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2023-3-DE04-KA210-YOU-000176414



HARMONY PATH

HARMONYPATH ONLINE TRAINING SESSIONS

Presentation Overview & Documentation



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AIM OF THE PROJECT

- HarmonyPath is a youth-centered violence prevention and peacebuilding ecosystem that combines digital learning, guided dialogue, and practical action.
- It is designed to address everyday, often overlooked forms of violence — online harm, exclusion, silence, assumptions, bullying, polarization, and unresolved conflict — before they escalate into deeper personal or community harm.
- The aim of HarmonyPath is to:
 - Empower young people to prevent violence and promote peace by developing critical thinking, emotional awareness, communication skills, and collective responsibility in everyday situations.



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Never Give Up Förderverein e.V.

Hamburg, Germany

Coordinator



TIR Consulting Group j.d.o.o

Zagreb, Croatia



**European Center for Human
Rights**

Strasbourg, France



CORE PROJECT OUTPUTS

1. Digital Adventures (Open-Source Educational Tool)

- A set of 8 immersive, scenario-based digital adventures where learners:
- Enter realistic conflict situations (online, community, group settings)
- Make choices with consequences
- Practice de-escalation, boundary-setting, repair, and dialogue
- Learn that silence, tone, and micro-actions matter
- These adventures focus on:
 - Online misunderstandings and cyber harm
 - Exclusion, identity, and belonging
 - Bullying as patterns
 - Bystander intervention
 - Polarization and high-stakes disagreement
 - Group conflict and leadership
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CORE PROJECT OUTPUTS

2. Violence Prevention Coaching Cards (40-Card Deck)

- A structured coaching and reflection tool that:
- Builds understanding of violence and its roots
- Strengthens global and digital citizenship
- Develops healthy relationship and conflict skills
- Encourages advocacy and collective action
- Deepens awareness of power, identity, and equity
- Trains bystanders to act safely and effectively



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THE HARMONYPATH PROJECT MODEL

HarmonyPath follows a ***Blended, Scenario-Based Peacebuilding and Violence Prevention Model***, combining digital learning, facilitated dialogue, and real-world action.



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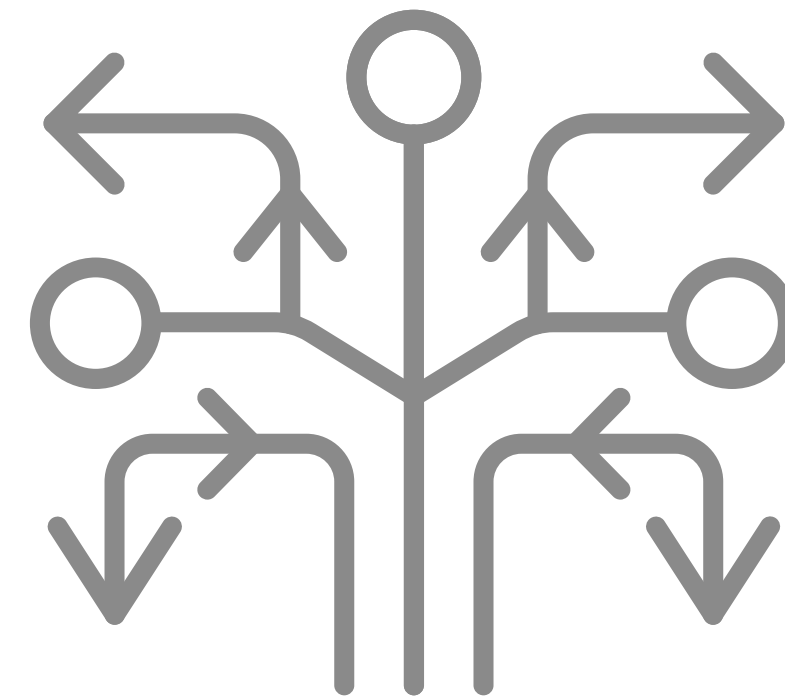
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HOW THE MODEL WORKS (STEP-BY-STEP)

Step 1: Experience (Digital Adventure)

Learners enter a realistic scenario and make choices.



