

How can Nonviolent Communication (NVC) and Open Space Technology (OST) support intercultural exchange?



Sungurlu, Turkey

19—21 October 2012



Education and Culture
Lifelong learning programme
GRUNDTVIG

SEE ME BEAUTIFUL | II

See me beautiful,

Ben: güzel gör

look for the best in me.

içimdeki iyiye arı

That's what I really am,

Neysem oyum

and all I want to be

Ve olmak istedğim kışkırm

It may take some time

Biraz zaman alabilir

It may be hard to find.

Bulmak zor olabilir

but see me beautiful.

fakat ben: güzel gör

See me beautiful,

Ben: güzel gör

each and every day

Her gün

Could you take a chance?

Səns (fırsat) bulabilir misin?

Could you find a way?

Bir yol bulabilir misin?

To see me shining through

Paradığım, görmek iann

in everything I do

Yaptığım herseyde

and see me beautiful.

ve ben: güzel gör

Kathy and Red Grammer

Session Title:

TRANSLATION

Convenor:

VIVET

Participants:

Özgül
Adem.
Hüseyin

Summary of discussions:

We have connected ~~about~~^{around}
the translation issues.

We felt relaxed, relieved
and we decided,

to be connected with
our intention to contribute
and be the bridge between
the languages.

Vivet is willing to do the translation
in the opening and closing circle.

What will we do now? What needs to happen next?

We will do our best
and let go to try to do
the perfect.

Session Title: Introducing the symbols of the Jackal and the Giraffe & NVC

Convenor: Karsten

Participants: Heike

Summary of discussions:

- Karsten explained how he works with the puppets:
 - for beginners
 - for parents (Giraffe baby facing a jackal)
- giraffe puppet can be a good tool to separate a person/coach/trainer from the jackal energy ~~between~~ ~~inside~~ ~~both~~ ~~of all~~ especially coming from the person he's working with.
- the 4 chairs : hearing with jackal ears
hearing with giraffe ears

What will we do now? What needs to happen next?

Session Title: PREJUDICES ABOUT MALE BEHAVIOR

Convenor: RUTH

Participants: Rosha, John-Erik, Harushka, Peter, Renie, Connie, Sane, Nürem, Mohammed, Erdal, Hittfi (?) Ögül,

Summary of discussions:

Ruth wanted to share the joy of changing from fear of formally dressed Turkish men to seeing them as nice individuals. Her fear was triggered by the "uniform" representing power, and based on former experiences she was afraid what these powerful men could do to her.

Why did people come to the session?

- * to explore the interaction between men and women in a predominantly muslim society
- * to understand more about my general problems with male authority, especially when men are from formally dressed
- * to explore my own feelings regarding about culturally determined expectations regarding clothes

We had a nice exchange ~~about~~ ~~about~~ cultural differences between countries.

In Turkish schools the pupils wear uniforms and the teachers and the director dress formally. This is demanded by the Minister of Education. Most of the Turks don't especially enjoy wearing a suit and a tie and prefer ~~will~~ slipping into more casual clothes when they are at home.

What will we do now? What needs to happen next?

They express that uniforms make the children more equal and that wearing formal clothes make it more easy to see who you are talking to. The uniforms do not represent who they are but their roles - and are formally required for making money. Also in this way, wearing the suit and the tie is an expression of equality.

On the other hand it is possible to be director of a company in Denmark without wearing a suit or dress differently from your employees. The power structure in a company like

this is not expressed overtly in clothing.

we didn't reach
any advanced spoken
conclusion, but as said: it was a nice exchange.

KOMMUNIKASIE

www.kommunikasie.nl

Session Title:

Jackal language

Convenor:

maenschka

Participants:

Hanen	TUBA Büyükyıldız	Karsten
Adem	Aghan	Fadime
Ozgül	Lütfi	Hümmen
Conie		Merke
Kerban		Peter

Summary of discussions:

We learnt that before emphatic listening we should listen / make empathy inside us.

We did an example of grapple listening and jackal speaking.

