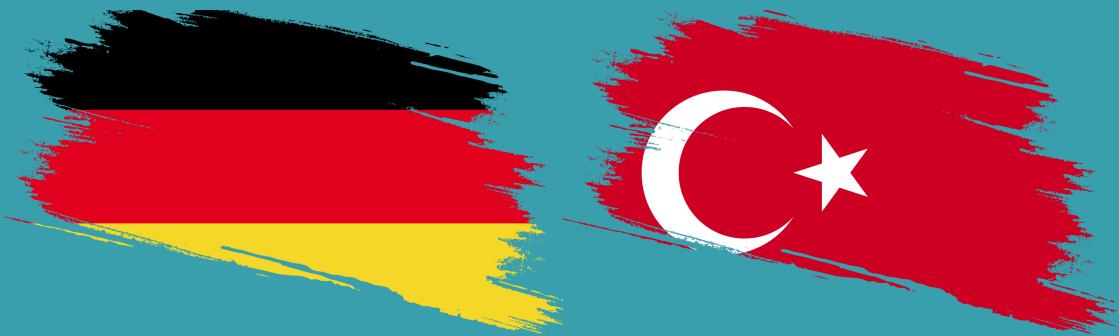


MARTIAL ARTS FOR PEACE
GEMEINNÜTZIGE GMBH

PROJECT REPORT

EXCHANGE OF PROFESSIONALS



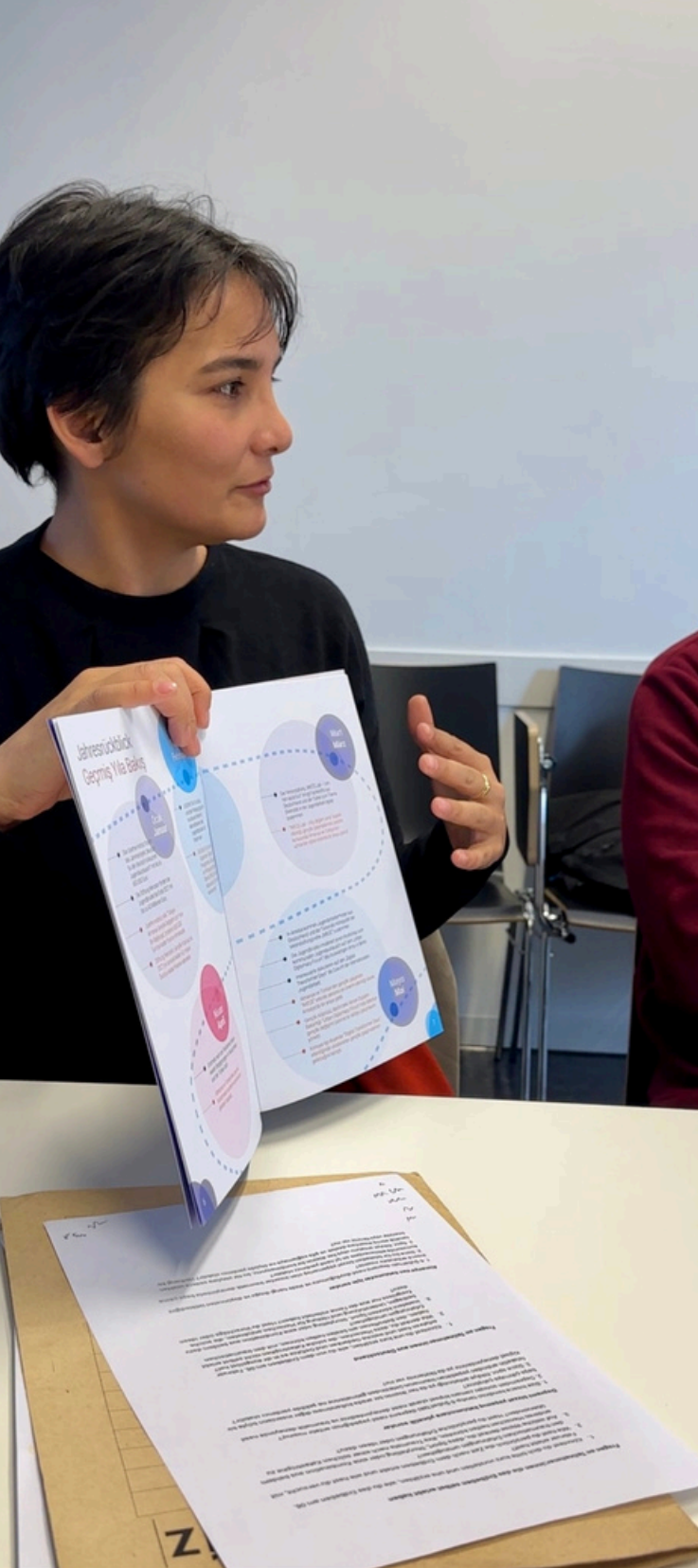
STRONG TOGETHER
OVERCOMING TRAUMA AFTER THE
EARTHQUAKE DISASTER
THROUGH SPORT AND STORYTELLING



