. It was very interesting and partly surprising how different points of views and opinions we had about the museum. After discussing our

impressions about the museum we also spoke about other topics related to borders and we discussed similarities with the US-Mexican border and the conflict in Georgia/Abkhazia. Apart from this we talked about the fact that it is always the winner who writes history and that it is necessary to hear both sides of a story. So it is very difficult to get a balanced view about what was really going on in a former period. Related to yesterday's topic we also found some aspects of "othering" in the guide's speech. One big point was also the waste of resources caused by conflicts.

To put it in a nutshell the day was really interesting and made us think a lot. Moreover we feel the group growing together more and more.

### **Day 5- Wednesday August 12<sup>th</sup>**

We started the fifth day with a round of how the participants are feeling in the group and what do they think about the topic violence and what influences them externally. After the first exercise all participants had to find a place in the seminar room, where they felt safe. It was interesting to see that some people felt safe in a group in the middle of the room, some hid themselves behind the door and some tried to be close to the door. Then the trainer went around in the room and pushed people to make them feel unsafe. Participants discussed why they chose a certain place. This illustrated that everybody has a different view how they feel safe and some people could get prepared to the agitation of the trainer. This is similar to the way we deal with conflict or even big countries act in a crisis: some try to find allies and some escape from the agitator.

After the warm-up, the trainer gave the participants different situations and the participants had to make a line of the degree of violence of the situation. For example, one situation was that a boxer fights with his opponent. Another example was that people burn down the houses that are built for refugees. Third example was that a person is imprisoned without a trial. The group tried to agree on the degree of violence and choose the most violent situation and the least violent one. This exercise illustrated that it is impossible to agree on the degrees of violence if there are many people because everybody has their own opinion, experience and there are always other factors.

After lunch we had a discussion if the word refugee has a negative meaning, as the workcamp's venue is in the house where the refugees live. We agreed on the fact that calling people refugees is not "othering" as it is stating a fact, not giving somebody a characteristic that has negative meaning.

The main topic of the 5<sup>th</sup> day was to discuss the Ukrainian-Russian conflict. The trainer gave the participants four different articles from different Medias that had opposing views about the crisis. After reading the articles, participants had to discuss their articles with speed dating method. It was interesting to see how for example Ukrainian and Russian participants had very strong opinions and did not agree with some facts that were in the article they had read.

On the afternoon the participants discussed the violence pyramid by Galtung. This pyramid consists of three types of violence: direct violence, structural violence and cultural violence. Participants discussed their own experience about how cultural or structural violence had led to direct violence. For example, if parents pressure their children to do something this is often cultural violence. Another example was the case of breaking the law (structural violence) then the government sanctions the person with a fine or imprisonment (this is direct violence). This exercises showed us that violence is every influence that influences the free development of human being and it does not have to be understood negative (common meaning).

The last session was about conflict mapping. The trainer explained us the rules and aims of this tool for analysing conflicts. We were shown an example of a conflict map and then all



participants had to draw a conflict map of our youth exchange group. When participants discussed their personal conflict map, we discovered that most of the people had concentrated on their own connections to others rather than other people's connections with others. The bigger part of this exercise was to draw a conflict map of the

crisis in Ukraine. All participants were divided into small groups of different nationalities and we had to compose a conflict map and agree on what influenced this situation. This exercise showed the participants that it is not easy to agree in this type of question which has very many different aspects that are hard to bear in mind at the same time.

The day ended with some social games.

### **Day 6- Thursday August 13<sup>th</sup>**

The sixth day started with a round where every participant had to mimic one by one their past, present and future emotions or actions that they had before the youth exchange or which they will have after the project.

After the warm-up the participants continued with the conflict mapping workshop. After we finished with the groups everybody had an opportunity to walk around the room and ask other participants about their conflict map. The conflict maps differed in many aspects, also some basic criteria's seemed to look the same. The trainer gave every conflict map a personal feedback and explained that the conclusion of the exercise was to show that the maps we made were only one point in the big map of the Ukraine-Russian crisis. The participants learned that they should be as detailed as possible and it is always possible to divide an actor

into several different actors. For example, Russia can be divided into media, government, pro-Russian inhabitants, pro-western inhabitants, elites etc.

The second workshop of the day started with some team-building exercises for example the wall energizer and the sister-brother help game. The best exercise was about giving all participants compliments during 30 seconds in a circle one by one. This exercise gave everybody a positive feeling and this was much needed after the fifth day when we discussed very violent topics.

After lunch we started our workshop with self-defence exercise. After all participants felt motivated and energized, the programme continued with a lecture about othering and how it pertains direct violence.