It was really very useful that we understood that by using NVC we can reach the person those want.

What will we do now? What needs to happen next?

We will not only be jackal, we will find the right ~~the~~ words. If jackal finds the right words he/she can tell his/her needs clearly.

Session Title:

Regions, geography, culture, history

Convenor:

INGRID ~~VAN DER~~

Participants:

INGRID, VIVET

Summary of discussions:

Sprung out of curiosity: What. How can you understand Turkey's regional differences?

Mentality depends on geography. Climate in change during the year, hot, cold, steady → perspectives on the ~~whole~~ world/Europe.

historic groupings and civilizations impact of modern turkish identity. Tendency in 2⁽³⁾ directions:

① Celebrating turkish culture ② Interest in living regions Culture Being in Europe, Denmark, Germany, Turkey. ③ Muslim heritage
The term "freedom" in these countries,

What will we do now? What needs to happen next?

travel, talk to other people of Turkey,
read books

Session Title: Our experience about using NVC in life
apart from training group.

Convenor: MONIKA

Participants:

INGRID
SUOO
ADEM
ISLC
KAREN
TUBA
HANNE

Summary of discussions:

- ▷ Discuss about difficulties in being understood during using NVC:
 - meeting with rejection, hiding feelings, denial feelings
- ▷ Repeat 4 steps
- ▷ Significance about of listening and speak in NVC
 - ▷ Importance of listening own emotions, needs, and emotions' and needs' other side
- ▷ Trust and prejudice based on external signs (without listen to other person); got to know an orient story about wild animal

What will we do now? What needs to happen next?

Workshop about preju dice
orient story

How to deal with angry. Angry stop us in thinking in properly ~~and~~ may about someone's behaviour

Session Title:

If a Father doesn't send her child
to school.

Convenor:

Manischka

Participants:

Peter	Ruth	Meike
Özgül	Goscha	
Harrem	Tamia	
Ahmet	Vivet	

Summary of discussions:

İlk yarın baba ile ilgili sorumluluklarını yerine
ikinci yarın kendine daır sorumluluklarını ^{gelişmeyen} yerine
Baba çocuğa özen miyor ^{gelişmeyen}
ben sisteme gereğince pözitiv miyorum
Dasiincelerinden hareketle
kendine Empati sürecini yapadık
daha sonra 3 istekle Yöntemi ile
Çocukunu okula yollamayan babaya
empati ile dinleyip, Baylantı kurup
Birlikte bir çözümde doğan
yol alındı.

What will we do now? What needs to happen next?

NOT IN MARKETPLACE OF O.S.- SESSIONS!

Session Title: LATE ~~ROCKIN'~~ EVENING ~~ROCKIN'~~ / LOVE CIRCLE

Convenor: ? EVERYBODY / NOONE / WHO EVER ☺

Participants: CONNIE, INGRID, MEIKE, MATTHEW, ~~ROCKIN'~~, PETER, MARUSCHKA, JOHN, RUTH, HUGO, SARA, ~~ROCKIN'~~, VINET + MORE = PERSONS FROM MANY NATIONS/CULTURES.

Summary of discussions: BEER OR WINE, TYPE OF GRAIN FOR TURKISH BEER, TYRKİYE AS WINE PRODUCENT; JOKES OF/FROM/ABOUT OWN AND/OR OTHER NATIONS; HUMOROUS(?) PREJUDICE ABOUT CULTURES/NATIONS; CULTURAL DIFFERENCES IN FIRST CONTACT AND SHAKING HANDS - ESPECIALLY ABOUT EYE CONTACT; CULTURAL DIFFERENCE IN WANTING TO BE SERVED ^{ALCOHOLIC} DRINK; WHAT TO SERVE WITH A ~~BEER~~ BEER - SNACKS/SNACKS/OTHER S-SUBJECTS; WHEN TO DO DUTYS OR LISTEN TO OWN NEEDS; WHAT TO EXPECT ~~FROM~~ FROM THE HOTEL BAR.

What will we do now? What needs to happen next?

