



LANGUAGE OF PEACE

PEACEBUILDING, CONFLICT RESOLUTION, EMOTIONAL
WELL BEING



Līdzfinansē
Eiropas Savienība



Jaunatnes starptautisko
programmu aģentūra



JAUNATNE
SMAIDAM



CONTENT

3		INTRODUCTION
4		AIM OF THE BOOKLET - MEMORIES
5		PARTNERS
6		PRE-STORY
7		PREPARATION PHASE
9		IMPLEMENTATION PHASE - YOUTH EXCHANGE
20		FOLLOW UP
21		RESULTS
22		CONCLUSION



INTRODUCTION

In a world full of constant change and challenges, young people are often confronted with inner and outer conflicts, stereotypes, and social pressures. The project "Language of Peace", created by the youth organization Jaunatne smaidam, was born from the need to provide young people with the tools to deal with conflicts, support emotional well-being, and build stronger, more united communities.



Through this Erasmus+ youth exchange in Latvia, young people from different countries came together to learn the "language" of peace – connecting cultures through tolerance, empathy, and understanding. Using non-formal education, creative workshops, outdoor activities, and cultural evenings, participants explored conflict resolution, emotional intelligence, leadership, teamwork, and intercultural dialogue.

The project was about living peace in practice – caring for one another, respecting the environment, and creating a safe, inclusive space where every voice matters. It became a journey of personal growth and collective harmony, inspiring youth to spread the spirit of peace in their communities.

The "Language of Peace" is more than a project – it is a journey of personal growth and collective harmony, inspiring young people to bring the spirit of peace into their communities and everyday lives.





AIM OF THE BOOKLET

A treasury of memories

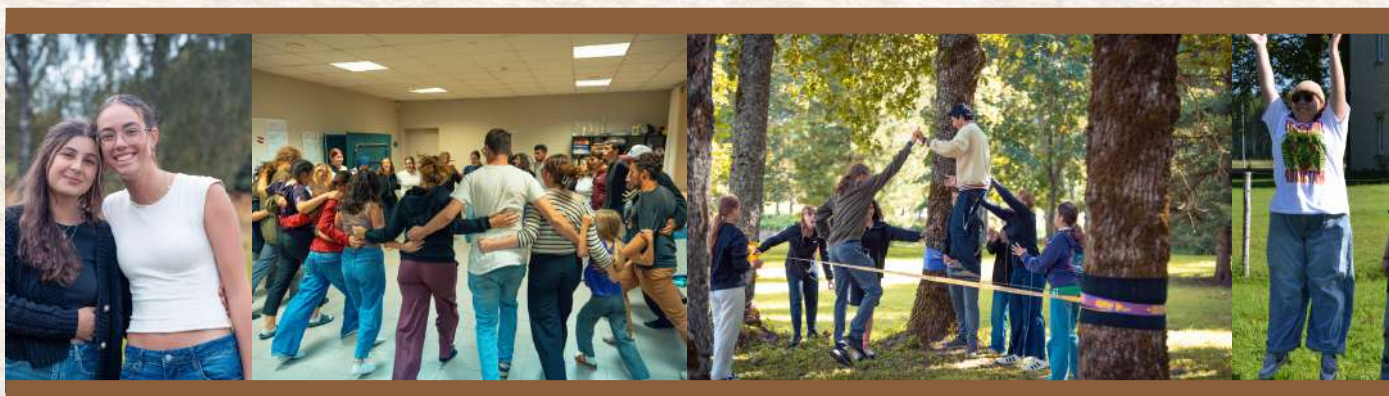
The Booklet captures the unique moments, emotions, and experiences shared during the Language of Peace Youth Exchange. From laughter during games to deep reflections on conflicts and peace, it holds the stories that participants will carry with them for years to come.

An inspiration for others

By showcasing how an Erasmus+ youth exchange unfolds, this booklet serves as an example and a guide. It opens the doors for other young people, organizations, and communities to see what is possible when curiosity, cooperation, and creativity come together.

A message of peace

Beyond memories and examples, this booklet also spreads the values at the heart of the project: empathy, tolerance, and dialogue. It is a reminder that peace begins with small actions, shared understanding, and the courage to listen and connect.





PARTNERS OF LANGUAGE OF PEACE

ASTRE is a youth organization from Romania, founded in 2019 in Suceava. It promotes young people's social and personal development, active civic participation, and the promotion of cultural values.



