

# Summary of the youth Platform

## 1st Day

After a short introduction the focus of that day was to start with ourselves before we talk about changing the world. If we understand ourselves, the better we can have an impact in our close environment and expand from there. We worked a lot with dialogues, where each of the participants had a voice.

**The question for the check-in was to mention why they are here:**

- Young people need old people -> there are no boundaries
- Similar struggle
- Have space to just talk what is going on. At the same time someone is just listening
- Space where you can talk about worries (safe space)
- Things we take for granted are created by the older generation => gratefulness
- We need each other
- Interesting to hear other (older)

Listening carefully and compassion was essential for the part. For each question there was 5 minutes per person. That means no interaction and giving the space for the other.

- **1 Question: What has touched you today?**
- **2 Question: What is currently challenging for you in your life?**
- **3 Question: What do you wish for your future?**

## 2nd Day

Today the focus was not anymore just on ourselves. The first question was: What can you do in your life that has a positive impact on your future? (answers not more than 3 words)

- Act fully
- Light together
- Radical decision
- Develop humanity
- Schönheit, space of protection
- Just be you
- Wohlfühlen, ideen weitergeben
- Meditation. Support. Sustainability
- Polarität verständlich machen
- Intention. Love. Belonging
- Be. Heart. Present
- Stop waiting again
- Konsumverzicht, konsumverzicht, change habits
- Convince investors
- Today. Plant. Hearintention
- Loslassen, kreativität, love
- Now, Begegnung, community
- Create your dream

- Through meditation
- Cooperation, fun, courageous
- Present, together, love

Now the goal was to form groups in order to deal with the question how to continue with Unipeace. Therefore, we addressed 5 questions to work on:

**1. What would attract young people to such an event?**

- Trendy at the moment for young people => healthy food, personal development and sustainability (this should be communicated)
- Create a platform to share what is happening (social media)
- Make it cheaper and more transparent for young people
- Should be more fun
- Some members of the organizing team should be also young
- More movement => e.g yoga, pilates ect.
- More interactive workshops
- More basic workshops not to advance as until now
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**2. Why would such an Event be important for the younger generation?**

- To unfold their potential
- To encourage them
- Finding their authentic way in this complex and challenging world
- A lot of young people struggle with the question: who am I and what is my way?
- Young people struggle to reach out for help

**3. What kind of Workshops would you offer?**

- Dealing with shadows (personal problems and fears)
- Love: what is it, how is it to feel, how to welcome
- Have more room for feelings and emotions
- Honor the older and their wisdom => they share it with us
- Community activities like cooking and cleaning
- Room for being close to each other
- How to overcome fears
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**4. Challenges for the Event and how to overcome them?**

- Transparency => young people want to know for what they are paying and what they get for the money. The workshops need to be more tangible in order to grasp them and sound interesting
- To expensive => there should be reduction for young people and older generation can afford more to pay. This could be an incentive for the younger
- Lower the cost => participants are engaged for the cleaning, cooking and other stuff. That's part of the experience and boosts the community feeling. Everyone is part of it.
- Lower costs => could organize in the tents and less comfort.

## 5. How could this room be designed for young & old to learn from each other?

- Diversity
- A room for sharing lifestories
- Connecting of generations through games
- What can we do for our future (common vision)
- Connection through music
- Transmission of knowledge
- All the generations are struggling with the same questions again and again. This should be prevented with the right communication
- Exchange without judgment

### Open discussion and inputs from participants

- Community of Schweibenalp is overloaded but still open for new forms of collaborating. Nevertheless, it can not be that we are doing all the work. It needs joint collaboration. The new way needs good organization and good collaboration
- It needs emails for keep in touch
- Its more valuable when we work together (cleaning, cooking)
- I would be more than happy to put myself in the service => to give back of what I receive
- We need to overcome the separation (was the vision of Unipeace)
- Young people were always at Unipeace (there are a lot of Unipeace-children present today)
- We prepared the ground, now the ground is ready for something new
- We (the older) are overloaded to understand what you (young) need from us
- We should make use of the group intelligence

Junge Menschen haben sehr viel Potential. Um dieses Potential jedoch zu erkennen und zu leben, braucht es einen Kontext, der es ermöglicht mit sich selbst in Kontakt zu kommen. Dies ist in der heutigen schnelllebigen Welt nicht immer einfach. Leben wir doch in einem Dschungel an Möglichkeiten und werden regelrecht von Reizen überflutet. Besonders die Vielzahl an Möglichkeiten sorgt für Orientierungsverlust und grosse Entscheidungsschwierigkeiten. Dies wirft zentrale Fragen auf: Wer bin ich und was will ich eigentlich?

Für mich hat die Unipeace gezeigt, dass es ein guter Nährboden für junge Menschen ist. Hier können sie Antworten auf ihre Fragen finden und sich persönlich besser verstehen lernen. Meiner Meinung nach braucht es mehr Raum für Begegnung und Austausch auf Augenhöhe. Dies könnte in Form von interaktiven Workshops passieren, die sich mit wichtigen Lebensthemen auseinandersetzen. Themen, die von grosser Bedeutung sind und uns alle betreffen wie z.B Angst, Selbstliebe, Entscheidungen und Beziehungen. Dabei ist es wichtig, dass sich alle mit einbringen können und voneinander lernen können.

Herzensgruss  
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