



c e s i e  
the world is only one creature



European IntercultuRal Education towards  
a New Era of Understanding

## LOG-BOOK

---

5<sup>th</sup>-13<sup>th</sup> December  
Palermo, Italy

ERASMUS+ programme, Key Action 1 - Mobility of Youth Workers.



Co-funded by the  
Erasmus+ Programme  
of the European Union



*European IntercultuRal Education towards  
a New Era of Understanding*

## **LOG-BOOK**

**5<sup>th</sup>-13<sup>th</sup> December  
Palermo, Italy**

ERASMUS+ programme, Key Action 1 – Mobility of Youth Workers



Co-funded by the  
Erasmus+ Programme  
of the European Union

## CONTENTS:

INTRODUCTION.....	3
Section 1 : MAIN TOPICS.....	5
Section 2 : NON-VIOLENCE COMMUNICATION (NVC).....	6
Section 3 : THE ROLE OF ART .....	8
Section 4: RMA – RECIPROCAL MAIEUTIC APPROACH.....	10
MEDIA LIST.....	13

## Introduction

The Training Course “EIRENE – European Intercultural Education towards a New Era of Understanding” was addressed to youth workers, youth leaders, youth advisor and project manager working in the field of youth. The project - funded by the Erasmus+: Key Action 1 - Mobility for Youth Workers - has gathered participants coming from 17 different countries (Italy, Bulgaria, Greece, Czech Republic, Netherlands, Portugal, Spain, Romania, Slovak Republic, Macedonia, Turkey, UK, Albania, Bosnia and Herzegovina, Kosovo, Montenegro, Serbia) from the 5th to the 13th of December 2015.

The idea behind the EIRENE project comes from the strong belief that youth workers – and other professionals who work with youth – play a strategic role in order to enable youngsters to improve skills and competences, stimulate positive relationships, strengthen their social participation and promote intercultural understanding. Furthermore, all the expected activities will be based on the principles of non-formal education and will represent an introduction of the non-violent approach developed by Danilo Dolci through theoretical and practical sessions and interactive workshops about peace building, mediation and communication.

### The official objectives of the TC:

- To **strengthen** youth workers, youth advisors and project managers working in the field of youth’s participatory attitude and key competences, while exploring intercultural relations and new socio-political perspectives;
- To **promote** intercultural dialogue through non-formal education to the benefit of young people’s well-being and career perspectives;
- To **promote** the culture of non-violence and constructive conflict resolution;
- To **stimulate** youth organizations’ openness and, ultimately, youth work in the EU and the Balkans through capacity building in the field of mediation and communication.

This log-book describes the main topics and the hints/concepts/practices shared and which came up during the 8-days that we spent together in Palermo. In this document, you can find the definition of 1) Peace & Violence; 2) Non Violent Communication (NVC)

and negotiation; 3) the role of Art in the topics of the project; 4) the Reciprocal Maieutic Approach, developed by Danilo Dolci.

We hope you enjoy it and you can get inspired in order to organize activities based on these concepts!

## SECTION 1: MAIN TOPICS

At the center of our learning path shared in the framework of EIRENE, **Peace vs.**

**Violence** were at the core of all the activities:

- **Peace** as multicultural understanding , not judging, respecting a spreading love;
- **Peace** as equality, tolerance and understanding people;
- **Peace** as empathy, tolerance, harmony, balance, etc.;

**Vs.**

- **Violence** as all (physical or mental) ways of exercising power over another human being in order to submit them to your own will.
- **Violence** as the use of physical force to harm somebody, to damage property, etc.
- **Violence** as an ugly and unnecessary act that should be avoided. It causes mental and physical damage.

These 2 main concepts were explored through:

**The role of media** as creator and transmitter of messages and images of violence was explored through individual and group work.

**Non - violent communication** - The participants were encouraged to go through different stages of observation, feelings, expressing needs and formulating requests in order to know better themselves, showing respect by active listening to other's needs and trying to understand them.

**Reciprocal Maieutic Approach (RMA)** - presentation of the term & group discussion in which every participant shared their opinion, and actively listened others' experiences.

## SECTION 2: NON-VIOLENT COMMUNICATION (NVC)

### What is NVC?

- A VISION where people meet their needs in peaceful ways.
- An ATTITUDE where people cooperate based on equality and willingness.
- An INTENTION to create connection in order to understand each other needs and requests.
- A COMMUNICATION process that contributes to mutual understanding.
- A TOOL for positive social change.