with the financial support of



DEUTSCH-TÜRKISCHE
JUGENDBRÜCKE
GENÇLİK KÖPRÜSÜ
TÜRKİYE-ALMANYA



FOREWORD

Dear Readers,

We are delighted to present our final report on the exchange of experts "Strong together after the earthquake disaster - overcoming trauma through sport and storytelling". The exchange, which was organised by Martial Arts for Peace in cooperation with international partners and financially supported by the German-Turkish Youth Bridge, aimed to bring together professionals from Germany and the earthquake regions in Turkey to develop innovative approaches to overcoming trauma through sport and storytelling.

On the following pages, we would like to give you a comprehensive insight into the activities, workshops and findings of these inspiring encounters in Izmir, Turkey and Frankfurt am Main, Germany. We are pleased that this exchange has provided important impulses for trauma management in the affected earthquake regions and beyond. We hope that this final report will not only provide an overview of the activities carried out, but also contribute to the further development of similar initiatives.

Jasmin Dirinpur
JASMIN DIRINPUR

MARTIAL ARTS FOR PEACE
GEMEINNÜTZIGE GMBH -
MANAGING DIRECTOR



martialartsforpeace

INTRODUCTION

The background to the project was the worst natural disaster in Turkey in living memory. On 6 February 2023 at 4:17 am, a massive earthquake with a magnitude of 7.8 shook the south-east of the country. The earth shook for 65 long seconds. This was followed eleven minutes later by a second quake with a magnitude of 6.7 on the Richter scale. While the first rescue teams were getting to work, a third violent earthquake with a magnitude of 7.6 on the Richter scale followed at 1.24 pm.

Eleven south-eastern provinces with 14 million inhabitants were affected by the disaster, an area the size of the Netherlands and Belgium combined. The result: 230,000 buildings with 520,000 homes were severely damaged or collapsed.

50,738 bodies were recovered from the rubble, more than 125,000 people were injured and 1.9 million people were left homeless, including 850,000 children.

The project ran from 01.07.2023 - 31.03.2024, during which 3 online meetings and 2 physical meetings were held in Izmir and Frankfurt am Main. The organisers would have liked to hold the first meeting in Gaziantep, which was directly affected by the earthquake. However, this was not possible due to the travel warning issued by the German Foreign Office.

Izmir was chosen as the third venue due to its easy accessibility and relevance to the topic of earthquakes. The city was shaken by a magnitude 6.6 earthquake in 2020, in which 119 people lost their lives and 1,000 were injured.

The programme for the two three-day meetings is attached to this report. Martial Arts for Peace received a grant of up to 19626 euros from the German-Turkish Youth Bridge to cover the travel, accommodation, catering and organisational costs for 14 participants. A detailed utilisation report is attached to this report.





PARTICIPATING ORGANISATIONS

Project organiser in Germany:

Martial Arts for Peace gemeinnützige GmbH

Our mission is to teach socially disadvantaged children and young people conflict resolution skills with affect control, self-confidence and a mindset geared towards peace and co-operation. By organising martial arts lessons, we create places of encounter, movement and exchange in which inner and social development can take place. Our activities promote social interaction, resilience and social commitment, based on the transformative theory of education. Physical experience, sensory perception, self-reflection and interaction are of central importance.

By systematically practising certain movement sequences, children and young people develop lasting changes in values and attitudes. Our peace-promoting staging of the movement setting and clarity in communication are crucial, because neither martial arts nor education have a peace-promoting effect on their own. As the non-profit organisation Martial Arts for Peace, we make targeted use of aesthetic educational potential such as the playful element of movement and togetherness in opposition. Our peace education approach rejects violence as a means of conflict resolution, focuses on recognising the causes of conflict and promotes skills for dealing with conflicts peacefully.

Project partner in Turkey:

Ayıntap Dağcilik Arama Kurtama ve Spor Kulübü Derneği

The organisation has set itself the goal of rescuing all living beings from dangerous situations under all circumstances. The focus is on rescue operations in the event of sports accidents, natural disasters and other incidents. Through volunteer work and training, suitable personnel are identified and certified in order to be able to rescue quickly and effectively. Sport plays an important role in promoting friendship, peace, love and brotherhood.

Organisations involved in the implementation of the programme (in alphabetical order):

AFAD: The Turkish Disaster Management Authority (AFAD) is a governmental organisation in Turkey responsible for the coordination of disaster preparedness, response and recovery. It works closely with various government agencies, NGOs and international organisations to ensure an efficient response to natural disasters and emergencies.