Before we started with the cultural conflict workshop, all participants had to draw their idea of what they think is the definition of the words “respect”, “faithful” and “power”. We shared our pictures with a partner and explained our ideas. Finally we had to draw our personal understanding of past, present and future: which one is more important to us and how is it connected to one another. This exercise showed us that although all three words were the same for everybody, there were no similar pictures. This was a nice introduction to cultural violence’s workshop.

The cultural violence workshop started with the trainer explaining us the “onion model” of cultural violence, which consists of four agents: symbol, rituals, values and cultural assumptions. For example, as all cultures have different rituals, it can lead to a conflict between cultures (cultural violence): polite greeting is different in Europe and in other countries.



There are altogether 10 different values in the ATCC approach, which can be applied on the onion theory. For example solidarity, freedom, equality etc. and as all cultures (or individuals) value different qualities, it can lead to a conflict. For example if for some cultures it is most important to share things (candies, drinks) it means that they value solidarity and another example could be a culture

that values the freedom and not necessarily share.

The fourth factor of the onion theory is cultural assumptions and that comes out only in conflicts between people and they are related with a person’s home and surroundings where he or she grew up. The trainer explained that it is not possible to solve this type of conflict that raises from a cultural assumption, but it is possible to explain the other the difference of

the view. The aim of the explanation is to understand not to blame a person who has different culture.

The day ended with solving some organizational questions and social games.

### **Day 7- Friday August 14<sup>th</sup>**

The seventh day started with an exercise where all participants had to choose a picture that illustrates current feelings. All participants had the opportunity to explain why they chose the pictures. This exercise showed e.g. all participants how similar pictures can illustrate different feelings for different persons.

The trainer explained participants about the past-present-future exercise, that was done the day before, can solve different conflicts at work, home or in relationships. The exercise was to draw three circles next to each other in different sizes. The size and distance between the circles showed how important is the past or present and how connected the future is with the present to each person. To make the participants more awake, the trainer gave us a new exercise that is called "push-pull". The aim of this game was to make the participants ready to resist unexpected violence.

Another interesting exercise was to draw a picture symbolizing peace in pairs on a same paper without talking or communicating. We had 15 minutes for this exercise and it taught the participants that we need to trust each other and the ideas of another person may be similar to our views or sometimes even better. Most of the pairs had good cooperation and made a harmonious picture that illustrated peace. Anyway, it doesn't matter how they cooperated. What mattered is the personal reaction and feeling during the exercise and what does it show for his/her own understanding of conflict.

After the coffee break the program continued with a warm-up "clapping hands". The participants had to clap as much hands of the other participant's as they could, which were on the back of the body. The aim of the game was to make us more aware about our surrounding.

The seminar started the second workshop of the day with words of different professions that seemed very similar in the beginning, for example peace maker, peacebuilder, conflict worker etc. All participants had to choose which of these professions they would like to represent. After the discussion one participant changed his mind and moved to another group as the idea of being a conflict worker was more attractive for him than being a peace maker, after we had collaborated the meaning of all terms. This exercise showed the participants that very similar words can have totally different meaning about how to solve a conflict.

After discussing the meaning of the words peace builder and conflict worker, the participants read two stories how a conflict was solved in different ways and participants had to write 10 do's and don't's of how a peace builder should solve a conflict. As we wrote the do's and don't-

s in groups of three people, it taught the participants how to cooperate and listen to each other's opinions.

The trainer showed the participants his list of what to do and what not to do and explained his ideas. This exercise was an introduction to a bigger exercise that the participants had to do for the 12<sup>th</sup> day of the youth exchange. The bigger exercise was to talk about the Ukraine-Russian crisis and think about what the peace builder in this crisis should do and should not do.

After the lunch we met with Andreas Schwab a representative of "ICJA" who told us about the history of the organisation and about the current activities and future plans of ICJA in the field of Peace promotion. Andreas also explained background and aims of the project "Young activists for peace" and the "Erasmus + Youth in Action Program" of the European Union and mentioned that the project could not have been organized without the financial support of the European Union. He also explained the aims of Youth Pass and how this tool should be used by each participant to describe the key competences improved during the youth exchange so that we all can get a certification about this learning experience in the end.

After that we divided in groups of 5 people according to our countries and clarified all administrative and financial issues.

After dinner we played a lot of different games and discussed our future plans about the upcoming excursion to Hannover.

### **Day 8 – Saturday August 16th**

Saturday started with an excursion to Hannover. We arrived to the city together and had some time to walk around the city centre. We did some sightseeing, had the possibility to eat and buy some souvenirs.

