



UNESCO-MGIEP AND ICOYACA YOUTH WAGING PEACE TRAINING

Two-Days Youth Master Training of Trainers Workshop Report conducted by UNESCO-MGIEP in collaboration with ICOYACA.

13th-14th May 2024, Kampala-Uganda

**SOCIAL AND EMOTIONAL LEARNING FOR YOUTH WAGING
PEACE (SEL FOR YWP) COURSE**

ACKNOWLEDGEMENTS



The success of UNESCO MGIEP's workshop on Social and Emotional Learning for Youth Waging Peace (YWP), specifically tailored for the youth master trainer held on May 13–14, 2024 at the Rotary Peace Training Centre–Makerere University, is a result of the collaborative efforts of numerous dedicated individuals and organizations.

We extend our heartfelt gratitude to UNESCO MGIEP, the main strategic partner that carried the main financial expenditure of this event and the team—Fazolatkhon Nasretdinova, Dr. Richa Bansal, and Sumit Kumar—for their leadership and dedication to the SEL for YWP course.

Special thanks to the AfCFTA Youth Advisory Council's team, led by Emolot Allan David, Lukhani Rogol, and Anele Simon, for operationalizing the AfCFTA, Youth, Peace, and Security Project, which made this training possible. To all participants and supporters, thank you for your commitment and dedication. Together, we are empowering youth to lead in peace and stability across Africa.

MGIEP is UNESCO's Category 1 Research Institute focused on Transforming Education towards SDG 4.7 through programmes that promote social and emotional learning, innovate digital pedagogies and empower youth. The mass mobilisation of youth towards sustainable development requires empowering youth with information and involving them in policy's development, promotion and implementation. At UNESCO MGIEP, we work with youth organisations and young people worldwide by supporting their initiatives and curating youth action towards kindness and transforming education.

TABLE OF CONTENTS



INTRODUCTION	1
---------------------	----------

TRAINING RATIONALE	2
---------------------------	----------

MANDATE	2
----------------	----------

OBJECTIVES	2
-------------------	----------

DAY ONE	3
----------------	----------

DAY TWO	5
----------------	----------

OUTCOMES AND NEXT STEPS	6
--------------------------------	----------

CLOSING REMARKS	8
------------------------	----------

PICTORIALS	11
-------------------	-----------

CONTACT INFORMATION	12
----------------------------	-----------





INTRODUCTION

UNESCO MGIEP conducted The Youth Master Trainers workshop on the 13th and 14th of May 2024 at the Rotary Peace Centre Training Room, Makerere University, Kampala. The event aimed at equipping young leaders with skills in Social and Emotional Learning (SEL) and Prevention of Violent Extremism (PVE) to promote peace and security. This workshop was organised by the Independent Continental Youth Advisory on AfCFTA (ICOYACA) and witnessed the coming together of UNESCO MGIEP with their intellectual input, training expertise and global agenda of building capacity in youth. The initiative, part of the "Building Bridges for Peace Project," aligns with the African Union's Continental Framework on Youth, Peace, and Security (CFYPS) and several United Nations Security Council resolutions.

III. Background:

Africa stands at a critical juncture where the potential for economic prosperity intersects with the imperative for peace and security. The recent surge in violent conflicts across the continent[1], compounded by economic hardships exacerbated by the COVID-19 pandemic, underscores the urgent need for innovative solutions. The impacts of these conflicts have specifically had devastating economic effects to the youth engaged in trade especially those engaged in cross-border trade within the region. The tragic incident of six traders falling victim to violence at the Kenya-Somalia border in March 2024 [2], underscores the urgent need to address peace and security challenges, especially for those engaged in cross-border trade.

In the face of these challenges, the African Continental Free Trade Area (AfCFTA) emerges as a beacon of hope, offering a pathway towards integrated economies and sustainable development.

