



The Power of Connections: Foundations in Nonviolent Communication

Training Course in Luxembourg,
28 november– 6 december 2026

EmpowerEU: Youth Perspectives for Democracy

Lead organisation:
L'école des Valeurs
(Luxembourg)

Partners:

 ARDOR – Asociația Română de Dezbateri, Oratorie și Retorică

 Asociación Sociocultural Almar

 Associazione Culturale Bubburiga

 Walbrzyskie Stowarzyszenie Młodzieży (WSM)

Why This Project?

Young people and youth workers face everyday challenges when it comes to expressing emotions, communicating needs, and navigating conflicts.

Through this project, five European organizations come together to explore practical tools for:

- Expressing emotions and needs more openly.
- Managing conflicts in constructive ways.
- Building trust and empathy in youth work.
- Creating safe and inclusive environments.



What Is Nonviolent Communication?

Nonviolent Communication (NVC) is an approach that supports honest, empathetic, and respectful communication.

It helps us move beyond blame and judgment by understanding what we observe, feel, need, and ask for.

NVC is about building connection — with ourselves and with others.

Learning Objectives

By the end of the training course, participants will:

- Develop a deeper understanding of the four components of NVC.
- Explore emotional self-regulation and empathy.
- Strengthen conflict resolution and active listening skills.
- Learn at least 4 non-formal education methods based on NVC.
- Apply NVC tools to their youth work practice.



Profile of the participants

01

Aged 18 or above
Active in youth work
or youth
organizations

02

Motivated to develop
communication and
facilitation skills

Minimum English level:
B1–B2

03

Ready to participate
actively throughout
the training

Schedule and trainers



The Training Programme

1. Day 1 — Connecting & Getting Started
Team building, introductions, expectations, and partner organization presentations.
2. Day 2 — Foundations of NVC
The four components: observations, feelings, needs, and requests.
3. Day 3 — Emotions & Empathy
Emotional awareness, empathy, and emotional regulation.
4. Day 4 — Conflict Resolution
Judgments, conflict resolution, and coaching.
5. Day 5 — NVC in Youth Work
Integrating NVC into youth work practice.
6. Day 6 — Practice & Application
Practical activities and application of acquired skills.
7. Day 7 — Reflection & Dissemination
Evaluation, dissemination planning, and closing.

The programme outline may be adjusted by the project team.



Accomodation

- You will be accomodated at Youth Hostel Echternach
- Address: 100 Rue Grégoire Schouppe, 6479 Echternach, Luxemburg
- You will stay in double/triple rooms with private bathrooms.



What to bring?

Health insurance valid for LU during the period of the project.

Reusable water bottle.

Warm clothes.

Notebook.

Fancy outfit for the intercultural night.

Smart casual clothes for the activities.

All your travel tickets and invoices.

Local food/sweets/non-alcoholic beverages from your country to share with others.

Positive attitude and eagerness to learn!

How to Apply

1. Read the participant profile
Make sure you meet the eligibility requirements.
2. Complete the application form
Share your motivation, experience, and expectations.
3. Participate in the selection process
Selected candidates may be invited to a short interview.
4. Prepare for the experience
Commit to active participation throughout the training and community activities.





Contact us!

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