

SCI Peace Messengers

PM

NEWSLETTER





Content



Human Rights Taster Academy

Bogi

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Peace Messengers on the road !

Peace Messengers are on the roads, delivering workshops...and so is the newsletter team. So this is a light, summer issue, where you will find however reports from first-time Peace messengers, an article about an innovative HR course, and of course our Peace Messenger of the month. We will be back after the summer with more articles, and more information about the outcomes of the Peace Messengers meeting that will take place end of September. Until then, enjoy a peaceful summer !

The Peace Messengers newsletter team: Ines, Mariana, Mehdi, Sylvie and Teodora

Photos by Mariana



Bogi, who started a PM programme in Utilapu-SCI Hungary, decided recently to try some Human Rights cooking. She knew, as a good cook, that it's better to invent a new dish than to follow a test-and-try recipe. So she created the Human Rights Taster Academy, a 3+1 day long non-formal tasting of HRs and anything that could appear connected to this topic, for beginners from beginners from the beginning.

What were the ingredients of the Human Rights Taster Academy?

- first comes the idea, the enthusiasm and a big pot of commitment
- mix it with the experience of previous projects, ask others for secret tips
- let it boil for a longer period of time while you have time to think over again: how, where, when, for how many guests you're preparing it for
- time to add a name
- ask others to help you to stir everything before putting it in the oven
- while waiting for it to be baked, design the decoration, put posters out, send invitation letters. Don't forget email lists, facebook, couchsurfing, your friends, teachers and grandma
- don't be afraid when it runs over, you only lose the top, the essence is still inside (it makes it stronger)
- leave time for relaxing, add some cold lake water if you have it near (repeat it while eating to keep it enjoyable)
- serve it with energy, positivity and creativity



How did the different cooks work together?

It was reassuring and easy. I didn't know Marta Lis for a long time but I could trust her from the very beginning, more after that we hitchhiked and worked together in a "mini workcamp". I learnt really a lot from her and was lucky to get such a professional partner.

Who were the guests?

We tried to advertise it as widely as possible, using all the opportunities that the Internet, SCI networks and Budapest's nightlife offered. Finally and surprisingly, we had very few Hungarian guests. A very international flavoring was offered, we could share different customs from Vietnam till Nicaragua.



How was the meal?

It was adventurous from the very beginning. The cooks were supporting each other from different countries, financial difficulties had to be solved by all of us (we shared the costs), trains didn't go regularly enough... And then we were there, the sun was shining at the holiday house voluntarily offered by my friends' Dorka's family. People smiling, sharing tasks, participating in games, singing around fire and having long discussion. It was interesting, filling and satisfying. Tasty, definitely tasty.



Would you recommend this dish to our readers?

Definitely. Although it needs a lot of time and effort, it was important for me to see that it is possible to organize such a training without relying on the support of any fund or official body. People are interested and willing to participate, we did so much "only" with the help of each other, people who are eager to learn, discuss and share about dignity, human rights, discrimination and other issues raised!

Join SCI International WIKI
to access the Peace Mes-
sengers Wikipage and its
many resources !
<http://www.workcamps.info/wikiawg>

A couple of months ago, the Peace Messengers
set up a mailing list, where Peace messengers
can ask questions to other Peace Messengers,
and where information and materials of inter-
est and use for other Peace messengers are
circulated. You're welcome to subscribe if you
want to receive this information or, even
better, contribute !
The Group page is at :

<http://groups.google.com/group/peacemessengers?hl=en>



PMessaging in photos



Emmet (VSI-Ireland) took part to the Peace Messengers seminar in France in May, and ran Peace Messengers sessions in Irish work camps, some of them with Peace Messengers from other branches. More about this in next issue!

If PM were:

> A NOUN - Gandhi

I chose Gandhi because for me he was the ultimate peace messenger! Through inner peace on a micro level and outer peace in the world on a macro level he was able to BE THE CHANGE. One of my favourite quotes by Mahatma is: "Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well"

> VERB - Enlighten

I chose Enlighten because peace messengers enlighten (hopefully) the volunteers on a workcamp to a more aware state of thinking about the issue of their camp and peace in a more real and concrete way.

> ADJECTIVE – Harmonious

Harmonious because after the peace messenger leaves, the volunteers will hopefully think, feel and behave if only a little (or more) differently and be able to create a more harmonious atmosphere with each other and in other situations when they return to normal life.



Emmet



PMessaging in photos

Teodora's first workshop

Searching for energisers..." Who feels like" suits everywhere or "Let me see your funky chicken" stood in my mind since the PM training in Paris, but what about the "Candy get to know each other" ...and workshops?! It's supposed to be not too long but long enough to have an impact...aaah, I'm so nervous but...wait, that's exactly what I should know after 2 weeks of intense PM training.

Listening to some music on my way to Matau, my first work-camp as a Peace messenger, relaxing, getting to know people on the train, starting a meditation while sightseeing and suddenly starting to give my program a final shape.

Finally I have it all organized.