We had already decided before that during the weekend people would do different activities, thus, we spread into small groups who were interested in doing similar activities during the weekend. The group who stayed in Hannover had a chance to first see the city and after take part of a local festival near the lake. They had a lot of fun while taking part of various dancing activities at the festival. The group left the city in the evening and returned to Denkte.

The groups who wanted to visit different cities besides Hannover spent most of their day travelling. They departed from Hannover already during lunch time and arrived in their desired cities in the evening. During the evening they had the opportunity to see the city a bit, have dinner and spend their evening as they wished.

As we had different groups then everybody had the possibility to decide how they wanted to spend the other half of Saturday. Therefore, the activities also varied a lot. However, as people had the opportunity to choose how they wanted to spend the day, they were also very satisfied with the day spent.

### **Day 9 – Sunday August 16th**

As Sunday was our second free day to do sightseeing, we started the day in very different places. Some of us got to know different neighbourhoods in Berlin and went to the local flea market and of course visited the Berlin Wall.

At the same others did sightseeing in Hamburg. To see the city better they used a ferry service and also walked near the river Elba and saw the swans and beautiful fountains and visited the “Blumen” garden.

People who stayed in the Falkenheim went sightseeing to Wolfenbüttel. The infrastructure is relatively good in the area, so it was easy to take a bus trip there. They walked around the city and saw the main sights in the town like the castle, the main church and the library. Even though we all have different level of English, we could communicate easily through gestures and people who translate.

Part of the Russian team has spent all two days in Hannover. They explored the city centre. In the evening they visited the harbour and joined the festival.

In the evening everybody found their way back to the camp and after the long and eventful day everybody was happy but also tired so they decided to go to sleep to gather energy for the following week.

### **Day 10 – Monday August 17<sup>th</sup>**

We started the day with a short reflection round about the weekend and what we expect from the second week of the youth exchange. After an energizer we started talking about activities we wanted to do with our neighbours in the next two days. Our neighbours are refugees who are mostly from Bosnia and Montenegro.

We decided to call them ‘neighbours’ instead of ‘refugees’ to not reduce them to their victim role. First we shared ideas in groups of two and then started talking all together. After that we formed groups with different topics which had to prepare activities. There were a sports group, arts group, cultural evening group, hiking group and a starting group. Then we made a schedule.

After the lunch break we invited our neighbours to the seminar room of the Falkenheim because it was raining all day. We started with an introduction round where everyone had to say where he or she is from, what languages he or she speaks, then everyone had to tell a ‘fact’ about him or herself and the others had to decide if it is





true or false. Sometimes it took some time because Blandine had to translate it in French and Nela (one of our neighbours who spoke French) had to translate it in montenegro/serbian. In the game we played right after that one person had to stand in the middle and had to start a sentence with 'everyone who...'. All people who were concerned about it had to stand up and search for another chair. The one who didn't got one because there was one less than people, had to go on. After a break, some people played volleyball in the rain while the others were joining the arts activities. After dinner, we continued with a 'speed dating' to get to know each other better. The evening ended with a party with music and dances from different countries.

### **Day 11 – Tuesday August 18<sup>th</sup>**

We started the eleventh day with a reflection of the previous day. Everybody was satisfied how we had included our neighbours in our activities on Monday. We learnt new ways to communicate without talking for example explaining our ideas with gestures and we could also use some people to translate.

We made a two-day plan about the activities we would like to do with our neighbours and Tuesday was the second and last day from our plan. We had planned many activities but as it was still raining we had to change some ideas. Nevertheless, 1/3 of our group and several refugees were still up for going hiking despite the rain. We walked to the nearby castle and played social games when we got there. We had a lot of fun and had a nice memories of the rainy hiking-trip.

Before we went hiking, our morning session was to play social games with our neighbours. We played the different social games and learnt new facts about our neighbours and everybody who participated had a lot of fun. As it was raining and we had to be in the seminar room, it was too small for everybody and some people prepared the cultural evening and other planned treasure hunt.

Tuesday was full of activities and there were many alternative options for our group and the refugees. People who did not want to go hiking in the rain could play treasure hunt in the venue. As we had many different ideas for the day, few activities were pushed to the next day as there was no time for everything. For example we also had an idea to play domino, jumping-rope, basketball, "cup-game" and table tennis with our neighbours.

