

PEACE IN PRACTICE ONLINE TRAINING COURSE

*We are
action takers!*

*Evaluation
report*

Peace in Practice Online Training Course

30.10-11.11.2020

by SCI Switzerland

Evaluation report

Preface

This report includes a summary and analysis of the answers from questionnaires received from the Peace in Practice Online Training Course participants.

The Course gathered as many as 30 participants from 17 countries.

It was an experimental activity, as the pandemic forced the preparatory team to move it to an online space. Therefore, we were very interested to learn about the level of satisfaction of the course participants with various aspects of the training, as well as we wanted to read opinions and proposals for improvement for possible future courses of this type.

Moreover, we wanted to check the impact of the course of the participants' knowledge and skills.

Evaluation process

We decided to measure the results of the Course twofold:

- by an evaluation survey, shared with the participants straight after the Course
- by an impact survey, which the participants filled in before and after the Course.

The evaluation survey measured the satisfaction level with the training and it also collected ideas for improvement, whereas the impact surveys measured the self-assessment of participants related to their knowledge, skills, and attitudes relevant for the course.

In this document, we explain the results of the *Evaluation Survey*. Please consult *the Impact Report* for the full picture of the changes occurred in the participants' level of knowledge, skills, and attitudes.

We received 21 responses to the evaluation survey (the response rate being 70%), which was even more than expected, taking into consideration the "survey fatigue" by internet users and the survey length.

Key findings

The Peace in Practice Online Training Course received very positive (and sometimes: extremely positive) evaluation results. **43%** participants said they were *very satisfied* with the whole online training (with further **14%** being extremely satisfied, and **38%** - rather satisfied), and **nobody** was dissatisfied with the experience.

When it comes to more detailed aspects of the course, the course received even better average *satisfaction level* results (100% being the highest grade):

- preparation stage: the communication before the course: **95%**
- the content and the diversity of methods of the program: **87%**
- the intensity and structure of the program (working days / sessions): **80%**
- participant's level of understanding for the follow up activities: **87%**
- meeting needs and expectations: **78%**
- enjoying the group atmosphere: **95%**
- actively participating in the training: **86%**
- communication with the trainers team: **95%**
- support provided by the trainers team: **100%**

The exact measurement method and all answers are provided in the next chapter of the report.

One can note from the above breakout of the various training aspects that the answers to the first question on the overall training satisfaction were more modest / cautious (it could be also because the question was posed at the beginning of the survey), and further answers brought even better results.

From the detailed answers, we learn that the participants **liked the course** and **learnt a lot on peace**, its different dimensions and how to be a changemaker and build peace in the community.

The participants see themselves **capable of putting the acquired knowledge and skills in practice**, and they are **confident about the follow-up actions**.

The participants also **felt safe** during the course and were mostly very keen to share their opinions, especially in smaller groups. For most of the group, the personal sharing moments, including the session on conflicts in Armenia and Kenya (in the Peace in the world thematic block) was an advantage, but a few people said they were less confident and felt at times uneasy, not knowing how to respond to very personal and intimate stories from conflict zones.

The **most appreciated blocks of the course** were Nonviolent Communication workshop, Peace in the nature, and Peace with oneself (e.g. a reflection on 'me as a peace-builder'). Furthermore, some other parts (e.g. those on peace with others and emotional intelligence) were also mentioned as extremely useful.

The participants appreciated that we included also **optional, evening sessions**, which were usually attended by 15-20 people, and had a more informal dynamic. It was also time to further tie the bonds of friendship and understanding within the group.

The **online working methods** were described as interactive and involving. A number of them was a novelty to the participants.

The **trainers' team** received only positive, heart-warming comments, and their guidance during the course was assessed as outstanding.

Regarding **recommendations for improvements**, we received many ideas, however, they always base on personal preferences, and therefore **often they were contradictory with the comments of others**.

E.g. some people wanted more time in small groups (for discussion), others – exactly the opposite, some asked for more theory, others were happy with the theory-practice balance or even wanted more practice time.

One suggestion, however, was repeated quite often: **to diminish a number of communication channels**. We mostly used Slack, but there was also a WhatsApp group for those who want with instant chat, and emails were sent on more important matters. It was not 100% clear from the comments which channel to get rid of, but probably that would be the WhatsApp group, as not everybody joined it and the messages were of similar nature to those on Slack.

