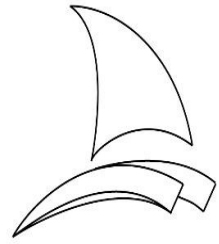




MaRe



## Sailing4Youth

### Our project

Sailing4Youth is a cooperation between Foundation Krila Nade/Wings of Hope (Sarajevo, BiH) and Cat-MaRe gUG (Germany) and aims at promoting social integration and commitment in Bosnian adolescents by giving them the opportunity to experience themselves as an integral part of a society in which they can and should be actively participating in order to effect change.

The project is centered around a week-long sailing, trip putting the teenagers into the confined space of a boat. Here they will form a temporary community with the tutors and the skipper and everyone will have to contribute to maintaining a peaceful and safe environment.

All tasks ranging from sailing to kitchen and cleaning duty will be shared equally.

A community can not work unless everyone takes part.

The groundwork for peaceful conflict resolution and mediation will be established in a workshop in Sarajevo ahead of the cruise, providing the participants with the tools necessary to work on in their personal environment, even and especially after the project is completed.

### Social challenges for young people in Sarajevo

The project is meant for teenagers from destitute families.

At the best of times adolescence is a period of ever changing emotions, thoughts and allegiances, caught between childhood and the world of adults and trying to find one's orientation in life.

With the added financial strain at home, preventing any extra expenses and social participation, teenagers often have a hard time finding their place in society, resulting in withdrawal and a feeling of exclusion.

### Our approach

In a three-week course we will use professional methods to cover the subjects of peaceful conflict resolution, mediation and social competence.

We intend to teach the adolescents how to solve problems in their immediate surroundings peacefully and in turn become mediators themselves by addressing questions such as:

What is a conflict? How do I contribute to conflicts? How do I react?

This entails being able to change one's perspective, putting one self in another person's position and listening actively.

To ensure a fair share of talking time and support we will only admit eight participants.

Everyone in the group should be able to feel equally entitled to their opinion and input.

The following sailing trip will put the new skills to the test.

The confined space aboard will inevitably create conflicts and maintaining a positive atmosphere will necessitate a conscious contact, including listening and respecting each other's wishes and needs, but also voicing one's own discontent or ideas.

It is important to find a compromise every party can live with.

Each night everyone will have the chance to give an account of their day, how they feel, what they have experienced, what they like and what they would like to change.

This reflecting round is meant to recapitulate and affirm what they have learned and by comparing it to their actual behavior.

The combination of theoretical content and immediate practical application is what's new about this project.

The participants, all of them Bosnian teenagers without any means, will go on an adventure they will remember for a long time and so they will not forget their newly learned conflict management skills and their new-found role in society either

## **Objective and documentation**

The whole duration of the project will be three months. We will take this time to equip the participants with theoretical knowledge and practical tools, while strengthening their social competence and capacity for teamwork.

They will document the daily life on board and their personal experiences with a video camera.

Each night the group will use this material to discuss among themselves their behavior and give advice on improvement.

On their responsibility they will also create a documentary film about everything they learned and the changes they experienced on the boat.

Sailing, documenting the process and organizing the final event will thus constitute the three parts of the project, each requiring the cooperation of everyone involved.

## **Expertise and Qualifications**

The members of Wings of Hope have been working with young people since 1995 and are very experienced when it comes to leading courses as well as creating youth camps, with the psychological care of children and young adults being one of the organization's key aspects.

A close relationship with the participants allows us to focus on individual needs and provide long term support outside the different projects.

Dr. Reinhold O. Stapf, founder and longtime skipper of Cat-MaRe, is well versed in sailing with teenagers. His goal for his organization is to strengthen teamwork and the understanding of one's

contribution to society. By bringing together young people from different cultures and backgrounds he wants to show, that those differences do not get in the way of a peaceful coexistence, but can be enriching.

## **Our Cornerstones**

Phase one is the workshop, laying the foundations and creating insight into the mechanisms of conflicts, as well as an understanding of different perspectives and motives.

The theory from the workshop will then be put into practice during the week-long cruise, reinforcing the new knowledge and enabling the participants to reflect on what they have learned and compare it with their actual conduct.

Back in Sarajevo the participants will meet again, talk about the cruise and retrace the learning process. This is the point, when we want the teenagers to realize that they are equally important as a part of their society as they have been as a member of the crew and they will want to contribute to their environment.

The last cornerstone is a final event for friends and families, organized by the young sailors. They will also produce a film documenting the project and their learning process and present it at the event. This will give us and them the opportunity once more to work on collaborating and communicate the project to the public.

## **Additional sponsors**

Dr. Reinhold O. Stapf and his organization Cat-MaRe have been supporting Sailing4Youth from the beginning, providing us with ideal terms by covering costs for the cruise. We are currently looking for additional sponsors, mainly international foundations interested in promoting social cooperation, peaceful conflict management and social integration and education of adolescents.

## **Charitable status**

Sailing4Youth has been planned cost-covering. Foundation Wings of Hope and Cat-MaRe are both non-profit organizations and all funds go towards organization and realization of the project.