EAG



Ege Aktif Gençlik is a youth group from Izmir, Turkey, that promotes young people's active participation in society and personal development. It provides a safe and supportive environment where young people can develop their skills, creativity, and initiative.

Zenit APS is a small non-profit organization from Teulada, Sardinia, Italy, founded in 2019 to address social and educational challenges faced by local youth and the community. It promotes social inclusion, community engagement, and active citizenship through non-formal education and creative activities.



SOYA

Circuit of Youth is a youth group from Hungary that creates projects to support personal and professional growth through Erasmus+.

Jaunatne smaidam is a youth organization based in the rural areas of Bauska Municipality, Latvia, dedicated to fostering youth initiatives and community development. Established in 2005, it provides children and young people with meaningful activities that promote personal growth, creativity, and skill development.





PRE-STORY

HOW DID IT START?

CONFLICT RESOLUTION

The idea of the Language of Peace project was born from listening closely to the voices of young people. Many of them face daily conflicts – sometimes with others, sometimes within themselves. In today's world of social media, stereotypes, and constant comparison, it is easy to lose balance, confidence, and peace of mind.

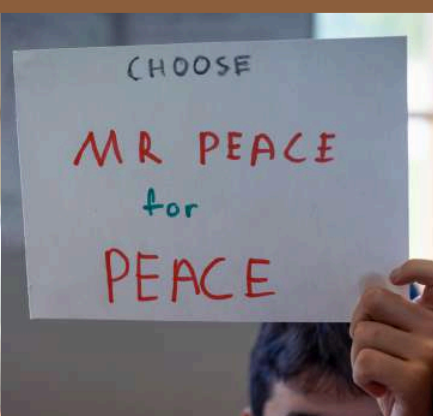
PEACEBUILDING

Jaunatne smaidam created a safe space for young people to explore emotions, handle conflicts, and strengthen well-being. The project showed that peace starts within ourselves, our relationships, and our communities—not just between nations.

This vision resonated strongly with our partner organizations. They, too, recognized similar challenges in their local realities – young people struggling with stress, stereotypes, cultural barriers, and lack of trust in themselves. By joining forces, partners expressed a clear interest in creating a project where their youth could meet, learn from each other, and experience international cooperation built on empathy and respect.

EMOTIONAL WELL BEEING

That is how the Language of Peace youth exchange was designed – as a journey into three core topics: Peacebuilding, Conflict Resolution, and Emotional Well-being. These themes became the foundation of the program, guiding participants to discover practical tools, new perspectives, and the courage to live in peace with themselves and others.





PREPARATION PHASE

WHAT HAPPENED BEFORE ERASMUS+ YOUTH EXCHANGE?

The journey of the Language of Peace Youth Exchange began long before the first day in Latvia. Together with our partners, we shaped the program around three main topics – Peacebuilding, Conflict Resolution, and Emotional Well-being. These themes reflected the real needs of young people in every partner country and gave the project a clear direction.



Each organization announced the opportunity locally and selected participants through motivation forms and interviews, making sure to also involve youth with fewer opportunities.



Group leaders met online several times to prepare the sessions, share ideas for energizers and reflections, and discuss how to build a safe and supportive environment for everyone.

An info pack and WhatsApp group made it easier for participants to connect, ask questions, and start building friendships before the exchange.



PREPARATION PHASE

WHAT HAPPENED BEFORE ERASMUS+ YOUTH EXCHANGE?

Before the exchange, participants attended an online informative meeting. It was a chance to get to know each other, hear more about the project and the program, share expectations, and ask questions directly to the organizers. This first meeting already created a sense of connection and excitement for what was coming.



Meanwhile, national teams prepared their Cultural Evenings to share a taste of their traditions with the whole group.

Step by step, everything came together – logistics, safety, communication, and creative ideas – so that once we finally met in Latvia, we would be ready to dive into the language of peace.