Another point for consideration for the future are **the time zones**: as the training happened already in the European winter time (no followed by all project partner countries), the time difference between Switzerland and Armenia increased by one hour, which meant that some evening sessions were challenging to attend, as they would start at 9 p.m. local time. Moving the sessions earlier would also do damage, as it would make it difficult for the working and studying people from the CET time zone to attend. For the future online trainings, some consideration should be given to this issue already at the time of selecting partners.

There was also a shared opinion that the more **exercises and online activities**, the higher involvement of the groups, and such an approach should be kept or maybe even increased for the future.

All in all, the content and process of the Peace in Practice Training Course was evaluated very positively by the participants, and the proposals for improvement can help us to plan the next online activity on the topic of peace-building even better.

EVALUATION SURVEY – COMPLETE ANSWERS

The next section of the report presents the statistical measurement of the satisfaction indicators and a compilation of all answers and suggestions (impersonalised, if needed) provided by the Course participants.

Overall satisfaction with the online training

The participants first answered the question:

“Please rate your satisfaction level with the online training”.

The results were:

Choice	No. of answers	% of answers
Extremely dissatisfied	0	0%
Very dissatisfied	0	0%
Rather dissatisfied	0	0%
Rather satisfied	8	38%
Very satisfied	9	43%
Extremely satisfied	3	14%
I don't know	1	5%

Modal value (most common result): **very satisfied**

Satisfaction level with various aspects of the course

Next, participants rated 9 statements on the “strongly disagree-strongly agree” scale.

1. I am satisfied with the preparation of the training - the communication and the information I received before the online activity.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	0	0%
I don't know	0	0%
Agree	3	14%
Strongly agree	18	86%

Modal value (most common result): **strongly agree**

Average result* in %: **95%**

**The average result calculation is based on assigning a number to each answer and then calculating a percentage out of it.*

Strongly disagree = 0, disagree = 1, agree = 2, strongly agree = 3

E.g. if everybody answers "strongly agree", the result will be 100%, and all persons voting "disagree" would be 33%. The higher the percentage, the bigger the satisfaction level.

2. I am satisfied with the content and the diversity of methods of the program.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	0	0%
I don't know	0	0%
Agree	8	38%
Strongly agree	13	62%

Modal value (most common result): **strongly agree**

Average result in %: **87%**

3. I am satisfied with the intensity and structure (working days/sessions) of the program.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	1	5%
I don't know	3	14%
Agree	9	43%
Strongly agree	8	38%

Modal value (most common result): **agree**

Average result in %: **80%**

4. I have a good understanding of the follow-up activities.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	0	0%
I don't know	3	14%
Agree	7	33%
Strongly agree	11	52%

Modal value (most common result): **strongly agree**

Average result in %: **87%**

5. The content of the training met my needs and expectations.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	0	0%
I don't know	1	5%
Agree	10	48%
Strongly agree	9	43%

Modal value (most common result):

agree

Average result in %: **78%**

6. I enjoyed the group atmosphere.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	0	0%
I don't know	1	5%
Agree	3	14%
Strongly agree	17	81%

Modal value (most common result): **strongly agree**

Average result in %: **95%**

7. I actively participated in the training.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	1	5%
I don't know	0	0%
Agree	7	33%
Strongly agree	13	62%

Modal value (most common result): **strongly agree**

Average result in %: **86%**

8. I am happy with the communication with the trainers' team.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	0	0%
I don't know	0	0%
Agree	3	14%
Strongly agree	18	86%

Modal value (most common result): **strongly agree**

Average result in %: **95%**

9. I am satisfied with the support provided by the trainers' team.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	0	0%
I don't know	0	0%
Agree	0	0%
Strongly agree	21	100%

Modal value (most common result): **strongly agree**

Average result in %: **100%**

The following explanation was received regarding the above rating:

- Very nice diversified group. It was interesting and good to talk to people from different background and ages.
- Regarding the intensity, I could maybe also agree to more intensive, like to have sessions every day
- Although online, I enjoyed it a lot!
- I felt like the rhythm was a bit slow and sometimes the group felt a little too diverse, for instance during the session about NVC
- Some sessions were a bit intense The time difference proved certain sessions inconvenient
- As you were asking for feedback, here are some minor points that might be improved:

1. I found that two obligatory sessions and one voluntary one on the consecutive Saturdays and Sundays were too many for me. I would have liked to participate in all of these evening activities or participate in a more active way but found that I was then too exhausted.