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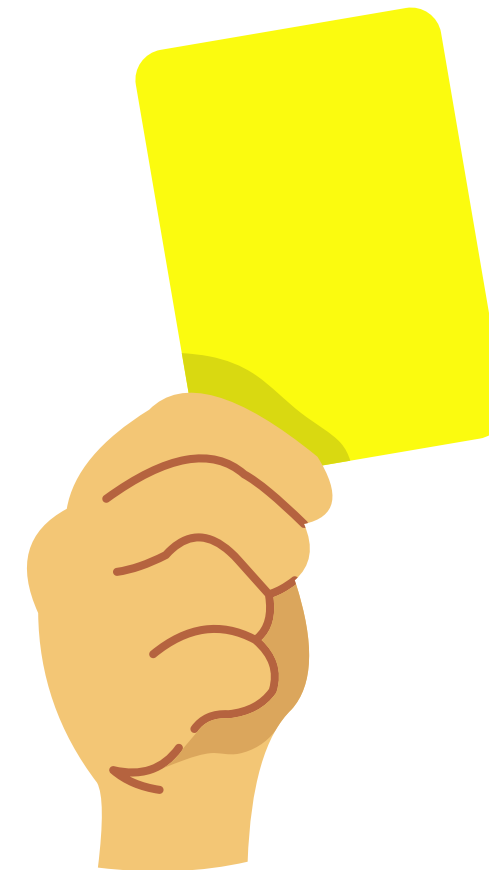
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HOW THE MODEL WORKS (STEP-BY-STEP)

Step 2: Reflection (Coaching Cards)

They reflect on:

- Impact vs intent
- Emotions
- Power and silence
- Alternatives



HOW THE MODEL WORKS (STEP-BY-STEP)

Step 3: Dialogue (Facilitated Discussion)

Youth discuss:

- Different perspectives
- Risks and responsibilities
- Real-life parallels



HOW THE MODEL WORKS (STEP-BY-STEP)

Step 4: Skill Practice (Micro-Actions)

They practice:

- Language
- Boundaries
- De-escalation
- Bystander responses

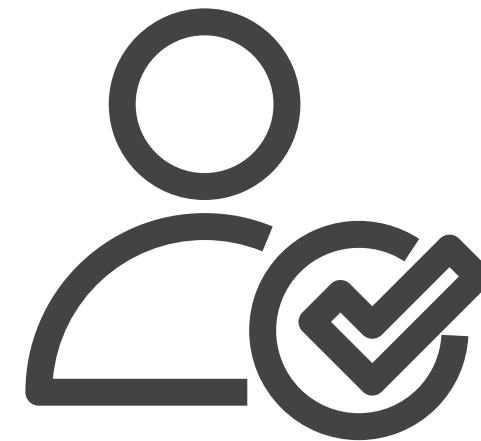


HOW THE MODEL WORKS (STEP-BY-STEP)

Step 5: Transfer to Real Life

Learners apply skills:

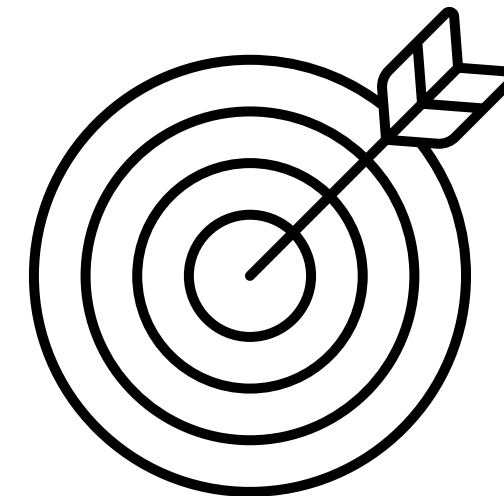
- Online
- In school
- In community spaces





TARGET GROUPS WITHIN THE MODEL

- Young people → learners & peacebuilders
- Youth workers & educators → facilitators & multipliers
- Communities & schools → living practice environments





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WHY THIS MODEL IS EFFECTIVE

- ✓ Youth-relevant and realistic
- ✓ Preventive rather than reactive
- ✓ Trauma-aware and non-judgmental
- ✓ Scalable and adaptable
- ✓ Strong alignment with SDG 16



