

CAUX INTERNS PROGRAMME



a training opportunity for young people
in the international conference centre
of Initiatives of Change in Switzerland

2012



The Caux Interns Programme is an opportunity for young people to experience the full richness of the Caux Conference centre: to contribute their service to the conferences, and through the training program to engage with the needs of the world, developing a deeper sense of where they can contribute.

Venue: The international conference centre of IofC, 1000m above Montreux, Lake Geneva. CAUX–Initiatives of Change is an independent officially recognised Swiss foundation. It works to promote peace, prevent conflicts, build trust and encourage intercultural dialogue. For more information on the Conference Centre, see www.caux.ch/en/centre.



The Experience: The Caux Conference Centre is a unique international forum for trust-building initiatives, and the Interns Programme offers young people the opportunity to play an integral role in the Centre's summer program. With a strong multicultural makeup (over 60 Interns from 20 different countries in 2011), the Caux Interns Programme aims to offer an experience that challenges the way we look at the world and our role in it. Where do we see the need for change? As individuals, what is our response? The Interns Programme is based on leadership-building and community-building through service experience across all the departments within the Centre. The departmental work has largely been carried by volunteers for over 60 years, and is fundamental to the effectiveness of the conferences themselves. The Interns Programme forms one part of this cooperative enterprise in Caux, aimed at building trust and integrity in today's world.

Training: Beyond the service contribution to the day-to-day running of the house, there will also be a parallel training programme for both intern groups, including workshops and discussions with conference participants, as well as the opportunity to participate in some of the conference programs. To see the breadth and depth of this year's full programme, visit www.caux.ch/en/2012. For more on the training programme, see over page.



"Taking initiative is no longer something that needs to be pushed on me, but it comes to my mind all the time. I am definitely taking this fearlessness with me wherever I go."
- Qiyu, China



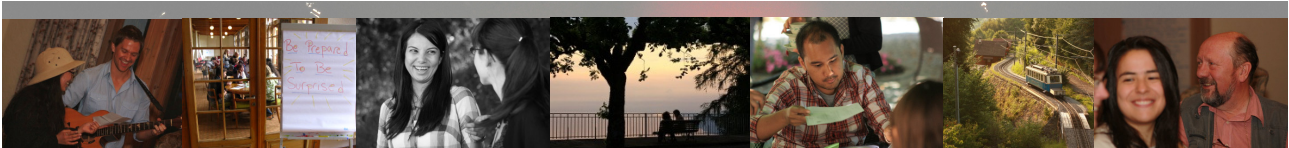
"It's much more than just an intercultural experience, it's being open and exposed to real life stories that inspire you to go beyond your ordinary Path. I was expecting to get a clear life purpose; instead I was equipped with inner strength. Amazingly, it helped me face my own fears and rise above my weaknesses to a life of possibilities."
- Mariam, Egypt

"It was time for me, given for work on myself. I learned more about leadership. I started more to listen to myself. I had a great possibility to look back into my life, to make some conclusions."
- Olia, Ukraine



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www.caux.ch/caux-interns | interns@caux.ch



“You only rarely come across a person who is genuinely good, someone who is a thinker and a doer... at Caux I met an entire group of them.”
- Yara, Lebanon

“Working in the dining room was like a dream! I got to serve alongside an outstanding myriad of people, some of whom were quite older than me but never let age or status come in between the potential to interact and learn from one another.”
- Daisy, Kenya

If I had to describe my experience in one word, it would be rich. There is a wealth of information, knowledge and wisdom available in such an accessible way, which I think is hard to find anywhere else.
- Jaap, Netherlands

Inside Change - CAUX | creating foundations for action
Training Programme

AIMS



- To explore the relationship between personal change and societal change – the link between the intimate and the global.
- To encourage personal and collective initiatives that are grounded in an application of personal values and standards.
- To develop an understanding of the nature of change, and the conditions that create change.
- To provide concrete tools for effectiveness in teambuilding and communication.
- To develop an understanding of freedom that is empowering for action in the world.

TOOLS

- Interactive tools and models that deepen insights into the different themes (Basics of being human; identity; nature of change; personal values and moral standards; integrity—personal and social responsibility; paradox of freedom)
- Exercises in teamwork, cooperation, communication and listening skills;
- Discussions in large and small groups;
- Sharing of life-stories;
- Daily times of quiet reflection



FACULTY

The facilitation and training team is an international group drawing on lofC’s considerable experience in training for young people, particularly in Eastern Europe through *Foundations for Freedom*, a partner organisation of lofC, but also *Action for Life*, a training program based in India, *School for Changemakers* (UK), *Life Matters* (Australia), and *Harambee* (Africa). The training also builds on the expertise drawn from over 60 years of trust-building and reconciliation work in Caux and around the world through *Initiatives of Change*.



IN 2012

Session I: **25 June—25 July**
Session II: **21 July—20 August**

For more information, visit the website at www.caux.ch/caux-interns



Initiatives of Change

www.iofc.org

Initiatives of Change is a diverse, global network committed to building trust across the world's divides. It comprises people of many cultures, nations, beliefs and backgrounds who are committed to transforming society through changes in individuals and relationships, starting in their own lives.

Initiatives of Change International (lofC International) is a non-government organization (NGO) working for peace, reconciliation and human security worldwide. It has Special Consultative Status with the Economic and Social Council of the United Nations, and Participatory Status at the Council of Europe in Strasbourg.