2. An evening without any kind of program would have been nice with everyone sharing some method, project, game, hobby, music that he or she likes.

3. I was connected to the group only via Slack but got the impression that much was communicated/shared via Whatsapp, which is what leaves me wondering of what I have missed. I would thus propose to have only one channel of communication within a group for future trainings.

4. If certain Youtube videos are used I would propose to give some background on the speakers or why you think their opinion/research/... is interesting/essential for the training. There's just too much stuff on the Internet to simply believe in everything that you see - so simply watching those videos without any further analysis gave me some kind of uneasiness.

Learning outcomes

Below you will find answers to the question *What have you gained / learned / developed during the training?*

- Knowledge about the peace itself, the concept of the 3 pillars which seem to be very intuitive as well as I improved my skills about NVC which is very important to me. I've also learnt about new methods (mostly online) which can be very useful in my current and future work
- The most precious thing I leave with my are the human connections and the most developed skills was having an active participation through Zoom - which I didn't do at all before. It gave me the confidence to talk, write feedback and comments in the chat and join every session on time.
- What the true peace is. I really enjoyed the Shinrin Yoku idea and I even downloaded the book "Why don't zebras get ulcers". Thanks for the tiny tips, I will take them with me. Also the examples for NVC was amazing, and it helped us to understand that the basic of each people is different.
- I learned many things about peace in its three levels as well as about emotional and social intelligence and non-violent communication. In general I think we covered all the basic aspects needed to get a deep introduction to the topic of peace so we are confident to share what we learnt.
- I think I learned more about non-violent communication, peace with myself
- A clear understanding of peace
- I developed my understanding of what it is to be a peacebuilder. I got a clear view of what it is the NVC and I learnt how to introduce the topic of peace with nature in my facilitation tools.
- I've learned so much about the new topics, like NVC or topics I was already familiar with, like Shinrin Yoku. I've also worked more on my interpersonal skills, communication skills, presentation skills. I got more ideas on how to incorporate peace in my everyday life, which is very important for me (especially during this difficult year).
- Understanding peace with self and nature... I loved NVC
- I expanded my knowledge about the concept of peace on all three levels; I learned new strategies to work for peace with myself, with others and with nature; I learned to use new online tools...
- More patience, more inner peace, some online tools skills, more motivation working in the field of peace education
- A bit different approach to different age groups and people with different level of experiences.
- I gained a lot of knowledge about the different levels of peace. I trained my non-violent communication skills. I discovered tools to implement on a daily life in order to leave more peacefully.
- peace on three levels, how to implement it, by being connected with yourself first. how to be compassionate and listener to others and how to connect with nature
- better understanding peace in practice and more confidence as a peace builder
- in depth insight regarding the complexity of the peace concept, how to live it and how to transfer the knowledge to "newcomers"
- Learned more on peace with myself, others and nature; more on NVC and emotional intelligence
- A better understanding of the different level of peace and how to concretely put peace into practice
- Interesting aspects of peace I haven't thought of before; useful exercises that I would want to apply in other groups as well to have a better understanding of other's feelings. Shinrin-yoku

- Knowledge about peace concept, how to work on inner peace, NVC concept and practical usage which was New thing for me in general
- Now I have a better understanding of inner prerequisites for peace, firstly with myself and then with the others. Of particular importance was to learn about mindfulness, to respond wisely to things that happened, rather than reacting blindly.

Most enjoyable moments of the course

The following moments were named the most enjoyable ones:

