

Living Values Education workshops in Dakar, Senegal, May 2024



Creative experiential workshop May 2024 Dakar, Senegal in memory of René Alemawo (1964-2023)



René Alemawo, who sadly passed away in December 2023, was an active member of Living Values Education and travelled to Cameroon, Ghana and Togo as a facilitator, working with street children. This creative, interactive workshop was organized by the Swiss Association for Living Values Education (SALVE) and the Senegalese Association for LVE, together with some of René Alemawo's close friends—in order to ensure that his memory and legacy will remain a source of inspiration for future generations. It was attended by members of the consulate of Togo (his home country) and people who had been touched by his unique personality, his art and his humanitarian activities.

Here is an overview of the workshop agenda:

Day 1

Sharing memories of René and his LVE activities in Africa

Entertaining, interactive and creative activities on values

What is your vision of a better world? Express your vision through a painting

Presentation of participants' artwork

Meditation / prayer

Day 2

A welcome song: "Bonjour à Tout le Monde" (Hello Everyone!)

Activity: "I'm an ambassador. What are the values of Senegal that I'm going to show the world through my qualities, my behaviour, my attitude, my values?"

Bearing witness to René's life and building the tree of his qualities

Activity in groups of 5: "Choose a value and express it through a song, poem, play / sketch/ mime or a dance"

Certificates of participation - award ceremony

Feedback, reflections and meditation



Members of LVE Senegal and LVE Switzerland, Citoyen des Rues, Kid's Kingdom, guest facilitators from Ghana and France, friends of René, and the Consul of Togo

The aim of this workshop was to:

- celebrate the life of René Alemawo and reflect upon his values and qualities through personal testimonies
- train the participants in the methodology used by LVE: 'Explore, Experience and Express' our universal values through creative, lighthearted activities to help children develop their innate values such as peace, respect, responsibility and honesty
- explore our personal values as well as those specific to Senegal
- renew our motivation and commitment to the children in our care as role-models and living examples of values in action
- develop skills and knowledge to create a values-based atmosphere in our classrooms, workplaces, child welfare associations, in our families and communities
- share our ideas and create a plan of action to revitalize LVE in Senegal
- create dynamic partnerships to support children, especially those who are in difficult situations

About LVE: Living Values Education is coordinated by the **Association for Living Values Education International (ALIVE)** which brings together teachers and educators from around the world. LVE has received the support of UNESCO and the sponsorship of many organizations and individuals from the five continents. LVE is part of the World Movement for a Culture of Peace in the framework of the International Decade of Promotion of a Culture of Non-violence and Peace in Benefit of the Children of the World. Its aim is to:

- encourage educators, parents and all those who take care of children, to consider education as a means to help these children to discover, develop and express their innate values
- facilitate the development and choices of the children so they may easily adapt themselves within their community and any culture with respect, confidence and determination.

The application of the LVE approach requires no particular resources, nor is it a new subject-matter to be taught.

www.livingvalues.net

Creative workshop : “What is your vision of a better world? Share your ideas in groups and express your vision in a painting.”



Discussion groups



Sister Grace, LVE trainer and coordinator of a meditation centre in Ghana, shares her vision.



Mohamed Dianè (Citoyen des Rues) and Socé Hane (close friend of René) présent their painting



Marie Diop (Citoyen des Rues) – concentration



Laurence Thomas of Âmici’Thé, an association based in Dinard, France, and Cheikh Sall, professional artist, encourage the young artists.

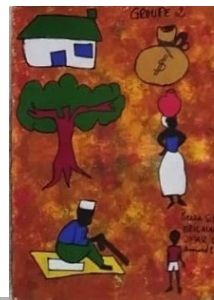
Each group (1 – 5) won a prize according to their way of working together: 1. UNITY 2. SHARING 3. HARMONY 4. COOPERATION 5. TEAM-WORK



Babacar, who was inspired by René as a young boy, his son, and Marie Diop, with the support of Loty Gueye - LVE Senegal & early childhood school principal



Mamour Sylla, president of LVE Senegal, and El Hadj Béye, president, Citoyen des Rues, observed that all the paintings illustrated Peace, Love, the Beauty of Nature, and Humanity – not big cars, new smart phones, nor money (apart from ‘a pot of money to be shared among our neighbours-in-need’)



Visions of a Better World



Energising activity – ‘Values Balloons’



A healthy meal, prepared by Pascaline Manga and her team



Throughout the workshop, values were expressed through the arts – music, poetry, dance, painting, sketches, mime, etc.

Philo (sculptor who learned his art from René) plays his mentor’s guitar...

Benoit Dioff, singer, and Cheikh Sall, artist, shared their talents and expertise.



Laurence and Eric, both of whom work with children – were always smiling !



Alain and Socé Hane, René’s friends composed a song and dance with their group



Members of LVE Senegal - Loty Gueye and Mamour Sylla - and Helen Sayers (ALIVE), Sister Grace (Raja Yoga, Ghana) and Laurence Thomas (Âmici’Thé, France) present Mohamed Dianè (Citoyen des Rues) with his certificate of participation

At the end of the workshop, a task force was created among the participants whose members are now connected by WhatsApp. This group includes our 'elders' (the original members of the Senegalese Association of LVE), partner organizations (Citoyen des Rues, Kid's Kingdom) and their young members, friends of René, as well as new members.

“In the future, we plan to make our activities lighter, easier to facilitate, and not requiring any special means. Values will be expressed and shared through the arts – music, writing, dance, painting, theatre. LVE's experiential approach can be implemented by anyone in their daily lives – at work, in our family, in the community – even at the beach (as René often used to do)!“

The event closed with a minute of silence of reflection/prayer/meditation.



