



LIVING PEACE

A BLENDED LEARNING CERTIFICATE COURSE
FOR DISPLACED YOUTH

APPLICATIONS NOW OPEN IN ATHENS

 SKY SCHOOL

 SOLIDARITY
NOW

This is our common ground



ABOUT THIS COURSE

In this course, you will manage complexity by exploring perspectives on what it means to live with inner peace. The unit focuses on emotional literacy as a toolkit to building personal peace and engaging with others. The course explores the reflection on emotions and values as a way of understanding how we react or respond to situations. It expands to the relationship between emotional intelligence, identity, choices and personal wellbeing, in order to help us be intentional in our actions and lead more self-aware and peaceful lives..

These skills will be explored through the following themes:

- Self-awareness and self-compassion
- Exploring Ethics (Personal Values) and choices
- Self-identity
- Compassionate (and non violent) communication
- Mutually respectful interpersonal relationships
- Building communities



**"This course
gives each and
every person an
opportunity to
come up with
something that
can change their
lives"**

- Sky School
alumnus



WHERE AND HOW YOU WILL LEARN

START DATE:

4 February 2020

DURATION:

10 weeks, 100 hours: 10 hours per week, 4 hours online, 6 hours in-person. Mondays to Fridays.

LANGUAGE:

The course materials will be in English. Face-to-face sessions will take place in English and other languages as relevant.

LOCATION:

3rd Septemvriou street 24,
10432, Athens (3ης Σεπτεμβρίου
24)



WHO IS THIS COURSE FOR?

This course is designed for young people who are interested in learning to live peaceful lives.

YOU CAN APPLY FOR THIS COURSE IF YOU ARE:

- Living in Athens, Greece. Aged between 16 and 25 years old.
- A refugee, internally displaced, asylum seeker or otherwise displaced
- Not currently enrolled in or having previously completed a higher education programme.
- Interested in becoming a community change-maker.
- Able to read, write and speak in English. We are looking for people who have an intermediate level (B1), and who are eager to learn. You do not need to be fluent in English.
- Able to access a smartphone, tablet or computer for 6 hours per week.



SELECTION CRITERIA

There are a limited number of places available for this course. To be selected, you need to demonstrate in your application that you are motivated to join and have an interest in peace and wellbeing.

Application deadline: 30 January 2020

HOW YOU WILL STUDY

You will learn through both online study and through face-to-face learning: Online study - you will be able to access content, readings and exercises for each week via our app, 'Aula', which works on smart phones, tablets and computers. You can study at any time and you will be able to communicate with fellow students and facilitators. Face-to-face study - you will meet several times Mondays to Fridays (for a total of six hours) with your class and on-site facilitator, to do exercises.

WHAT YOU WILL GAIN FROM THIS COURSE

- Learn what it means to live with inner peace.
- Improve your ability to write and communicate in English
- Develop your understanding and awareness of your own emotions and values.
- Make friends with other young people from different nationalities and cultures
- Gain a certificate in Living Peace from Sky School, in partnership with UWC South East Asia, an international school in Singapore
- Join a community of peace builders and Sky School alumni around the world



ABOUT SKY SCHOOL

Sky School is a not for profit organization which provides open access courses to secondary education for displaced learners. This course is the equivalent of a pre-university high school level course.

ABOUT SOLIDARITY NOW

SolidarityNow was founded in Greece in 2013 to help the populations most affected by the economic and humanitarian crisis. The organization has succeeded in supporting and helping through its activities and programs, more than 300,000 vulnerable people. More than 64,000 people - Greeks, refugees, migrants - have been supported by Solidarity Centers in Athens and Thessaloniki. Over 7,500 refugees and asylum seekers have been offered shelter and support thanks to Solidarity Now. It has organized 5,900 educational activities, while 2,000 lessons were organized at the Blue Refugee Center in Thessaloniki.

APPLY NOW Go to www.skyschool.world/apply

CONTACT US elissavet@skyschool.world

