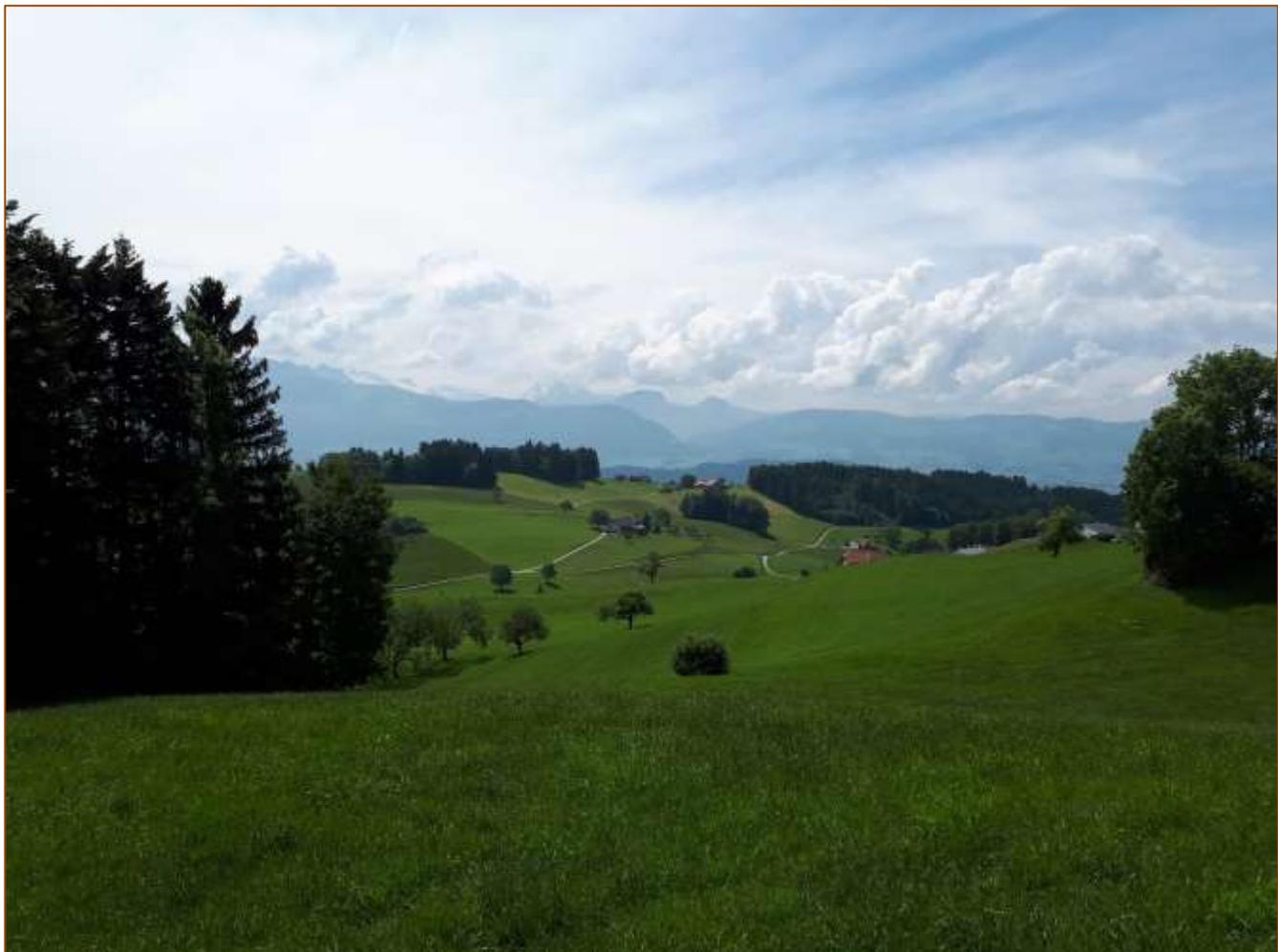




**Training Course**  
**“Peace in Practice”**  
**Switzerland, 12-19 May 2020**

**CALL FOR PARTICIPANTS**  
***APPLY UNTIL 20.02.2020!***



- ✓ Do you prefer to be an action taker rather than an observer?
- ✓ Do you agree that we all deserve peaceful lives, with peaceful minds, non-violent interactions, and without the horrors of war and conflict?
- ✓ Have you ever wondered how we can make this dream come true, step by step?
- ✓ Would you be ready to become one of brave young change makers who make the world a better place?
- ✓ Are you ready to meet amazing people from over 10 countries, make new friendships and get inspired by their ideas and projects?
- ✓ Would you like to spend a week in a place where you wake up, open a window, and see a view like the one on the previous page? And all this without any cost?
- ✓ Do you think you might make it to Switzerland for the period 12-19 May 2020?
- ✓ Do you live in any of the following countries: Armenia, Belgium, Bulgaria, France, Germany, Hungary, Italy, North Macedonia, Poland, Russia, Serbia, Spain, Switzerland, Ukraine?

If your answers are "Yes, this is me!", then...

... we have an offer for you!! :-)

### About us

**Service Civil International** is the oldest voluntary peace movement in the world. This year, we celebrate our 100th anniversary! Our mission is to promote a culture of peace by organising international volunteering projects with local and global impact. We are present in 42 countries on 5 continents, and we cooperate with partners in almost all countries of the world. Read more here: <https://sci.ngo/>.

**SCI Switzerland** is the Swiss branch of Service Civil International with a long-standing tradition. In fact the founder of SCI, Pierre Cérésole, was Swiss! Get to know us here: <http://scich.org/de/>.

During its 100 years of existence, SCI has accumulated lots of expertise in peace-building and community work, which has been recognised by a number of institutions, including UNESCO and the Council of Europe. And do you know that SCI was even nominated numerous times to the Nobel Peace Prize?!



### Project in short

With the "**Peace in Practice**" project, we are ready to share our expertise with you, and support you in becoming a **change maker for a more peaceful world!**