AKUT Derneği: AKUT Derneği is a Turkish non-profit organisation that specialises in the search and rescue of people in need, especially in rough terrain or after natural disasters. It is made up of volunteers and works closely with government agencies and other aid organisations to ensure a fast and efficient response to emergencies.

Bayetav Foundation: The Bayetav Foundation, based in Izmir, Turkey, aims to establish educational and research institutions that promote knowledge, art and politics in a transdisciplinary approach in order to strengthen the culture of coexistence.

Capoeira Frankfurt: Capoeira Frankfurt, part of FTG Frankfurt, offers a dynamic and culturally enriching environment for practising this traditional Brazilian martial art. Qualified trainers and a varied training programme not only promote physical fitness, but also impart historical knowledge and cultural affinity.

I.S.A.R. Germany: I.S.A.R. Germany is a non-profit aid organisation that was founded in Duisburg in 2003 and is active worldwide. As part of the "International Search and Rescue" network and in co-operation with the Bundesverband Rettungshunde e.V., it is involved in international aid, particularly in the event of natural disasters and humanitarian catastrophes. The tasks of I.S.A.R. include the search and rescue of earthquake victims with the help of rescue dog teams and highly qualified rescue specialists equipped with the latest technology.

Kızılay: Kızılay, also known as the Turkish Red Crescent, is an aid organisation that has been dedicated to humanitarian aid since its foundation in 1868. It is involved in various areas such as disaster relief, healthcare and social support for those in need.

PARTICIPANTS

Participants from the earthquake regions in Turkey and Germany
(in alphabetical order):

Akdemir, Pınar - Gaziantep - Civil Engineer - Yapı Denetim - AFAD Volunteer
Bayram, Çimen - Diyarbakır - Project Officer - Support to Life
Filiz, Volkan - Gaziantep - Teacher - Ministry of National Education
Sarıkaya, Ümit - Adiyaman - Trainer and Counsellor - Ministry of Youth and Sports
Süleymanoğlu, Melike - Gaziantep - Camp Leader - Ministry of Youth and Sports
Volkan, Can - Hatay - Teacher - Ministry of National Education
Taşçı, Fatma - Gaziantep - Child Protection and MHPSS Officer - Save the Children
Tıbık, Ömer - Gaziantep - Trainer - Ministry of Youth and Sports & Ayıntap Dağcilik Arama Kurtama ve Spor Kulübü Derneği

Aratoğlu, Kayhan - Wing Chun trainer and mental coach - own martial arts academy
Beuck, Sera Tijen - Frankfurt am Main - NGO employee - NG International
Dirinpur, Jasmin - Düsseldorf - Project Manager - Currently on parental leave
Fidan, Betül - Würzburg - Social pedagogue - Transfer GmbH und Co.
Grybos, Natalia - Frankfurt am Main - Advisor - GIZ GmbH
Krings, Nora - Aachen - Educational assistant - Háwar.help SCORING GIRLS*
*Minarik, Martin - Göttingen - Research Associate - University of Göttingen
*Zimmerspitz, Sascha - Frankfurt am Main - Trainer - FTG (Frankfurter Turn- und Sportgemeinschaft) FIU (Familia Irmaos Unidos) Capoeira

*have stood in for two participants who were there in Izmir but could not take part in Frankfurt.





ACTIVITIES AND WORKSHOPS

On the following pages you will find a summary of the most important activities and workshops from the meetings in Izmir and Frankfurt am Main. The focus was on the areas of coping with trauma, resilience through sport, martial arts, psychosocial support and storytelling. Participants had the opportunity to acquire theoretical knowledge, develop practical skills and share experiences.

Video conference with I.S.A.R. Germany

I.S.A.R. Germany is a renowned German aid organisation that specialises in international disaster relief and rescue operations.

Michael Lesmeister, Managing Director of I.S.A.R. Germany, who was already deployed in Turkey after the major earthquake in 1999, gave us a unique insight into his team's rescue operation after the devastating earthquake in early February 2023 in the Turkish province of Hatay. gave us a unique insight into his team's rescue operation after the devastating earthquake in early February 2023 in the Turkish province of Hatay.

The participants asked numerous questions, including how to deal with buried victims, coordination with other aid organisations, differences and similarities to the major earthquake of 1999, recognisable patterns in refugee reactions and, in particular, the psychological challenges.

The practical presentation of his experiences and challenges gave us valuable insights into coping with natural disasters and providing psychosocial support to those affected.

Visit to the Bayetav Foundation

Employees of the foundation reported on the joint work to heal the wounds of the earthquake disaster and described it as a transformative experience that strengthened the sense of togetherness for all those involved in the process. The immediate solidarity between the earthquake victims and the citizens and NGOs who were not directly affected by the disaster, and even the joint mobilisation of the public sector, led to a new and overarching experience of living together.