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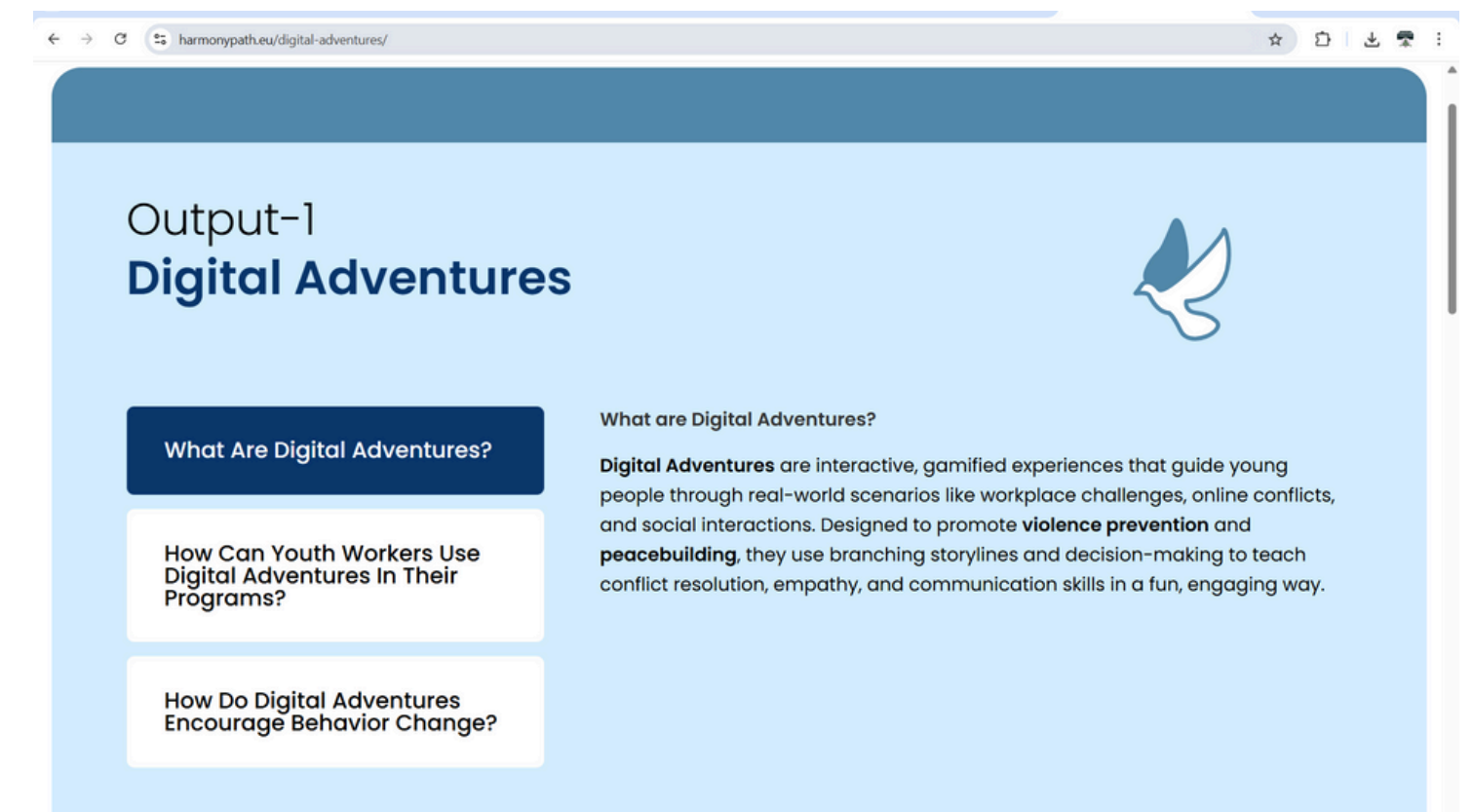
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STRUCTURE OF A DIGITAL ADVENTURE SESSION

Each Digital Adventure follows a five-phase learning cycle.



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STRUCTURE OF A DIGITAL ADVENTURE SESSION

Phase 1: Scenario Introduction

Learners are introduced to a realistic conflict scenario drawn from everyday life (online, group, or community contexts).

Facilitator Role

- Explain that the goal is reflection, not performance
- Set basic group agreements (respect, confidentiality, opt-out)



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STRUCTURE OF A DIGITAL ADVENTURE SESSION

Phase 2: Individual Decision-Making

Learners encounter decision points and choose how to respond to the situation.

Possible responses may include:

- Speaking up publicly
- Supporting someone privately
- Setting boundaries
- Pausing or delaying response
- Choosing not to act

Facilitator Role

- Avoid framing any option as “correct”
- Encourage learners to trust their first reaction



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STRUCTURE OF A DIGITAL ADVENTURE SESSION

Phase 3: Consequences & Insight

The platform shows how each decision affects:

- Emotional safety
- Escalation or de-escalation
- Group norms and power dynamics
- Sense of belonging

Facilitator Role

- Prompt reflection:
 - What changed?
 - Who was affected?
 - What remained unresolved?