However, the full realization of AfCFTA's potential hinges on addressing the pressing issues of youth, peace, and security with the youth in trade championing the agenda. If left unaddressed, the risks are dire: a generation of promising young entrepreneurs lost to the ravages of conflict, hindering not only their personal aspirations but also the continent's collective progress as noted in Aspiration six (6) of the African Union's Agenda 2063. A new report by the United Nations Economic Commission for Africa (UNECA) suggests that trade agreements can play a vital role in promoting integrated economies and reducing conflicts[3]. And although development partners like the World Bank acknowledge that trade can be used to increase resilience in fragile states[4], attention has not been given to youth in trade as peace ambassadors.

[1] Fellow young Africans, It is with immense pride that I introduce the Africa Start-Up Initiative, a platform designed to empower and propel the next generation of African entrepreneurs. The African continent brims with youthful potential, teeming with innovative ideas and a burning desire to shape a brighter future.

[2] Eric Owenga, 2024. Six Kenyan Traders Shot Dead By Al Shabaab Militants At Dhobley Town. (Citizen TV): <https://www.citizen.digital/news/six-kenyan-traders-shot-dead-by-al-shabaab-militants-at-dhobley-town-n339436>

[3] UNECA, 2022. Intra-regional trade can reduce conflicts in Africa. <https://www.un.org/africarenewal/magazine/october-2022/une-ca-intra-regional-trade-can-reduce-conflicts-africa>

[4] World Bank. Trading Away from Conflict: Using Trade to Increase Resilience in Fragile States. <https://www.worldbank.org/en/topic/trade/publication/trading-away-from-conflict>

III. Rationale:

The AfCFTA, Youth, Peace and Security workshop is not merely training of youth in trade peace enthusiasts; it is a call to action. The training recognize the resilience and courage of youth engaged in trade amidst the chaos of conflict, and seek to harness their potential as agents of peace. By providing a platform to learn, disseminate knowledge, dialogue and collaboration, the trainings equip the youth with social emotional learning competencies and peace building skills.

Moreover, the trainings precede the call for papers to be conducted by youth in all the five regions of the African Union and the inaugural AfCFTA, Youth, Peace and Security Symposium in which the council will officially unveil the first cohort of Youth in Trade Peace Ambassadors who would have been trained through the trainings. These ambassadors will serve as catalysts for change, driving forward the agenda of the United Nations and African Union's Youth, Peace, and Security Agenda.

VI. Training Objectives

- **Capacity Building:** Enhancing youth's social-emotional skills, including empathy, mindfulness, compassion, and critical inquiry, through UNESCO MGIEP's EMCC framework.
- **Leadership Training:** Preparing youth to lead sessions on Social-Emotional Learning (SEL) and Preventing Violent Extremism (PVE) by providing hands-on experience within the SEL for Youth Waging Peace Course.
- **Empowerment:** Enabling youth master trainers to advocate for, implement, and customize the SEL for Youth Waging Peace online training program in their communities and various contexts.

IV. Mandate

In alignment with international efforts, including United Nations Security Council resolutions 2250 (2015), 2419 (2018) and 2535 (2020)[5], the African Youth Charter under Article 17[6] as well as the African Union's Continental Framework on Youth, Peace and Security (CFYPS) priorities[7], the trainings adopts a holistic approach to youth empowerment in peace and security. By addressing key pillars such as participation, prevention, protection, partnerships, coordination, and disengagement, the trainings seeks to contribute to a comprehensive framework for sustainable peace in Africa.

Furthermore, the trainings represents a tangible manifestation of the African Union's commitment to the Youth, Peace, and Security agenda[8] likewise, UNESCO MGIEP's dedication in attaining it's mandate 4.7 Peaceful and Sustainable Societies. By capacitating youth-in-trade with essential Social and Emotional Learning and Preventing Violent Extremism (PVE) skills, it not only empowers individuals but also enables them to amplify their voices and fosters a sense of collective responsibility towards building a more peaceful and prosperous Africa.



[5] United Nations. The Youth, Peace and Security Agenda. [Youth, Peace and Security | PEACEBUILDING \(un.org\)](https://www.un.org/peacebuilding/).