Among those affected in Izmir, whom the foundation reached with its commitment, were refugees from Syria who had first come to Gaziantep traumatised by the war in Syria and then to the Izmir region traumatised again by the earthquake in Gaziantep.

The foundation's projects include various measures to support communities affected by natural disasters. After the earthquake in Kahramanmaraş in February 2023, the foundation provided assistance on the ground and in Izmir by setting up a solidarity team, offering psychological support and organising forest walks for affected families.

The toy workshop was set up by volunteers to make toys for children in the earthquake zones and help them cope with trauma. With a focus on making toys that give children a sense of belonging and joy, the toys were distributed to earthquake victims in different provinces, with special attention paid to equitable and non-discriminatory distribution. A group of scientists conducted surveys in the affected regions to determine the need. To ensure long-term support, educational scholarships are also awarded to young people affected by the earthquake.

Visit to the Turkish civil protection authority AFAD

We first visited the AFAD Directorate in Izmir, where a participant working as an AFAD volunteer in Gaziantep presented a plaque thanking AFAD Izmir for their support following the earthquake.

We then travelled to the AFAD training site, a training ground where AFAD staff learn how to rescue people from rubble. There we were given a practical insight into the challenges following rescue operations and the experience gained from the natural disaster on 6 February. The numerous problems that arose after the earthquake were discussed: Fires broke out, mountains shifted, boulders came loose, access routes were blocked and roads were destroyed by landslides.

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The enormous challenges made the relief efforts so difficult that they could no longer be managed alone and emergency level 4 had to be declared for the first time and international aid had to be requested.

The various factors on which the chances of survival of buried victims after natural disasters such as earthquakes depend were explained. The availability of oxygen, the presence of cavities in the rubble and the ambient temperature all influence the survival time.

The state of health of the buried victims, in particular existing injuries and chronic illnesses, as well as access to food and fluids, also play a decisive role. The rescue of buried victims after natural disasters initially requires them to be located by various means such as shouts, knocking signals or mobile phone signals as well as the use of sniffer dogs.

An employee explained in detail how sniffer dogs are trained to focus on living people under the rubble. It is also important to select special dog breeds that do not injure living people.

The rescuers must then carefully approach the buried victims by removing debris, taking particular care to avoid further injury. The training team leader introduced the equipment used in the search for survivors, such as drills, concrete cutters, air cushions for lifting rocks.

Once a person has been found, even if they appear to be uninjured on the outside, they must be given careful medical attention to treat any internal injuries and save their lives. The scale of the earthquake and the number of injured people were so great that triage had to be carried out during medical aftercare.

Before returning to the hotel, we held a minute's silence to remember the victims and those affected by the earthquake on 6 February 2023 and the victims and those affected by the Izmir earthquake in 2020.

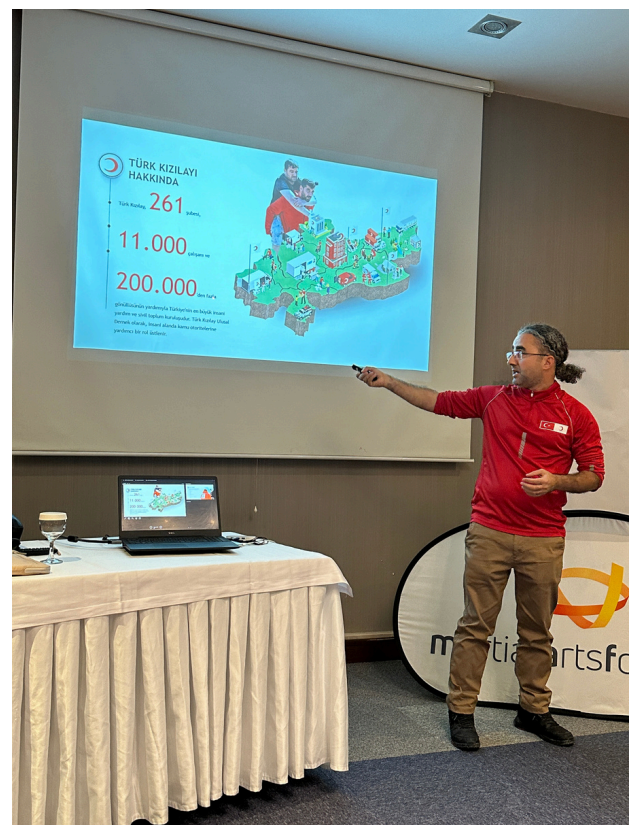


Panel discussion with the non-governmental organisations AKUT and Kızılay

On the afternoon of the second day, we had an exciting panel discussion with the Turkish Red Crescent (Kızılay), the search and rescue organisation AKUT and volunteers from AFAD.