TOMORROW NIGHT WE WILL PROBABLY DO IT AGAIN - AND THIS TIME TRY ~~GOOD~~ GOOD WINE OF TYRKİYE ☺ AND DO IT IN TIME (BEFORE THEY CLOSE AND SO THE ~~CLUB~~ IS) PREPARED TO MET OUR NEEDS.

WALK AND TALK IN THE HILLS

Session Title: WHAT IS LOVE? DIALOG

Convenor: CONNIE, DANMARK

Participants: CONNIE, INGRID, SARA, MEHMET, ERDAL, LÜFTİ, REZİM (?).

Summary of discussions: AT MEETING POINT AND TIME WE WERE A HOLE GROUP - INSTEAD OF THE ONLY TWO, THAT SIGNED ON THE BOARD/MARKET-PLACE). WHERE AND HOW LONG WILL WE WALK? THE ~~WALK~~ TALK STARTED WITH LOVE TO NATURE, AND FROM THEN WE DIDN'T TALK ABOUT LOVE! CONNIE DID NOT WANT TO OVERRULE, WE TALKED ABOUT PARADING IN TYRICİYE, DANMAREC AND ITALY. HOW THE AREA HERE GET TO LOOK THIS WAY. WE ~~WALK~~ PASSED ~~BY~~ A BUILDING AREA, WHERE KURDISH PEOPLE LIVED IN A KIND OF INTERIMISTIC SLUM-LIKE HOUSES. WE TALKED TO A ~~BALING~~ KURDISH WOMAN, AND ~~BREAK~~

What will we do now? What needs to happen next?

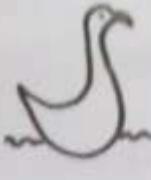
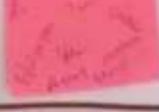
IT WAS AN IMPORTANT AND INTERESTING WALK AND TALK, BUT WE DID NOT TALK ABOUT "WHAT IS LOVE?".

WE DID DO A LOT OF INTERCULTURAL EXCHANGE!

I THINK, THAT I NEED TO TRUST MORE.

I DO NOT KNOW, IF THE OTHERS RECOGNIZED ~~NEEDS~~ NEEDS FROM ~~Kommunikasie~~ THIS TRIP.

→ SHE GAVE US ~~THE~~ TASTES OF HER FRESH BAKED FLAT WHEAT BREAD. SHE ALSO CALLED HER CHILDREN. THEY DO NOT ATTEND SCHOOL - MAYBE THEY ARE TOO YOUNG. IN A FEW MONTHS ~~THESE~~ THESE KURDISH FAMILIES GO BACK TO ~~THE~~ THE REGION, FROM WHICH THEY CAME. ~~WE~~ SOME OF US WANTED TO NOT EAT TOO MUCH OF ~~THE~~ THE MOTHERS BREAD. THE MOTHER SEEMED HAPPY AND CONTENT. THE WALK WAS APPROXIMATELY 2-3 ~~KILOMETERS~~ KILOMETERS, MOSTLY ON A SECONDARY/RURAL ROAD, A LITTLE IN A BARE FIELD.

					
OS IV 10:20 - 11:35	Two small cards	Two small cards			One small card
OS V 11:40 - 12:55	Two orange cards	Explaining the consequences of wild agriculture from past to present 		Two purple cards	One pink card
OS VI 14:30 - 15:45	Two pink cards Two orange cards One green card	Two pink cards One green card One pink card One pink card	One purple card	Two pink cards	One pink card
OS VII 15:50 - 17:05	One orange card	Two pink cards One pink card One pink card		One orange card	
OS VIII 17:10 - 18:25	One green card	One red card	One red card	One red card	

14:30 - 15:45

Session Title: Empathic listening

Convenor: Makenschka

Participants:

Ingrid, Meike, Connie, Saka, Mehmet, Tania, Ayhan
Erdal, Ahmet, Isil, ~~Ezgi~~, Latife

Summary of discussions:

6 cultures together

How do we experience Empathic listening in our community? We all find it hard to find people/friends that can do this outside NVC community. And we find it difficult to do it ourselves all the time.