[6] African Union. African Youth Charter. [https://au.int/sites/default/files/treaties/7789-treaty-0033 - african youth charter e.pdf](https://au.int/sites/default/files/treaties/7789-treaty-0033_-_african_youth_charter_e.pdf)

[7] African Union. Continental Framework for Youth, Peace and Security. <https://www.peaceau.org/uploads/continental-framework-on-youth-peace-and-security-english.pdf>

[8] To enhance youth participation in the peace and security agenda on the continent, the AU Peace and Security Council (PSC) during its 807th meeting requested the AU Commission to appoint five regional African Youth Ambassadors for Peace (AYAP) to work with the AU Youth Envoy in championing the promotion of peace and security on the continent.



DAY ONE

OF THE TRAINING

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OPENING SESSION

The workshop began in the esteemed Rotary Peace Centre Training Room at Makerere University with a vibrant atmosphere filled with enthusiasm and hope. Winfred Nakazibwe from the Julius Nyerere Leadership Centre (JNLC) welcomed the participants, setting a tone of inclusivity and collaboration. Emolot Allan David, Chairperson of the Independent Continental Youth Advisory on AfCFTA (ICOYACA) followed, highlighting the critical role of youth in peacebuilding and the significant impact of this training. Richa Bansal from UNESCO MGIEP delivered the opening remarks, emphasizing the transformative power of Social and Emotional Learning (SEL) in achieving sustainable peace and security.



Emolot Allan David, Chairperson ICOYACA – Lead Facilitator



Dr. Richa Bansal, UNESCO MGIEP – Lead Facilitator

The session then transitioned into a purposeful introduction where the workshop's objectives were shared, expectations set, and norms established. To foster a sense of presence and openness, an engaging activity was carried out, inviting participants to immerse themselves fully and approach all concepts with an open mind. This foundation was crucial for the journey ahead, where participants would explore the profound importance of Social and Emotional Learning and Preventing Violent Extremism (PVE) that underpins the Youth Waging Peace (YWP) course.

Sessions

Part 1: The Journey Begins

The journey into self-awareness and emotional regulation commenced with Module 1: "Path to Serenity: Attuning Body and Mind." This module delved into the human response to stress and trauma, exploring the fight-flight-freeze mechanism that our bodies employ in survival situations. The discussions provided a comprehensive understanding of trauma and its various stages, allowing participants to recognize and empathize with these experiences in themselves and others.



Following this, Module 2, Dr. Richa Bansal introduced the concept of “check-in” using sensation words and the emotion wheel, essential tools for identifying and expressing emotions. Participants learned about the Zone of Tolerance, also known as the Resilient Zone, and practiced resourcing and grounding techniques to stabilize their emotional states. The module culminated in a hands-on activity where each participant built their own resource, reinforcing the skills they had acquired and ensuring they had practical tools to manage their emotional wellbeing.

Part 2: The Conflict Within

The afternoon session, “The Conflict Within,” began with Module 3, which focused on exploring values and beliefs. Participants engaged in the “value tree” activity, a reflective exercise that helped them identify and articulate their core values. This was followed by discussions on cognitive dissonance and the ABC model of emotional highways, providing insights into how conflicting beliefs can impact emotions and behaviors.



Media literacy was a key component of this module, where the role of media in shaping perceptions and beliefs was critically examined. The “message erosion” activity allowed participants to deconstruct media messages, fostering a deeper understanding of how to critically engage with information.

Module 4, titled “Garden of Self-Care,” emphasized the importance of self-care practices in maintaining mental and emotional health. Participants learned about setting healthy boundaries and cultivating self-compassion, essential components for anyone engaged in peacebuilding. The module featured a reflective activity where participants wrote letters to themselves, an exercise designed to encourage self-love and introspection.

Part 3: Vasudhaiva Kutumbakam

The final session of the day, “Vasudhaiva Kutumbakam,” or “The World is One Family,” explored the concept of common humanity. Participants discussed the barriers to common humanity, such as bias, stereotypes, prejudice, and discrimination, and strategies to transcend these obstacles. The session included a “Think, Pair, and Share” activity, fostering collaborative thinking and sharing of perspectives. A guided practice titled “Just like me” was conducted, helping participants to empathize with others and recognize shared human experiences. The day concluded on a reflective note, with participants feeling enlightened and ready to delve deeper into the principles of empathy and compassion. The day concluded with a debrief, allowing participants to share their insights and consolidate their learning.