A Kızılay employee reported on his work in the city of Kahramanmaraş on food aid and mobile kitchens. Almost all of the 22 high-rise apartment blocks in a new development in the city of Kahramanmaraş have collapsed. 1,400 residents lost their lives. Many of the houses had only been completed a few years ago. Many people only died because the regulations for earthquake-proof construction were not adhered to.

Criticism of Kızılay and accusations of the government's poor handling of the consequences of the natural disaster were openly discussed. The Turkish Red Crescent, the largest aid organisation in Turkey, was criticised for not providing earthquake victims with tents free of charge in the quickest way possible, but instead selling 2050 tents to another aid organisation for the equivalent of almost 2.3 million euros.



In the meantime, the willingness to donate and also blood donations had declined, but the negative campaign is over and the willingness to donate is increasing again.

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The government and the national disaster management authority AFAD were criticised for poor coordination and too late a response. In particular, according to some critics, the extent of the destruction was recognised too late and foreign aid was not requested within the first 3-5 hours after the quake, but only a day later.

The speakers agreed that their organisations had reflected on the points of criticism and learned from them. The aim is to train employees and helpers even better so that they can react more quickly to future incidents.

The team leader from AKUT reported on his work in the city of Osmaniye and emphasised the importance of psychosocial support for disaster victims through NGOs.

The majority of children on the ground accepted the psychosocial support on offer, some of them took a while to open up, while the adults took longer overall.

The organisation has around 3,500 volunteers across the country, who are also deployed to recover bodies from the rubble. When everyday objects are found in the rubble, for example, this can lead to considerable emotional stress for the helpers. In his presentation, he went into detail about dealing with emotions and the psychological strain on the helpers.



In addition to external input, the programme included a series of workshops prepared and led by the participants themselves.

Trauma

The workshop on the concept of trauma dealt with the definition of trauma and the different types and distinctions of traumatic experiences. A particular focus was placed on the factors that can influence the effects of trauma. It also discussed how people react to traumatic experiences and what symptoms and consequences can occur, particularly in children and adolescents.



Testimonials within the group provided additional insights into the complexity of trauma and how to overcome it. For example, some participants from the earthquake regions reported that they still imagined they had felt tremors months after the event, even though the earth had not shaken at all. Children in the region in particular were still afraid to return to the upper floors, even though their homes had been classified as safe after thorough investigations. Families are therefore still staying in tents.

Capoeira & Yoga

In the Capoeira & Yoga workshop in Izmir, breathing techniques and the use of Capoeira as an approach to trauma therapy for children and young people were explained. The history of capoeira, which is closely linked to Afro-Brazilian traditions and resistance to oppression, was also highlighted. The participants learnt how the telling of these stories and the integration of capoeira elements into storytelling can create a deeper understanding of how to overcome trauma. Special attention was paid to the integration of movement, breathing and mindfulness to support the healing process.

In Frankfurt, we visited the Frankfurter Turn- und Sportgemeinschaft (FTG) Familia Irmaos Unidos (FIU) Capoeira organisation. We built on the content from Izmir and deepened both the practical exercises and the discussion on storytelling, community and overcoming trauma. In the final "roda", a round room where the capoeiristas meet to play capoeira, measure strength and tell stories through movement and music, we experienced diversity, inclusion and empowerment in the community.

Work in schools

In the workshop on working in schools, a teacher from Gaziantep presented the "Right to Play" approach, which aims to promote children's education and development through learning through play. Various methods and activities aimed at strengthening children's rights and improving their social and emotional skills were discussed.

The participants gained insights into the practical implementation of the Right to Play approach and learnt how they can integrate these methods into their everyday school life to create a positive learning environment.

A teacher from Hatay province described the unique situation in this historic region after the earthquake. The quake had almost completely destroyed Antakya, one of the oldest cities in Turkey, causing every resident to lose either loved ones, their homes or both.

Around 90 per cent of the buildings have been destroyed and will have to be completely demolished, which equates to another loss of home for every further demolition. The provincial capital of Antakya, which has a population of over 500,000, has already lost tens of thousands of people and large parts of the economy have been devastated, leading to a sharp rise in unemployment.



He himself has since married and moved to Istanbul to be with his wife. In his lecture in Frankfurt entitled "Students and teachers in the earthquake zone", he discussed the added value of national and international student exchanges and used his own exchange experiences to show how enriching a change of perspective can be. There is a need for capacity development for teachers in this area. Encounters to promote intercultural learning can help to reduce post-earthquake trauma.