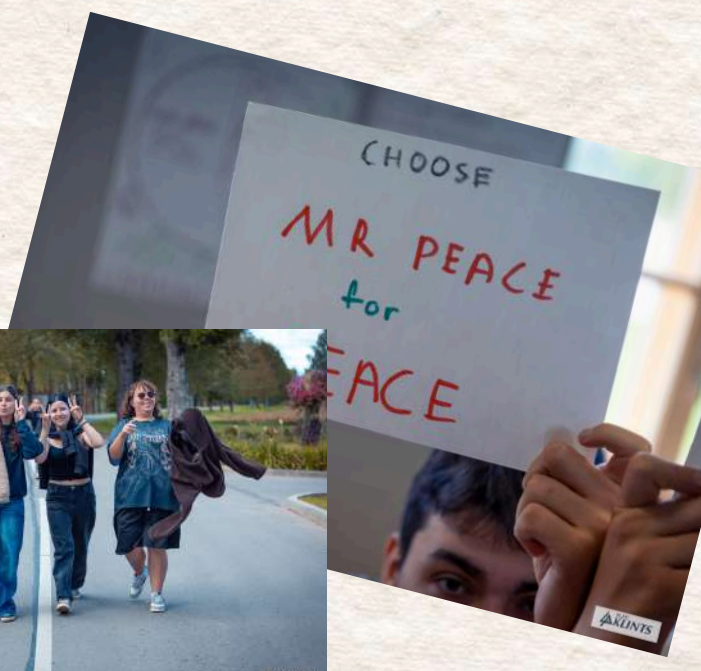




IMPLEMENTATION PHASE - YOUTH EXCHANGE



17.08.-25.08.2025.

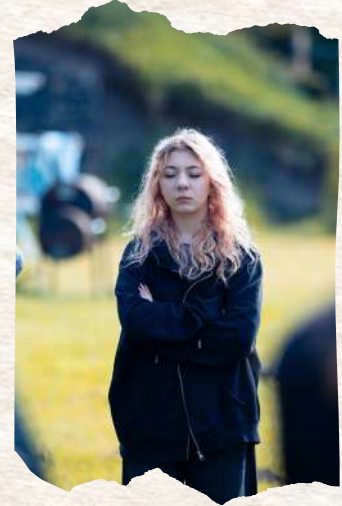




DAY 1

CONNECTION & SETTING THE TONE

The first morning started with breakfast and the excitement of meeting each other. Even though our cultures have different breakfast traditions, it was a chance to try something new. Soon after, we gathered outside in a circle for icebreaking activities. Despite the cold weather, the games were fun and helped us learn names, talk to new people, and take the first steps toward building trust.



Later, Laine and Laura introduced the program and explained the flow of the project. We reflected on our expectations, concerns, and what we could contribute by writing them on colorful post-its. It was a simple but meaningful way to think about why we were here.

After lunch, we jumped into a lively “Mission Impossible” challenge. At first it felt chaotic, but by splitting into groups we quickly became more organized. From human pyramids to creative tasks, laughter and teamwork brought us closer together. Another activity invited us to create shapes with our bodies and chosen objects. While it felt awkward alone, in groups it turned into something fun and creative. Through these tasks, we began to feel like a real team.



DAY 1



CONNECTION & SETTING THE TONE



Through these tasks, we began to feel like a team. We also learned about karma yoga – taking responsibility for the space we live in and supporting each other with daily tasks like cleaning and organizing. This helped us understand that peace also means caring for the environment around us.

In the evening, reflection groups were formed, giving everyone a smaller circle to share their thoughts each day. Later, a fun curtain game tested how well we remembered each other's names.



Love was felt in the warm welcomes. Community grew stronger through cooperation. Friendship appeared in small conversations and shared laughter. Nature surrounded us and added energy to the day. And karma yoga reminded us that peace also lives in small, everyday actions.



DAY 2



EMOTIONS, CONFLICTS AND CONNECTION

The second day of the Language of Peace project began full of energy and movement. During the morning session, we played dynamic group games that helped us wake up, laugh, and find a common rhythm. Through sounds, movements, and teamwork, we explored how emotions can grow and shift within a group.



One of the most memorable moments was when we represented “good” and “bad” emotions through short plays. Acting out feelings helped us better understand how emotions influence our communication and behavior. Together, we even created a “living machine” – a fun and creative way to show how every part of a team matters.



Later, everyone took a quiet moment to write down a personal conflict on paper. Sharing and seeing how people from different cultures experience similar inner struggles reminded us that conflict is universal – and that peace starts with understanding ourselves.

DAY 2



EMOTIONS, CONFLICTS AND CONNECTION

In the afternoon, the Romanian team led the activities, inviting us on a symbolic “bus of emotions.” Each person had to travel through different emotional “destinations,” expressing and sharing how they felt along the way. We drew mascots that represented our emotions and discussed what values and boundaries guide us in life.



