



HAND IN HAND FOR A MORE PEACEFUL SOCIETY

Empowering Youth for Empathy, Dialogue, and Human Rights

An Erasmus+ Youth Project supported by Jugend Für Europe and the European Union

This Erasmus+ Youth Project was supported by Jugend Für Europe and the European Union.

Hand in Hand for a More Peaceful Society is an Erasmus+ youth project promoting empathy, intercultural dialogue, and human rights awareness among young people. Through two international mobilities, it empowers participants to challenge prejudice, understand migration, and act as peace ambassadors within their communities.

PEACEFUL SOCIETY

NEW

PART 1



17-25.02.2024



ERASMUS+ YE



Throughout the week, with our engaging workshops and dynamic flashmobs, thought-provoking discussions, and vibrant cultural nights, participants broke down prejudices and stereotypes, fostering a deeper understanding and respect for diverse cultures. The program significantly contributed to promoting peace and inclusivity, leaving a lasting impact on both participants and the local community.



HAND IN HAND FOR A MORE PEACEFUL SOCIETY

From February 17th to 25th, 2024, the beautiful town of Bayerisch Eisenstein, Germany, hosted our Erasmus+ Youth Exchange project.



Our project brought together 35 participants from Germany, Türkiye, Italy, Croatia, Spain, Greece, and North Macedonia, each country represented by a team of one leader and four participants.

**THIS PROJECT WAS FUNDED BY
THE GERMAN NATIONAL AGENCY**



1. Project Overview

Hand in Hand for a More Peaceful Society is an Erasmus+ youth project promoting empathy, intercultural dialogue, and human rights awareness among young people.

At a time when prejudice, racism, and social division increasingly affect European societies, the project creates space for young people to question stereotypes, understand migration realities, and actively promote inclusion.

Through two international mobilities, participants develop the knowledge, empathy, and civic awareness needed to act as peace ambassadors within their communities.

The project is built on non-formal education, experiential learning, and intercultural cooperation, placing young people at the center of reflection and action.

2. Why This Project Was Needed

Prejudice, bullying, and racism remain serious challenges affecting today's youth. These issues damage both individual well-being and social cohesion, often leading to exclusion and intolerance.

In recent years, Europe has experienced rising xenophobia and social polarization. At the same time, migration flows have increased significantly. According to UNHCR data (2022), more than one million asylum applications were submitted in the first half of the year alone, reflecting global instability and displacement.

Despite these realities, many young people lack sufficient understanding of:

- European citizenship
- Human rights frameworks
- Migration and asylum systems
- The social roots of prejudice

The project responds to this gap by equipping youth with tools to foster empathy, challenge discrimination, and support peaceful coexistence.

3. General Aim

To equip young people with the knowledge, empathy, and civic awareness necessary to fight prejudice, support inclusion, and contribute to a more peaceful and tolerant society.

4. Participant Profile

Total participants: 42 young people
(4 participants + 1 group leader from each country)

Age range:

- Participants: 16–30
- Leaders: 25+

Each group included socially and culturally disadvantaged young people. The second mobility also ensured the inclusion of geographically disadvantaged youth.

To maintain continuity, at least two participants from the first mobility joined the second, strengthening knowledge transfer and long-term impact.

MOBILITY I

Fighting Prejudice Through Empathy

The first mobility focused on understanding the roots of prejudice and strengthening empathy.

Participants explored how exclusion can be both a cause and a consequence of discrimination. Through interactive workshops and drama-based learning, they examined personal biases and societal stereotypes.

Key Activities

What Is the Root Cause?

Exploration of exclusion and social labeling.

Orienteering for Culture

Interactive discovery of different cultural environments.

To Look and To See

Comparing first impressions with final judgments.

How to Break Down the Walls

Group discussions on challenging prejudice.

One Type Theatre & Colorful Theatre

Drama activities expressing diversity and inclusion.

Confession Library – Were You Prejudiced?

Sharing personal experiences in a safe environment.

Different Instrument, Same Note

Discovering similarities across languages and cultures.

Oppressed Theatre

Forum theatre addressing discrimination and power dynamics.

A Marginal's Journal

Social experiment reflecting on marginalization.

Listen to Differences

Creating and sharing inclusive slogans.

Flashmob for Peace

Public action promoting unity and tolerance.

Through these activities, participants moved from awareness to personal reflection and collective responsibility.

MOBILITY II

Understanding Migration and Human Rights

The second mobility deepened participants' understanding of migration, refugee experiences, and European values.

It focused on connecting empathy with knowledge about legal, social, and political frameworks.

Key Activities**What Is Migration?**

Clarifying concepts such as migrant, refugee, and asylum seeker.

Expert Presentations

Insights into refugee situations and migration policies.

Country Sharing Sessions

Discussion of national migration realities.

Community Visits

Direct interaction with local residents.

Stories from My Bag

Creative writing reflecting personal journeys.

Being Migrant

Role-play simulation of refugee experiences.

Our Lost

Reflection on displacement and emotional loss.

Short Film Production

Creating awareness through visual storytelling.

Human Rights Workshops

Exploring EU values: freedom, tolerance, dignity, and respect.

Dance & Free Hugs Event

Public solidarity activity promoting unity.

Mock Immigration Court

Simulation of asylum procedures and decision-making.

Institutional Visit

Visit to the Immigration Office in Hamburg to understand administrative processes.

Each mobility also included Erasmus+ sessions, Youthpass reflections, intercultural evenings, group dynamics activities, and structured evaluation.

5. Learning Approach

The project applied non-formal education and experiential learning principles.

Participants:

- Experienced real-life simulations
- Reflected on personal values and attitudes
- Analysed societal structures
- Transformed learning into action

Drama methods, simulations, group discussions, and public actions encouraged active participation rather than passive listening.

Cooperation and dialogue were central elements throughout the project.

6. Impact

Through two intensive mobilities, participants developed:

- Stronger empathy and tolerance
- Greater awareness of human rights and EU citizenship
- Improved communication and teamwork skills
- Enhanced creative thinking through theatre and filmmaking
- Motivation to promote dialogue in their communities

The project also contributed to:

- Increased intercultural understanding
 - Reduced stereotypes among participants
 - Strengthened European cooperation among partner organizations
-

7. Sustainability and Follow-Up

The impact of Hand in Hand for a More Peaceful Society continues beyond the mobilities.

Participants organize follow-up workshops, awareness activities, and local campaigns in their home countries.

Youth-led initiatives focus on:

- Anti-discrimination awareness
- Human rights education
- Dialogue with local communities
- Promoting empathy and peaceful coexistence

The project encourages young people to act as peace ambassadors, applying what they learned within schools, NGOs, and youth groups.

8. Building a Peaceful Europe Together

Hand in Hand for a More Peaceful Society demonstrates that dialogue, empathy, and education remain essential tools for social cohesion.

By bringing young people together across borders, the project contributes to a Europe where diversity is valued, differences are understood, and peace is actively nurtured by the younger generation.