DAY TWO

OF THE TRAINING

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Part 4: Reflections and Guided Mindful Practice

Day two began with participants sharing their reflections from the previous day, creating a space for collective learning and reinforcement of the concepts discussed. A guided mindfulness practice followed, grounding the participants and preparing them for the intensive sessions ahead.



Module 6: Pathway to Violent Extremism: The session on the "Pathway to Violent Extremism" provided an in-depth understanding of the sociological and individual factors leading to violence. Participants explored various theories explaining violent extremism, delving into the psychological and social dynamics that contribute to radicalization. This module included a reflection activity, encouraging participants to consider how these theories apply to real-world contexts.

Part 5: Pathway to Empathy

In Module 7, participants embarked on the "Pathway to Empathy," starting with an exploration of what empathy truly means. An interactive empathy line activity allowed participants to experience and express empathy, distinguishing between empathic concern and empathic distress. This session underscored the power of empathy in building connections and fostering peace.

Module 8: Pathway to Forgiveness & Gratitude.

The subsequent module focused on forgiveness and gratitude, two powerful tools for personal and communal healing.

Participants reflected on what forgiveness meant to them and discussed the psychological barriers that often prevent us from forgiving others. Strategies to cultivate forgiveness were shared, followed by discussions on the significance of gratitude and methods to integrate it into daily life. The session included a guided practice known as Naikan, a Japanese introspective technique that fosters forgiveness and gratitude.

Part 6: Pathway to Compassionate Communities

The final part of the workshop, "Pathway to Compassionate Communities," began with Module 9, where participants explored the concept of compassion and its application through the EMC2 framework. Discussions focused on building compassionate communities and rehumanizing others, essential steps towards fostering inclusive and peaceful societies. Practical activities reinforced these concepts, providing participants with tangible skills to take back to their communities.

Presentation from UNHCR.

The highlight of this session was the presentations from **Mr. Zbigniew Paul Dime, Senior Community-Based Protection Officer at the UNHCR**, who provided valuable insights into current efforts and strategies in combating violent extremism across the continent. His contributions enriched the discussion, offering practical perspectives and reinforcing the importance of multi-faceted approaches to peacebuilding.



Preparing for Action

The workshop culminated in a session dedicated to preparing for action. Participants conducted a post-workshop assessment to evaluate their learning and readiness to implement the SEL for YWP course in their regions. Participants presented their skits in groups and projects as Training Champions, showcasing their understanding and plans for practical application. The session concluded with a debrief, feedback, and evaluation, ensuring that the learning objectives were met and providing a platform for continuous improvement.



OUTCOMES AND NEXT STEPS

Outcomes

- **Trained Peace Ambassadors:** 25 youth master trainers gained expertise in SEL and PVE.
- **Enhanced Knowledge:** Evaluations showed a substantial increase in participants' understanding of the workshop topics, with all 25 youth participants finding the content relevant and applicable to their expectations.

Next Steps to Expand and Diversify Youth Training Initiatives:

1. Regional Expansion:

Conduct physical training sessions across all five regions of the African Union: North, West, East, Central, and Southern Africa.

Actions:

- **Identify Local Partners:** Collaborate with regional organizations and educational institutions to host training events.
- **Funding Acquisition:** Seek funding from international donors, NGOs, and private sector partnerships to support the expansion.

- **Logistical Planning:** Develop detailed plans for training logistics, including venues, materials, and participant recruitment.

2. Diversifying Curriculum:

Introduce a wider range of subjects to ensure youth in trade peace ambassadors are well-rounded peace ambassadors.

Actions:

- **Curriculum Development:** Expand the curriculum to include topics such as Illicit trade, conflict resolution, human rights, economic empowerment, and digital literacy.
- **Expert Involvement:** Engage subject matter experts and/or institutions to develop and deliver new training modules.
- **Feedback Mechanism:** Implement a system to gather participant feedback to continuously refine and improve the training content.

3. Building a Sustainable Network:

Establish a sustainable network of youth trainers who can continue the work independently in their regions.