Where people more empathic when family life was more important than individualism?

There are 8 traps for not succeeding in empathic listening. We practise them on Makenschka. She says she has a sore back. After advising her, consoling, sympathizing etc. she felt not heard by us.

In all countries these responses happen.

The practise:

In pairs of people with different languages we have done silent listening. We made ourselves silent/calm/spacious inside and one person could speak

What did we do now? What needs to happen?

in their own language for 3min. The other partner would be quiet. After a short silence in between the other person could speak for 3min.

the topic: The nicest thing you have experienced today.

The results:

We did not hear what the story was about.

We did make a connection!

Through body-language like smile, eyes,
and the way we sat.

In silence there is communication, connection
and empathy

Comments:

don't need language to connect, to have fun

strange but in contact

challenge at first

looking at face to see expressions
and guess feelings

I think it worked as I stayed in contact

From the outside: beautiful view to see
people concentrate on their speaking partner

A lot of presence

People looked very relaxed.

Difficulties:

- holding space

- had to listen to silence

Session Title: NEEDS MET AND NEEDS UNMET BY HAVING
~~EXPLORE THIS MEETING IN SPONTANEOUS SPACE~~

Convenor: John

Participants:

Karen, John, Eoin, Tania, Marcus, Kira

Summary of discussions:

Needs met

Playfulness
Connection
Spirituality
Meaning
Freedom
Power with
Challenge
Inspiration
Self discovery
Self exploration
Development
Autonomy of Trust
Letting go Being

Unmet Needs

Contact (deeper/personal)
Spirituality
To be
Intimacy
Security
Understanding
Deeper context
Spontaneity
Self empowerment

What will we do now? What needs to happen next?

Session Title: POSITIVE PSYCHOTHERAPY WITH EAST STORIES

Convenor: TUBA BÜYÜKÇILDI

Participants:

Gosia	(S)	Dysl
Imra	Kerem	Halis
Monica	Ahmet	
Tania	Hilrem	

Summary of discussions:

We learnt that sometimes ~~the~~ stories can help us overcome the conflict.

We learnt a part of Positive Psychotherapy. This approach and its technique is about cultural differences.

The convenor told us two stories. She practised it the first story. It gives message that was about a father and a son.

What will we do now? What needs to happen next?

Especially on children and on teenagers, or maybe on adults, we can use stories to give message. There may make therapy and we can travel to different culture and ^{be in} contact with them.

Session Title: Duygularınızdan Mesajınız var

Convenor: Keziban KODA2

Participants: Tuba, Ruth, Ayşe, Adem, İşıl

Summary of discussions: Düşünceler zihnimizde, duygular bedenimizdedir. Düşüncelere duygular yatkınlığımızda bir etkisi olmaz zihnimizde. Olumsuz düşünceler duygulara düşüre yoğunluğu ortar ve duyguya dönüsür. Olumsuz duygular bedenimizde yaşadığımız duygulara uygun organa yerlesir. Örneğin ifade etmek ile ilgili duygular yaşadığımızda bu duyu boğazımızda hissedebilir. Haksızlığa uğradığımızı hissettiğimizde bnu bu duyguyu midemizde hissedebilir. Ve duygular bedenimizde bite sinyaller veren obstrüktörlerdir. Olumsuz duygular bedenimizde oğn olur olsa kemerimize sıkabilir. Bu duyu bilincimizden gelen sinyaller bir sinmeye daşır. Örneğin kalbine tır oturdu vs. Yontene gőne önce sinme yah edilir. Ardından sinyerin yah edildiği boşluğun olumlu bir duyu yerlestirilir. Bu duyu ney nazī esliginde meditasyon yapanlara öğrettim.

What will we do now? What needs to happen next?

Duygular yönetmenin şiddetli iletisime katkısını araştırmak istiyorum.