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STRUCTURE OF A DIGITAL ADVENTURE SESSION

Phase 4: Group Reflection & Dialogue

Learners discuss their choices and experiences in small groups or plenary.

Suggested reflection prompts:

- What made this choice feel safe or risky?
- How did silence affect the situation?
- What would you try differently next time?

Facilitator Role

- Encourage multiple perspectives
- Normalize uncertainty and discomfort
- Protect participants from judgment or pressure



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STRUCTURE OF A DIGITAL ADVENTURE SESSION

Phase 5: Skill Transfer to Real Life

Learners identify one small, realistic action they could take in a similar real-life situation.

Examples:

- A sentence they could say
- A boundary they could set
- A pause strategy
- A supportive message to someone affected

Facilitator Role

- Emphasize micro-actions
- Avoid demanding public commitments



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HOW TO USE THE COACHING CARDS (STEP-BY-STEP)

Step 1: Set the Space

Before starting:

- Agree on respect and confidentiality
- Normalize different experiences and opinions
- Remind participants they can pass or opt out

Step 2: Choose the Cards

Select cards based on:

- Group age and maturity
- Session goals (reflection, skill-building, action)
- Time available

Options:

- One card for short sessions
- 3–5 cards for deeper workshops



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HOW TO USE THE COACHING CARDS (STEP-BY-STEP)

Step 3: Read & Reflect

- Read the card aloud (or silently)
- Give participants quiet time to think

Facilitator Tip:

Allow silence. Reflection often needs space.

Step 4: Dialogue & Sharing

Invite participants to share:

- Thoughts, not confessions
- Reflections, not conclusions

Suggested prompts:

- “What stood out to you?”
- “Did anything feel challenging or new?”

Facilitator Role

- Use “maybe language”
- Avoid correcting or debating
- Protect participants from judgment



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HOW TO USE THE COACHING CARDS (STEP-BY-STEP)

Step 5: Action Step

Guide participants through the card's action step:

- Individually (writing, drawing)
- In pairs or small groups
- Through role-play or creative expression

Key Principle:

Actions should feel possible, not overwhelming.

Step 6: Closing & Integration

End with:

- A short reflection round
- One takeaway or insight
- Optional grounding exercise

Avoid ending sessions on unresolved emotional tension.



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EUROPEAN PARTICIPATION

- **Countries involved: 5+ EU countries, 3 sessions**
- Total participants: 45+ youth workers, educators, and trainers
- Profiles represented:
 - Youth workers and facilitators
 - Educators and trainers
 - NGO and community organisation staff

The diversity of backgrounds enriched discussions and learning outcomes.



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GALLERY

Zoom meeting interface showing a presentation slide titled "STRUCTURE OF A DIGITAL ADVENTURE SESSION". The slide includes the European Union flag, the project ID "2023-3-DE04-KA210-YOU-000176414", and logos for the funding partners: "NEVER GIVE UP FÖRDERVEREIN e.V.", "CONSULTING GROUP", and "ECHR". The slide content states: "Each Digital Adventure follows a five-phase learning cycle." and features a thumbnail of a presentation slide titled "Output-1 Digital Adventures". The bottom right corner of the slide displays the "HARMONY PATH Erasmus+" logo. The Zoom interface shows participants: Martina Jukić, Loek - VIBE, Info- ELN & TIR, VIBE Nederland - Jes..., Jolanta P, and Ewelina M.

Zoom meeting interface showing four participants in a grid view. The participants are: Maureen Burgstahler (top left), Asus (top right), jnoth (bottom left), and a participant with braided hair (bottom right). The Zoom interface includes a top bar with the Zoom logo and a bottom toolbar with icons for Stummgeschweigt, Video beenden, Teilnehmer, Chat, Reaktionen, Freigeben, AI Companion, Aufzeichnen, Untertitel, Whiteboards, Mehr, and Beenden.



