

Young Activists for Peace

and Dialogue

Youth Exchange

Wernsdorf

August, 19-27.2017



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

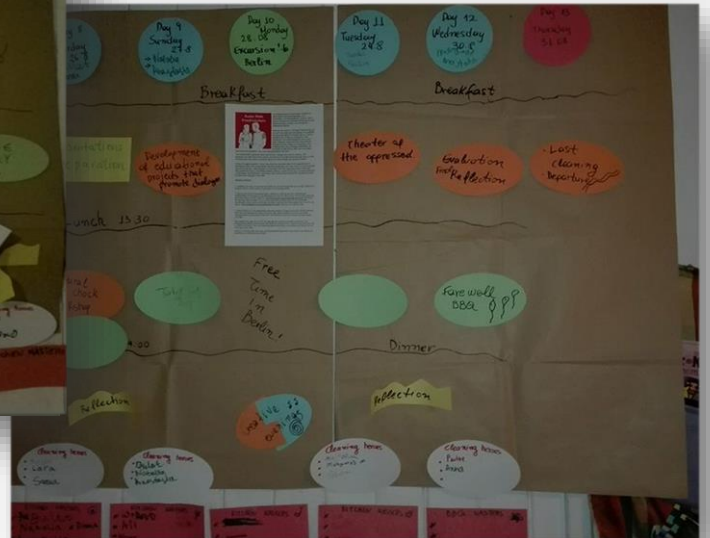
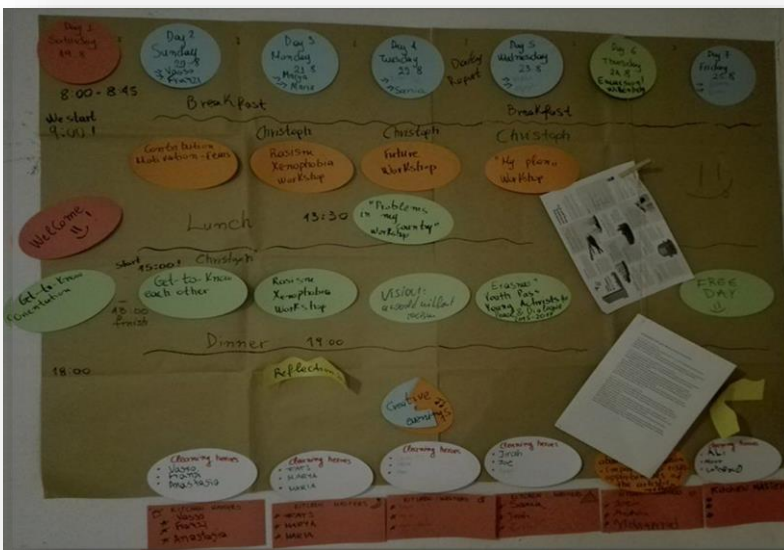


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Program Overview



Day 1 Saturday, 19.08.2017

Welcome

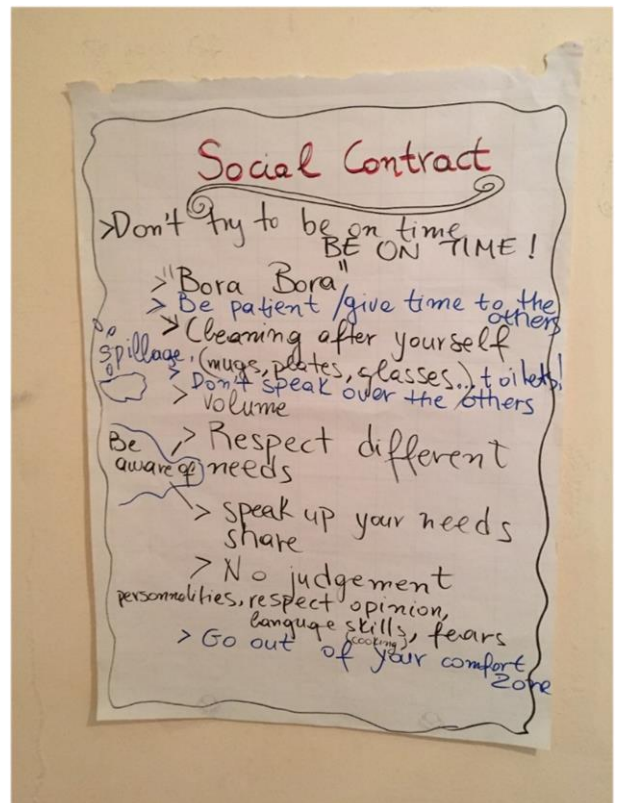
Let's get to know each other, Presentation of program, general introduction to project, team and participants, motivation, seminar rules.

Dinner

Free time get some rest

Day 2 Sunday, 20.08.2017

- Getting to know each other
- Team building
- Community agreements
- Presentation of the trainer
- Expectations, Concerns, Contributions
- Lunch*
- Meeting with group leaders
- Possible plan with Christoph
- Sociometry
- Energizer: 2 move all stand- 2 stand all move, Why why why?
- The others and I
- Group separation for the reflection groups
- 3 facts: 2 wrong 1 correct, which one?
- Dinner*
- Reflection Groups



Day 3 Monday, 21.08.2017

Initial workshop about Prejudice-Discrimination-
Racism-Genocide

Othering process
Unchangeable characteristics

Day 4 Tuesday, 22.08.2017

Future workshop
Problems clustering
Problems solving
Turkish cuisine

Day 5 Wednesday, 23.08.2017

Work on our group projects
Presentation of our group projects
Information about Erasmus+
and ICJA projects, Youthpass

Rise with chicken, mushrooms and cream sauce

Day 6 Thursday, 24.08.2017

Challenge with the trains to Wittenberg
Martin Luther's Reformation exhibition:
The 7 gates, symbolize the freedom in faith.

