



**SCI** Switzerland  
Volunteering for Peace



PEACE FOR CHANGE,  
CHANGE FOR PEACE



**Training Course**  
**“Peace with the Others”**  
**19-25 May 2022**  
**Lenzburg near Zürich, Switzerland**

**CALL FOR PARTICIPANTS**  
**APPLY UNTIL 3.04.2022! (first deadline)**



**“Peace with the Others”** 19-25 May 2022  
**training course** Switzerland

- ✓ 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 the brave **young changemakers** who make the world a better place?
- ✓ Are you ready to meet **amazing people from over 14 countries**, make new friendships and get inspired by their ideas and projects?
- ✓ Would you like to spend a week in a country where views like the one on the previous page are common? And all this at **no cost, or just a small membership fee?**
- ✓ Can you make it to **Switzerland** for the period **19-25 May 2022?**
- ✓ Do you live in any of the following countries: **Albania, Austria, Belgium, Bulgaria, France, Germany, Hungary, Jordan, Kosovo, North Macedonia, Poland, Serbia, Spain, Switzerland?**

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. In 2020, we celebrated 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 40 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 Cérésolle, was Swiss! Get to know us here: <http://scich.org/>.

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 for the Nobel Peace Prize?!



## PROJECT IN SHORT

With the **"Peace for Change, Change for Peace"** project, we are ready to share our expertise with you, support you in becoming a **changemaker**, and **gain competences essential for building a peaceful and nonviolent world.**

The project will last through 2022 and aims at **inspiring you to be and act as a multiplier and messenger of peace, and create a chain of follow-up actions for promoting and living peace on a local, national and international level.** It consists of several steps:

1. Preparation and publishing **“My Peace Journal”**, a personal diary providing space for reflection, encouraging thinking about peace and acting for peace.
2. **International training course “Peace with the Others”** in May 2022 in Lenzburg, Switzerland.
3. **International training course “Inner Peace and Peace with Nature”** in October 2022 in Winterthur, Switzerland.
4. **Local actions for peace** organised by the training participants (June-December 2022).

Read more about our project [here](#).

## OUR TRAINING COURSE

As a first step, **thanks to the financial support of Movetia Swiss National Agency, we are ready to invite 28 participants (2 per country) to join a one-week training course “Peace with the Others”**, during which you will:

- deepen your knowledge and understanding of the concept of peace and its different levels (intrapersonal, interpersonal, with nature) with a focus on the interpersonal level - living in peace with the others,
- dive into peace education principle – to learn about and to learn for peace,
- 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 the 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 next page.**

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

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

**Preliminary programme of the “Peace with the Others” Training Course  
by Service Civil International  
19-24.05.2022, Switzerland**

DAY	1 – Thu, 19.05	2 – Fri, 20.05	3 – Sat, 21.05	4 – Sun, 22.05	5 – Mon, 23.05	6 – Tue, 24.05
08:00-9:00	Arrivals until 2 p.m.	<b>Breakfast at 8:00</b>				
9:00-10:30		Project concept Group agreement  Reflections after the online Peace Education in Practice course	Nonviolent Communication (NVC) workshop	Enhancing interpersonal communication skills: exercises that work	Improving our conflict resolution skills	Open Space – workshops and discussions depending on the needs and initiative of participants
10:30-11:00		<b>Break</b>				
11:00-12:30		Me as a peace-builder; Circle of influence	NVC workshop (part 2)	Ideas laboratory: How to make a difference?	Improving our conflict resolution skills (part 2)	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	Emotional Intelligence (self-awareness and self- management)	NVC workshop (part 3)	Time for a hike! - Free time	How to support peace with others in specific contexts?	Feedback session on the follow-up actions
15:30-16:00	Break at 16:00	<b>Break</b>				
16:00-17:30	Getting-to-know the group and the programme	Emotional and Social Intelligence (social awareness and relationship management)	How to use NVC in youth work: ideas for follow-up	Free time (continued)	Networking and partnership building	Evaluation of the TC Next steps Closing of the TC
17:30-18:00		Reflection groups			Reflection groups	
18:00-20:00	<b>Dinner at 19:00</b>					
20:00-∞	Welcome evening	Inspirational evening: video night on interpersonal communication	Do’s and don’ts: our organisations’ experiences in peace work	Free evening	‘Looking to the future’ evening	Final Party Certificate awarding ceremony

**Departures** from the training venue are foreseen for **Wednesday, 25th May**, before noon.

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

## FOR WHOM?

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

- **activists, enthusiasts, volunteers** willing to learn more about peace and peace education and apply it in their actions,
- **youth workers** with a strong interest in the topic of peace and its appliance in their work with young people,
- **trainers, facilitators, educators** on the topic of peace and peacebuilding.