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GALLERY

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HOW TO USE THE COACHING CARDS (STEP-BY-STEP)

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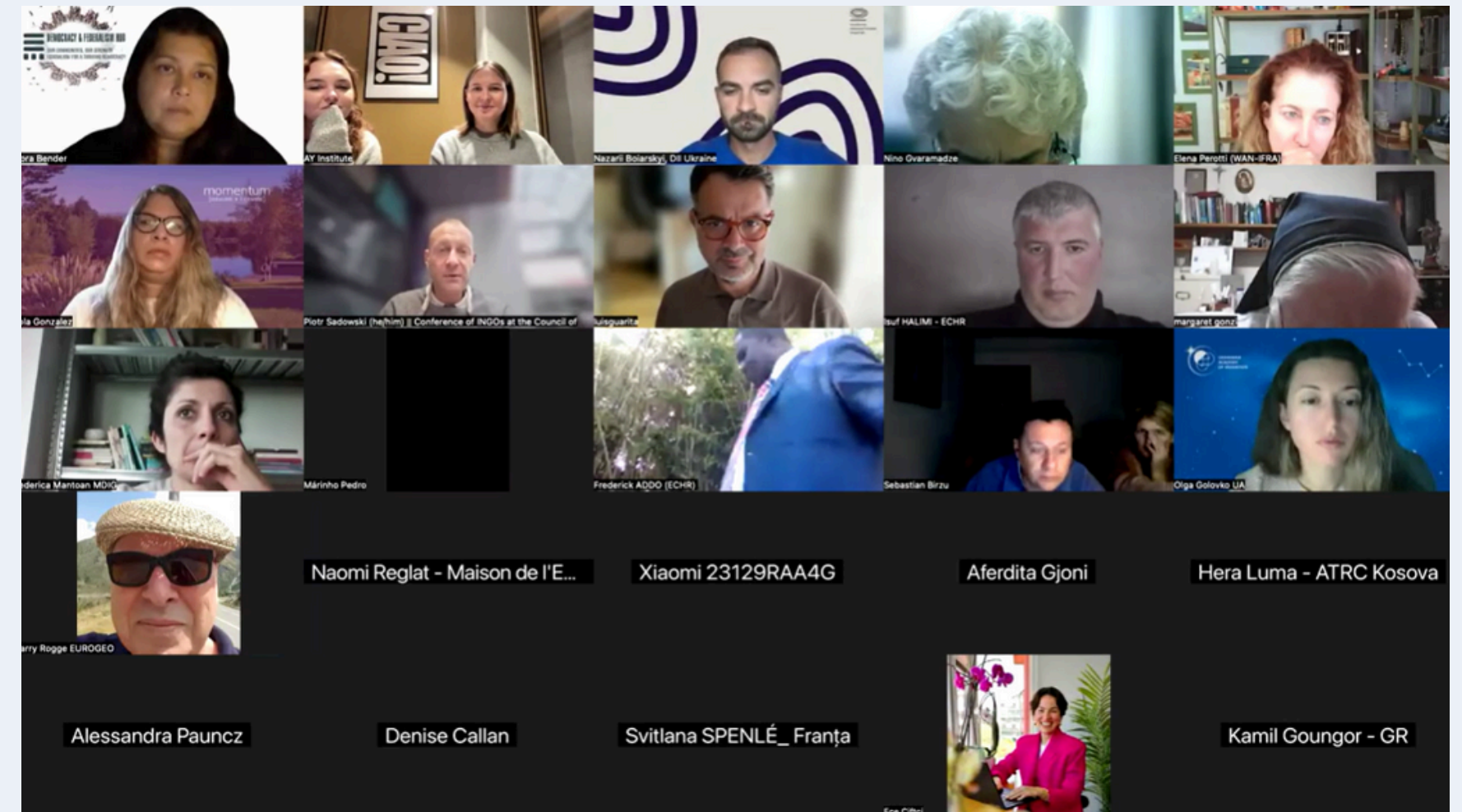
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Options:

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TESTIMONIALS

- Manuela:

“I found the workshop incredibly eye-opening. It’s so important to understand how identity struggles and even subtle forms of violence can really impact youngsters navigating cross-cultural relationships. I left feeling more equipped to support them.”

- Beryl:

“It was a really intense and necessary conversation. What stood out to me is how vital it is to give teenagers a safe space to express what they’re going through. Harmony Path did a fantastic job creating that environment.”



TESTIMONIALS

- Mitchel:

“This session really highlighted the layers of identity that youth juggle with, especially when they’re caught between cultures. I think we all walked away with a deeper sense of empathy and some practical ways to help them feel seen and understood.”

- Mary:

“I really appreciated the focus on how subtle conflicts can shape a youth’s sense of self. The session underscored the need for us as mentors and parents to really listen and validate their experiences.”



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TESTIMONIALS

- Lilian:

“What a powerful discussion! It’s clear that when we talk about integration and identity in youth, we’re also talking about creating a community of care. I’m grateful for the insights and the heartfelt conversations Harmony Path brought into the room.”



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