

Finding ways of constructive dialogue in polarising societies

Training of trainers from the Netherlands, Germany, Slovakia and the Czech Republic



15 – 18 November 2021
Amsterdam, the Netherlands

PROGRAM

Monday, 15 November 2021

Welcome, getting to know each other & program aims

- 14.30 **Arrival participants, check-in, registration** (lobby, ClinkNoord)
- 15.00 **Welcome & getting to know each other** (Box room)
Aim: getting to know each other, getting a sense of place (location and Amsterdam)
- 16.00 **The perfect moderator**
Participants are asked to think about which skills they would like to have as a moderator. They are asked to formulate why these skills are important for them.
Aim: research which skills are important for the participant to have in the role of moderator (individually)
- 17.00 **Program and personal goals**
Aim: getting to know the program and formulate personal goals for seminar
- 18.00 **End of day 1**
- 19.00 **Welcome dinner** (Wagamama, De Ruijterkade 36B - Central Station)

Tuesday, 16 November 2021

What are we talking about?

- 08.30 **Breakfast**
- 09.30 **Check-in** (Atrium room)
Aim: getting to know the program and the aims of day 2
- 09.45 **Theory of Deep Democracy**



Aim: learning about Deep Democracy (what is it, what can you do with it) and how it can help when talking about sensitive subjects or in polarized discussions

10.15 **What are we talking about?**

Participants are asked to write down quotes/situation of discussions in which they were uncomfortable in or in which they did not know how to react (but they wanted to), or (when given another chance) they would react differently than they did.

Aim: gathering case studies that will be used throughout the program

11.00 **BREAK**

11.15 **Across the line – silent discussion**

Participants take part in a silent discussion using the case studies from the previous assignments. Participants are asked to show how they feel about certain situations. They are invited to take a position on an imaginary line. Do the case studies cross a line or not?

Aim: getting insights in own boundaries and boundaries of others, gaining insight on how this method could be used in practice.

12.00 **Situation cards**

Participants work in smaller groups and talk about different situations/quotes that cross boundaries (or not). They are asked to rank these situations from 'not that bad' to 'very bad'. Together they talk about why do certain situations/remarks have different effects on different people.

Aim: getting insights in own boundaries an boundaries of others, gaining insight on how this method could be used in practice.

12.30 **LUNCH**

13.30 **Soft shoe shuffle – silent discussion**

Participants take part in a silent discussion using a few examples from the case studies. They are asked to formulate their opinion about a certain statement. During the discussion participants get the opportunity to reformulate their opinion by listening to others.

Aim: taking a stand, listening to other insights, (possibly) reformulate your opinion, gaining insight on how this method could be used in practice.

14.30 **Golden arrows**

Participants take part in a few active discussion using a few examples from the case studies. By taking in different perspectives participants are asked to look at certain situations from different points of view.

Aim: gaining insights in different opinions than your own, learning different ways of using this method, gaining insights on how this method could be used in practice.

15.30 **BREAK**

15.45 **Wrap-up Deep Democracy**

The participants look back on what they have learned about Deep Democracy and the different assignments. Individually they are asked to look at their personal goals and see if they need to adjust these goals. Participants are asked to start thinking about how they would like to implement (part of) these different methods.



Aim: getting a summarize of the day, reflecting and adjusting personal goals, thinking about ways to implement the method in own activities.

16.45 **Check-out**

As a group the participants reflect on the day.

Aim: getting insight in the group learning process.

17.00 **End of day 2**

18.00 **Dinner** (Long Pura, Rozengracht 46)

Wednesday, 17 November 2021

Ready, set and go! Learning by doing

08.30 **Breakfast**

09.30 **Check-in** (Atrium room)

Aim: getting to know the program and the aims of day 3

9.45 **Theory of Non-Violent Communication**

Aim: learning about Non Violent Communication (what is it, what can you do with it) and how it can help when talking about sensitive subjects or in polarized discussions

10.15 **Listening Accurately – practice in small groups (including BREAK)**

In groups of 3: participants practice listening accurately. They will use the case studies from day 2. All participants are once the listener, once the person making a hurtful remark and once the observer.

Aim: practicing with listening accurately, reflecting on your listening skills and nonverbal communication skills

12.00 **Wrap up Non-Violent Communication**

Participants look back on what they have learned about NVC and how this can help in their work.

12.30 **LUNCH**

13.30 **Learning by doing (part 1)**

In groups of 4: all groups are asked to think about which method they would like to practice doing themselves. They get 45 minutes to prepare. They will have to think of a situation/statement/quote to work with, they will have to explain the method and they have to moderate the discussion.

Aim: learning by doing, preparing the assignment

14.15 **Learning by doing (part 2, including BREAK)**

Group discussions led by small group.

Aim: learning by doing, practicing with leading a group discussion, reflecting on how it went, adjusting the steps.



anne frank house

- 16.00 **Reflection on the seminar**
Participants reflect on the seminar individually and as a group, they fill in evaluation forms and participate in group evaluation assignments.
Aim: getting insight in the outcomes of the seminar, achieved goals, etc.
- 16.45 **Check-out**
Last remarks from the group.
- 17.00 **End of day 3**
- 18.00 **Dinner** (Tolhuistuin, Tolhuisweg 3)

Thursday, 18 November 2021

Anne Frank House

- 08.30 **Breakfast**
- 09.00 **Check-out Hotel**
Participants check out of the hotel and bring luggage with them or store the luggage at the hotel
- 09.15 **Travel to the Anne Frank House**
By public transport the group travels to the Anne Frank House (Prinsengracht 263, Amsterdam)
- 10.00 **Introduction to museum visit** (Otto Frank Zaal, Anne Frank House)
Participants are prepared for the visit to the Anne Frank House. Using photos, time line and objects participants learn more about the story of Anne Frank, the history of her time and the situation in the Secret Annex.
- 10.45 **Visit Anne Frank House**
Participants visit the museum by themselves. They will be provided with an audio guide.
- 12.00 **Reflection after visiting the Anne Frank House**
After the visit participants have the possibility to reflect on the visit, ask questions and discuss with each other how this story can be of meaning for today.
- 12.30 **Evaluation and closing of the seminar**
- 12.45 **Farewell lunch**

This training has been made possible thanks to the generous support of the Europe for Citizens Remembrance programme