Against all fundamentalists and intolerance, Wittenberg is celebrating diversity in religion and the freedom of the individual in community.

Waffles and Coffee outside

Day 7 Friday, 25.08.2017

Free day
Chilling and discovering Berlin

Day 8 Saturday, 26.08.2017

Group discussion of what happened in Berlin
Blind game
Team building
Risotto with cheesy and sauce
Ninja game

Russian cuisine

Day 9 Sunday, 27.08.2017

Country presentations

France presentation

Turkey presentation

Palestinian cuisine

Day 10 Monday, 28.08.2017

Guided tour

Visit ICJA office

Free afternoon

Day 11 Tuesday, 29.08.2017

Country presentations

The UK presentation

Russia presentation

Palestine presentation

Iran presentation

Philippines presentation

Syria presentation

Day 12 Wednesday, 30.08.2017

Final evaluation of training

Cleaning and preparing the area

Evening:

Barbeque!

Psychological trauma input

Final evaluation

Who was your secret friend?

Cleaning and organizing the place

Farewell Barbeque

Day 13 Thursday, 31.08.2017

Breakfast- followed by departure

Day 1, Saturday 19.08.2017

Participants were personally welcomed by the facilitators' team, registered and then invited for the first session. After registering and finding their rooms, the group gathered outside.

Vasso and Franzi of the hosting organization ICJA presented themselves and gave a warm welcome to the group. The rest of the group shared a move and an adjective that represent themselves and starts with the same letter as their name, the rest of the group had to repeat all the names and moves of the previous participants!.

Following this, Franzi showed us around the seminar house with all the important information needed about the house and the area around it.

Then we had a delicious dinner from our great cooks Chris and Johannes!

After the dinner we gathered again in the seminar room for some more getting to know each other activities like: 4 corners *spring-summer-autumn-winter*, *sea-mountain-forest-city*, *painting-music-writing-dance* where everybody had to choose a corner and provide an argument of why it is their favorite, at the same time people with combined preferences had chosen a place somewhere in between!

Furthermore, Vasso presented the Crossword of name. It's a method where everyone shares their name's story, e.g. how their parents choose it and what it means.

Seeing the names written down helped the group to remember them.

Last but not least, the team introduced the programme and some important information about the next days

The night's last point was making sure that everyone had everything needed. Also some more information about the group organisation (cleaning and cooking teams) was given. ☺

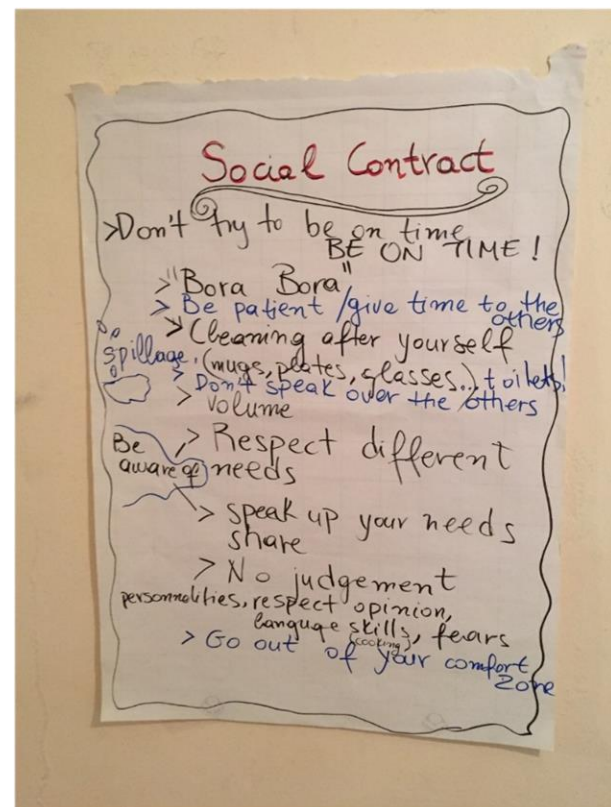
Day 2, Sunday 20.08.2017

The blanket

After meeting all together outside we played the name game with the blanket where the group is separated to two groups and hidden behind a blanket. In the beginning, one person of each group goes closer to the blanket and after counting to three the blanket drops and the first person who finds the name of the other person wins and the person who didn't make it has to go from the side of the group who won. That continues for some rounds and at the same time more people go closer to the blanket.

Motivation-Fears and Contribution

Everyone shared their motivation, their fears and their anticipated contribution to the group.



Social Contract

In this session we agreed on general rules for our group in order to have a pleasant time together ☺

- Respect each other's needs
- Be on time
- Give time
- Clean after yourself
- No judgments
- Go out of the comfort zone, but also don't push too much
- ...

Secret friend

After the coffee break we met in the seminar room where Mojtaba presented the secret friend activity. Everyone had to write their own name on a small piece of paper. These papers were mixed and then everybody picked up a paper. The name which was written on your paper was then your "secret friend". The task is to secretly be this person's best friend during the two weeks.

Hidden lines

Franzi presented a big blank sheet of paper, where everyone was invited to write down his/her name and to connect with other group members by drawing a line and writing down things they have in common (hobbies, languages, sisters, brothers, series, books, music,...).