The project will last through all 2020 and aims at **inspiring you to be and act as a multiplier/messenger of peace, and create a chain of follow-up actions for promoting and living peace on local, national and international level.** It consists of several steps, including:

- **international training course** in May 2020 in Switzerland,
- creation of a poster with "**Peace every day**" **mind map** - 100 ways to live peace in everyday life, which will be available in numerous languages,
- **local actions for peace** organised by the training participants (June-October 2020).

As a first step, **thanks to the financial support of Movetia Swiss National Agency, we are ready to**

**invite over 30 participants to join a one-week training course "Peace in Practice", during which you will:**

- deepen your knowledge and understanding of the concept of peace and its different levels (intrapersonal, interpersonal, with nature),
- learn how to live peace and act for peace through small-scale actions that can be done even without big resources,
- get equipped with various peace-related tools and methods you can later use in your work and everyday life,
- be offered space for safe exchange of good practices, of inspiration, of sharing resources and ideas,
- plan a follow-up action to take place in your local community upon the course completion.

**The detailed programme can be found on the last page of this call.**

All in all, we offer you not only **an excellent learning opportunity** which will support you to increase the quality of the work you and your organisation are doing in connection to peace, but also a **unique networking experience** with fellow-minded people from across Europe.

What is more, thanks **to the co-operation with the International Secretariat of SCI and the co-funding by the European Youth Foundation of the Council of Europe**, we can offer interested participants' teams **microgrants (of up to 1,200 euro) to implement local peace-related actions**, to take place before 30 October 2020.

We believe that the TC will increase your self-confidence, make your work more efficient, and help you have a greater impact on your surrounding community and reality!