- I really liked the 'innovative' (I mean: the ones I didn't know/use before) online tools like silent discussion, as well as work in small groups as a way to reflect on certain topics.
- The most enjoyable moments were when working on small groups in the breaking rooms. Also creating the mind maps and brainstorm of ideas in post-it notes!
- When we had to guess what is drinking a lot, driving fast and so on. :)
- I liked the evening sessions I attended that were more informal but what I liked the most were some of the interesting discussions we had as a group both in plenary and in the smaller rooms during the activities.
- I think it was break-outs room
- Session discussion in chat rooms
- I really enjoyed the session about Me as a Peace-builder where I had very nice conversation and sharing of experiences in the small group. I also enjoyed the sessions of co-creation and brainstorming and it was nice to see the result in the end, like in the case of the mindmap.
- I think I enjoyed the Peace with Nature days the most, as well as all the group work. That was a good opportunity to further meet people from all over the world and exchange experiences with them.
- Video screening and commenting
- The moments of discussion with the whole group and in the small groups.
- When I learned about some new online tools - Some of the small group work and the intense sharing of experiences - The voluntary evening sessions with wine and candle
- Discussions in small groups
- Hard to choose. I would say that I really enjoyed the NVC workshop especially when we had the different scenarios to train. I also really enjoyed the peace with nature workshop which I think would have been better in presence and actually experience what we learnt
- group work definitely and talking to trainers. such nice people they are:) I miss you!!!
- small group activities
- break out sessions as well as theoretical parts
- Virtually all the sessions
- I enjoyed the breakout rooms as well as the theoretical parts, especially the one about NVC because I felt like a lot of content was provided.
- Break-out room discussions. It was nice to open up to people.
- Group discussions , very warm atmosphere during the sessions
- Watching video clips, getting acquainted with theoretical components. Observing teamwork of our trainers.

Comments on personal sharing

We decided to ask participants what are their feelings and thoughts regarding personal sharing during the whole training, and also during the session Peace in the World. By this, we meant all these moments when there were *participants* to tell stories from their life, sometimes very intimate ones, and at times very delicate ones – e.g. when we heard personal, very painful stories about the military

conflict in Nagorno Karabakh or about the tribal clashes in Kenya. We were wondering if this intense level of intimacy was welcomed by participants, or it was considered inappropriate.

Here is the collection of participants' thoughts:

- I felt that it was a safe space for everyone and we were really free to share our thoughts and experiences. I always felt understood and I never felt judged by anyone in what I was saying.
- I felt like everyone was actively listening and receptive to other's opinions, which shows a high level of emotional intelligence. Proud to have been part in those discussions. It lifted my mood to see there is people out there who work hard to make this world a better place!
- Well, it depended a lot on my own state at that day as well as the topic. For most of the times I found it easy and comfy when there was work to be done, but sharing about my personal situation was a bit uncomfortable as I didn't feel I know the group well. I do like to get to know participants before better and here I had to deal with not knowing them and still sharing.
- I liked that many of us were active, I felt inspired and I wanted to give more and more to help others with my materials, thoughts. It was amazing atmosphere. I think this atmosphere was needed for the sharing of Armenia and Kenya situation.
- I think that these experiences are quite important and informative. I can say that I felt in both moments warmth .
- So heart feeling
- I am by nature a bit introvert so I don't feel like talking in front of a big group. But I talked a lot and shared my experience and the local reality I work in, during the small group meetings. I really appreciated the session Peace in the World, because I think that in the end we keep in mind more details about the real life stories we hear than the theories we learn. It was one of the most powerful moments of the training.
- The personal sharing was extremely important. It provided us with a chance to get to know each other better, to connect, to create an atmosphere of friendship, to create a feeling of security and confidentiality. The session Peace in the World was very meaningful for me because I wasn't really that familiar with the Armenia-Azerbaijan situation and this session helped to clear some things up.
- I was explaining the situation. I felt disconnected to the audience a bit.. I am not used to online sharing.
- I have almost always identified with the comments of my colleagues. I have also learned a lot from them, by listening to them. I felt a bit uncomfortable in the Living Library when the colleagues talked about the conflict situation in their countries. I didn't know what to respond, how to react... It was something I didn't expect.
- I think the personal sharing is essential for this training and I liked it a lot, though it's sometimes easier to listen to the stories of other ones than sharing your own. I felt that I sometimes missed the right words to express my thoughts and was mildly frustrated about it. I also know that I was lucky to often meet the same people in my small group work and thus a certain trust was formed. Although I know each one in the group was nice I know that there were participants where I would maybe not have felt as confident opening up. Hearing about the situation in Armenia was shocking and interesting at the same time, it also made me feeling helpless of some sort as I couldn't provide any comfort or support. From the listener's perspective I also think the time was too short to really start talking. For me I would have liked to listen to both stories (Kenya and Armenia) and was a little bit sad that this was not possible.
- I was rather restraining from talking too much, not to overwhelm others, but also made me think that many other people may have been doing the same. Understanding of what is difficult and hard to manage in different areas and cultures is very often different. It's interesting how it seems we can really be a very good support group for each other, not only more developed countries to less developed areas, but very much so the other way around.
- I learnt a lot from people with different backgrounds! I always felt safe sharing and people were listening
- it was comfortable. nobody was judging me or if so, nobody told so. it was a safe space to share. I liked it.
- both topics were very interesting, so we had to made a choice which of both we want to attend. I would like to see both, next time maybe you can record it (of course only if the presenter agrees).