Resilience through sport

The resilience workshop offered a dynamic introduction to the topic by combining it with sport. At the beginning, the participants immersed themselves in theoretical concepts that shed light on resilience and its importance for personal development. Various aspects such as the ability to overcome challenges and recover from setbacks were discussed. The role of sport as an effective tool for strengthening resilience was particularly emphasised. A highlight of the workshop was the presentation of the innovative SCORING GIRLS* project by the human rights organisation HÁWAR.help, which specifically promotes resilience through sport, especially among young girls.

It was emphasised that resilience is important for successfully dealing with additional stress and can be understood as a dynamic spectrum. Various factors were identified that contribute to the development of resilience, including personal resources such as cognitive abilities, personality traits, behavioural and social skills, basic attitudes and values.

Environmental resources were also highlighted, including relational resources such as family ties and social networks, as well as structural resources such as labour market integration, social participation and access to education and healthcare systems. By discussing these factors, the participants were able to develop a deeper understanding of the importance and development of resilience.

Martial arts

The martial arts workshop used practical examples and exercises to demonstrate the use of martial arts techniques in working with children and young people. A central concept was "Chum Kiu", the metaphor of the bridge, which served as a symbol for building connections to goals, people and solving problems.

It has been pointed out that there will always be stronger forces, whether in the form of physically superior opponents or natural disasters. Instead of resisting them, we should learn to utilise their energy to move forward. An important principle was to harness the power of these challenges for the future and see them as a driver for personal growth. It was also emphasised that we must learn to be flexible in difficult situations and to recognise and fill gaps, whether in combat or in life. Through Wing Chun, which translates as "beautiful spring", we can learn to deal with stress and, as in spring, to blossom again after difficult times and draw new strength to face life's challenges and emerge stronger.



In Frankfurt, a participant from Gaziantep told her moving personal story of how martial arts helped her to find her way back into life after several traumas.



MHPSS

The MHPSS (Mental Health and Psychosocial Support) workshop focussed on how to provide psychosocial support without causing harm. It was emphasised that the provision of support must be done sensitively so as not to cause further trauma or problems.

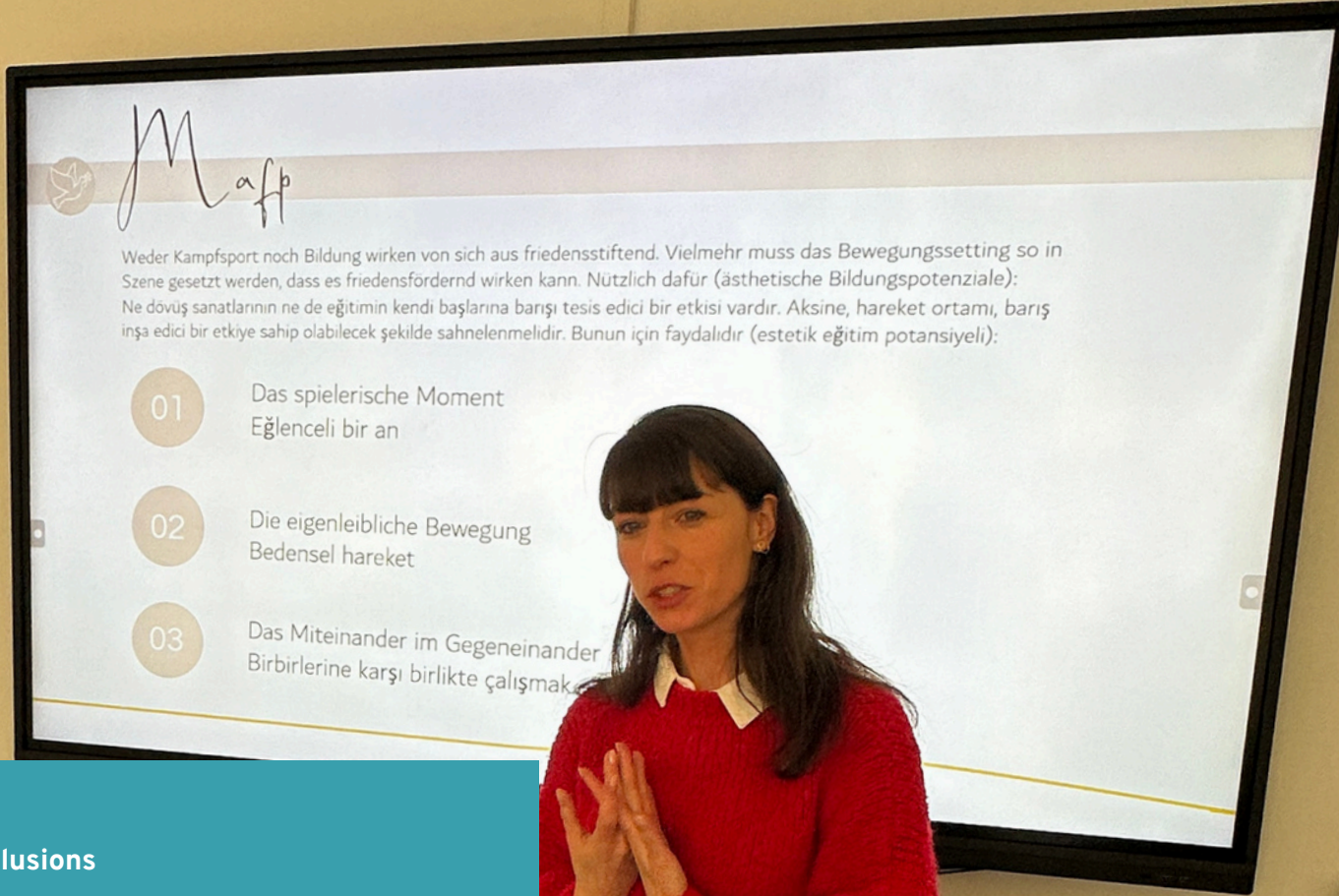
The workshop used various examples from the earthquake context to discuss how support should be offered to respect the needs of those affected and their self-determination, e.g. not photographing people, especially children, in rubble; e.g. offering both hands to clap first to children who show the need for closeness and a hug. There was also a focus on sensitising participants to potential risks and ethical challenges in psychosocial work and developing strategies to minimise harm. Overall, the workshop was aimed at improving the quality and effectiveness of psychosocial support and ensuring that it complies with the principles of the "Do No Harm" philosophy.