### NVC elements:

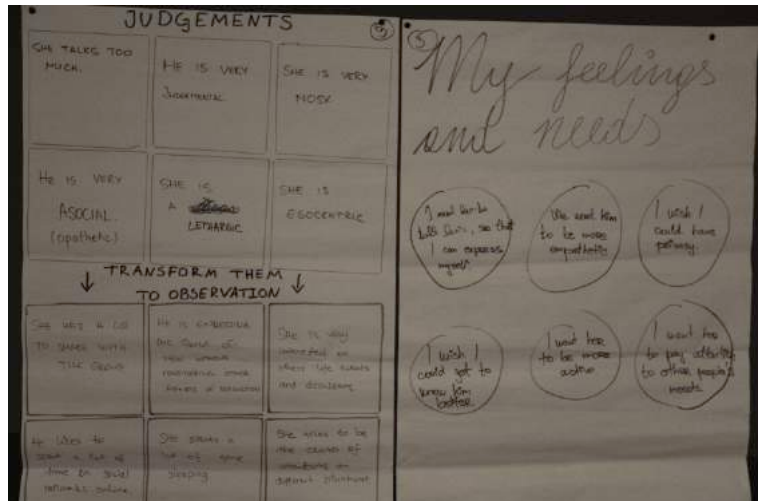
#### 1. Observation:

In a conversation, confusing what really happens with how we react can easily lead to misunderstandings. The other person might react by defending him/herself or counter attacking. If we observe and make a clear description of what we are reacting to, this facilitates a common ground for the conversation. It opens to being able to understand the different needs of everyone involved.

2. Feelings: being aware of own feelings allows to understand better their role during a conversation. According to the bad or good feelings (happy/ fear) we give signals to the other speaker about our needs.

3. Needs: paying attention to our own needs as well as those of others, it is easier to understand each other and have a mutually beneficial ways of living together.

4. Request: two requests that can contribute to dialogue in a conversation are to invite the other person in a conversation → 1. react to what you have said 2. give their understanding of what was said.





### SECTION 3: THE ROLE OF ART

In our society, art plays an important role to reflect current situations and culture. The use of art can be a beneficial tool for different challenging situations. It's the ability to connect people and communities, break communication barriers, express ideas, expose feelings and transmit opinions. It has a crucial impact or either providing or starting a dialogue.

#### ART AS A TOOL

Art is a very important tool in the process of starting a path towards resolutions, because it helps visualise or bring to light a specific idea, situation or conflict through:

- **Visual arts:** photography, design, painting, sculpture, installastions, drawings;
- **Music:** festivals, concerts, acapella;
- **Theather and movies:** performance, happening, documentary, short and long metrage, animation.

#### OUR APPROACH THROUGH ART

During the project, we were asked to choose the art genre that best represent the concept of conflict or peace. Divided in 4 groups, each one of us chose own way of expressing through art:

- **Performance:** we presented, developed and performed the final stage of a conflict;
- **Short movie:** we made a short movie about discrimination within family;



- **Photography and other visual arts:** we took pictures about facial expressions according to some provocative statements;

## SECTION 4: RMA – RECIPROCAL MAIEUTIC APPROACH

“...process of collective exploration that takes the experience and the intuition of individuals as a reference point.” (Dolci, 1996).

Danilo Dolci was a peacemaker and sociologist who first came to Sicily from the north of Italy in the beginning of the 1950s in order to study the conditions of society and try to find the possible elements of change. He organized the peasants in groups and with them fought with nonviolent actions against the government who didn't do enough in



order to change the tragic situation of people living in poor and violent conditions. Dolci and the peasants had a lot of success, they won a lot of civic battles and got new schools, new streets, a dam to irrigate the farms, new life conditions for the population (for further information visit <http://reciprocalmaieutic.danilodolci.it/danilo-dolci/>).

In order to involve and empower people, Danilo Dolci developed '**The Reciprocal Maieutic Approach**' (RMA), a dialectic method of inquiry and "popular self-analysis". It promotes a sense of responsibility among people and can be defined as a “collective exploration process that considers individuals' experience and intuition as a reference point”.

RMA is intended to create a safe context for people to express themselves, to listen each other, to discover, to be creative, to learn relational and communication competencies.

The main principles behind the approach are:

- Active listening
- Communication/Confrontation
- Active participation of all
- Cooperation

- Non-violence
- Use of the circle as privileged spatial disposition
- Awareness/self awareness
- Ask questions and analyse problems instead of imposed solutions



**THANK YOU!**

### **Contacts**

*Thank you and see you soon!*

CESIE, [www.cesie.org](http://www.cesie.org) Via Roma, 94 – 90133 Palermo, Italy

For further information, contact: **training@cesie.org**

## Media & “Resource for thinking” list

In these last pages you can find a list of songs, movies related to the topics of the project selected by the participants during the TC.