- all in all as it was way too less time to share more personal thoughts, this is why more sessions would probably allow more space for that and to dive deeper in some of the topics that sometimes were only touched quickly.
- In my bewilderment I felt comfortable and understood by others.
- I felt that the level of sharing was high and I felt comfortable to share in the little groups. However, I didn't really enjoy to share in plenum, as it was online I felt it was a bit hard to share about something personal when you don't see your audience.
- I felt that the level of knowledge was very diverse and I would have needed a bit more challenge (but I think that might have been too much for some of the others, so for the group in general it was a good compromise).
- It was ok to listening to the others and/or explaining my own situation. However, the training reality significantly differed from my pre-training expectations: I've expected to have less discussions by participants themselves and more theory to be given by trainers.
- While understanding the importance of self-reflection and feedback, I prefer to have less of such exercises (definitely not after each session).
- Sharing was very cool, because u learn about different situations which can happen and different point of view

Suggestions for the next online course

In this section of the survey, we asked about suggestions for improvement for a next similar online training, especially keeping in mind that this course was organised as a “plan B” activity, and therefore there was a big potential for reflection and betterment.

We collected the following feedback:

- I wish the training covered even more topics or wider knowledge (means: it was longer and there was more time with you) even thou I know it would be hard to organize it, keep the participants involved etc.
- Maybe providing a clearer theory behind concepts like non-violent communication or perhaps the difference between emotions and feelings. I feel it may have helped to conduct the debate, as we all have very diverse understandings of what those look like / are expressed like.
- Maybe more games/ each day a game, when we can get to know more about each other in an other form.
- Maybe an open session so the participants could bring up some topics not included in the program?
- I think to be so positive and open as you are.
- More time for break out rooms
- Let participants do as much as possible themselves, like in the session with the videos so that they keep being engaged. And maybe do a bit more big group sharing sessions to allow participants to share their feedback of the moment.
- The only thing I would change would be to have fewer communication tools. I think I got lost a little bit with Slack, Padlet, WhatsApp, emails, etc. They're all very good tools, every one of them offers something unique, but the combination of all was a bit too much. So for the next training I would choose, for example, just 2 communication tools.
- It would be better in person, yet y'all did a great job! Thank you for considering me for this, i would love to attend a training by you sometime. I loved it!
- I wouldn't use so many digital channels
- Even more activities, discussions in smaller groups, especially, when it's online. Some joint tasks to be done together, that are not only based on discussion but also doing something together (example: making a drawing in smaller groups, maybe doing some puzzles, etc.)
- Do not use too much communication channel. It might not be that easy to follow all of them constantly
- less small groups, more literature, more science, live training

- more smaller groups
- To be offline, I wouldn't add or omit a thing.
- Less sharing moments in plenum. More theoretical parts, maybe homework with texts or articles to read to prepare the lesson.
- Teaching not only understanding and empathy towards others but also strategies and self-protection if others are not treating us like that. From my own experience I know that it is also an important factor and that it is not as easy to realize that someone is crossing the line and not treating you well. That's why I think it would be useful discussing how to detect those harmful behaviours.
- To provide trainees with more subject-matter theory; to include option of moderated small groups discussions, at least part of them.
- A variety of online tools and communication channels were used, which made me a bit confused. Probably, it would be better to reduce their number. As well as to shorten quantity (and/or length) of the small group discussion along with the overall training duration, now it is too long.

