



Erasmus+

NOVI: European Youth towards a Non – Violent future

Erasmus + KA1 – Youth exchange

Programme

APV: 13 - 14 October 2018 (travel: 12th and the 15th)

1 participant from each partner (the participant taking part to the APV will have to take part to the Youth Exchange as well)



YOUTH EXCHANGE ON


NONVIOLENT METHODOLOGIES




(BASIC LEVEL KNOWLEDGE AND PRACTICE)

THURSDAY 8 NOVEMBER

Welcoming and presentation of the course



18:00 – 19:30	<u>Accommodation</u> in the assigned rooms (.....)	
19:30 - 20:00	Useful <u>information</u> on the city, accommodation and management rules Presentation of the course and staff	
20:00 – 20:30	<u>Greetings</u> from the Mayor of Forlì Alderman/Councillor (Peace and Human Rights)	

20:30 – 22:00	Welcoming dinner at the restaurant/pizzeria	
FRIDAY 9 NOVEMBER		
Conflict management through nonviolent modalities		
09:30 – 10:15	Presentation of the course rules and first day agenda Erasmus plus: short introduction Youthpass tool : explanation on how to use it	
10:15 – 10:45	Meeting in the square two activities for participants to get to know each other	Alessandra Antonelli
10:45 – 11:00	Video on the meaning of nonviolent action, taken from the film "Gandhi" by Richard Attenborough (1982)	Raffaele Barbiero
11:00 – 11:15	Break	
11:15 – 13:00	Activities for participants on the meaning of nonviolence with two working groups: perception through the 5 senses and mental map	Raffaele Barbiero
13:00 – 14:30	Lunch break at the Peace Centre	
14:30 – 17:00	Laughter Yoga (Hasya Yoga), Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups. We'd like to stimulate a good relationship among the member of the group.	????Gabriele Tosoni
19:30 – 21:00	Dinner at Peter Pan and free night	
SATURDAY 10 NOVEMBER		
The successful nonviolent movements		

09:30 – 10:00	Review of the previous day, agenda and fill-in the youthpass	
10:00 – 10:15	Exercise to Spread Energy (E.S.E.): the "shower" 	
10:15 – 11:15	Some videos about successful nonviolent movements in the 20 th century	Raffaele Barbiero
11:15 – 11:30	Break	
11:30 – 12:30	Workshop: inside the conflict from videos	Raffaele Barbiero
12:30 -13:30	What do you know about nonviolence now?	Raffaele Barbiero
13:30 – 14:30	Lunch break at the Peace Centre	
14:30 – 19:00	Free time (with the purpose of using the time to get to know each other)	
19:30 – 21:00	Dinner at Peter Pan and free night	



SUNDAY 11 NOVEMBER

The conflict around us

09:30 – 10:00	Review of the previous days, agenda and fill-in the youthpass	
10:00 – 12:45	Conflict around us The exercise will make participants aware of conflicts Each group stages the conflict	Alessandra Antonelli
12:45 – 13:00	Exercise " Follow the KING "	
13:00 - 14:30	Lunch break at the Peace Centre	
14:30 – 19:00	Free time (with the purpose of using the time to get to know each other)	
19:30 – 21:00	Dinner at Peter Pan and free night	

MONDAY 12 NOVEMBER

Exercises to prepare PARTICIPANTS for simulation

09:30 – 10:00	<u>Review</u> of the previous days, agenda and fill-in the youthpass	
10:00 – 12:45	Presentation of the <u>simulation tool</u>	Carlo Schenone, Silvio Masala
12:45 – 13:00	Exercise " <u>Follow the KING</u> "	
13:00 - 14:30	<u>Lunch</u> break at the Peace Centre	
14:30 – 19:00	<u>Activities</u> to prepare the simulation	Carlo Schenone, Silvio Masala
19:30 – 21:00	<u>Dinner</u> at Peter Pan and free night	







TUESDAY 13 NOVEMBER


Simulation of a conflict situation

09:30 – 13:00	<u>Simulation</u>	Carlo Schenone, Silvio Masala
13:00 – 14:30	<u>Lunch</u> break at the Peace Centre	
14:30 – 19:00	<u>Simulation</u>	Carlo Schenone, Silvio Masala
19:30 – 21:00	<u>Dinner</u> at Peter Pan and free night	

WEDNESDAY 14 NOVEMBER

Evaluation and end of the course

09:30 – 10:00	<u>Review</u> of the course, agenda and fill-in the youthpass	
10:00 – 10:15	<u>E.S.E.</u> 	
10:15 – 11:00	<u>Evaluation of the course</u> in a creative way using a sketch, a short song, a poem, a small game, etc.	
11:00 – 11:45	<u>Evaluation of the course</u> by participants with a questionnaire	
11:45 – 12:00	Break	
12:00 – 12:45	"On air" participants' <u>evaluation</u> with the method of the <u>three chairs</u> .	
12:45 – 13:15	Presentation of the attendance	Peace Centre

	<u>certificates</u>	President
13:15 – 14:30	<u>Lunch</u> <i>break at the Peace Centre</i>	
16:00 – 23:00	<u>Farewell dinner</u> organized by participants, every country introduces one or more typical dish -every group cooks for 8 people	
THURSDAY 15 NOVEMBER		
Departure to home countries		

Objective

To give young participants involved basic knowledge and skills on peacebuilding and nonviolence.

Partners

LP1: Associazione Centro per la Pace Forlì (Italy)

PP2: DRUSTVO ZA RAZVIJANJE PROSTOVOLJNEGA DELA NOVO MESTO (Slovenia)

PP3: UDRUGE ZA PROMICANJE AKTIVNOG GRADANSTVA - ECHO (Croatia)

PP4: Asociación Cultural Social y Educativa Segundas Oportunidades (Spain)

PP5: A.D.E.L. - ASSOCIATION FOR DEVELOPMENT, EDUCATION AND LABOUR (Slovakia)

Participants

Total: 38 young participants between 22 and 26 years old

- 7 participants per international partner (GROUP LEADER included)
- 10 participants from Italy (GROUP LEADER included)

Forlì Peace Centre staff

Mirya Elisabetta Porcheddu,.....

Location

The course will be held in **Centro per la Pace di Forlì** via Andrelini nr. 59, 47121 Forlì (FC); tel. 0543/20218; 329.3680287; email: forli.centropace@gmail.com; FB: [@centroperlpaceforli](#)

Accommodation

The participants accommodation will be at Foresteria Universitaria, Street (via Carlo Pisacane, nr. 11); 47122 Forlì FC; tel. 0039.0543446570.