Speed Dating

Naia explained that the group is split into two groups in two circles, two participants facing each other. Naia asked them some questions (what does friendship mean to you? Which superpower would you like to have? Do you have brothers or sisters? What are you afraid of?...). They had to answer in one minute, then the circles were doing some steps on the right or left to mix-up so everyone will have the chance to exchange with everyone.

Some more explanations about the kitchen and the recycling in Germany.

Presenting Christoph

After lunch Christoph started his session.

Corner Questions

Christopher asked us some questions and we had to decide to which corner (=answer) we belong and we had the chance to explain why.

- How do you feel in the group? (Position between nice and accepted)
- What is in your mind? (Position between looking forward, I am afraid, I am eager to learn, I don't want to share)
- What do you think of outside the youth exchange? (Position between family, partner, education, something else)

2 Move all Stand – 2 Stand all Move

This method is about group communication. The task is to keep the right number of participants moving and standing in each round.

Why? Why? Why?

In this activity we had to split in couples and start with the question: ‘Why do you attend to this Youth Exchange?’. With the answer we got, we had to use it as a question “Why?” for three minutes each and three more to talk about it with our partner. For example, ‘I am here, because I think dialogue is important’. → ‘Why do you think dialogue is important?’ ...

Some people found it difficult to listen to what the partner was answering and at the same time creating a question. Some others felt a bit pushed, but even after they were impressed by where you can conclude after a fast brainstorming and no time to think before you answer. Some others were impressed with how deep you can go in just three minutes! And one couple had the same question/conclusion as the last one, as: “Why people are so mean?”

The others and I

It was the activity where the group was split by three. They got a paper each and they had to write their name on the top of it. The paper had three parts, two for the other two participants and a last one for themselves. Each part has some questions about guessing and describing by the appearance, expressions and actions of the person whose name is written on the top of it. At the end we looked and compared our answers with each other. They discussed, laughed and some were very surprised from the answers of the other.

After that the groups were split for the reflection by animals!

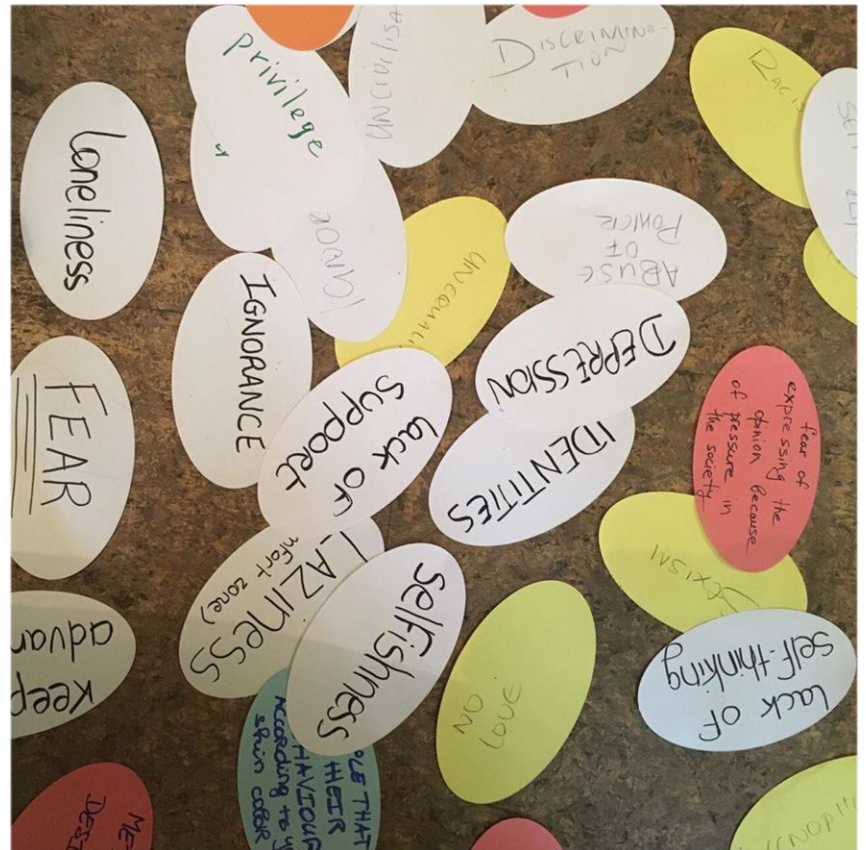
The Kitchen Masters left to prepare dinner while the rest of the group played the guess the correct between 3 statements of ourselves where two are wrong and one is correct.

Reflection Groups

Participants were divided as animal groups; each one got one of the leaders. They talked about the day that we passed; activities, food, emotions, everything we wanted to say.

Day 3, Monday 21.08.2017

- Breakfast
- Name Tags
- Joined-at-the-hip game
- Phone analysis
- Yes/No Game
- Coffee Break
- Energizer
- Adjectives Circle (labelling)
- Theoretical explanation of prejudice, discrimination, racism and genocide
- Coffee Break
- Energizer (imaginary ball & brother-sister help?)
- Othering Explanation
- Lunch
- Lifestory questions game
- Biological Racism vs. Cultural Racism Discussion
- Group discussions (discrimination & racism)

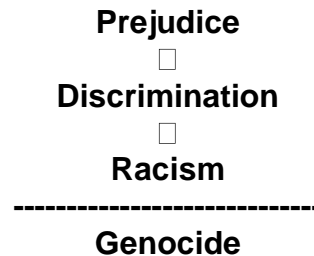
**Name Tags**

We started the day sitting in a circle in the seminar room. We all made name tags for ourselves, and then played the joined-at-the-hip game where pairs had one leader and one follower who must stay joint to the leader's hip while moving. This taught the importance of being aware of other's around you. Then in different partners, we played the phone analysis game where we made assumptions about the person's nature, lifestyle and personality based on the appearance mobile phone. The Christoph led the Yes/No game, where the group had to answer the following question by standing on different sides of the room depending on whether they answered yes or no:

1. Have you ever suffered from discrimination?
2. Have you ever discriminated against someone? After each question, Christopher invited the group to share their stories. This was quite an emotionally expressive part of the day as this was the first contact of the topic of racism and discrimination as part of the workshop, and the group started to open up about their experiences.