Storytelling

The storytelling workshop introduced the BASIC-Ph Coping Model developed by Professor Mooli Lahad, which focuses on six basic dimensions of coping with trauma. These are: Belief, Affect, Social, Imaginative, Cognitive and Physiological. Belief refers to the conviction that one can overcome the trauma and learn from it. Affect refers to the emotional responses to the trauma and how these can be expressed through storytelling. Social refers to the social impact of the trauma and how storytelling can help foster social support.

Imaginative refers to the creative expression and use of imagination to process the trauma story. Cognitive discusses the cognitive processes that help to understand the trauma and develop new thought patterns. The workshop was facilitated by a participant from Gaziantep who used the model to tell her personal story of how she survived the earthquake, how she experienced the aftermath and how she dealt with her trauma.





Conclusions

In this section, we share our conclusions based on the experiences and insights of the participants and speakers.

Sport as a means of coping with trauma and promoting psychosocial well-being has proven to be extremely effective. Through physical activity and the use of breathing techniques, neurobiological processes are stimulated that have a positive effect on emotion regulation and stress reduction. The release of endorphins and the promotion of neurotransmitters such as serotonin support emotional balance. In addition, building up physical strength and endurance gives trauma survivors a stronger sense of self-efficacy and control over their bodies.

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In addition to the neurobiological effects, sport also has important social and psychosocial aspects. By participating in sporting activities, trauma survivors can experience a sense of belonging and community, which helps to strengthen their social network. In addition, sport often provides structure and routines that can promote safety and stability, while training or competing together allows for the development of teamwork, communication and trust. Sporting success often serves as a metaphor for personal growth, while exercise as an expression of emotion supports the emotional processing process.

On the other hand, storytelling plays an important role in overcoming trauma. We understand storytelling as the art of telling stories and conveying information, emotions and messages in an exciting and convincing way.

By telling their own story, survivors can build a narrative identity and create a context of meaning. This process of self-reflection and expression allows traumatised people to take an active role in their healing process, promoting empowerment and a sense of control over their own life story. In addition, storytelling creates connections between people with similar experiences by creating a sense of community and understanding in group therapy sessions.

Sport and storytelling can be combined in different ways to help people cope with trauma, process their experiences and express their feelings:



1) By telling their own story, survivors can build a narrative identity and create a context of meaning. This process of self-reflection and expression allows traumatised people to take an active role in their healing process and promotes empowerment and a sense of control over their own life story. In addition, storytelling creates connections between people with similar experiences by creating a sense of community and understanding in group therapy sessions.

Sport and storytelling can be combined in different ways to help people cope with trauma, process their experiences and express their feelings:

2) Self-expression through sporting activity enables traumatised people to process their experiences and feel empowered. This processing can take place in various ways, e.g. by keeping a diary, creating works of art or recording videos documenting their sporting experiences.

3) Group sports activities create a safe space in which traumatised people can share their experiences and support each other. Overcoming sporting challenges together creates strong bonds between participants and a sense of belonging that helps them feel less isolated.

A good example of the combination of sport and storytelling is the Brazilian martial art of capoeira. It combines movement and music to create a fascinating form of storytelling. In their rhythmic fights and dances, capoeiristas tell stories of resistance, freedom and culture. This powerful combination of sport and storytelling enables the history and identity of a community to be kept alive and celebrated.

