



# Peace of Mind

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Speak now or forever lose your Peace

A 7-day training course on peace education

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## Project Summary

Europe is experiencing tremendous changes in societal, economic and political level. These changes are the result of conflict of interests and needs between different involved parties. However, conflicts are not solely a negative event, but also can have a positive aspect since they can lead to necessary adjustments and changes for the common good. **Peace of Mind** project is a training course aiming to enable young participants to consider conflicts a true opportunity to create positive changes by learning to managing them effectively. Experiential learning, which applies in non- formal educational settings, will be used to achieve the above-mentioned goals. One of the advantages of experiential learning is the emphasis on the individualized needs of the participants and the encouragement of sharing of experiences. The proposed project aspires to meet and promote the above objectives through the placement of **20 beneficiaries from Slovak Republic, Poland, Hungary and Czech Republic**. The venue of the implementation of the project will be Thessaloniki and will run for a period of 7 days by the NGO AENAO from 9/02 until 15/02/2015.

## The Learning Objectives

The project is expected to:

- Demonstrate the principles of equality and non -discrimination
- Promote the understanding of peace, human rights, democracy and social justice
- Facilitate dialogue and communication between diverse groups of people
- Promote respect for differences
- Use learning methods that enable participation cooperation and problem- solving
- Develop opportunities to practice peace-making strategies in a safe context

## Eligible Countries

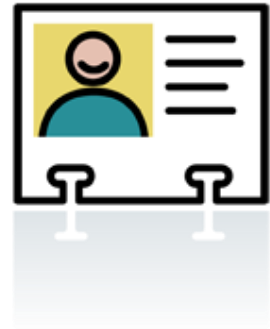
The training is open to participants from:

- **Slovak Republic**
- **Poland**
- **Hungary**
- **Czech Republic**

## Profile of Participants

Each country will be represented by a group of 5 participants

(1 leader & 4 members)



Potential participants are all people:

- Between 18- 26 years old (only 20% can be between 26-30)
- Youth trainers, youth workers, youth leaders
- Motivated to participate in a project on peace education
- Able to use English as a working language
- Ready to fulfill an active and open role in the workshop
- Able to attend the full duration of the workshop

## Working Language

English

## Group Size

20 participants

## Dates and Place

The Training Course will take place in Thessaloniki, Greece **from 9<sup>th</sup> until 15<sup>th</sup> February 2015**

Further accommodation details will be announced soon.

## Financial Conditions (accommodation, food and travel)

70% of travel expenses (upon presentation of the relevant documents), and 100% of food and accommodation will be covered by the Program. **Only 30% of the travel expenses will be covered by the participants.**

[In this project there will be a participation fee of 30 euros.](#)

## AENAO's Profile

The **NGO AENAO** was established in 2006 and is actively involved in the field of non- formal education by developing and

implementing a number of projects to promote health and social issues, as well as contributing in the development of cognitive, emotional, and behavioural skills. Moreover, it occupies a group of volunteers from a variety of scientific fields, and experienced scientists coordinate each project contributing by this way in its effectiveness.



**AENAO** aims to:

- Promote health by creating networks and implementing projects based on non-formal education and learning by experience methodology
- Undertake national and international collaboration with reliable agents, in order to exchange experience and best practices
- Design programs that encourage social cohesion, protect the human rights and respect the environment
- Empower women to take initiatives and improve their socio-economic status
- Empower young people, enhance and build their personal skills.
- Inform society on innovative programs and activities which are conferences, seminars, meetings, etc.
- Organize campaigns and initiatives that benefit the society

**[WANT TO KNOW MORE? YOU CAN FIND MORE INFORMATION ON AENAO'S WEBSITE:  
HTTP://AENAO.ORG](http://aenao.org)**

## **How to apply**

In the attached file you will find a word file that you need to complete with information related to your NGO. Keep in mind that the selection of the participating NGOs will be according to specific criteria (e.g. similar actions or interests) and will be announced to you via e-mail.

In case you have any queries, you can contact:

**Katerina Amoutzia** → [amoutzia@auth.gr](mailto:amoutzia@auth.gr)

**Deadline for application: until 20 of July 2014**