After the coffee break, the next session involved each group member being given a either red (negative) or green (positive) descriptive word to pin to their chest. The words were then read out loud to the group and defined. The group then split where the 'red' labeled people stood in the centre of the room, and the 'green' created a circle around them. This exercise demonstrated how certain groups in society have

the power of labeling and how this can lead to self-fulfilling prophecies. Christoph then asked the group to suggest how we as a group could overcome this dichotomy. The exercise served as an introduction to the theoretical understanding of the terms 'prejudice', 'discrimination', 'racism' and 'genocide'. Christoph explained to the group how prejudice can lead to discrimination, which can lead to racism, and ultimately can result in genocide. Together as a group, we identified factors that prevent racism from becoming genocide.



By establishing the different terms, we realized how a prejudiced thought is the foundation of any genocide that has happened in history.

Othering

After a short break, Christoph explained to the group the concept of 'othering', where certain groups have the exclusive power to define specific valued and unvalued characteristics that leads to the exclusion of a group. As an exercise the group split into pairs and discussed the groups we belong to and times when we found ourselves in a position where we made judgments of people not belonging in 'our' groups.

After lunch we played a short life-story questions game in pairs, which required us to share very personal experiences with our partner. The group felt very positive about the experience of sharing their very personal moments.



Following this exercise Christoph explained the difference between biological and cultural racism and as a group we discussed these concepts. The discussion moved onto 'unchangeable characteristics' and the biological/genetic differences in people from different ethnic backgrounds (i.e. Caucasians and Afro-Caribbeans). This discussion created a lot of debate about such differences, with group members differing in opinion. It became clear that there are no defined lines in racism, because 'racism doesn't exist', its merely a social construction. The discussion also involved a debate about the differences between racism and

sexism and whether they could be considered the same.

Biography work:

To sum up the day's themes, the final activity required us to reflect on what we have learned throughout the day and come up with examples of when we have discriminated others and where we have discriminated. We were given 30 minutes to individually create a poster to which we would later present in small groups. There

was no given structure to how the posters should look like, anything from drawings to symbols and mind maps was allowed. In the final reflections the group expressed that although this exercise was very emotionally challenging, it was also the most enriching. It challenged us to not only acknowledge our moments of prejudiced thinking and discriminatory actions, but also to accept others' without judgement.

Daily report Day 4, Tuesday 22.08.2017

Breakfast: This morning we were welcomed by the delicious smell of omelet made by the cooking master.

We began the training around 9:15am. Before beginning, Christoph informed us about something serious that happened: in the same time, another group is doing the same training than us in [Sievershausen](#). [The group](#) has decided to spend [their](#) free time in Hamburg yesterday night. They wanted to enter the club, but two of them weren't allowed to enter because they were refugees. The group still wanted to enjoy the party, they entered and let the others outside. These [two people were the refugees in Germany and so they](#) felt very offended and left the group the day after. This story made us think a lot about this obvious situation of discrimination. Being passive in such a situation is a support to this kind of actions. We felt very concerned because we are running the same training than them, it could happen to us, so we have to stay aware. This story made us even more motivated

Energizer:

Our first energizer was about faking emotions and amplifying them, each one after the other. The goal was to make them as obvious, strong and deep as possible.

Dixit Cards

Christoph put many cards on the floor, each one of them had a specific picture representing various scenes. Using them, we had to answer the question: which one describes for you the problems of the world? Then, by pairs, our neighbor tried to guess the reason behind our choice. Sometimes people found the same reason, other times they had totally different opinions, and experiences.

Burning the problems away

Christoph told us to write our problems on sheets of papers. We began by writing our personal problems and kept them for ourselves. To go above them, we threw them in a box to burn them away.

"Problems in my country" workshops

Then, for 30minutes, we brainstorm and wrote again on paper our answers to the question "For you, what are the main problems that lead to racism?". We ended up with a lot of various papers that we classified to simplify our understanding of the main reasons. The categories were: Fears, Education, Power, Money, Separation, Religion, Selfishness and lack of love.

Future workshop

We kept in mind all the problems of the world we had listed before and we imagined that, 20 years ago, we were meeting again. All the problems were resolved and we had another view of how the world would be. Thanks to this workshop, we noticed that positive thinking has a strong impact on our willingness to be productive. To be effective and to find true solutions, the best way was to dream big and see what we

wanted for the future in the best scenario to be and not how the future could be according to our present.

The machine of the future

For the second energizer, we invented a machine by repeating sounds movements all together, one after the other. The whole thing was supposed to represent how would sounds the future,

A world without racism

Each one of us chose the subject he was the most interested in and we gathered in groups during an hour. We discussed about what would be the world if this problem was solved. And the purpose was to image in an unrealistic way how would be the world this specific problem was solved.

Then, after the lunch, we made presentation to expose to everyone our point of view. It was more or less a success.

Realisation project

Related to what we have find with our group, we had to think about an achievable project to us that we could make. The purpose is to bring our vision into the reality. It is really important that this project has to be accessible for us to do it. We would be responsible to do and achieve this project.