Session Title: Negatif Düşünceler

Convenor: Keziban KOZA2

Participants: IRMINA, FOSIA, MONIKA,

Summary of discussions: Negatif düşünceler yine etme yollorunu anlattım. İnan beyni programlarına montajı ile galişir. Negatif düşünceler olumsuz düşüncelerle denetlərəcək yüntəmlər paylaşdım. Gündəkə boyadı, kolayca uygulayabilecekler yüntəmlərdi. Bənlər.

What will we do now? What needs to happen next?

Siddərsit ilətişimde bu yüntəm uygulanacaq iştirakım.

Session Title: LOVE YOURSELF

Convenor: KEZIBAN

Participants:

Sara, Hurrem, Adem, Connie, Erdal,
Keziban, Tuba, Karsten, Mehmet, Monica
John, INGRID

Summary of discussions:

THE SESSION STARTED WITH A VERY INTERESTING MISUNDERSTANDING: WHEN PARTICIPANTS WERE ASKED TO EXPLAIN THE NEEDS BEHIND THEIR DECISION TO ATTEND THE MEETING, WE HAVE FOUND OUT THAT IT WAS NOT CLEAR WHO WAS SUPPOSED TO SUGGEST THE MAIN TOPIC AND WHAT THE ISSUE SHOULD HAVE BEEN. SO, KARSTEN PROPOSED TO EXPLAIN OUR NEEDS AND SARA CAME UP WITH HER DESIRE TO SPEAK ABOUT PHYSICAL CONTACT WITHIN APPRENTICE CULTURES. THROUGH VERY PRACTICAL EXAMPLES WE COULD OBSERVE THE WAY PEOPLE HUGS AND KISSES EACH OTHER ACCORDING TO THE CONTEXT, ACCORDING TO THE PEOPLE AND TO SOCIAL RULES. LITTLE BODY SIGNS CAN MAKE THE DIFFERENCE AND WE HAVE FOUND OUT THERE ARE MANY WAYS (AND REASONS BEHIND) OF LOOKING IN OTHERS EYES, IN SHAKING HANDS AND IN THE CONCEPT OF "PRIVATE SPHERE".

What will we do now? What needs to happen next?

WHAT IS THE COMPROMISE BETWEEN FEELING OURSELVES CONFIDENT WITH UNKNOWN TRADITIONS AND OUR PERSONAL DESIRE OF CLOSENESS OR DISTANCE?

HOW CAN WE FIND AND HOW CAN WE TRANSMIT "REAL FEELINGS" BEHIND FORMAL BEHAVIOUR AND SOCIAL HABITS?

Expressing feelings, exploring need and receiving empathy through music

Session Title: Exploring ~~feeling~~ receiving empathy through music

Convenor: INGRID/MEIKE

Participants:

INGRID, MEIKE, ÖZGUL,
HÜRRREM, AYHAN, LÜTFİ, MEHMET, HÜSSEN

Summary of discussions:

We started out defining the word "Empathy".
~~Hereafter~~ The convenor then introduced the merging between music and empathy, giving examples of ways to express feelings through music. The participants then tried to bring forth a song/ piece of music, which is important to them.

MUSIC was used for many personal causes:

- A song as remembrance of an earlier life situation, and remembering this made the present situation clear.
- Music to ease sadness and comfort / relaxation needs
- Singing to express feelings to his nearest people
- Singing / listening to same song to stay in feeling, allowing herself to explore it

"Music is ^{the} nourishment of the soul" Turkish figure of speech

What will we do now? What needs to happen next?

lovecircle



TOPIC: How can we overcome
prejudice with KIVC

TOPIC CHAMPION: Ingrid

CO-CONSPIRATORS: ERDAL, MEHMET, HUREEM
AYHAN, KEZIBAN, MEIKE
LÜTFİ, ADEM, Fadima

RELATED TOPICS: Prejudice prevents empathy.

NEXT STEPS: Exploring prejudice and
Exploring empathy

- To realize that we are human beings before being part of culture
- Comenius project application related to prejudice between schools.
(~~Denmark~~, Germany-Turkey
~~Austria~~, Poland)
- Polish meeting OST-KIVC
~~Winter 2013~~
Spring

- JUST DO IT!
- TALK ABOUT IT...
- CLEAR AS MUD?



