

# Training Course

## “Diverse Voices, Common Needs: Building Peaceful Communities Together” for youth workers, peace activists, leaders, volunteers

📍 Antwerp, Belgium, 📅 12-19 November 2024

The “Diverse Voices, Common Needs: Building Peaceful Communities Together” training course gathered 35 participants from 11 countries and many more nationalities for the period 12-19.11.2024 in Antwerp, Belgium. The training was a part of the [Peace in Diversity project](#) and was implemented by the [International Secretariat of SCI](#) thanks to the co-funding by the European Union.



OPEN SPACE		
TIME	PROPOSAL 1	PROPOSAL 2
NOW	JOURNALING SESSION -TIZANA	YOGA SESSION -ZUZIA
15' 00'	THIS ROOM (FOR A STREET)	4TH FLOOR
16:00	VOLUNTEER ABROAD AND CHANGE YOUR LIFE! -PAULINA	BASIC BACHATA -LEJLA & MICELY
16:45	HERE THE BITTERNESS OF SUGAR CANE -MICELY	4TH FLOOR TRUST GAME -MONIKA
17:30	HERE REFLECTION TIME!	COFFEE AREA (FOR N. SEND)

During the “Diverse Voices, Common Needs: Building Peaceful Communities Together” training we delved into one of the most fundamental yet often overlooked aspects of global peacebuilding: inner peace.

This training was a unique opportunity for young people to talk about other important topics, such as well-being, mindfulness, diversity, inner peace, and peace with nature. We often underestimate the significance of self-awareness and self-kindness. This experience gave us a valuable opportunity to reflect on our relationship with ourselves while connecting with others and listening to their unique stories.

We explored various mechanisms to cultivate this essential foundation for wider peace through practical exercises, group reflections, and collective knowledge-building. These included meditation techniques, gratitude practices, yoga, dance, connecting with nature, and journaling. Our time in Belgium was also filled with interesting sessions, walks in nature, a free afternoon for traveling and exploring, and many incredible conversations with people from all over the world.

Beyond simply acquiring tools, this process invited us to reflect deeply on the transformative power of inner peace, not just as an individual pursuit, but as a cornerstone for nurturing more harmonious and empathetic communities. This experience reaffirmed that building peace starts within, rippling outward to shape the spaces we inhabit and the relationships we foster.

We highly encourage you to take advantage of this incredible opportunity to join an Erasmus+ project and be part of an unforgettable experience!

#PeaceInDiversity #SCI #poweredbyJINT  
#erasmusplus #nonformaleducation #peaceactivists  
#volunteering