Actions:

- **Alumni Network:** Create an alumni network of trained youth ambassadors to facilitate knowledge sharing and support.
- **Mentorship Programs:** Pair new trainers with experienced mentors to provide guidance and support.
- **Regular Follow-Ups:** Schedule periodic check-ins and additional training sessions to keep skills up-to-date and address emerging issues.

4. Monitoring and Evaluation:

Ensure the effectiveness and impact of the training programs.

Actions:

- **Impact Assessments:** Conduct regular assessments to measure the impact of the training on participants and their communities.
- **Data Collection:** Develop robust mechanisms for collecting data on training outcomes and participant progress.

- **Reporting:** Produce detailed reports to share with stakeholders and funders, highlighting successes and areas for improvement.

5. Advocacy and Awareness:

Raise awareness about the importance of youth involvement in peace-building and trade.

Actions:

- **Campaigns:** Launch advocacy campaigns through social media, community events, and partnerships with influential figures.
- **Publications:** Publish articles, success stories, and research findings in relevant media outlets and journals.
- **Conferences and Forums:** Participate in and organize conferences and forums to discuss the role of youth in peace-building and trade, like the planned symposium in October 2024.



CLOSING SESSION

Mr. Lennon Monyae from the African Peer Review Mechanism (APRM) shared his remarks with the trainees, noting that they have gained valuable skills in social-emotional learning and peacebuilding but have also become part of a larger movement dedicated to fostering peace and stability across our beloved continent.

He underscored the critical role that young people play in creating sustainable peace. Stating that the trainees are the embodiment of this vision and that their commitment to becoming Youth Master Trainers signals a new dawn where youth are not just participants but leaders and champions of peace.

He noted that the African Peer Review Mechanism is committed to promoting good governance, accountability, and inclusive development. Our key priority areas include:

1. Youth Engagement and Empowerment
2. Peace and Security
3. Economic Development and Intra-African Trade
4. Good Governance and Accountability

He encourage fellow youth to explore these opportunities and actively participate in APRM's initiatives. They offer numerous programs, fellowships, and platforms where their voices can be heard, and contributions can make a real difference. "Stay connected with us, share your ideas, and be proactive in seeking out these opportunities".



Nansozi K. Muwanga, PhD, Executive Director JNLC in her closing remarks, emphasized the pivotal role the participants would play as Youth Master Trainers in their respective communities. She reiterated the transformative power of the knowledge and skills they had acquired over the two days.

She emphasize the importance for the trainees to cascade the training noting that the knowledge and skills they have acquired are not meant to be confined within them. They are tools for change, to be spread far and wide. "Each one of you has the power to be a catalyst in your community, to inspire and equip others with the same principles of Social and Emotional Learning and peacebuilding that you have embraced."

Dr. Nansozi encouraged them to consider this an ongoing journey, one where their efforts to share, teach, and lead will ripple outwards, creating waves of positive impact. And that the relationships they have built and the network they have joined are invaluable resources they move forward.

Finally she express her deepest gratitude to UNESCO MGIEP, ICOYACA and partners for supporting the training stating that JNLC recognizes the immense potential in training youth to champion peace and is deeply committed to the AfCFTA, Youth, Peace, and Security agenda, and is incredibly proud to support initiatives like the workshop that align with the Centre's core mission.



Dr. Richa Bansal in her closing remarks congratulated the trainees for becoming Youth Master Trainers stating that she is filled with a profound sense of pride and inspiration. She acknowledged the incredible dedication and enthusiasm each one of the trainees brought to the workshop. Noting that their active participation, insightful contributions, and willingness to engage deeply with the content truly made the training a transformative experience. Stating that they were the heartbeat of this initiative, and it is their passion and commitment that will carry the lessons learned here into the wider world.

As we parted ways, she reminded the trainees that it was not the end, but rather the beginning of a new chapter.

Stating that each of them carries the torch of peace and the tools of social-emotional learning. They are now equipped to be leaders, facilitators, and champions in their communities. The ripple effect of their actions will create waves of change, fostering peace and stability across the African continent.