### **For whom?**

The project is intended for the **following types of participants:**

- youth workers with a strong interest in the topic of peace and its appliance in their work with young people,
- trainers, educators and facilitators working with various target groups such as migrants, refugees and asylum seekers, (young) people with fewer opportunities, minorities, etc.,
- educators on the topic of peace and peace building,
- activists, enthusiasts, volunteers willing to learn more about peace and apply it in their actions.



In general, we encourage participants with some experience of working in the youth field, but we are also open to newcomers, activists and enthusiasts. What is the most important for us is your willingness to become actors of change - multipliers in your local communities, and persons promoting and willing to live peace in your everyday routine (on a personal and professional level). All participants are expected to commit and actively participate in the preparation, implementation and follow-up of the training as well as to participate for the whole duration of the event.

There are a few formal requirements you need to satisfy to join the training course:

1. You need to be a resident of one of the following countries: **Armenia, Belgium, Bulgaria, France, Germany, Hungary, Italy, North Macedonia, Poland, Russia, Serbia, Spain, Switzerland, Ukraine.**
2. You should be able to **communicate in English.**
3. You must be minimum **18 years of age.**
4. You need to **attend the whole course duration** (there is no possibility to make exceptions).
5. You commit yourself to organise a **follow-up action** in your local community / country upon the course completion (these can be e.g. a workshop, street action, online campaign, presentation, screening, peace caravan, discussion, workcamp, etc.).

**We explicitly encourage participants of all genders, sexual orientations, abilities and ethnic backgrounds to apply!**

### **When?**

The training course will last **7 days**. Arrival at the training venue is foreseen on **Tuesday, 12<sup>th</sup> May 2020 before 2 p.m.** Departure is on **Tuesday, 19th May 2020, until noon.**

### **Where?**

We are thrilled to invite you to a dream place not far away from Zürich! **Pfadiheim Hischwil** is a charming mountain house designed for groups who want to have a creative space for work and rest in the heart of Swiss Alps. The house is located at 863 metres above sea level, with amazing views and ability to have walks in nature during free time.

See more at <http://www.hischwil.ch/>.

Google Maps - position and more photos:

<https://goo.gl/maps/5Xj3K8bic7dNww1e9>.



Being close to nature also means simple living conditions. The accommodation will be in rooms for 6-10 persons and with shared bathrooms. But the views of the mountains will be unbeatable!

And yes, there will be wi-fi available. :)

### **Sustainability**

**Sustainable food:** The food we provide will be vegetarian with vegan options. This is not just a practical decision, but also an ideological one: SCI believes in the values of sustainability and climate justice – and if we want to contribute to a more peaceful planet, we need to give up on animal agriculture and its destructive effects on our planet.

**Sustainable travels:** We encourage you to use environmentally friendly transport (bus, train, car sharing) when possible.

### **Financial conditions**

The food, accommodation and visa costs of the participants, as well as all organisational costs (training materials, etc.) will be fully covered thanks to the financial support by Movetia. Reimbursement of the travel tickets will be 100% up to the maximum amounts after the receipt of original documents.

Maximum travel reimbursement amounts: 50 CHF for participants from Switzerland and 400 CHF (around 370 EUR) for participants from abroad.

Even though this is not a “getting to know Switzerland” project, you can still decide to stay in Switzerland a few days before or after at your private expense, as long as the travel cost to Switzerland is not higher than the cost which you would bear if coming only for course duration - otherwise you will be asked to cover the difference.

### Methods

Our working methods used will base on the principles of adult learning, creating a stress-free and motivating environment where the human brain has a full capacity to learn. You will often work in smaller groups in order to achieve best results. All the methods will encourage active participation, creativity, initiative, and responsibility for one's own learning process.

Our training courses are also very colourful, with many visuals used in the learning process. We include the proof! :)



### Trainers

We are happy to announce that the training course will be facilitated by 3 experienced trainers and - at the same time - peace practitioners:

**Natalie Jivkova, Bulgaria** is a trainer and facilitator, passionate about non-formal learning and ways to support the learning process and personal development and growth of youngsters and adults. She has been involved in SCI activities on a local and international level since 2002.