Day 5, Wednesday 23.08.2017

Since there was little sun outside, we did our first energizer outside. It is called "Evolution". Basically there were 3 movements which are; crouching, acting like a chicken and a monkey until you become a human. It is the only way that you can complete your evolution by beating your kind in the play of "stone, paper, scissors". After warm up, it was time to "How do you feel now?" question and share the important points comes from yesterday's reflections.

People in general were feeling good and we are agreed to fill the blank in kitchen, cleaning and report writing tasks in the programme. Also we have 2 lists in the corridor that need to be clarify that are plans for free day and plans for afternoon blanks with presentation of countries or games or etc.

After these, Chris talked about today's main plan;

- 1 hour for project planning
- 20 minutes for trial
- 20 minutes for reviewing our project

There were 5 different groups working on below topics:

Power Group

Members of the group: Jirah, Marya, Maria, Naia, Vanessa, Pauline

One vision project where people's power is in their actions-deeds. 3 month exchange project based in Eastern Europe were 30 young people from different countries are given the opportunity to learn social responsibilities and project management to create project for that area within 8 months.

Discrimination Group

Members of the group: Lara, Kaan, Sania

The main point is that everyone should have the right to go anywhere in the world.

Thanks to world citizenship passport, It is possible to reach people. The idea is when

one buys a passport another one gets it for free because the one covers second. The second should belong to the one who is disadvantaged.

Education Group/ Dialogue Awareness

Members of the group: Fats. Selimhan, Nour, Anastasia and Jordan

- 1- Funding (Erasmus Youth Dialogue Funding UK)
- 2- Training and formation for us by someone like Christoph
- 3- Use social medias to promote our organization
- 4- Recruit volunteers to help us to handle the dialogue workshop sessions

The project will be for teenagers, students who aged 15-25 years old

Frequency: Once a week in youth clubs, schools and universities. With an annual conference at the end of the years

It will be provided dialog sessions in each of our country (UK, Palestine, Russia, Turkey and France) beginning in 2018.

It is wanted to young people be aware about different problems of the society and that they can do something about it.

MONEY GROUP

Members of the Group: Aysegül, Joe, Camille, Franzika, Bulat

The most important problem is that money are not distributed to the people equally. Thus the project has been created to solve this problem. The project started with group members from different countries and different occupation. After the group members pay their taxes for their county, they will send their all income to the bank account which has been created for the project. Then all money in the account are shared to the ones who is joined to the group equally.

People come from different occupation they may get different amount of money in general but in this case people doesn't mind to get less money. The project aims to create a new world.

LOVE GROUP

Members of the Group: Melike, Anna, Wurud, Natalie, Mohammed

The group believes that all the problems: racism, discrimination, unhappiness, depression, unsatisfied lives etc. comes from our fears. If people get rid of their fears and hatred, love would be the main emotion that can unite people in the world.

The project is about a platform that brings together and share their fears to ask for advice or love basically. There are short and long term plans which one for this Wernsdorf Group and second for the rest of the life.

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After project presentations, we did last reflection with Chris and we said goodbye to Chris.

Afternoon Vasso, Franzika, Naia gave important information about Youth Exchange programmes, work camps and Evs. Also the group presented their own sending organizations. We did our reflection in our groups and final reflections with the leaders.



### Day 6, Wittenberg: Thursday, 24.08.

After enjoying breakfast we started our excursion day with some stretching exercises in the garden. For our way to Wittenberg we had to take four different trains and busses. Unfortunately, our first train was delayed and so we had to wait at Potsdamer Platz for 2 hours. So we adapted our plans and started the day with meeting Marco and having a lunch break at Potsdamer Platz in Berlin. Taking the train at 12:35 from Potsdamer Platz we arrived at 2 pm in Wittenberg. The two volunteers, Paola and



Andrés welcomed us and gave us a guided tour around the city centre. Counting the year 2017 it is the 500st anniversary of Martin Luther publishing his points at the door of Wittenberg's city church which is nowadays seen as the key moment of the reformation of the Christian church in Germany. Martin Luther was the founder of the protestant church and he translated the Bible from Latin to German. That's how he made the Bible accessible to all the literate people in Germany and that's why the city of Wittenberg is hosting the world exhibition of reformation, focusing on the seven gates of freedom. We took a brake to have some waffles which were given to us for

free from some volunteers of the protestant church. We finished the tour at a contemporary arts exhibition. For some of us it was the first time that they have been to the art exhibition "Luther und die Avantgarde". After we met Gabriele... what was her name? Beate? in the café where we enjoyed our brake and wrote down some messages about peace. Thanks to our common running efforts we managed to take the train in Wittenberg and we arrived at 9:30 at home, quickly cooking, eating, relaxing and going to bed.

### Day 7, Friday, 25.08.2017

Today was free day for all of us. Some of us decided to go Berlin with groups and the other ones decided to stay in Wernsdorf, go shopping, walking around the lake and chill out. Everyone woke up whatever they want, also there is no one actually to prepare for the breakfast. Every person was responsible for preparing the breakfast themselves. Some guys who want to go Berlin they came together in the point to take the bus. When we were in the stop we played such a game which is called ninja. The point that every one had fun. When we went to Berlin Hauptbahnhof. We had conversation with each other then we split up the group and decided to go

somewhere could find the place to buy some staffs and to find the place that can eat some typical foods in Germany.

