



“From INner to OUter Peace and Beyond”

Virtual Youth Exchange

17th – 26th August 2020

INFORMATION PACK

Save me! Read me!

Dear participant,

The informal group **Come As You Are** would like to welcome you to the youth exchange entitled **"From INner to OUTER Peace and Beyond"**, which is taking place online, due to unforeseen circumstances that you are all aware of. We do believe that different skills, knowledge, and attitudes from all participants coming from 5 different countries would enrich our common experience; Thus we would like to encourage you to take an active part sharing, learning and creating... Are you ready for that? If yes – let's get started!!!! Despite the transformation of this mobility to a virtual one, we promise you a non-formal, interactive, creative working environment and fruitful work!

ORGANISER: COME AS YOU ARE (informal group)

"Come as you are" is a newly formed informal group of four young Cypriots who are very passionate about peace building, non violent communication and conflict resolution. We are very interested in these subjects because we live in a country that is divided in two after a war, and it is hard for us even to walk freely in our own capital because of the borders and the prejudices we have for people from other ethnic groups. Apart from this, the last years we faced an increase in far right wing beliefs and politics. At the same time our country is receiving one of the highest number of refugees and asylum seekers in Europe, from neighbouring countries that face war or other forms of violence, such as Syria, or even African and Asian countries as Somalia and Iran. All of the above, made us notice that very often people around us learn to see violence and abuse of power as normal and effective responses to conflict. We have a deep rooted need to change this.

From INner to OUTER Peace and Beyond Youth Exchange

From INner to OUTER Peace and Beyond is a youth exchange that aims to promote both inner and outer peace. It will help participants acquire the appropriate skills to become peacemakers and discover ways to resolve their conflicts in their everyday life and in their countries as well. It will show them that we can all live together no matter how different we are. We will try and find the roots of the problems that cause conflicts between different groups or communities, through non formal education activities and we are going to provide them with the knowledge and skills needed to avoid violence and find ways to peacefully resolve conflicts.

The objectives of this youth exchange are to:

- ▶ Develop critical and creative thinking skills.

- ▶ Enhance social integration in European - and not only - cities and countries.
- ▶ Build a community based on dialogue and encourage participants to see each other as valuable resources for creating change.
- ▶ Cultivate the belief that all peace starts from individual inner peace and stretch the importance of self-care and mental well being.
- ▶ Equip and empower participants to work on their inner peace and well being, to enrich, enhance and assist the effects of their peace building actions.
- ▶ Encourage and empower participants to become leaders and more active citizens and address problems in their own communities.
- ▶ Exchange their experiences and develop - through them - skills in the context of real world situations.
- ▶ Discover new cultures, habits and life-styles, mainly through peer-learning and thus develop attitudes of intercultural understanding, tolerance and acceptance.
- ▶ Strengthen values like solidarity, democracy, friendship, peace.
- ▶ Prevent violent radicalisation of young people.
- ▶ Recognise and celebrate the diversity of multi faceted 21st century Europe, as stereotypes and prejudices are broken and mutual understanding is fostered, and use it as a tool for peace.

DATES AND PLATFORM

The youth exchange is taking place online on **ZOOM** (using also many other digital tools throughout the exchange), from Monday, **17th** to Wednesday, **26th of August 2020**.

We plan to have **two sessions per day** on the **17th, 18th, 20th, 21st, 24th, 25th** and **26th** (the dates not mentioned are free or with activities to complete outside of the session times).

Morning Session: 10:00-12:00 CET (Spain, Italy, Serbia time) | 11:00-13:00 (Cyprus, Greece time)

Afternoon Session: 18:00-19:30 CET (Spain, Italy, Serbia time) | 19:00-20:30 (Cyprus, Greece time)

Profile Of The Participants

- **5 participants aged 18-30 years old and 1 group leader with no age limit.**
- Desire to learn about inner and outer peace.
- Interest in learning about other cultures and sharing their skills and knowledge with other participants.

- Interest in exploring non-formal education techniques, in a virtual environment and not only.
- Interest in improving their digital skills.
- Interest in improving their group management skills, in the context of a youth exchange (applicable only for youth leaders).
- Desire to organise and facilitate non-formal education activities for youth.

As per Erasmus+ regulations, participants are expected to attend at least 80% of the planned sessions to be able to receive the Youthpass at the end of the mobility.

PLANNED SESSIONS

Monday 17th August

10:00-12:00 CET

"Guess Who" (Getting to know each other) - Let's find out who we are through interactive, playful activities!

18:00-19:30 CET

"Mission I'm-possible" (Team-building)- let's start our journey as a group! Do you accept the challenge?!

Tuesday 18th August

10:00-12:00 CET

"Premiere bouchee" (Intro to the subject & Self awareness I) - intro to peace and know thyself!

18:00-19:30 CET

"Nice to meet me" (Self awareness II) - music therapy, inner voices, Johari window

Thursday 20th August

10:00-12:00 CET

"Peace comes from within" (Inner Peace) - My secret garden, Letter to myself, Haiku

18:00-19:30 CET

"Tower of Babel" (Intercultural evening) - discovering each other's cultures in fun ways

Friday 21st August

10:00-12:00 CET

"Talk Show" (Communication I) - active listening, postures, gestures, tips & tricks on effective communication!

18:00-19:30 CET

"Make love, not war!" (Communication II - Conflict Resolution) - non-violent communication, values!

Monday 24th August

10:00-12:00 CET

"One for all and all for one" (Cooperation I) - Counting the beans!

18:00-19:30 CET

"Team work makes the dream work" (Cooperation II) - Simulation experience

Tuesday 25th August

10:00-12:00 CET

"Rainbow wouldn't be so beautiful, if it didn't have so many colours" (Diversity & Acceptance I) - How many steps can you take?

18:00-19:30 CET

"ET go home!" (Diversity & Acceptance II) - Game of Planets

Wednesday 26th August

10:00-12:00 CET

"Erasmus my good friend, travel into the future" (Erasmus+ & Follow up activities) - exploring different opportunities and future possibilities (Erasmus+ & Follow up activities)

18:00-19:30 CET

"Every end is a new beginning" (Youthpass & Evaluation) - New skills, knowledge and attitudes.

OTHER IMPORTANT INFORMATION

- ✓ Make sure that you have available a tablet or laptop to work with as our sessions will be happening online. If you can and it's safe to join other people from your country group and join us online together, feel free to do so!
- ✓ Have around something unique from your own country (some specific product you would like to show to others) and/or pictures/ maps, stories etc.
- ✓ Bring your smile and good will to work constructively with everyone, be open to new methodologies and to learning and growing 😊

We look forward to meeting you all! If you have any questions, please don't hesitate to contact us at: comeasyouarecy@gmail.com

The Come As You Are team