

***Training for Trainers on Active Nonviolence and Peacebuilding
in the Great Lakes region of Africa
project Nr 18-NPF-006***

**02 to 12 May 2018
Goma - Kinshasa, DR Congo**

REPORT

1. Introduction

In recent years and in the current context, many conflicts across the Great Lakes sub region are leading to the suffering and displacement of millions of women and youth, often in horrific circumstances. The three countries in the sub region (DRC, Rwanda, Burundi) are torn apart by internal and external conflicts.

These countries are also experiencing poverty that aggravates internal divisions, often accompanied by violence and conflict that is shaking their populations.

The need to build cultures of active nonviolence and the peaceful transformation of conflicts is urgent.

In 2018, Pax Christi International launched a three year project training youth in active nonviolence in the Africa Great Lakes. The adoption of a culture of peace and active nonviolence in the Great Lakes Region is one of the priorities of young people in the region, who represent the majority of the active population and who are often manipulated through different means into committing acts of violence and intolerance.

The main goal of the programme is to have a pool of young people who are trained in conflict transformation skills through training in a culture of peace and active nonviolent practices in order to consolidate lasting peace and to guarantee sustainable development in the region.

The first step of this project was to organise a 'training of trainers' for 32 men and women from 3 countries (Rwanda, Burundi and RDC) to become trainers in turn at their local youth movements, Catholic schools, and parishes working with youth directly affected by violent conflict – and exponentially increasing the impact of the training.

Besides learning about effective methods of nonviolent action, participants also looked at the inner, liberating and transformative life force of nonviolence to tackle injustices and violence in their societies.

The training was structured around different modules focusing on conflict prevention and management, violence, nonviolent communication, active non-violence and trauma healing. The themes of entrepreneurship and micro-credits was also addressed.

2. Date & places of the training :

The trainings took place from 02 to 12 May 2018.

In order to make efficient use of the financial resources, it was decided to locate the training in two places (in Goma and in Kinshasa). This made it possible to avoid expensive travel costs.

3. Selection of the candidates

Each Pax Christi member organisation nominated 2 candidates from its team. There were 32 participants coming from 16 member organisations (Burundi, Rwanda and the Democratic Republic of Congo).

Criteria used to identify the participants:

- Belong to the team of a Member Organisation (that will monitor closely the trainers in all his/her activities in follow up to the ToT)
- Have university degrees (political sciences, education...)
- Able to work with youth
- Be between 22 and 45 years old
- gender aspect: each organisation designated two participants including a man and a woman.

4. Objectives :

General goal:

- To train 32 people in the promotion of active nonviolence in the Great Lakes region of Africa

Specific objectives:

- To produce training modules on nonviolence which are pertinent to the Great Lakes context
- To build a pool of local trainers on nonviolence in the Great Lakes region of Africa
- To strengthen skills of Pax Christi member organizations in the Great Lakes on Active nonviolence and peacebuilding.

5. Facilitators/ Trainers :

- a) Mr. Aristide (Pax Christi Uvira) and Mr. Pascal Mugaruka (Africa Reconciled) focused on the prevention and conflict management , active nonviolence and peace building
- b) Mr. John Katunga (CRS- Nairobi) focused on trauma healing
- c) A. Dieudonné (PCI) focused on entrepreneurship, micro credits and income generating activities

6. Results of the training

6.1. Production of training modules on nonviolence which are pertinent to the Great Lakes context

A 94 pages «Guide du Formateur» (trainers' guide) has been written that contains the training modules.
[Pax Christi International Nonviolence Modules](#)

- a) Conflict prevention and management
- b) Violence
- c) Nonviolent communication
- d) Active nonviolence
- e) Trauma healing
- f) The themes of advocacy as well as entrepreneurship and micro-credits.

As a whole, this Trainer's Guide can be used for training adults of all socio-professional categories and communities. It focuses on life skills related to peace education and violence reduction, conflict prevention and conflict management through nonviolent means.

This Trainer's Guide, inspired by active nonviolence, aims

- To reinforce trainers and participants in the power of nonviolence that liberates and transforms injustices.
- To help trainers and participants to discover within themselves this inner life force already present, to grow it and to deepen it.
- To learn methods of nonviolent actions and to apply them to the problems, conflicts or injustices to which they are confronted.
- To teach oneself and others to be peacemakers.