In the evening we had cultural evening with our neighbours. Every participating country had a small presentation about their country and we had a translator



in the group who explained the interesting facts in our neighbours' mother tongue. After the presentations, all countries offered traditional food from their country. For example, Russians made buckwheat and meat and Georgians offered their traditional cheese and dried fruit. After the cultural presentation and food degustation we had a dance party where our participants played some songs and our neighbours brought their speakers and added some of their own traditional songs into the playlist. We also had an opportunity to talk with our neighbours in the small seminar room to understand their lives and culture better. The participants understood that the refugees like it here in the Falkenheim centre, but they are looking forward to getting the permit to work and live in Germany. Everybody seemed to have fun and expressed their feelings of sadness that the project will end soon.

### **Day 12 – Wednesday August 19<sup>th</sup>**

We started the day at 9, meeting in the seminar room. We were separated into different groups according to the things we had to do. Then Christoph arrived at 10 and we started by expressing our feelings with pictures of different monsters, depending on our mood. After that, he explained us the contact hypothesis theory and we had to relate it to our own workcamp. We learned that hypothesis theory consists basically of equal status, common goals, intercultural cooperation, support of authorities/laws and personal interactions (possibility to make friends). For example, we all have common goal to solve conflicts and to make long term intercultural friendships.

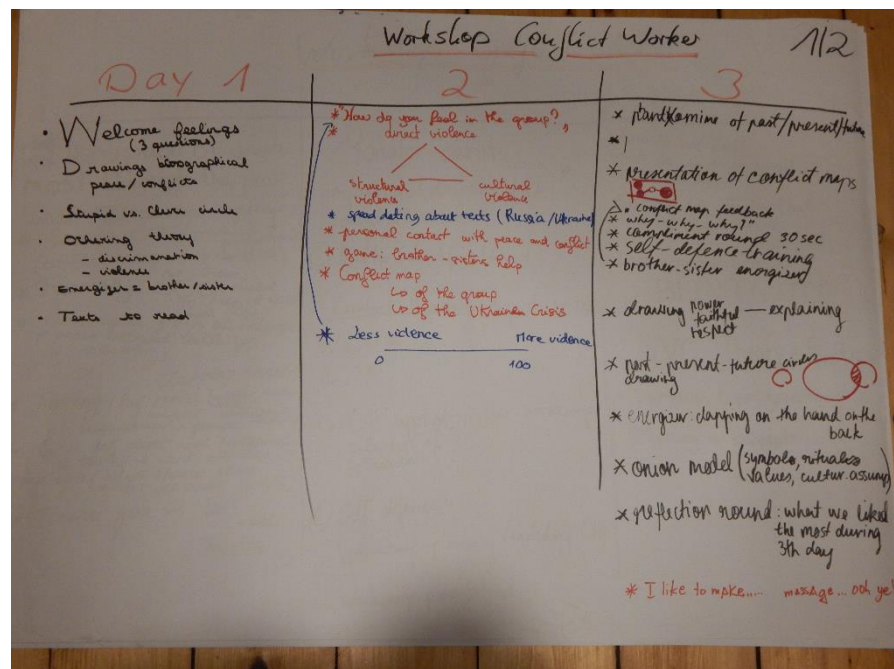
We started the afternoon with a self-defence training. Afterwards we came back in the seminar room and we were divided in groups of people from different nationalities to plan a workcamp which would fulfil the criteria of the contact hypothesis theory. Finally, we had to present our ideas for other youth exchange activities and there were many realistic ideas. For example, a restauration workcamp and youth exchange in Romania that would have participants from the USA, European countries, Russia, and Ukraine. This activity would have the aim to help to integrate Russian and Ukrainian youth.

### **Day 13 - Thursday August 20<sup>th</sup>**

We started the day at 9, meeting in the seminar room. Firstly, Christoph asked us about our feelings concerning saying good bye. The purpose was maybe to see how the people felt. We also spoke about the possibility to keep in contact with everybody, with Facebook for example or just to travel to meet again each other. So we did a kind of summary about contact hypothesis. After that, in the end of the morning, we told about the "Increasing emotions". To be clear, each human being has needs (love/security/orientation/meaning/autonomy) which are bound with fears (to be rejected/to be not safe/unknown/ meaningless/to feel constraint). And he explained us the reactions which can exist as flee, fight, adaptation, emotional numbing if one of those needs is not fulfilled or in moments when we are feeling one of the fears. To understand parts of the theory, we did a Blind Guide in the house.

In connection to the topic we spoke about before, we spoke about the NVC Theory, that means “non-violent communication”. First of all, observation, then expression of our feelings, after that the needs behind and last, the request. After lunch we tried to practise NVC with real examples. We did also a game outside to warm up: Samurai, tiger, grandma.

We finished the day with making a schedule about the camp and evaluated on different tables and with different questions (“What I will not forget...”, “What I’ve missed...”) the activities with Christoph, and after we said him good bye.



