

TESTIMONY

As the Programme Manager of Africa Solidarity Centre Ireland & Founder of CAD AID Foundation, I had the privilege of participating in the "*Mindful Youth Work: Cultivating Well-Being in Yourself and Others*" Training Course, an experience that has profoundly impacted both my personal and professional journey.

Held in Poznań, Poland, this transformative week brought together 30 passionate individuals from diverse backgrounds and cultures, all united by our shared dedication to fostering positive change. Supported by the **Stop. Reflect. Do Better** project and facilitated by SCI Poland, with co-funding by the European Union through Erasmus+, this training exemplified the power of collaboration, non-violent communication and non-formal education in nurturing well-being and inclusivity. From the outset, it was clear that mindfulness and well-being were not just theoretical concepts but guiding principles embedded in every aspect of the course.

What struck me the most was the genuine sense of camaraderie and mutual respect among participants, transcending borders and nationalities. Through interactive workshops and experiential activities, we explored innovative strategies for youth work, emphasising self-reflection and personal development as integral components of our practice. The diversity of perspectives enriched our discussions, reminding me of the universal relevance of empathy and understanding. Together, we formed a supportive community committed to creating a more compassionate and equitable world.

This training has equipped me with valuable tools and perspectives that I will undoubtedly apply in my role as a volunteer and peace activist. I am deeply grateful for the friendships formed, the knowledge gained, and the inspiration received during this unforgettable experience. I extend my heartfelt thanks to all those involved in making this training possible. May we continue to embody the spirit of mindfulness and well-being as we strive to Stop, Reflect, and Do Better in our communities and beyond.

Carine MAMBOU