The topics are presented in a simple, accessible way and with the strength that comes from field experience. Each chapter contains theoretical elements, the definition and conceptualization of key themes; examples and testimonials of some African and other experiences and practical exercises to stimulate debate and analysis.

We hope that the manual will be a relevant training tool for trainers, youth and local communities for peacebuilding through nonviolent means. This manual will be used as a reference for future trainers to prepare their own trainings, adapted to the local context.

6.2. Creation of a pool of local trainers on nonviolence in the Great Lakes region of Africa

The training was set up as a process, a process that requires a profound coherence between teaching, group work and authentic sharing. The methodology used for the training was based on participatory andragogy and the principles of nonviolence. It included various interactive learning methods: presentations, storytelling, group reflections and discussions, respectful of cultural knowledge and practices, group work with discussions and debates, sharing of testimonies, role playing in the form of games, films or videos.

Results:

- 32 trainers were trained and gained knowledge in principles of active nonviolence and peacebuilding processes;
- They gained knowledge of training methods and were invited to be creative and inventive, to further concretize and adapt the examples that were presented to their local context,

- preparing the trainings they will organize themselves in the second phase of the project in higher and secondary schools, and in youth movements.
- Using role plays and theatre, they learned about methods of nonviolent conflict transformation
 - In a role play on a conflict between family members, trainees learned about the importance of mediation for resolution of conflicts.
 - They learned about the strength of storytelling, listening and reconciliation for instance during ethnic conflict in villages.
 - Trainees learned methods used by Nelson Mandela to fight against the injustices of the apartheid and issues of forgiveness.
 - Through a film about Gandhi, trainees learned practical methods on how to resist peacefully involving many people and how to negotiate.
 - etc

 - In addition to the training on nonviolence and peace building and considering the situation of the youth living in poverty and precarious situations, Pax Christi International decided to include in the project a programme on micro-credits to financially support income generating activities of the youth who were trained and are in need. Throughout the project, some 200 young people who received the nonviolence training will receive a small amount of financial support (micro credits) to start Income Generating Activities (IGA)/small businesses). The financial support will be granted to each group of 10 or 15 persons maximum to execute together a small scale business/ income generating activity. The trainers and coordinators of member organizations of PCI will follow-up and advice those groups.

During the ToT, participants learned how the micro-credit system works, how to help the youth form self-help groups and work together in income-generating activities. The trainees debated during group work to define cost-effective IGAs in the local context that are legally and culturally acceptable. They defined the selection criteria for young people who could benefit from this financial subsidy for IGAs. They also developed different management tools for IGAs and standard forms. Some selection criteria for self-help groups for IGA were identified

 - Being unemployed
 - Be between 22 to 30 years old
 - To be stable and to live in the locality
 - To be in need and willing to start a small scale business/ IGA in a group.
 - To have followed the training on active nonviolence and peacebuilding
 - Having a good behavior/ irreproachable morality

6.3. Strengthen skills of Pax Christi member organizations in the Great Lakes on Active nonviolence and peacebuilding.

The 32 trainers belong to the teams of the Pax Christi Member organizations who form together the Great Lakes network of Pax Christi International. Their training will have an impact on the strength of the work of these organizations and it will increase their ability to work together at the sub-regional level and contribute to the restoration of a culture of peace, reconciliation and tolerance in the region

7. Social media, Visuals, photos, articles, Campaign Visual nonviolence, website

To facilitate communication between the 32 trainees, a WhatsApp group has been created.

In support of the training of young people, Pax Christi International curated a special web page that will serve as the central archive of all of the information happening with this project. <https://www.paxchristi.net/our-work/nonviolence-project-african-great-lakes>. The web page collects photos, reports, stories and videos of participants taking part in the training. It will keep a running list of any media articles that are connected to the project as well as feature any first-person narratives originating with trainers or those being trained. Staff from the International Secretariat who were present for the first round of training were charged with taking photos and creating digital albums through our Flickr account as well as posting updates and photos ([Goma](#) and [Kinshasa](#)) on our social media feeds (#EmpowerGoma, #Empowerkinshasa, #NonviolenceEnAfrique etc. on [Facebook](#) and [Twitter](#)).. The web page includes permanent links to this material. Also featured on the web page are the latest entries into our "This is what NONVIOLENCE looks like" campaign, highlighting two of our member organizations in the region, Pax Christi Uvira and Africa Reconciled, who participated in the training in Goma and Kinshasa. ([images](#)) We'll also collate all of the necessary contact information for facilitators of the program, provide a portal to use our new online platform for collaboration within our movement, and upload any resources created in service of the project.