In the evening, we were with the refugees next a camp fire, with barbecue, and music. Finally, at midnight we wished a happy birthday to Katerin.

## Day 14 – Friday August 21<sup>th</sup>

### Evaluation Day

The day started at 10h00 with the history lesson of Yugoslavia, the lesson was given by a local person from Montenegro, we discovered the differences between the countries and he explained us the current situation.

After a short break, we went outside to start with the evaluation of learning results, we used the “Speed dating” method, each person had a partner in front of each other, we discussed questions as: “The funniest, the worst and the best moment in the youth exchange and peace camp”, “conflicts in the camp and how we solved them” and so on.

After our regular lunch, every national team had a meeting to discuss how we can spread out the actions and the learning of the camp, the most common method was using social media.

## Day 15 - Saturday 22th august.

In the morning we reflected all together about the outcome of the Youth Exchange and evaluated the whole activity in a round. We then cleaned the house. We continued with a farewell dynamic which consisted in every person has a piece of paper in his/her back, so in

this way the group wrote some thoughts or things to share with the person on each person's paper. We met together again and shared our last words.

In this moment, we remembered the best moments and ideas of the last two weeks. For the most of us it was a really hard good-bye and we couldn't hide some tears. Then one by one we left the house.

### **Conclusions (as mentioned by participants during the final evaluation round)**

The youth exchange "peace camp" was a great success for participants as well as youth leaders. The feedback from the participants was extremely positive regarding the activities and overall programme. Especially the peace maker training contributed a lot to learning growth of all the participants. It allowed to open the mind for different perspectives to everybody and to get new ideas about peace and conflict. For example participants learned how solutions for conflicts can be developed and how to deal with violence. Although participants came from very different cultural and political backgrounds discussions were held in a productive and respectful way.

Living together in the Falkenheim made the participants build strong personal connections to each other between different nationalities. Everybody takes home the experience of international exchange, cooperation and friendship. Integrating with the local refugee community helped to get to know the situation of refugees in Europe and to create empathy for this group and their current situation. Participants did not only improve knowledge of English language but also the ability of intercultural communication grew a lot by improvising to understand each other beyond the language barrier.




Through the activities, participants got inspiration and motivation for follow-up activities in their home countries, such as sharing the knowledge they gained within their sending organizations, in the local communities, in university etc. Some expressed their wish to participate in more Erasmus+ activities and to spread these activities within their local community.

Participants agreed that peace is one of the most important tasks of youth in this time and some mentioned that this awareness had grown a lot during the workcamp as well as the wish to commit themselves for peace in the future.







**We would like to thank all participants, partner organizations as well as all supporters for their good cooperation and highly valued contributions!**



### Annex 1 – Final Evaluation by participants

	Points given					average
	4	3	2	1	0	
						
<b>My learning growth</b>	12	14	3	0	0	3,3
<b>Motivating atmosphere</b>	13	12	1	3	0	3,2
<b>My opportunities to participate</b>	22	7	1	0	0	3,7
<b>Opportunities for practical application of course`s content( creative workshops)</b>	13	13	3	1	0	3,3
<b>Materials</b>	16	12	1	1	0	3,4
<b>Topic selection of learning content</b>	16	14	0	0	0	3,5
<b>Methodical structure of the seminar</b>	16	8	2	1	0	3,4
<b>Time management of the learning process</b>	7	16	6	1	0	3

## Annex 2 – Participating Organisations

ESTONIA	MTÜ NOORTEVAHETUSE ARENGU ÜHING ESTYES		<a href="http://www.estyes.ee">www.estyes.ee</a>
FRANCE	SOLIDARITES JEUNESSES MCP		<a href="http://www.solidaritesjeunes.org">www.solidaritesjeunes.org</a>
GEORGIA	Public Union Bridge of Friendship KARTLOSI		<a href="http://www.qartlosi.org">www.qartlosi.org</a>
RUSSIA	Center of voluntary movement "DiGe vu Samara"		<a href="http://www.digevu.ru">www.digevu.ru</a>
UKRAINE	All-Ukrainian Association for Youth Co-operation Alternative-V		<a href="http://www.alternative-v.com.ua">www.alternative-v.com.ua</a>
GERMAN Y	ICJA youth action for peace		<a href="http://www.icja.de">www.icja.de</a> <a href="http://www.yap-cfd.de">www.yap-cfd.de</a>

### Co-ordinating Organization:

**ICJA Freiwilligenaustausch weltweit e.V.**

Stralauer Allee 20E

10245 Berlin

Tel.: 030 20007160

icja@icja.de

[www.icja.de](http://www.icja.de)

