

We are delighted to present you an experiential training course on embodied peace building:

## Erasmus + Mobility of Youth Workers Training Course: “EMBODY PEACE”

Brzozówka, Poland  
September 2017 (exact dates TBC)

### Description of the project:

“Embody Peace” is an **8 days training course** bringing to Poland 25 youth workers, group leaders, community facilitators, trainers and educators from various European countries who want to build the culture based on principles of solidarity, compassion, inclusion and peaceful coexistence, committed to work for more peace in local or global communities.



### Aim of the course:

The aim of the course is to **explore and develop another perspective to peace building** by enhancing personal and professional competences of participants and bringing the body of the *peace builder* in the center of learning.

We aim to introduce participants with **peace building methods based on work with body and movement**; peace building competences, **skills for facilitating conflict resolution**, and inspire participants to take an active stand peace building in their communities. By enhancing self-awareness and self-reflection, by engaging in empathic, honest and heart centered communication, by building courage to embrace authenticity and vulnerability, and by providing space for dialogue, creativity and play.

**Methods:**

The course combines verbal and nonverbal peace building approaches, based on work with body and movement as well as gives tools for personal development, so that peace building would become embedded in all actions of participants and their organizations.

The learning process is divided in two parts: **self- development** and preparation of the **gift** for the community back home. We will explore ourselves while moving through **yoga, acrobatics** and **dance**. We will learn to express ourselves through **art** and **stories**, we will seek stillness in **meditation** and in **nature**. We will practice **authenticity** and **vulnerability** in group processes and communication sessions. We will create **spaciousness** in ourselves and in relation to another, we will practice **holding space, supporting** and **standing up** for each other and peace in the World. We will commit to build peace, reclaim back our power and practice responsibility to **bringing peace in every aspect of our lives**.

These courses are highly experiential and require participants commitment and involvement throughout the project.

**If you are interested to become a partner:**

Please fill out application form available here: <https://goo.gl/forms/bmnjrGahjb9e3woI3> and send signed mandate by **25th January 2017 the latest**.

**Number of participants:** 2 participants per organization

**Costs:**

There will be no participation fee. Activities costs, insurance, food and accommodation will be covered from the project budget, as well as travel costs in lines with rules and conditions of Erasmus+ programme.

**Contact details:**

If you have any questions, please feel free to contact us at [katarzyna.kobiety@gmail.com](mailto:katarzyna.kobiety@gmail.com)

**Host organization:**

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