2000 bracelets have been distributed which will mark the commitment of youth to active nonviolence. These bracelets will be used by the youth in different setting such as meetings, public events and in peaceful protests.



8. Evaluation of the training and conclusion

During a closing ceremony, certificates of participation were given to the participants. These participants, now called "Trainers on Active Nonviolence" have returned home with the mission to implement the second phase of the project in their home towns.

In the evaluation at the end of their training, participants expressed their appreciation for the skills of the trainers, as well as for the knowledge they gained and with which they will return in their communities to train young people.

The 32 men and women that have been trained in becoming peace builders and trainers in nonviolence action will pass on their knowledge to students, members of youth movements and teach them how to avoid becoming involved in violence and become peace actors. As a result, armed groups and politicians will find it difficult to recruit youth for militia and armed gangs.

9. Continuation and planning of the project : Main activities (2018-2019)

Périod	Main activities
July	Training on ANV in youth movements
August	Training on ANV in youth movements
September	Training on ANV in youth movements
October	- Training on ANV in youth movements - Selection of 20 youth groups for starting income generating activities (IGA)
October	Training on ANV in higher & secondary schools
November	-Training of 20 youth groups on IGA management and micro credits -Granting Financial support to 20 Youth groups
November	Training on ANV in higher & secondary schools
December	Training on ANV in higher & secondary schools
January	Training on ANV in higher & secondary schools
February	Evaluation of the project and new training
<p><i>Remark: It should be noted that there are transversal activities throughout the duration of the project (visibility: publication of articles in newspapers, radio broadcasts, accompaniment and follow-up of IGAs, reporting, ...)</i></p>	

10. Annexes :

- a)** *Agenda of the training*
- b)** *List of participants*

Annex a) : Agenda - Atelier de formation des formateurs du réseau PAX Christi des Grands Lacs

Jour 1

Timing	Thème/ Module	Activité/contenu
08.25-08.45	Introduction	Mot de bienvenue Objectifs de l'atelier
08.45- 09.00	Présentation des participants	Présentation des participants
09.00 -09.45	L'agenda de l'atelier	Information : a) Les modalités pratiques, les personnes de référence, ... b) Explications et distribution des formulaires c) des activités de 4 jours : amendements, approbation de l'agenda
09.45 – 10.45	Présentation PCI	a) Aperçu : Pax Christi International + réseau des GL b) Présentation du programme commun du Réseau PC des GL (résumé)
10.45-11.00	Pause-café	Pause-café
11.00-12.00	Brainstorming : les concepts	Partage de la compréhension des concepts utilisés
	1 ^{er} Module : La violence	Exposé des chapitres et explications + compréhension
11.30 -12.00	Exercice en 4 groupes	Echanges en plénière
12.00 -13.00	Déjeuner	Déjeuner
13.00- 13.30	Repos	Repos
13.30 -14.30	1 ^{er} Module : La violence (suite)	Exposé des chapitres et explications + compréhension
14.30 -15.00	Exercice en 4 groupes	Echanges en plénière
15.00- 15.15	Pause-café	Pause-café
15.15- 17.00	Module 2: Gestion des conflits	Exposé des chapitres, explications + compréhension
	Module 2 : Gestion des conflits (suite)	Echanges et débat sur les thèmes abordés
17.00 -18.00	Echange en 4 groupes (30 min)	Echange en plénière (30 minutes)
18.15 -19.00	Projet : Entrepreneuriat	Exposé sur les AGR et système de micro-crédit
19.00 – 20.00	Diner	Diner

Jour 2

Timing	Thème/ Module	Activité/contenu
8.30 – 9.30	Module 3 : Communication non violente	Exposé des chapitres, explications + compréhension
9.30 – 10.00	Travail	Travail en groupes
10.00 –10.15	Pause-café	Pause-café

10.15 - 12.00	Module 4 : la NVA	Exposé des chapitres, explications + compréhension
12.00 - 13.00	Déjeuner	Déjeuner
13.00 - 13.30	Grande pause	Grande pause
13.30 - 15.30	Module 4 : la NVA (suite)	Exposé des chapitres, explications + compréhension
15.30- 15.45	Pause-café	
15.45- 17.00	Travail en groupes	Exposé des chapitres, explications + compréhension
17.00-18.00	Travail en plénière	Exposé de la synthèse en plénière
18.00-19.00	Diner	Diner
19.30 – 20.30	Film	Film

