



Living Values™
Education



Living Values Education International: EVENTS & ACTIVITIES

January to December 2024

ALIVE would like to thank all of the ALIVE Associates and the Focal Points for LVE who have contributed news of their recent activities for this report. These reports are a wonderful source of inspiration and upliftment and it is both refreshing and humbling to read of the efforts made, often in very challenging circumstances.

For further information about LVE professional development workshops, our online programmes, extensive range of resource materials and LVE generally, please visit ALIVE's website at **www.livingvalues.net**

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Living Values Education International 2024 Country Reports Consolidated

This book is dedicated to the world-wide teams of ALIVE – Associates and Focal Points who form the Association for Living Values Education International. Dedication would not begin to explain the degree of love and selfless commitment to bringing Living Values into the countries they represent.

Many have been with ALIVE since its inception in 2004 and are still very involved at all levels of their community twenty years later. The reach of Living Values Education International has expanded significantly, with more and more countries embracing its principles. Today, we proudly stand at forty-three countries. This growth is further amplified by a dedicated team of Distance Online Facilitators, who extend our reach to countries where Living Values Education International is yet to establish a presence.

All of them are volunteers.

The articles in this issue of LIVING VALUES EDUCATION INTERNATIONAL EVENTS AND ACTIVITY BOOK 2024 are reports taken from the Living Values Education website: www.livingvalues.net/country-reports/ on activities carried out between January and December 2024.



NETHERLANDS COUNTRY REPORT

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Introducing the 'Living Values Game' created by Damir Segon

Damir is a drawing and art teacher at the Democratic School De Vrije Ruimte, a school in The Hague for primary and secondary education that has been applying Living Values in various ways for many years.

Every year this school celebrates Living Values through the Values Festival. The students are animated and challenged throughout the festival to experience the 12 values in different ways, indoors and outdoors. A fascinating part of this festival is playing the Living Values Game.

The game can be played with a maximum of eight people and a minimum of two people and is suitable for ages 7 and up. Below you find a description of the game according to Damir Segon:

Synopsis of the LVE Game:

The Life Values Game, which is based on the 12 Living Values as used in Living Values Education (www.livingvalueseducation.nl), is a game about learning and growing together by sharing what one thinks, feels and experiences around these 12 values or the lack thereof. The game is not based on the dualistic operation of winning and losing, but is rather based and focused on overcoming internal and external struggles around our shared humanity on Earth. The game is able to trigger awareness about how to deal with or shape what one is dealing with in oneself or in oneself in relation to others and the world as a whole.

The game invites you to stand still, think, find the courage to share your own perception around something and to hear, see and receive the other in totality with patience and respect. The game challenges you to mirror and self-reflection for both young and old and everyone in between. The game works connecting and transcending and creates the circumstances to come to new awareness and empathy, both for the other and for oneself. The game invites to convert negativity into positivity without ignoring the grievances that are present in someone. It is a game that is able to make each other feel better in who we are ourselves and who we are together.

It is a game for, by, next to and with each other and actually has no rules, but gives space and freedom to choose your own path and discover what that brings.





SENEGAL COUNTRY REPORT

ALIVE Associate: Stichting Living Values Association of Senegal

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Living Values Workshops in Dakar, Senegal - May 2024



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. Following is just a snapshot of the workshops. You can download the full report on the website in English or French.



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



Young artists express their visions of a better world



A healthy meal, prepared by Pascaline Manga and her team

Value 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!*
 ~



Active listening

1. The students are given a topic to discuss in pairs. A secret instruction is given to one person: *'Ignore'*.

2. After a minute, a new topic is given, and a new instruction is given to the second person: *'Interrupt'*.

Other instructions given can include *'Criticise'*, *'Give far too much advice'*.

3. Finally give the instruction to ***'Speak and listen with respect'***. Do they notice any difference?

After much laughter, the students draw their own conclusions about communication skills. Mamour added advice based on his experience.





Marie Diop (Citoyen des Rues) showing concentration.
Each group won a prize according to their way of working:
1. Unity 2. Sharing 3. Harmony 4. Cooperation 5. Team-Work

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



A special thanks

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. ✧



INDIA COUNTRY REPORT

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Background

Living Values Education India constantly strives towards a wider outreach to all sections of the community. The passionate volunteers associated with us are the backbone of our projects. Our strategy is to continuously invest in people who have demonstrated a high level of enthusiasm, unwavering faith and dedication to create a values-based society. We are appreciative of their commitment and determination. They are a beacon of hope in a world of conflict and unrest.

Professional Development Workshops

LVE-India hosted two professional development workshops in January/ February 2024 for:

- 24 teachers of Udaya Public School (UPS), Ayodhya; and
- 27 teachers from 27 schools each in South Goa.