When we came back to the point which is Berlin Hauptbahnhof, there was a misunderstanding each other and also it was really bad situations for everyone. At that night, we had a meeting about what happened in Berlin and we had a chance to talk the all thing, it was pretty cool because of the fact that you understand the both side of the problem and give the ideas of it. The best thing for the night was Maria`s birthday. We had surprised for her. We made a cake for her birthday. It was also so surprised for her. Then everyone sing the words but in other languages.

### **Day 8, 26.08.2017**

Morning: Discussion and feedbacks about the free day

The responsables decided to not begin the country presentation`s work; they preferred to talk about what happened the day before.

The day 7 was a free day, and a part of the group decided to make an excursion to Berlin. Those people had group tickets (1 ticket per 5 people). The group made an appointment to meet at the main train station latest at 6.20. But some people decided to go back to Wernsdorf earlier. There were 5 people left in Berlin with 2 tickets. Two of them were waiting for the others on the way to the platform from which the last train went to S Königs Wusterhausen. The other 3 people were waiting the rest on the very platform upstairs. The groups missed each other. One group of three people eventually took the last train, but the other group of two people decided to stay at the train station until they find the rest of the people. At the end they took complex route back with taxi.

So we all spent 3 hours speaking and sharing different point of view. We realized that the main problem wasn`t about tickets but communication and responsibility. We finally found a common purpose that everyone have to still aware and that we to learn from this.

### Blind game

Then we played “ blind game”. By pairs, we had to accompany our partner that couldn`t see anything. We take them in many places. The purpose was to trust on people and let it go. We shared our emotion about this incredible experience.

### Country presentation

By group, we had to do research about our own country to being able to present it to the group. We were supposed to show many different aspects of it, like politic, culture, and dance.

### Ninja

We played a game called Ninja. At the beginning we made a circle. Everyone takes a pose of ninja. Then one by one we were allowed to make only one move with the purpose of touching the others` palms. We found it exciting and energizing game

### Role play game “One step forward”

We played a game where we had to embody a person according to one from a card. It was many different kind of people such as refugee, artist, single mother etc...

Someone asked to us questions and if the answer was yes, we had to make a step.

We found that we didn`t finish at all at the same level, and it shows inequalities.

The trainer hand out a role to each participant. Each person has to carefully read the character's description and try to think and act as the person described. The participants were invited to stand on the line. One of the trainer explains that the people should take two steps forward for each situation that they feel their character could do

easily, one if it is possible, and to stay still if it is impossible. Then the trainer reads out the following situations on the sheet: • Do you have a local friend? • Do you feel that people listen to you? • Can you use public transportation? • Do you feel safe going home alone at night? 18 • Do you feel comfortable kissing your partner in public? • Do you feel welcome at your local youth club? • You go into a club full of white men: do you stay? • Do you feel comfortable drinking in a pub on your own? • If you are competing with people of a similar standard for the same job, do you feel you have an equal chance of getting it? • Do you see yourself represented on TV? • Can you easily adopt a child? • Do you think you receive fair treatment from the police? • Do you feel comfortable moving into a shared house? • Would you get a job as a nanny easily? • Can you play football easily? • Can you swim? • Could your mother take decision within your family? • Can you invite a person of your age to go out? • Can you share your house with a person of different religions?

Then ask the participants to stay frozen in their position, to have a look at their own position and at the one of the others. Ask, one by one the character they were representing. Debriefing and key questions: • How did you feel? • Was it easy to represent your character? • Why did you act this way? • Do you think to be excluded from society, in some way? • Why and how did you feel?

### **Day 9, Sunday 27.08.2017**

- Breakfast
- Country presentations (France). The French group began the country presentation process. They spoke about the politics, history, education and culture.
- Coffee break
- Country presentations ( France)
- Lunch. The lunch was really appreciated by the participants. Chris and Johannes cooked burgers.
- Energizer: Franzi explained her favorite energizer. Participants were divided into two groups and had to attack each other in groups making funny gestures.
- Country presentation ( Turkey). All participants had unique opinions about the political situation in the country so all four participants spoke up. The presentation lasted about 2 hours.
- Coffee break
- Energizer : participants were introduced to the Russian game “Houses” and played it.
- Country presentation (Turkey). After the break the Turkish group taught participants a Turkish traditional dance and song a traditional Turkish song.
- Coffee break
- Workshop “How to argue”. Vasso taught the participants how to deal with the aggressive statements and racism or extremists utterances. Then participants were asked to state oppressive statements about refugees and were asked to make theater performance in order to present how they will deal with these oppressive statements. So they formed groups. The presentation is held on Tuesday.
- Free time
- Dinner was prepared by the Palestinian group.
- Reflection



**Day 10, Excursion to Friedrichshain, Berlin, Monday, 28.08.**

We arrived at Café Sibylle at 11 am where we met Ruben, our guide. After listening to a short introduction on Berlin's history, we climbed the stairs of one of the 12 levels building located in Karl-Marx Allee. This street was built by the Sowjet government during the GDR copying Moscow's style of architecture. The whole group enjoyed the fabulous view on Eastern Berlin streets and buildings.



After some last preparations in Café Sibylle we started the virtual guided tour through the streets of Friedrichshain. Using the apps we have downloaded the day before, we followed the voices of different people explaining several historic and recent issues regarding the Friedrichshain district. The tour ended at Boxhagener Platz where we met Andreas who accompanied the Turkish and Russian team to the ICJA office to reimburse their travel costs. The rest of the group was free to organize their afternoon on their own. Some people did ambitious sightseeing whereas others just sat down at a place enjoying the sun. A part of the group returned earlier to Wernsdorf to swim in the lake and to prepare dinner for everyone. The one who stayed in Berlin longer met at Alexanderplatz and at Ostkreuz to go back together with the whole group. In the evening everyone was tired and happy and most of us used the chance to go to bed very early.