Jour 3

Timing	Sujet/thème	Activité/contenu
08.30 - 10.00	La NVE	La NVE
10.00 – 10.15	Pause-café	
10.15- 12.00	Conception des outils	Conception des supports de formation (NVA) : travail en groupes de 4 personnes
12.00 – 13.00	Déjeuner	Déjeuner
13.00 – 13.30	Grande pause	Grande pause
13.30 - 15.30	Module 5: Guérison des traumatismes	Exposé des chapitres et explications + compréhension
15.30 -15.45	Pause-café	Pause-café
15.45 - 17.30	Module 5: Guérison des traumatismes (suite)	Exposé des chapitres et explications + compréhension
17.30 – 18.30	Travail en groupes	Travail en groupes (étude de cas): échanges
18.30-17.30	Diner	Diner
20.00	Film	Film

Jour 4

Timing	Sujet/thème	Activité/contenu
08.30 - 09.00	Programme 2018-2019	Planning des activités du programme 2018-2019
09.00 – 10.00	Travail en 4 groupes	Confection des outils de gestion de micro crédits
10.00 - 10.15	Pause-café	Pause-café

10.15 – 12.00	Travail en 4 groupes (suite)	Confection des outils de gestion de micro crédits
12.00 – 13.00	Déjeuner	Déjeuner
13.00- 13.15	Pause	Pause
13.30 – 14.30	Session en plénière	Synthèse des outils, session en plénière
14.30 – 14.50	Communication PCI	Communication de PCI
14.50 – 15.30	Clôture de l’atelier	Rappel: récapitulation des sujets traités; des résultats et des prochaines étapes. Appréciation et remerciements Remise des certificats
15.30	Pause-café	Pause – café + temps libre ; voyage retour éventuel pour les uns
18.30-19.30	Diner	Diner

Jour 5

Timing	Sujet/thème	Activité/contenu
06.00 - 6.30	Petit déjeuner	Petit déjeuner
06.30- + + + +	Voyage de retour	Voyage de retour

Annex 2: list of participants

N°	Name	Age	Region/Country
1	Angèle Nahimana/ F	42	Burundi
2	Oscar Nibaruta / M	30	Burundi
3	Guilain Noëlle Luma/ F	38	Kisangani/RDC
4	Thérèse Mbuyi/ F	24	Kisangani/RDC
5	Evard Ntirampeba/ M	33	Burundi
6	Joséphine Kwizera/M	29	Burundi
7	Charles MAISA/ M	37	Kisangani/RDC
8	Syntiche ISUNGI/ F	25	Kisangani/RDC
9	Jacques Nshangalume /M	41	Bukavu/RDC
10	Christelle M'LUGESHE/ F		Bukavu/RDC
11	Nina APENDEKI/ F	31	Uvira/RDC
12	Olivier Lungwe Fataki/ M	28	Uvira/RDC
13	Linda BISIMWA/ F	22	Goma/ RDC
14	Justin Byangira/ M	32	Goma/ RDC
15	Roger MACHOZI/ M	40	Butembo/RDC
16	Aline kalungereo/ F	22	Butembo/RDC
17	Anicet Kabalisa/ M	38	Butare/ Rwanda
18	Jean de Dieu Uwizeye/M	40	Butare/ Rwanda
19	NAMAHANGA ARHAHAMOBA Marie	25	Bukavu/RDC
20	CHIKARA MPARANYI Philippe	?	Bukavu/RDC
21	Sandra Akatumbila/ F	37	Kinshasa/RDC
22	Michel Bitenge Matulu/M	35	Kinshasa/RDC
23	Julien Kambanda/ M	28	Kikwit/RDC
24	Adeline Matondo Ndumu/ F	40	Kikwit/RDC
25	Jean Baptiste Nsawanga/ M	31	Kinshasa/RDC
26	Manuella Kidiamboko/ F	27	Kinshasa/RDC
27	Timothée Mputu Longo/M	28	Kananga/RDC
28	Suzanne Lusamba/F	33	Kananga/RDC
29	Bernard Nzemba Niathi /M	43	Kinshasa/RDC
30	Célestine Hulungu/ F	40	Kinshasa/RDC
31	Justine KAPINGA/ F	?	Kinshasa/RDC
32	Marie Thérèse Kalonda Wanaoli/ F	40	Kinshasa/RDC