The day ended with a calm walk in nature, sharing thoughts, laughter, and stories. These small conversations made us feel closer and deepened the growing sense of friendship within the reflection group.



DAY 3



UNDERSTANDING, EMPATHY & BREAKING STEREOTYPES

The morning started with a creative workshop led by the Italian team. Through drawing and silent communication, we discovered how much can be said without speaking. It was fun, sometimes challenging, and a great reminder that empathy begins with truly observing each other. The funniest moment came when we had to mirror one another's movements – laughter filled the room as we tried (and often failed) to keep perfect synchronization.



In the second part of the morning, we explored active listening – realizing how powerful it can be to simply give full attention to another person. Even when someone spoke in their own language, the group listened and tried to understand beyond words. These moments reminded us that peace often starts with listening.



DAY 3



UNDERSTANDING, EMPATHY & BREAKING STEREOTYPES

The afternoon session focused on stereotypes and prejudice. Divided into groups, we prepared creative “protests” against common stereotypes, then used clay to physically build and destroy them – a symbolic act of breaking down judgment and rebuilding understanding. Short theatre performances followed, showing both the harmful and hopeful sides of prejudice in a fun and reflective way.



As the sun set, we reflected on the lessons of the day - understanding others, accepting differences, and expressing ourselves openly are all steps toward peace.

DAY 4



COMMUNICATION, CULTURE & CONNECTION

The day began with Italian music playing in the background as everyone joined in for the morning clean-up – a cheerful start that set a positive tone. The Italian team then led a series of creative games focused on communication and cooperation. One memorable challenge was to build a statue together, where each person added a new element without speaking.



Later, we practiced silent collaboration through drawing exercises – trying to “read” each other’s thoughts without using words. It was surprising how much we could understand through gestures and eye contact alone. The activities brought us closer and created a peaceful sense of connection and trust within the group.

In the afternoon, everyone had free time to enjoy the calm Latvian countryside. Some went for walks, others relaxed by the river that marks the border with Lithuania, while the Italian and Romanian groups prepared for their cultural night.



The evening was full of color, laughter, and emotions. The Romanian team performed a lively wedding with traditional dances and songs – even a runaway bride and a groom who had to win her back! The Italian group moved everyone with a touching Sardinian song that brought tears to many eyes. We danced, ate, and celebrated together, feeling the warmth of both cultures blend into one joyful evening.

DAY 5



CONFLICTS, COMMUNICATION & CULTURAL CONNECTION

The fifth day of the Language of Peace project focused on understanding and transforming conflicts. The morning began with Karma Yoga, where everyone helped care for the shared space – a calm and mindful start to the day.

The Turkish team then led a lively warm-up game that made everyone laugh before introducing activities about the causes of conflict. Through creative exercises with post-its and figures, we explored how misunderstandings grow and how different conflict styles – such as avoidance, compromise, or confrontation – appear in daily life.



Later, a Mime Theater brought these ideas to life. Without using words, participants acted out conflict situations and their peaceful resolutions. The silence spoke louder than words – reminding us how body language, empathy, and patience can bridge communication gaps.

In the second part of the morning, leaders guided us through games about the link between goals and friendship. These reflections showed how cooperation and empathy make it easier to solve problems together.

The evening was a true cultural celebration. The Turkish team opened their night with a beautiful national youth song and a presentation about their country's traditions. They even shared handmade gifts – bracelets, necklaces, and bookmarks inspired by Kerem's mother's artwork – small symbols of friendship and gratitude.

After that, the Latvian team took the stage, bringing everyone together through dancing, food, and laughter. The two cultural nights merged into one warm, emotional celebration of diversity and unity.

DAY 6



CONFLICTS, COMMUNICATION & CULTURAL CONNECTION



The sixth day of the Language of Peace project began with laughter, energy, and a spark of creativity. The Latvian team led a playful yet meaningful debate, dividing everyone into four characters – Mr. Peace, Professor Conflict, Doctor Progress, and Tradition. Beneath the humor and improvisation lay important reflections on how different perspectives shape our world. Costumes, performances, and cheerful chaos filled the room with smiles and insight.

After the debate came the trust challenges – a journey into balance, courage, and reliance. From crossing the slackline to friendly mat duels, every challenge tested not only physical strength but also emotional trust. Supporting each other through uncertainty, we learned that peace also means knowing when to lean on someone else.