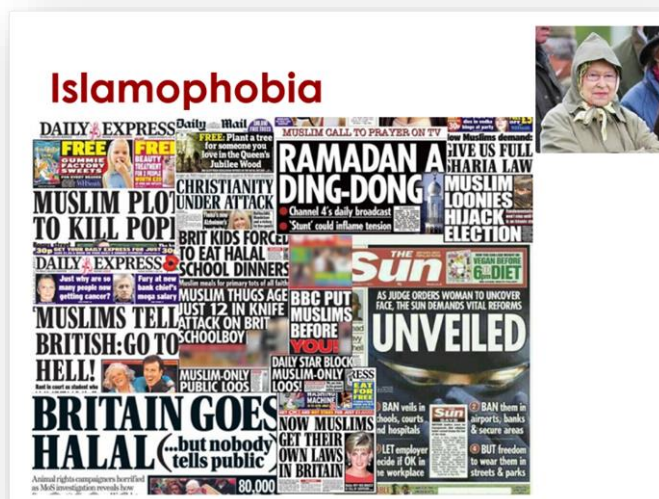
Daily Report by Jordan and Pauline

**Day 11, Tuesday 29th August 2017**

After eating a nourishing breakfast – French pancakes and banana smoothie - prepared by the cooks Vaneza, Jordan and Pauline, we needed to get energized a bit. We thus started the day with a game where we were playing Rock Paper

Scissors and becoming the fan of the winner. At the end, Mohamad won and was supported by the whole group!

We continued the day with the country presentation, starting with the United Kingdom. But before starting! The British team offered us some tea and biscuits... Oh so British!



- A true or false quiz about the British culture
- Watching an extract of a humoristic show about the British colonization
- Explanation of how the BRITXIT happened
- Talk about islamophobia and the Generation M, young Muslims changing the world
- Introduction on institutional racism and life as a black in the UK
- Presentation of British ethnic minorities music
- Geographical stereotypes
- Short introduction to northern slang language.

After a short break, the Russian team started their presentation.

Here again, we were offered food, including snacks, biscuits, candies and seeds.

- General quiz about the Russian culture
- Political overview and division of power in the Russian Federation
- Foreign affairs: Ukraine-Russia conflict over Crimea and the sanctions from the USA and the EU
- Economic situation and recent crisis
- Overview of the surprising Russian infrastructure and especially the road condition with big holes
- Mass media and problems of transparency
- Educational system and... Anastasia shared with us some tricks on how to cheat on exams without being caught!
- Religion in Russia
- Gender inequalities
- Some more interesting facts about the Russian Federation (superstition, lake, ballet, literature).

Then the group took a small break before continuing the country presentations with... Palestine!

Once more, we were fed by the team with some of their country's delicacies... And the Palestinian team brought for us all bracelets.

- Presentation of Palestinian traditional culture and food
- Historical places

- Introduction to the Israeli-Palestinian conflict, political situation from 1948 to 2017
- Political symbols: Kufeya, rocks and Olive tree
- Some members of the Palestinian team shared with the group their personal experience of bombings and attacks in their home city
- Immigration from and to Palestine
- The apartheid wall and check points and borders
- Settlements in Palestines and the example of Hebron city
- Gender inequalities and conservative traditional rules.

## LUNCH TIME

In the afternoon, we started at 3pm with the German team presentation. As the three team members come from different countries, each one made a personal presentation about his or her native country.

Mojtaba surprised everyone with a little magic show that was very cute and entertaining. Then he talked about Iran:

- Politics in Iran
- Gender inequalities illustrated by a video of a woman singer and a video of gay people fleeing from Iran to Istanbul to avoid death punishment.
- Culture (New year Nowruz) and religion.

Then Jirah presented the Philippines:

- Presentation of the culture, national customs, traditional foods, wedding
- National animal and transportation
- Games and festivals
- Educational system
- Religion

Jirah ended her presentation with a video music and landscapes of the Philippines.

Mohamad presented Syria:

- Introduction of the President
- Situation for Arabs and Kurdish people in Syria
- War in Syria
- Gender inequalities.

Finally we watched Mojtaba's movies about his travel from Iran to Germany.

After all these hours of presentation, the whole needed to be a bit

energized so the Russian suggested a game with the chairs, that we played outside. Then the last activity of the day was "How to argue with people". Separated in small groups, we had to prepare a 5 minutes play on the themes:



- Refugees are lazy/cowards
  - Refugees are uneducated
  - Refugees steal our jobs
  - Refugees are criminals, dangerous and terrorists
  - Refugees have a lot of children.
- To finish the day beautifully, we had a delicious dinner...