Feedback to the trainers

In one of the last questions, we invited the participants to provide feedback to the team of the organisers and trainers: Loretta Scherler from SCI Switzerland, Natalie Jivkova from CVS Bulgaria and Gośka Tur from SCI Poland. These are the comments we received:

- Thank you very much for being very positive and bringing a lot of positive energy into online training. I liked the way how different each of you were, the work dynamics was changing also thanks to that and there was always a 'freshness' in the session when you were switching. Each of you provided important concepts and gave us a nice and safe space to reflect on the topic of peace.
- Amazing, good vibes! Have different but much complementary personalities. Enjoyed every session with them and listened to all their interventions.
- You are a great team. Visible that it is a long lasting friendship! I really hope one day I can meet with all of you in real life! 😊
- The three of them were amazing. I really liked how they facilitated all the sessions and the coordination between them has been always really good during the trainings.
- Thank you for the training, for the emotions we received. You are incredible!
- Honestly it was the best training I have been to in terms of preparation and caring for the participants needs. You provided all the explanations and the material needed in time so there were no questions left after the sessions. The extra sessions were a good idea as well, they helped filling the gap between what we learnt and how we can use it.
- You were wonderful! :) Very fun, kind, funny, helpful, patient, knowledgeable, motivating. It was a pleasure to work with you and to listen to your lectures. I'm really looking forward to another and any opportunity to work with you again! :)
- I loved the informal yet informative style of training. It was authentic and created a safe space to share and connect. I also appreciate the lots of material and references you provided so that we could read for ourselves. Thanks, this was a good use of my time.
- You are amazing!! Thank you very much for your positive energy :)
- Thank you for this very intense and also eye-opening training. It was a pleasure seeing how the trainer's team worked together very smoothly and provided just the right atmosphere that I felt comfortable opening up and being valued. When one trainer couldn't lead the session due to tech problems another one was able to easily take over based on the good preparation before-hand, so there was almost no delay. Really, you don't need to worry if it happens - even on-site trainings have their setbacks :) What I really liked was that in the reflection rounds I didn't feel pressured to share my thoughts; if I wanted to say something it was welcome, but it was also OK to just listen to the other participants. Thank you also for

sharing your expertise, methods, ideas, experiences. I hope to have the chance to join more of your trainings in the future. All the best to you!

- All very nice and open to talk to anyone. As facilitators all were supporting each other when there was a need. Good team work in general.
- They have done a great job! They knew what they were talking about and gave space and time to everyone to express. They also gave a lot of practical tools and resources
- I love all of them. Very intuitive, sensual and feeling. I was comfortable with them.
- Very well prepared and organized the sessions. Maybe less communication channels and review slack structure (it was confusing for me).
- very, very much satisfied and with them, the development of the sessions and topics were matching as puzzles, hence to have a final big picture of the different single exercises and inputs
- They are amazing trainers! They shone like stars :) <3
- I felt like the trainers team was very competent and well-prepared. The training was fluent with few technical problems. Thank you very much!
- I can only say good things: all of you are super competent, well-prepared, dedicated, have an open heart and an ear for everyone. The fact that the atmosphere was so pleasant was probably mostly because of your great kindness that made everybody feel at ease and safe.
- Very intelligent, nice and positive ppl, was a pleasure to have the opportunity to enjoy the sessions held by them, thnx a lot))
- Wonderful team, very professional and dedicated. Gośka, Loretta and Natalie managed to create a climate of mutual respect conducive to our engagement and learning, despite of challenges of the online training format. Thanks to supportive teaching style and friendly methods of communication, I enjoyed a positive interaction with both trainers and other participants.

Other comments and impressions

In the last section of the evaluation survey, dedicated to remaining comments and impressions, apart from numerous thank-you's we received the following input:

- Still feeling the good vibrations of the training :)
- I am so much grateful of having had the opportunity to participate in this training covering this indispensable topic and different aspects within it, that for myself are so much essential to continue spreading peace with all my passion. Specially in these times and beyond!
- After the training I feel inspired and motivated to keep on working for peace
- Thanks for the experience! Hope to have the opportunity again in the future to cooperate with you! :)
- Despite certain challenging issues, I would like to thank you once again for selecting me! It was great to know all of you. Let's continue building bridges and not walls!
- This training was a great opportunity for me to improve my knowledge about various topics, like non-violent communication, Shinrin Yoku, volunteering options through SCI, etc. I got a chance to meet very different people from various corners of the world and to share my stories with well, while hearing theirs. It also enabled me to learn some more practical ways to include peace in my everyday life and that was, for me, the most valuable part of this training.
- Really recommendable learning experience. Looking forward to jump at any other SCI training opportunity!