4) Symbolism in sport can refer to specific sports or movements that have metaphorical meanings and can be associated with overcoming trauma. For example, climbing a mountain while hiking or climbing can be interpreted as symbolising overcoming obstacles. As a further example, the bridge metaphor "Chum Kiu" was presented in the martial arts workshop and illustrated with a corresponding exercise to symbolise building connections to goals, people and solutions to problems. The teachings of Wing Chun, which literally means "beautiful spring", emphasised that even after difficult times, we can blossom again and draw new strength, just like in spring.

The combination of sport and storytelling offers a promising approach to overcoming trauma that is holistic, empowering and collaborative.



Feedback and evaluation

Following the meetings in Izmir and Frankfurt am Main, verbal and written feedback was collected in order to obtain comprehensive feedback on the project. The results of the questionnaire are summarised below:

How would you rate the organisation and planning of the exchange, including registration and communication beforehand?

Overall, the participants rated the organisation and planning of the exchange positively, praising the effective communication in advance and the use of the Slack app for organisation. Most participants found the communication to be smooth and reliable. Overall, the event was rated as well organised, great and uncomplicated.

Which workshops or programme items did you like best and why?

The participants enjoyed the variety of workshops and programme items, as each offered a new perspective that was seen as helpful. The trip to Bayetav's house was seen as particularly enriching, as was the trip to AFAD's training ground. The participants also appreciated the mixture of practical exercises, contributions from the participants themselves and content-related input from external experts. The specialist input on trauma, the workshop on martial arts in Izmir and the presentation on the connection between sport and storytelling in Frankfurt were rated as particularly outstanding.

Are there certain contents or topics that you would have liked to have included in the programme but that were missing?

The interim feedback after the event in Izmir revealed that some participants would have liked the programme to have focused more on the connection with trauma management and to have developed coping tools on this basis. Another participant would have liked to see more work on storytelling and more practical exercises. Another participant suggested that more emphasis be placed on storytelling and other sports.

An attempt was made to respond to this feedback by placing more emphasis on storytelling in Frankfurt and also incorporating more practical exercises.

On a scale of 1 (very poor) to 10 (excellent), how successful was it in deepening the content of the workshops in IZMIR in FRANKFURT?

The question of the extent to which the meeting in Frankfurt was able to build on and deepen the topics from Izmir was given an average rating of 8.3.

How would you rate the quality of the speakers and trainers? Were there any outstanding trainers or speakers?

The quality of the speakers and trainers was rated as very good overall, with all of them being perceived as technically competent and able to impart their knowledge professionally.

The participants appreciated the diversity of the contributions, which ranged from personal experiences to different methods, and found the colourful mix interesting. Overall, the speakers and trainers were rated as great.

How did you feel about the opportunities for interaction and networking with other participants?

The participants rated the opportunities for interaction and networking as very good. The use of platforms such as Slack and WhatsApp as well as the shared accommodation offered good opportunities to stay in touch and undertake joint activities. The possibility of translation made networking even easier. Even though the Turkish language sometimes dominated the discussions and language barriers arose, everyone made every effort to find a common understanding. Overall, the opportunities for interaction were rated as very good.

Do you think that what you have learnt is applicable in your professional practice?

The participants agree that many concepts and insights from the workshops are directly transferable to their professional practice. Even if not all sporting aspects are relevant, the knowledge gained can help to strengthen self-confidence, build resilience and develop individual coping strategies. The discussion about the transfer into practice was perceived as very helpful and overall the workshop programmes were rated as enriching for professional practice.

On a scale from 1 (very bad) to 10 (excellent), how would you rate the exchange of skilled workers overall?

The average rating of the participants from Germany for the event in Izmir is 9, the average rating of the participants from Turkey is 8.5.

The average rating of the participants from Germany for the event in Frankfurt is 9.6 and the average rating of the participants from Turkey is 8.2.

Do you have any other feedback or suggestions for improvement for future events of this kind?

Some participants suggested adding another day to the seminar in order to spread out the programme and have more time for workshops and exchange sessions. They also felt that more breaks would have made the day more relaxed. The hotel was generally perceived as pleasant, but some participants would have found it practical if there had been more infrastructure for eating and shopping nearby (hotel feedback refers to the meeting in Izmir). Overall, however, the participants were very grateful for the exchange and the event.



Outlook and acknowledgements

Based on the experiences and discussions of the expert exchange, the next step will be to create a handbook as a practical guide for professionals in the field of trauma management through sport and storytelling. Furthermore, project ideas for an exchange with teachers from the Gaziantep and Hatay regions are in preparation. We would like to thank everyone who contributed to the success of this exchange. From the organisers and speakers to the participants and supporters - this exchange would not have been possible without your commitment and support.

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