We invite participants both with (some) experience of working in the youth field, and those who are also 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: **Albania, Austria, Belgium, Bulgaria, France, Germany, Hungary, Jordan, Kosovo, North Macedonia, Poland, Serbia, Spain, Switzerland**.
2. You should be able to **communicate in English**.
3. You must be minimum of **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 for peace** in your local community / country upon the course completion (these can be e.g. a workshop on peace, 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! We are very open to persons with fewer opportunities (facing social, economical, or cultural challenges and obstacles) who would like to take a more active role in your organisations!

## WHEN?

The training course will last 7 days. Arrival at the training venue is foreseen on Thursday, **19<sup>th</sup> May 2022 before 2 p.m.** Departure is on **Wednesday, 25<sup>th</sup> May 2022**, after breakfast.

## WHERE?

The training course will take place in Lenzburg near Zürich. Lenzburg is a small town with a population of merely 10,000, yet with over 1000 years of history. It can be conveniently reached from Zürich airport by public transport, and the trip takes only one hour.

Our venue will be **Pfadiheim Bollberg**, a scout centre designed for groups who want to have a creative space for work and rest, just 1 km from the famous Lenzburg castle (pictured below).



[Pfadi Bollberg website](#)

[Location of Pfadiheim Bollberg on Google Maps](#)

[Lenzburg Castle website](#)

[Lenzburg City tourist info](#)

### The living conditions will be simple, more of a workcamp style!

As our venue is a scout house, we will sleep in 2 big rooms on mattresses (though comfy ones!) and you need to bring your own sleeping bag/blanket and bed linen.

But changemakers don't sleep in 4-star hotels, do they? ;-)

Still, prepare to have limited privacy during these 6 days and **do not apply if you feel uneasy about this simplicity of living.**

During the course, you will be provided with 3 meals per day and 2 coffee breaks, thanks to the SCI Switzerland cooking team.

On the free afternoon, you might want to visit the castle or the nearby Hallwill lake (see picture).



## 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

This project is financially supported by [Movetia](#).

# movetia

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

Movetia promotes exchange, mobility and cooperation within the fields of education, training and youth work – in Switzerland, Europe and worldwide.

**Thanks to Movetia, we will cover 100% your food, accommodation, and visa costs, as well as all organisational costs (training materials, etc.).**

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 390 EUR) for participants from abroad.

NB. We run this project in a partnership between [SCI Switzerland](#), [PVN Albania](#), [SCI Austria](#), [SCI Belgium](#), [CVS Bulgaria](#), [SCI Catalunya](#), [SCI France](#), [SCI Germany](#), [Utilapu Hungary](#), [SSD Jordan](#), [GAIA Kosovo](#), [CID North Macedonia](#), [SCI Poland](#), and [VCV Serbia](#).

**Some of the partners may ask for a small sending fee to cover their placement costs.** Please check with the relevant organisation.

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 in the ticket price.

## 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 2 experienced trainers, founding members of the SCI Pool of Trainers and Facilitators, and – at the same time – peace practitioners: Natalie Jivkova and Goška Tur.



### **Natalie Jivkova, Bulgaria**

Inspired by and passionate about non-formal learning, Natalie supports the learning processes and personal development of youngsters and adults.

She is continuously learning how to bring and practice peace at all levels.

She has been involved in SCI on a local and international level since 2002 and has co-developed the [Peace Education in Practice](#) online learning course.



### **Goška Tur, Poland**

Goška is a sociologist, trainer and educator, certified member of the Polish Association of NGO Trainers and owner of Pracownia Interakcji training company. She has been active in the training field for over 20 years and led numerous national and international training courses on peace issues, including NVC training, as well as courses for educators.

Between 2015 and 2020, Goška was the International President of SCI.

Natalie and Goška are proud mothers of the [Peace in Practice](#) project and co-creators of the [SCI Peace Cards](#).

## **CERTIFICATES**

You will be awarded 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 [https://bit.ly/SCI\\_PwO](https://bit.ly/SCI_PwO) by 3.04.2022, 23:59 CEST.**

You will be notified of the selection results by 10.04.2022.

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).

**If some places remain available after 3.04.2022**, we will continue accepting applications until the free slots get filled in.

## **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! See you hopefully in Lenzburg! :-)**

The coordinating team

Natalie, Goška and SCI Switzerland