### Song List

- **Imagine – John Lennon**  
<https://www.youtube.com/watch?v=DVg2EJvvlF8>
- **Give Peace a Chance – John Lennon**  
<https://www.youtube.com/watch?v=0yU0JuE1jTk>
- **People Are People – Depeche Mode**  
<https://www.youtube.com/watch?v=ErnMC7xokQ8>
- **(What’s So Funny ‘Bout) Peace, Love, and Understanding – Elvis Costello**  
<https://www.youtube.com/watch?v=LeFIPxMTP24>
- **We Got To Have Peace - Curtis Mayfield**  
[https://www.youtube.com/watch?time\\_continue=11&v=4QglEbgON9o](https://www.youtube.com/watch?time_continue=11&v=4QglEbgON9o)
- **Us and Them – Pink Floyd**  
<https://www.youtube.com/watch?v=nDbeqj-1XOo>
- **Brothers in Arms – Dire Straits**  
<https://www.youtube.com/watch?v=jhdFe3evXpk>
- **People Help the People - Birdy**  
<https://www.youtube.com/watch?v=OmLNs6zQIH0>
- **Samo da rata ne bude – Djordje Balasevic**  
<https://www.youtube.com/watch?v=tcvkenhDk7k>
- **Can’t You Feel the Change – David Guetta**  
<https://www.youtube.com/watch?v=bQVUJAbqchk>
- **Where Is the Love – Black Eyed Peas**  
<https://www.youtube.com/watch?v=WpYeekQkAdc>

## Movie List

- Dio delle Zecche, Storia di Danilo Dolci in Sicilia  
(The god of ticks)
- Beyond right and wrong
- **TedTalks**, Marina Abramovic - Art made of trust, vulnerability and connection  
[https://www.ted.com/talks/marina\\_abramovic\\_an\\_art\\_made\\_of\\_trust\\_vulnerability\\_and\\_connection](https://www.ted.com/talks/marina_abramovic_an_art_made_of_trust_vulnerability_and_connection)
- **TedTalks**, Scilla Elworthy - Fighting with Nonviolence  
[https://www.ted.com/talks/scilla\\_elworthy\\_fighting\\_with\\_non\\_violence](https://www.ted.com/talks/scilla_elworthy_fighting_with_non_violence)
- **TedTalks** Julia Bacha - Pay attention to nonviolence  
[https://www.ted.com/talks/julia\\_bacha](https://www.ted.com/talks/julia_bacha)
- **Peace Wanted Alive: Kenya at the Crossroads**  
<http://www.cultureunplugged.com/documentary/watch-online/play/4803/Peace-Wanted-Alive--Kenya-at-the-Crossroads>
- **Playing For Change: Peace Through Music**  
<http://www.cultureunplugged.com/documentary/watch-online/play/50396/Playing-For-Change--Peace-Through-Music>
- **A funny video showing an unnecessary conflict**  
<https://www.youtube.com/watch?v=JAFQFvSPhQ8>
- Gandhi (Richard Attenborough, 1982)
- Mandela: Long Walk to Freedom (Justin Chadwick, 2013)

In this last part there are some suggestions of reading related to the main sessions of the TC.

### **Reading List**

- Mahatma Gandhi on education  
<http://infed.org/mobi/mahatma-gandhi-on-education/>
- Oscar Romero of El Salvador: informal adult education in a context of violence  
<http://infed.org/mobi/oscar-romero-of-el-salvador-informal-adult-education-in-a-context-of-violence/>
- **Nonviolent Communication: a Language of Life** (Marshall B. Rosenberg)
- **The Surprising Purpose of Anger: Beyond Anger Management: Finding the Gift** (Marshall B. Rosenberg)
- **Teaching Children Compassionately: How Students and Teachers Can Succeed with Mutual Understanding** (Marshall B. Rosenberg)
- **Nonviolent Communication Companion Workbook, 2nd Edition: A Practical Guide for Individual, Group, or Classroom Study (Nonviolent Communication Guides)** (Lucy Leu)
- **Revolution of Conscience: Martin Luther King, Jr. and the Philosophy of Nonviolence** (Greg Moses)
- **Gandhi and Beyond: Nonviolence for a New Political Age** (David Cortright)
- **The Conflict Resolution Toolbox: Models and Maps for Analyzing, Diagnosing, and Resolving Conflict** (Furlong, Gary T. Wiley, 2005)
- **In the Company of Women: Turning Workplace Conflict into Powerful Alliances** (Patricia Heim and Susan Murphy, Tarcher, 2001)
- **The Civility Solution: What to Do When People Are Rude** (P.M. Forni, St. Martin's Griffin, 2009.)
- **Beyond Machiavelli: Tools for Coping with Conflict** (Roger Fisher, Elizabeth Kopelman, and Andrea Kupfer Schneider Penguin, 1996)
- **The Anger Trap: Free Yourself from the Frustrations that Sabotage Your Life** (Carter, Les)
- **Emotional Intelligence: Why It Can Matter More than IQ** (Daniel Goleman, New York: Bantam Books, 10th Anniversary Edition, 2010.)





cesie  
the world is only one creature

# Eirene

*European IntercultuRal Education towards  
a New Era of Understanding*



[www.cesie.org](http://www.cesie.org)



Co-funded by the  
Erasmus+ Programme  
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.