



PEACE FOR CHANGE,
CHANGE FOR PEACE

Follow-ups



SCI Switzerland
Volunteering for Peace

movetia

Austausch und Mobilität
Echanges et mobilité
Scambi e mobilità
Exchange and mobility

The multiplier effect after our *Peace with Others & Inner Peace and Peace with Nature* training courses

On the next pages, you will find **examples of activities** organised in 2022 as a follow-up of the *Peace with Others & Inner Peace and Peace with Nature* training courses by SCI Switzerland.

The participants of both events were inspired and challenged to put their new knowledge and skills **into practice** in their home country.

Our participants: organised various workshops, presentations, discussions, a calendar of poems, adventures, they wrote articles, etc.

What was also widely described as an effect is **having a better understanding of peace and its three levels** as well as **ways to live more in true peace** in our everyday life and work.



Peace with Others (*blog post*)

Post

The article includes highlights of the training sessions, evening activities, and personal reflections that were evoked during the event.

by Liliya Dakova

KINKY POTION PORTION

FÉMINISTE MAIS FÉMININE. A PERSONAL BLOG.

TRAVELS · FASHION · BEAUTY · LIFESTYLE · ABOUT



PEACE WITH OTHERS

Jun 16, 2022

No matter if you are into your looks due to the shameless disregard of an unfulfilled soul, your language barrier fights your innate cheer, your name originates within an academic triumph, you have a cutting-edge style for visual alternatives, you are a victim of morality or you simply try not to burst into laughter aiming to hide the desperation for humankind, I can positively tell you one thing: you are not alone.

- LOOKING FOR SOMETHING PARTICULAR? -

Search ...

- I'M ON FACEBOOK, BABY -



Follow Page

CVS-Bulgaria

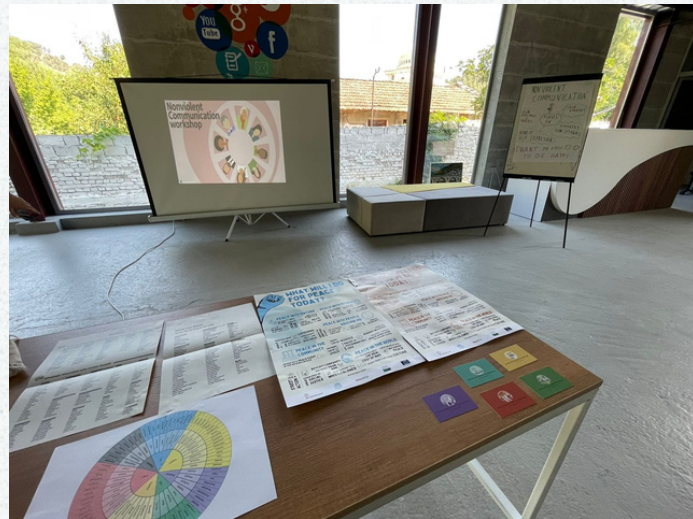
Feelings and Needs (workshop)

A workshop for 30 young people during a Youth Exchange in North Macedonia. Discrimination and violence in communication were discussed and the group practiced peaceful ways of communication and discussions.

led by Wiktoria Chodakowska



Nonviolent Communication (workshop)



**A workshop on the topic
Nonviolent Communication was
held for 10 young people aged
16-18 in the premises of the
Multi-functional Youth Center,
Berat, Albania.**

led by Esmeralda Harizi

Discovering Nonviolent Communication

(workshop)



An evening workshop overview of nonviolent communication during an international workcamp in an Eco-community in Alsace, France.

led by Mélanie Bodin

"What do we wish from 2023" (workshop)



The workshop was multifarious, beginning from learning points of the difference between wishes and goals, henceforward to the nature of human physiology of emotions and reactions, with finishing part - a guide on making vision boards, encouraging the participants to make and design their own vision boards.

led by Danijel Dragosavljevic, Tamara Milovanović, Mihajlo Nikolić



VCV Serbia & "Izadi"

Advent of Peace *(calendar of poems)*

"Advent of Peace" is a calendar of poems created through international collaboration between 4 women: Jeanne Six from Switzerland, Liliya Dakova from Bulgaria, Mélanie Bodin from France, and Ariadna Iranzo from Spain.

ADVENT OF PEACE

Day 1

Silence outside, breathe
Value this time and explore
Breathe, silence inside

You can
explore more
here

SCI & SCI Switzerland

Inner Peace Adventure (calendar)



Consciously prepare and enjoy a warm cup of tea:

- Listen to the sound of the boiling water.
- Observe the steam.
- Notice the scent and the taste.
- Be aware of how the warm cup feels in your hands.
- Pay attention to how it feels in your body when you drink the tea.



**A calendar for December 2022 with
small tasks to explore inner peace
and exchange experiences with
others.**

***created by Nora Tesch (Germany),
Eliza Pankova (Bulgaria), and
Dragan Milanov (North Macedonia)***