We are very grateful to the coordination team for their cooperation and commitment :

Mamour Sylla

Mme Loty Gueye

Mme Fatimatou Ndiaye

Mme Pascaline Manga

Éric Alapini

Pierre Simon

Ansoumane Bangoura (Philo)

Babacar Wade

Antoine Tettegan Ekoé

We also appreciate El Hadj Moumar Iba Béye (President, Citoyen des Rues) for his active participation and ‘Queen’ Absa Maty Kane (President, Kid’s Kingdom), Sister Grace (Ghana) and Laurence Thomas (France) and our thanks also go to Benoît Dioff and Cheikh Sall for their warm-hearted contribution.

It was an honour to have the company of M. Pascal Bléwussi DAUGBEY, Consul of Togo and his deputy.

Thank you to the Swiss Association for Living Values Education for sponsoring the workshop, to l’Église Marie Immaculée for the use of their hall, Âmici’Thé – an association based in Brittany, France – which provided some of the materials, as well as Mrs Sue Deans from the Island of Jersey, UK, for her generous donation. Finally, thank you to Mrs Joan Sayers, Helen’s mother (and talented artist) who contributed gouaches and other paints, oil crayons, paint brushes, and good quality art paper.



**Thank you, René,
For this magnificent sculpture,
dedicated to LVE Africa, which
represents Unity within the
continent, held high in our hands.**

**Generous soul with a heart of
gold, we will never forget your gift
to humanity.**



A second workshop facilitated by LVE, was organised on 22 and 23 May, under the leadership of the association 'Citoyen Des Rues'. It brought together 25 students from the school *Collège de Thiaroye Gare* and was attended by supervisor Monsieur Alioune Kombo whom we thank for his commitment. It was also an honour to have the presence of Monsieur Iba Hanne, president of the Red Cross (département de Pikine).

Workshop
Atelier de partage de formation sur
l'éducation basée sur les valeurs

23 ET 23
MAI 2024
08h30 - 16h30

Lieu: Centre polyvalent de Thiaroye Gare

This creative workshop for the youth of Thiaroye aimed to raise awareness of the need to live in the community in healthy and harmonious relationships with others, to foster cooperation and understanding, and to promote respect, honesty, empathy, gratitude, tolerance, generosity, responsibility and self-discipline – the foundations of global citizenship and solidarity.

'**Thiaroye, Land of Values!**' claimed El Hadj Moumar Iba Béye, president of Citoyen des Rues, who had been looking forward to realising such a workshop that would enable young people to take part in LVE activities and to understand its methodologies, in order to share the values they had 'explored, experienced and expressed' with their companions, brothers, sisters and parents.

Based on these aims, the following agenda was created with activities adapted to the students' ages.

- **Awareness of one's own values and those of Senegal**
- **Visualisation: 'What is your vision of a better world?' Express your vision through a painting**
- **Active listening and good communication**
- **Self-care – use of a 'Toolkit' (personal abilities that help us to discern, adapt, let go, step back, face situations, make good decisions, etc.)**
- **Moments of silence/reflection**

These varied, dynamic activities helped the young participants to be able to 'catch' values, and to create a values-based atmosphere wherever they may be.

Throughout the duration of the workshop, they showed interest and joy in discovering simple methods of 'exploring, experiencing and expressing' values. It was an enriching experience that they are committed to sharing with their classmates.

LVE was perceived by all who attended, as a relevant opportunity to rediscover our universal values. Thus seeds were sown in personalities in the making – i.e. in these young students that represent our future.



Monsieur Kombo and El Hadj discuss the needs of the youth



Introductions through a game 'my visiting card' – exchanging, observing and noting each others' values



Discussion group - 'how can values be used to resolve our conflicts?'



Values balloons: 'Think of a value you'd like to give the world. Blow it into your balloon and write the value on the surface. Toss the balloon into the air, play together with all the balloons and after a few minutes, catch one that's near you. Which value have you received? Life is like that – first we give, then we receive!'



Young artists express their visions of a better world



Active listening. The students are given a topic to discuss in pairs. A secret instruction is given to one person: 'Ignore' After a minute, a new topic is given, and a new instruction is given to the second person: 'Interrupt' etc. Other instructions include 'Criticise' 'Give far too much advice' and finally 'Speak and listen with respect.' After much laughter, the students draw their own conclusions about communication skills. Mamour added advice based on his experience.



Express values through a dance / song. In this case the value was Harmony



Tea break with Pascaline, Laurence, Queen Absa, El Hadj & members of the youth group 'Faire du Bien' (Do good)



Mamour, Helen and El Hadj present a certificate to the youngest participant!



Students from Collège de Thiaroye - attentive, participative - the hope of the future



Madame Fatimatou Ndiaye, Alioune Kombo, El Hadj and his youth group



Thanks to the cooperation of Mamour Sylla, Queen Absa, Éric Alapini, Laurence Thomas, Pascaline Manga, Cheikh Sall and Philo, and of course our young students, the workshop was a great success. Huge thanks to the Collège de Thiaroye and our partners from the Association Citoyen des Rues. We also appreciate Madame Fatimatou Ndiaye, LVE trainer and Director of Biodiversity for Peace, Senegal, who dedicated her precious time to deliver an inspiring session on the relationship between the environment and our values. Thank you Fatimatou.

Report by:
Helen Sayers, ALIVE Board member, regional support for Africa

Helen Sayers

Mamour Sylla, president, LVE Association of Senegal

Mamour Sylla



LVE tree
planted in
Senegal!