TOPIC: Saying Goodbye in different Cultures (body contact)

TOPIC CHAMPION: Marc Schik

Co-conspirators: KEZBAN, Özgül
Tuncay, LÜTFİ, FADİME, Hüzzem, Monika, GIZA
HALIS, Adem

RELATED TOPICS: formal/informal
Position: colleague/family/friend

NEXT STEPS:

- informal meeting in bus on Sunday afternoon/now
- different cultures list with do's and don'ts

- JUST DO IT!
 TALK ABOUT IT...
 CLEAR AS MUD?

TOPIC: Cultural empathic listening

TOPIC CHAMPION: Adem/Maruska

CO-CONSPIRATORS: Holis, Adem, Maruska
Krzysztof, Dorota, Lidiya, Tatjana
Dagid, Ayse, Monica

RELATED TOPICS: Listening without a certain language; Understanding the other cultures without prejudice, Body language

NEXT STEPS:

- Another session in Poland
- Find people from different cultures
- Speak and Share in higher own language
- Make a prediction about what the other person is talking about
- Skype meeting group/pairs 1 hour 1X per month

time: Tuesday
day: Tuesday
week/month: 26 to 2011

JUST DO IT! NEED: skype contact address
 TALK ABOUT IT...
 CLEAR AS MUD?



TOPIC: Cultural empathic listening

TOPIC CHAMPION: Adem / Maruska

Co-conspirators: Halis, Adem, Maruska
Keriban, Gosia, Lütfi, Fadime
Özgül, Ayşe, Monika

RELATED TOPICS: Listening without a certain language, understanding the other cultures without prejudice, Body language

NEXT STEPS: Another session in Poland

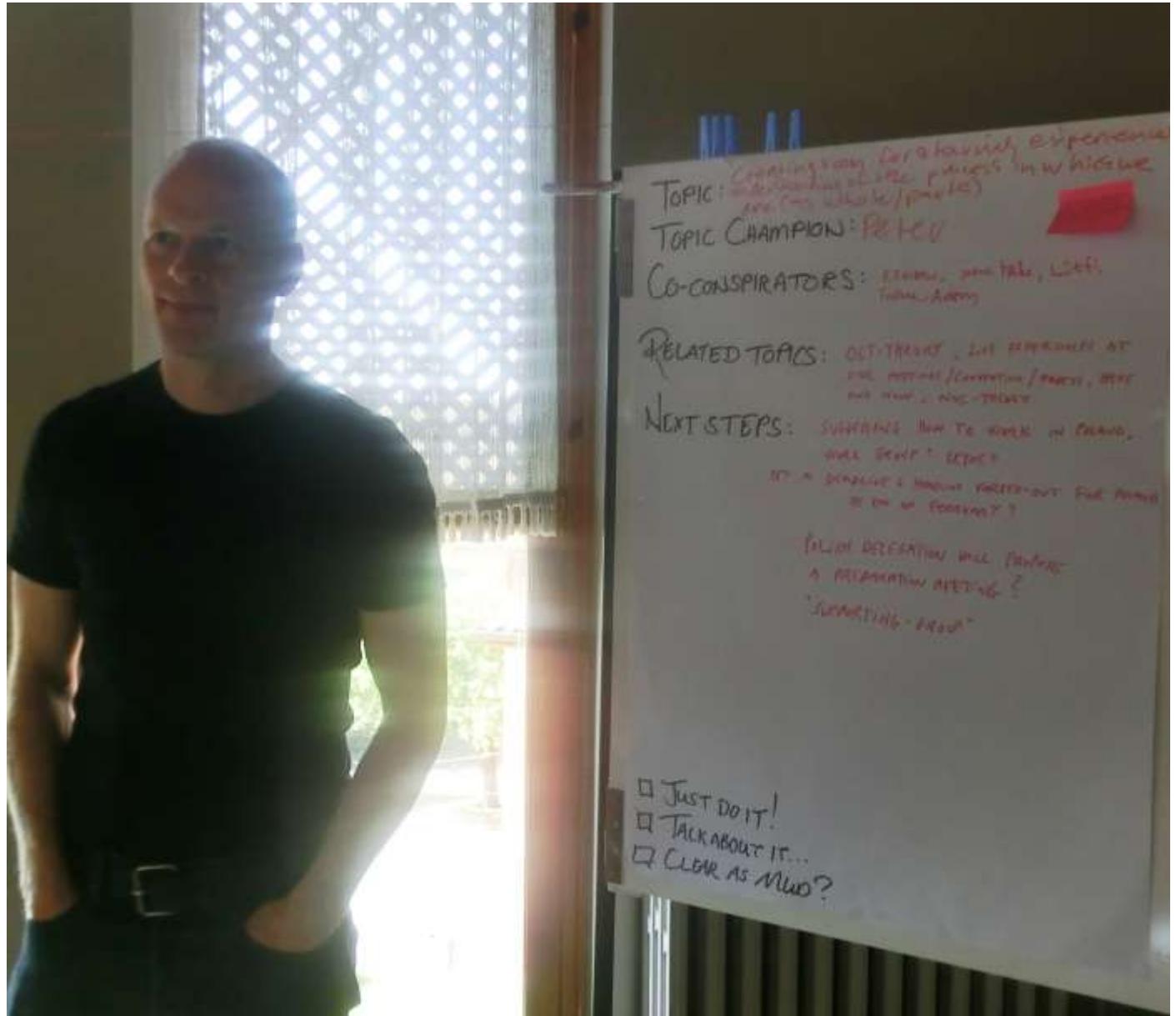
- Find people from different cultures
- Speak and share in his/her own language
- Make a prediction about what the other person is talking about
- Skype meeting group/pairs