Matau is a village in Romania near Campulung Muscel where this year a colleague from SCI-Romania organized a work-camp for the second time as the first one was very successful. I have only an hour left to reach the village but now I remember I have everything besides paper and pencils, so I go to a shop and buy some while a child offers me a candy. It makes me smile and relaxed in a second so I buy three packages of traditional Romanian candies.

I arrive at the school and while getting out of the car I see people waving and coming to help with the luggage and saying "hey, you must be Teodora...we're glad you're here".

It was enough for me to quickly go and change my cloth and join them for work, then for the cooking. Later, while laughing and playing, we decided to start the workshop on peace education.

I started with an energizer well known by them but by changing the structure we all had a lot of fun and we did an exercise where we had to try to find a free chair when counting in different languages. (From the feedback I could tell they appreciated the intercultural counting).

I used the candies to get to know participants better, so everyone had to introduce themselves and talk about hopes and fears while choosing a candy, then we had some brainstorming, debates and the "following indication" game.

All in all, I could feel we all enjoyed, as they started asking for the next day's programme.

The info corner I put at their disposal was very helpful as they had a look at the last PM-newsletter and the materials and that raised questions followed by constructive discussion during dinner or in the evening.

In the evening, the international activities built a very good group dynamic and team spirit.

It is a strange feeling when you are all in the same position, you're all participants in a workcamp and you think "how am I going to make myself heard and do some workshops?"





I never had the feeling that I was a trainer and the others participants. We were all participants with the small difference that I wanted to bring something new and peaceful into it. As someone revealed feeling peaceful when hugging someone, I decided to start the next workshop with the hugging energizer, which I would say is one of the funniest. Then, we had a role play regarding conflict resolution, in which they got very good into the role and so the debates after were not just very pleasant but also like in real life. After that followed a comic interpretation in groups regarding discrimination, where the groups chose either to make a theater play, or to mime or to draw a story. The last activity was "letter to myself" where they had to express their current feelings regarding the workcamp, peace, thoughts or whatever they felt important. The idea was that I asked the campleader to keep the letters until the last day and to leave them on each one's bed in the morning of the last day together with a candy so they can have a reflection about what they wrote at the beginning of the workcamp. Last but not least important was the feedback which I still keep in my mind.

"Rata" (duck), "magar" (donkey), group hug, questions like "how many workshops have you already done..it seems like you've done it many times" , "te pupam" (kiss you), happy faces..."

I'm sure I don't need more to start preparing my next PM experience, so until soon, because I have to start...Energisers, workshops, group dynamic, creativity, fun, maybe I'll really try the "funky chicken" this time or...

Teodora Popescu



PMessaging in photos



Karine heard about the Peace Messengers project at a SCI France meeting, and was straight away very interested in the concept. She took part to the Peace Messengers seminar in Paris, to enhance her training skills, this time in relation with peace awareness, and started in June with a workshop in a SCI France exchange, part of the European Youth Exchange program near Paris.

PM Workshop in Vitry/Seine (France) : my first of the summer !

Meeting with volunteers of the program EUROPEAN YOUTH EXCHANGE arriving from France, Italy, Spain and Portugal at the Salvation Army association in Paris. This association is aiming to help homeless men, offering a shelter, a place to meet, etc...

There I realise straight away that the language could not be English, as priority told. And because my Portuguese or Italian are somewhat inexistent, I decided to go for a mix: SpanFrenEnglish!!!

On the day of the workshop: "Potential links between peace and the environment" , I felt the need to gather and motivate the troupes, most were quite unfocused and spread all over the camp... Lets start with a hugging race, eager to hug as quickly as possible!

Then, with the energy of the "energizer" , all inside! Individual, group discussions started and multicoloured ideas came up in order to find and share their views.

The activities consisted to individually write on two colour post-it, their meaning of peace and how to protect the environment, then in groups (of 4-5 participants) they have to discuss and find out, if any, links between peace and the environment, then each group presented their findings and discussions went on, with controversies and agreements. Most participated and voices in mixed languages could be heard from far away...

Then, before the group has scattered all over, I offered roles' play on the thematic of water accesses and conflicts. Some had to carry a glass of water from one recipient to another one, others to build a dam with chairs in the middle, to sit on a chair with a full glass of water, to carry chairs next to the water recipients, and to make people smile.

The game was very well appreciate and become a total chaos with people fighting with chairs, and ended with a water battle...even if the only instruction given was to save the water...

Then, we gather together to reflect on what' s happen, their feelings, their understanding of their role, of the one of others...Much thoughts came up, some volunteers were not happy with themselves, most identifying that a lack of communication could lead to war...

After reflections on what happen, how volunteers reacted, I can say it was a great experience, full of human discoveries, such as managing people energies...and make a peaceful atmosphere among each other.

Writing that now I can say that I was eager and still am to offer PM workshops, and would like to build a wider network in France (I mean to train future PM), together with other PM in order to be able to offer PM workshop in all workcamps. And why not abroad???

Interested in my stories??? More will come soon.....

Karine