In the afternoon, under the guidance of our host Aigars, the group shifted toward the rhythm of teamwork through simple volunteer activities. These moments of shared effort – carrying, cleaning, building – revealed how patience and cooperation can turn even ordinary tasks into quiet acts of unity.



The evening gifted us with something special – a campfire built by our own hands. As flames rose into the night, the circle of light became a space of warmth, music, and reflection. Singing, talking, and watching the fire together reminded us how simple moments can hold deep meaning.

DAY 7



REFLECTIONS, GOODBYES & NEW BEGINNINGS



The final morning of the Language of Peace project arrived with a quiet mix of emotions – gratitude, joy, and a touch of sadness. No one wanted the week to end. The session began softly, filled with reflection and calm conversation. Together, we looked back on everything we had experienced and learned, using the Youthpass competences as a mirror for our growth.

It was a moment of realization – how much each of us had changed. We had learned about ourselves, about conflict, and about the many ways peace can be built through understanding and cooperation. After the practical discussions about Youthpass, follow-up activities, and our next steps, thoughts slowly began to drift toward home – yet the feeling of unity remained strong.



The afternoon brought the most emotional part of the journey – saying goodbye. Laughter blended with tears as we shared hugs, stories, and promises to meet again. Some wrote letters, others simply sat together, enjoying the last hours in each other's presence.



As the sun set, the atmosphere was peaceful and full of love. Though the project came to an end, its spirit – the Language of Peace we had learned to speak – will continue in our words, our actions, and our hearts.

FOLLOW UP



The end of the youth exchange does not mean the end of the journey – it is the beginning of reflection, growth, and new ideas.

After the project, participants filled in a feedback survey about the quality of the exchange – activities, food, accommodation, and overall support. This feedback will help the organizing team improve both the technical and practical aspects of future projects and reflect on the lessons learned from this one.

Each national group created a short article or video sharing their experiences from the project, along with photos and personal insights. These stories were published on the partner organizations' websites and social media to reach a wider audience and inspire other young people to take part in similar opportunities.

All follow-up activities were supported and monitored by group leaders and trainers, ensuring that every participant's voice is heard and every experience valued. About one month after the project, participants met online to reflect together on what they have learned, how the exchange has influenced them, and how the Language of Peace continues in their daily lives.



This final step keeps the spirit of the project alive – because the language of peace doesn't end when we return home.



RESULTS



The Language of Peace project was more than just a week of activities – it was a journey of growth, empathy, and transformation. Throughout the exchange, participants not only explored important topics such as Peacebuilding, Conflict Resolution, and Emotional Well-being, but also truly lived them in practice.

Through workshops, creative performances, and daily reflections, young people learned to express emotions, listen actively, and cooperate beyond language or cultural barriers. The atmosphere of trust, openness, and friendship helped them discover new perspectives – and most importantly, new ways of communicating peacefully.

Looking back, we can proudly say that the project achieved its goals and left a meaningful impact on everyone involved.

1. Participants gained a deeper understanding of stereotypes, conflicts, and non-violent communication.
2. Participants strengthened their conflict resolution skills, emotional intelligence, and well-being.
3. The project supported the personal growth of young people, shaping them into empathetic future leaders.



The Language of Peace project showed that peace begins with people – with every word, action, and moment of empathy. Its results will continue to grow in the hearts of participants long after the project has ended.

CONCLUSION



The Language of Peace project was not only a meeting of cultures – it was a meeting of hearts, stories, and dreams. Throughout the exchange, young people learned to communicate beyond words, to listen with empathy, and to see the beauty in diversity. Together, they proved that peace is not just an idea, but something we can live every day – through kindness, cooperation, and understanding.



Each activity, discussion, and shared moment helped build a bridge between people and cultures. The laughter, creative energy, and deep reflections turned this project into a living example of what peace can look like when it is practiced, not just spoken about.



We are proud of every participant who took part in this journey – for your openness, courage, and willingness to grow. You brought life to this project with your ideas, emotions, and friendship. Your positive spirit and support for one another made Language of Peace a truly unforgettable experience.

Our heartfelt thank you goes to all the participants, group leaders, trainers, and partner organizations who made this project possible. Each of you contributed something unique, and together you created a community built on empathy, respect, and joy.

"Together, we set out to learn a common language - the language of peace."