

**AMBASSADORS OF
PEACE** 

EDUCATION FOR PEACE

WORKSHOPS OUTLINE: ONLY PEACE



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Thank You, that you joined Ambassadors of Peace – that is, groups of young people who want to do at least one small thing every day, through which they build peace in the world. .



One of our flagship activities is conducting workshops by young people in schools, day care centers and youth clubs.

On the following pages you will find the outline we have prepared for such a workshop. However remember, that the following plan is some suggestion, an idea of how the workshop might look like. However, since each of us is wonderfully different, some of us are calmer, others are bursting with inner energy - it is important to ADJUST IT TO YOU, your sensitivity, ideas and what you want to convey to your audience before conducting your workshop. Just be yourself please!



In the handout you will find a detailed description of the exercises and their course, which includes suggestions for introducing and discussing each exercise. Keep in mind that this, too, is only a certain base, which can and maybe even should be changed depending on what kind of group we will be working with.

Good luck!



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Exercise

Time

Course

1

Start of the workshop: The presenter welcomes the group.

We welcome you to an unusual meeting, during which we want to take care of a certain topic that unfortunately, in our world, most often appears only when it is threatened.

TODAY WE ARE GOING TO TALK ABOUT PEACE.

At the beginning of 2023, we joined a group of youth leaders, Ambassadors of Peace - people who have decided that they do not want to passively watch what is happening in the world, but want to join the fight - the fight for peace.

Today we want to invite you to join us as well.

Scale of PEACE

10 min

2

The exercise involves asking several questions and inviting workshop participants to answer the questions in accordance with what they think and feel.

The exercise (depending on the number of people at the workshop can be done in two options:

OPTION 1 - HAND

We ask participants to raise their hands if they agree.

OPTION 2- LEG

We ask participants, if they agree - to move to the appropriate part of the room (signs to mark the room are in the supplementary materials)

But before we introduce you to our idea, we would like to ask you to what extent the topic of war, peace, tranquility and unrest concerns you at all.

In a moment we will ask you to answer some questions. If you feel that you can answer YES to the question asked ... (further instruction depending on your choice of option)

OPTION HAND - each time you agree, raise your hand.

OPTION LEG - every time you agree please go to the part of the room signed AGREE, or if you say NO stay in the part of the room NOT AGREE.

Remember, there are no right or wrong answers here. We don't judge each other, it's not about appearing "better" or "worse". The purpose of this exercise is for us to learn about the general opinions that come out of our group. Don't suggest how others answer, but think about how you really feel?

Think about it and answer:

1. Since the war broke out in Ukraine - have you felt even once, that we too, could lose peace?
2. Do you think peace is a value worth cherishing in your life?
3. Do you agree that war is not only armed struggle, but also how we treat each other on a daily basis? War is also violence at school, "hate" on the Internet, quarrels in the family?
4. Can you say of yourself, that you fight for peace?

SUMMARY

OPTION 1: Most answer YES to the last question:

We are glad that so many of you are doing what we are doing. That's why we want to show you how by fighting for peace, you can join us.

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Watching the manifesto:
Peace Only

5 min

We invite you to take a look at the YOUTH MANIFEST, our manifesto. We can play the manifesto by clicking on the link on the page www.niemozliwego.pl/pokoj Or by clicking QR code:



1

Przebieg: Prowadzący wita zebraną grupę.

Instrukcja trenerska: Zapraszamy Was do obejrzenia MANIFESTU MŁODEGO POKOLENIA, naszego manifestu.

A brief history of the
Ambassadors of Peace.

5 min

1

A presentation telling the history of the creation of the manifesto.

The young people who were invited to participate in I Workshop wondered what peace means to them in general and what war takes away from us. When they began to talk openly, they almost unanimously concluded that without peace and calm - our life loses joy and often even meaning. That's why, in addition to the manifesto, they also created the LETTER OF PEACE AMBASSADORS - which is their idea of how each of us can fight for peace every day.

What is important is that the LETTER of Youth was also signed by seniors who survived World War II as children. The message of the letter, thanks to the Ambassadors' performance in Brussels, was heard by all of Europe, and now we will hear it too.

Reading the letter

10 min

We can read the letter by clicking on the link on the page www.niemozliwego.pl/pokoj Or by clicking QR code:

1

Before reading the letter, depending on the option:

1 - we distribute the printed letter to the participants,

2 - we ask them to use their cell phones to go to the workshop website and launch the online version.

OPTION 1: PRINTED LETTER

In a moment each of you will receive a copy of the Ambassadors of Peace letter, we will read it together. As you listen to our message, please highlight the parts of the letter with which you agree, where you feel the same way, and then choose one sentence that you think is especially important and answers the question:

WHAT CAN I DO TO FIGHT FOR PEACE?

OPTION 2: ONLINE LETTER

Please click on the QR code shown on the screen. In a moment, each of you will link to a page that displays our letter and we will read it together.

As you listen to our message, think about which parts of the letter, are the ones you agree with, where you feel the same way, and then choose one sentence that answers the question: **WHAT CAN I DO TO FIGHT FOR PEACE?**

How do I fight for peace,
every day?

10 min



1

Those who participated in the reading of the online letter and are already on the website - with this page, we will conduct a final exercise.

If in your group you read the printed letter, ask the group to take out their phones and use the QR code to access the website with the letter.



OPTION 1: GROUP WORKING ON THE PRINTED LIST

Please take out your phones and launch the Ambassadors for Peace website using the QR code displayed.

OPTION 2: GROUP WORKING ON THE LETTER ONLINE

Let's stay a while longer on the letter website and with the selected sentence from the letter in mind.

(If you decide to do so, this may be the only part of the workshop that you can just read. Or you can use the text below as if it were a certain template and adapt it to your sensibility).

We wanted to take you to a little bit of a different world for a while.

Please sit comfortably, take a deep breath and please close your eyes for a moment (we wait until the group closes their eyes) and imagine that in a moment, when this workshop is over, you will return home and when the day is over, you will lie down in your bed.

At night when you are asleep there will be peace in the world, but because you are asleep you will not know about what has happened.

When you get up in the morning, you will hear on the radio or on TV that all armed conflicts have ended in the world. In the morning, the biggest politicians met to talk about how to take care of our planet. You will see frames of people walking on the streets, smiling sincerely at each other and helping each other.

And at the end of the message you will hear that the whole unusual situation began with a small change that happened in your life.

The journalist will mention your name and say that PEACE IN THE WORLD HAPPENED AFTER YOU DECIDED TO DO ONE SMALL THING AFTER OUR WORKSHOPS TO WHICH YOU WERE INSPIRED BY THE LETTER OF THE PEACE AMBASSADORS.

Now - PLEASE OPEN YOUR EYES and in the form below write your name - or if you want your surname - and your way, your little thing, that will be your way from today to fight for peace. Type the first thought, which came to your mind.

Closing the Workshop

5 min

2

The #PeaceAmbassador boards have been included in the supplementary materials.

Remember, that we win - when we are not indifferent and we do WHAT AND HOW we can, when we are together.
We invite you to join our community - You can join Ambassadors of Peace on FB.



We invite you to take a photo of yourself with #PeaceAmbassador and post it on your profile.

If you have an idea for your own initiative to promote the fight for peace, feel free to come up after the workshop and tell us about it.

LET'S REMEMBER THAT IF WE HAVE TO FIGHT FOR SOMETHING - LET'S FIGHT FOR PEACE. THANK YOU.

I AGREE

I DON'T AGREE

#PeaceAmbassador

#OnlyPeace

**AMBASADORZY
NIE  POKOJU**