

PROJECT PROPOSAL: INSPIRE PEACE (provisional title)

Funding body: EC Erasmus +

KA205 - Strategic Partnerships for youth or

KA3 – Social Inclusion through education, training and youth

Deadline k2 Youth: 26th of April 2017

Deadline k3 Social Inclusion: 22nd of May 2017

PARTNERSHIP

CATALAN PARTNERS

- Council: Manresa (coordinator organisation)
- Secondary school: IES Lluís de Peguera
- Aura loga
- Andamio Education (research partner)

UK PARTNERS

- Teen Yoga Foundation
- Secondary school: Ralph Allen
- Council: Bath and Northeast Somerset

A third partner from another country is need for k2.

Two more partners from two other countries are needed for k3.

Abstract:

The focus of this project is Education for Peace, reducing conflict and increasing social cohesion. It starts with the basic idea that peace in society cannot be achieved without promoting peace in the individual. A range of “peace-oriented” approaches such as emotional education, education in values, peace education, self-awareness, gender education, and approaches derived from yoga and mindfulness, such as yoga postures, breathing techniques, relaxation, and meditation, all contribute to this. The aim of this project is to develop a program that combines the best of these techniques, adapted to the needs of young people and pilot it in school education and municipal contexts. Our final aim is to promote sustainable peace and social cohesion.

The project will involve an initial exchange of experiences regarding the use of “Peace oriented” approaches in the partner’s different contexts, and the collaborative development of the program (with the involvement of young people). The program which will focus both on young people themselves and their teachers and facilitators, will then be piloted in the different contexts of the project, first in the schools context and then adapted to the municipal context and piloted there. The evaluation, while monitoring the overall impact, will also focus especially on young people at risk of social exclusion (drug addiction, disadvantage, behavioural disorders, etc.).

The program will also have an online dimension, using an online work environment to support interaction, collaboration, reflection and the sustainability of the benefits for the young people between and beyond the sessions. The International exchange involved in the project and the diversity of the partners, with local authorities, schools and associations working together to share their visions and perspectives will ensure the robustness of the program and its adaptability to diverse populations.

“World peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion.”

“We can never obtain peace in the outer world until we make peace with ourselves.”

— Dalai Lama XIV

Context: Social cohesion, education for peace

Duration: 36 months

Transnational meetings

There will be 2 transnational meetings each year (a total of 6 meetings: 1 kick off meeting, 4 coordination meetings and 1 final meeting)

Teachers/staff mobility

2 Seminar/workshop in England: 3 to 5 days and 2 people per institution

2 Seminar/workshop in Catalonia: 3 to 5 days and 2 people per institution

2 Seminar/workshop in a third/fourth country: 3 to 5 days and 2 people per institution

Intellectual products

- Teaching program based on about yoga, relaxation, breathing techniques, meditation, and other peace oriented approaches, adapted to formal and informal learning contexts
- Resources guide with audios/videos/infographics of the practices that are proposed in the program
- Online space (app/web platform/media channel) for interaction collaboration reflection and sustained practice