### Day 12, Barbecue: Wednesday, 30.08.

We started the day with a short energizing game called 'the killer'. One of us was standing in the center of a circle trying to find out who is the killer. The killer was standing in the circle incognito among the others, killing people by winking on them. Once killed, people fell down and didn't play anymore. After several rounds of great detective work we went on with the programme, beginning with Pauline's workshop about psychology and traumata. She explained what it means to have traumata and how every individual can find a way to deal with them. After we distributed the responsibilities to clean the whole venue. Before the final cleaning the group evaluated the whole programme. The evaluation session was started by filling in an 'evaluation hand'. Everyone draw his or her own h



and and wrote down what was good (thumb), what they want to point out (index finger), what they didn't like (middle finger), how the group atmosphere was (ring finger) and was precious (whole hand). After the whole group shared with everyone how they have filled in their hands, so that everyone knew about everyone's experience. After we filled in the official ICJA evaluation forms. In the afternoon, after having a wonderful last lunch by Chris and Johannes, we dedicated ourselves to preparing the farewell party, enjoying our last hours together as a group. As a personal Good-Bye from everyone to everyone we sat down in a circle and everyone was writing down some nice words to everyone. So in the end we all had our air wheel with a personal memory from everyone. After we started the cleaning party. Some people went looking for wood for the barbecue, some prepared the food for the barbecue, some cleaned the whole house. The barbecue was a huge success. Everyone enjoyed the food and people

really appreciated the last chances to talk, to celebrate and to exchange experiences and to make plans to keep in touch.

### Day 13, 31.08.2017

#### Cleaning and Departure



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

The results of the Initial-Training are very positive and will be very valuable in the further development of the youth exchange activities in summer 2016.

Participants were eager to get to know concepts of conflict resolution and peace building education such as “Friedensstifter / Peace Maker” and thought what they had learnt was relevant for international youth exchange and workcamp activities and could also be applied in their professional and personal lives.

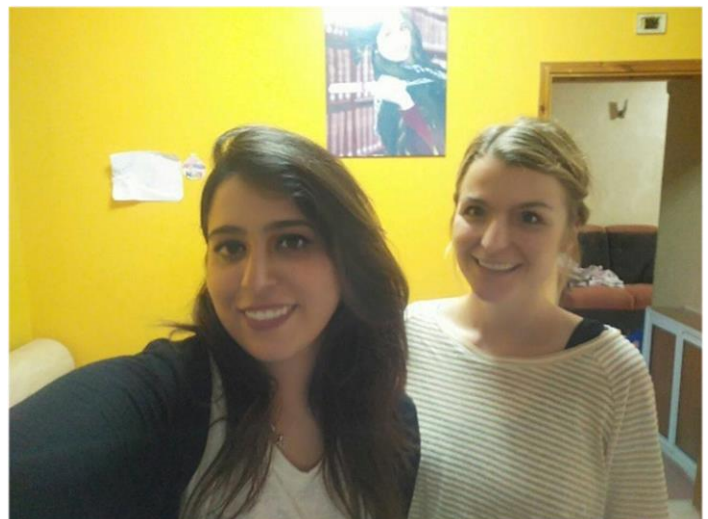
The practice transfer of the learning contents was particularly successful because the participants were at the same time in the role of learners and in the role of youth workers/leaders having to prepare methods and programmes for the following two

youth exchanges. Participants felt more and more responsible and motivated to be part of this experience and even developed a sense of ownership.

The project visit to the THF café was very helpful in making participants realize the importance and role of civil society organisations in raising the active peace commitment of young people in their local societies. Participants exchanged opinions on integration process of refugees with the organizer volunteer of the project and took a first impression on the housing opportunities that asylum seekers have in Germany, as well as on the actions of local activists.

Proving that this is possible - the training was a great opportunity to make new friends by living and working together and to get to know and to share experiences with young people in Germany and in the city of Berlin!

**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 received |     |     |    |   |
|--------------------------------------------------------------------|-----------------|-----|-----|----|---|
|                                                                    | 4               | 3   | 2   | 1  | 0 |
|                                                                    | 😊               |     | 😐   |    | 😞 |
| <b>My learning growth</b>                                          | 15%             | 54% | 24% | 7% |   |
| <b>Motivating atmosphere</b>                                       | 27%             | 53% | 20% |    |   |
| <b>My opportunities to participate</b>                             | 62%             | 15% | 23% |    |   |
| <b>Opportunities for practical application of course`s content</b> | 8%              | 69% | 15% | 8% |   |
| <b>Time management of a learning process</b>                       | 15%             | 78% | 7%  |    |   |
| <b>Topic selection of learning content</b>                         | 7%              | 78% | 15% |    |   |
| <b>Methodical structure of the seminar</b>                         | 15%             | 54% | 31% |    |   |
| <b>Materials (texts, presentations)</b>                            | 8%              | 54% | 31% | 7% |   |



## Annex 2 – Participating Organisations

|                           |                                      |                                                                                |
|---------------------------|--------------------------------------|--------------------------------------------------------------------------------|
| FRANCE                    | JEUNESSE<br>ET<br>RECONSTR<br>UCTION | <a href="http://www.volontariat.org/">http://www.volontariat.org/</a>          |
| FRANCE                    | SOLIDARIT<br>ES<br>JEUNESSE<br>S MCP | <a href="http://www.solidaritesjeunesses.org">www.solidaritesjeunesses.org</a> |
| TURKEY                    | GENÇTUR                              | <a href="http://genctur.com.tr/">http://genctur.com.tr/</a>                    |
| TURKEY                    | YASOM                                | <a href="https://www.yasom.org/">https://www.yasom.org/</a>                    |
| UK                        | ICYE UK                              | <a href="http://www.icye.org.uk/">www.icye.org.uk/</a>                         |
| RUSSIAN<br>FEDERATI<br>ON | DiGevu                               | <a href="http://digevu.ru/">http://digevu.ru/</a>                              |
| PALESTINE                 | IPYL                                 | <a href="http://www.ipyl.org">www.ipyl.org</a>                                 |

## Annex 3 – Dissemination Measures

Facebook Group

[https://www.facebook.com/groups/191546371238389/?ref=br\\_tf](https://www.facebook.com/groups/191546371238389/?ref=br_tf)

ICJA Official Facebook Page Post

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