time: Tues 21h00
Eve. 20h00

day: Tuesday
Month start: 26.11.2012.

1 hour 1x per month

- JUST DO IT! NEED: Skype contact address
 TALK ABOUT IT...
 CLEAR AS MUD?



TOPIC: Creating room for sharing experiences
understanding of the process in which we
are (as whole/parts)

TOPIC CHAMPION: Peter

CO-CONSPIRATORS: Kezian, John, Hale, Lutfi,
Fadime, Adem

RELATED TOPICS: OST-THEORY, LIVE EXPERIENCES AT
OUR MEETINGS / CONVENTION / PROCESS, HERE
AND NOW, NVC-THEORY

NEXT STEPS: SUGGESTING HOW TO WORK IN POLAND,
WORK GROUP? SKYPE?

SET A DEADLINE: HEADLINE WORKED-OUT FOR POLAND
BY END OF FEBRUARY?

POLISH DELEGATION WILL PROPOSE
A PREPARATION MEETING?
"SUPPORTING-GROUP"

- JUST DO IT!
- TALK ABOUT IT...
- CLEAR AS MUD?

TOPIC: Exploring ppf behind cultural forms

TOPIC CHAMPION: Peter Tuba

Co-conspirators: Kuzban, Connie
Sora, Lutfi, Farne, Ahsan

RELATED TOPICS: ~~Deep interdisciplinarity~~
consequences of projections ~~and~~ The influences and
on communication

NEXT STEPS:

- Find opportunities to discuss
- Give examples about different countries
- We can practice to break prejudice
(Magic drama)

- JUST DO IT!
- TALK ABOUT IT...
- CLEAR AS MUD?



TOPIC: Exploring ppl behind cult forms

TOPIC CHAMPION: Peter Tuba

Co-conspirators: Keziban, Corin
Sara, Lütfi, Fadime
Tunc

RELATED TOPICS: ~~Why influences matter~~
~~consequences of prejudices~~ ~~and~~ The influences an

NEXT STEPS:

- Find opportunities to discuss
- Give examples about different countries
- We can practice to break prejudice
(Maybe drama)

- JUST DO IT!
- TALK ABOUT IT...
- CLEAR AS MUD?