She concluded by extending her deepest gratitude to all the organizations and individuals who made this workshop possible. Starting with the UNESCO MGIEP team, Fazola and Sumit for their unwavering support and vision. To the AfCFTA Youth Advisory Council, the Julius Nyerere Leadership Centre and the African Peer Review Mechanism, noting that their contributions and collaboration have been invaluable.



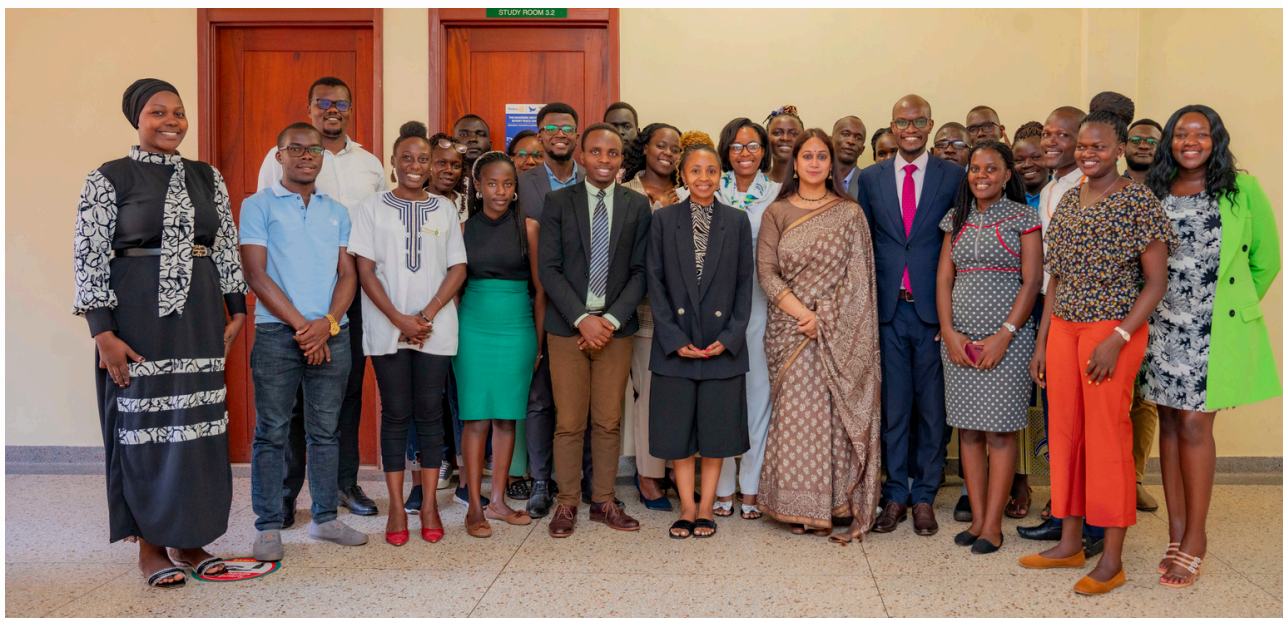
In his closing remarks, Emolot Allan David, Chairperson of the AfCFTA Youth Advisory Council expressed his heartfelt gratitude to everyone who participated and contributed to the significant event over the two days. Noting that the workshop was a vital component of the council's AfCFTA, Youth, Peace, and Security Project, and it has been a privilege to see it come to life through everyone's active engagement. In conclusion, he thanked UNESCO MGIEP for their unwavering support and collaboration.



The ceremony concluded with the awarding of Internationally recognised UNESCO MGIEP certificates, marking the successful completion of the training. Participants left the workshop feeling empowered, inspired, and ready to embark on their journeys as ambassadors of peace and stability, committed to advancing the Youth, Peace, and Security agenda.

Indeed, the two-day workshop was a profound experience, equipping young leaders with essential skills in Social and Emotional Learning and peacebuilding. It was a testament to the power of youth in driving positive change and building a more peaceful and inclusive future.

PICTORIALS



Photos of Day One and Day Two can be accessed here:

https://drive.google.com/drive/folders/1DAjdzFc7wXqP0uoYYdAj1bk2831CfuLR?usp=drive_link

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