**Małgorzata (Gośka) Tur, Poland** is a sociologist, trainer and educator, certified member of the Polish Association of NGO Trainers. She has been active in the training field for 20 years, helping thousands of participants learn, reflect and grow. She has led numerous national and international trainings on peace issues, as well as trainings for educators.

Since 2014, Gośka has been the International President of SCI.

**Loretta Scherler, Switzerland** holds a M.A. in Social Anthropology, is dedicated to intercultural exchange and communication, as well as intercultural learning. Within SCI Switzerland, she coordinates and facilitates all pre-departure and evaluation trainings for volunteers (with a special focus on Gender and Global Education), organizes public events and takes care of the communication and public relations.

### Certificates

You will be awarded with a training completion certificate, issued by Service Civil International.

### How to apply?

If you find yourself a suitable candidate for the course, please fill in the application form at [bit.ly/apply\\_PeaceinPractice](https://bit.ly/apply_PeaceinPractice) by 20.02.2020, 23:59 CET.

You will be notified of the selection results by 5.03.2020.

All those accepted will receive a detailed infosheet (incl. info on how to get to the venue, how to book your travels, more info about the agenda of the project).

### Questions?

If you have any questions regarding the project and your application, don't hesitate to contact us at [peace.practice@scich.org](mailto:peace.practice@scich.org).

We are looking forward to your application! :-)

The coordinating team

Loretta, Natalie, Goška and the SCI Switzerland team

*P.S. And do not forget to have a look at the Training Programme on the next page!*

*See you hopefully in Hirschwil!*



**Preliminary programme of the “Peace in Practice” Training Course  
by Service Civil International  
12-19 May 2020, Hischwil near Zürich, Switzerland**

DAY	1 – Tue, 12.05	2 – Wed, 13.05	3 – Thu, 14.05	4 – Fri, 15.05	5 – Sat, 16.05	6 – Sun, 17.05	7 – Mon, 18.05
08:00-9:00	Arrivals until 2 p.m.	<b>Breakfast</b>					
9:00-10:30		Project idea and available SCI microgrants  Expectations, group agreement  Me as a peace-builder	Day of Intrapersonal level - Living in peace with myself  Happiness - and how it connects to peace	Day of Interpersonal level - Living in peace with the others  Emotional and Social Intelligence (social awareness and relationship management)	Day of Global level: peace in the world  Mapping the current situation	Day of peace with Nature  Connecting to Nature	Open Space - sessions and discussions depending on the needs and initiative of participants
10:30-11:00		<b>Break</b>					
11:00-12:30		The concept of peace explained	How to deal with stress	Improving our conflict solving skills	Practical ideas and examples for being a global change-maker	Me & Nature: to-do list	From theory to practice: planning local follow-up actions
12:30-14:00	Lunch at 14:00	<b>Lunch at 13:00</b>					
14:00-15:30	15:00 - Opening of the training, orientation	Levels of peace: with oneself, with others, with Nature	Emotional Intelligence (self-awareness and self-management)	Non-Violent Communication workshop	Time for a mountain hike! - Free time	Nature & Communities & volunteering	Feedback session on the follow-up actions
15:30-16:00	Break at 16:00	<b>Break</b>					
16:00-19:00	Getting-to-know the group and the programme	Sharing good practices: our organisations' experiences in peace work	Silent time	NVC workshop - continuation	Free time (continued)	Circle of influence  How to make a difference?	Evaluation of the TC Next steps Closing of the TC
19:00-20:00	Dinner at 19:00	<b>Dinner at 19:00</b>					
20:00- ∞	Welcome evening	Storytelling time: peace stories	Peaceful evening	Inspirational evening: video night on peace activism	Free evening	Networking and partnership building evening	Final Party Certificate awarding ceremony

**Departures** from the training venue are foreseen for **Thursday, 19th May, before noon**.

The **final programme** may be slightly modified depending on the profile of selected participants and their specific needs and interests.