The experience of both the workshops was tremendous. All the teachers vehemently voiced the need of such workshops to foster a culture of peace, respect and unity in the school and within the families. We were able to draw huge cooperation from Sangath (a Goa-based organization that fosters child development and physical and mental health of young people), Udaya Public School, Ayodhya, and Adarsh V.V. high school, Goa, to conduct both workshops successfully. We anticipate that the sowing of seeds of human values through 2 these workshops will be a springboard for more such LVE initiatives in the future. We continue to nurture these seeds through regular interactions and meetings, helping them to bloom into beautiful trees.

A few glimpses of the workshops!



Living Values Education at Udaya Public School: A Collaborative and Creative Approach

Duration: February to September 2024

Location: Udaya Public School, Ayodhya

Goal: To create a vibrant school environment that fosters positive values & empowers responsible, engaged learners.

Introduction:

The Living Values Education (LVE) programme at Udaya Public School was implemented to cultivate a nurturing atmosphere where students learn to embody and share essential values.

~
*Our goal was to engage students actively in their education
while fostering responsibility and empathy.*
~

This report outlines the collaborative efforts of our LVE teachers, detailing the strategies and activities implemented to create a values-driven community.

Teacher Selection Criteria:

To ensure the effectiveness of the LVE programme our senior management selected teachers based on specific criteria to participate in the training programme. The chosen educators demonstrated:

- **Creative Approach:** Candidates displayed innovative thinking and the ability to integrate LVE principles into their classes.
- **Empathy:** Teachers were assessed on their ability to connect with students, understanding their needs and fostering an inclusive environment.
- **Enthusiasm:** A passion for teaching and a proactive attitude towards student engagement were essential qualities.
- **Eagerness to Learn:** Selected educators showed a willingness to grow professionally and embrace new methodologies.

These criteria ensured that the teachers who became LVE facilitators were well-equipped to implement the programme successfully.

Collaborative Planning:

Teacher Integration

Our LVE teachers, who were trained by Ms. Helen Sayers and Ms. Indu Gupta – both integral to LVE at an international level, facilitated planning sessions that enabled them to seamlessly incorporate LVE principles into the existing curriculum. They implemented the programme independently, focusing on generating creative ideas that enriched lessons without adding extra workload.

Interdepartmental Collaboration

Teachers from diverse departments – including Science, Humanities, and Arts – came together to collaborate on projects that embedded values in their subjects. This interdisciplinary approach ensured a holistic integration of LVE across the school.

Activities to Foster Positive Values:

Teacher-Led Activities Promoting Empowerment

Our LVE teachers organized a series of activities aimed at instilling empathy and kindness in students.

Empathy and Kindness Activities:

- Empathy Mapping, Gratitude Circles, and Kindness Chains were conducted to cultivate compassion and gratitude.
- The Empathy Game: *Walking in Others' Shoes* involved activities like the Bus of Kindness and A Meal Shared, encouraging students to appreciate different perspectives.

Living Values Projects:

Students created cards and posters reflecting on their values, followed by group discussions.

- Initiatives like Ship of Values focused on spreading positive values within the community.
- The Sharing is Caring project reinforced the significance of helping others.
- Unlocking Potential Buddy Pairing:

Students were paired to support each other academically and emotionally, fostering a sense of community. Values in Action: Real-life scenarios allowed students to apply their learned values in practical contexts.

School-Wide Engagement Activities:

Value-Based Tools – Visiting Cards Activity: At the beginning of the year, this activity encouraged junior students to build personal connections within the school community.

School Environment & Well-Being Initiatives:

Cleanliness and Hygiene Campaign: Students actively participated in promoting cleanliness through campaigns that emphasized proper waste disposal. Integrated lessons on personal hygiene taught self-respect and consideration for others.

Recycled Art Project: Students engaged in creating art from recycled materials, which fostered environmental awareness and encouraged resourcefulness among young learners.

Social Media & Art Integration:

The school's approved social media platforms were utilized to showcase student participation in various activities, while values were woven into music, painting, and other forms of art, encouraging out-of-the-box thinking.

Additional Activities:

Acknowledging Student Achievements Our LVE teachers recognized and celebrated random acts of kindness and positive behaviours. This initiative focused on highlighting students' qualities without fostering competition, reinforcing a supportive community spirit.

Conclusion:

The Living Values Education (LVE) program at Udaya Public School has successfully created a positive, collaborative, and value-driven environment. Through the dedication of our LVE teachers, engaging activities, creative projects, and active student participation, we empowered learners to become responsible individuals. The emphasis on kindness, empathy, and teamwork has contributed to the holistic development of our students, laying a strong foundation for their futures.

~

This initiative continues to shape a nurturing school community where positive values are lived, shared, and celebrated every day.

~

Glimpses of Activities:



Card and Poster Making Activity



Cultivating Empathy and Kindness Activity



Cultivating Empathy and Kindness Activity



Ship of Values, Sharing is Caring

Living Values Sessions at Puvudham School, Dharmapuri, Tamil Nadu

Overview: Vasupradha Venkatkrishnan, initially accredited as a LVE Distance Facilitator, attended a TTE in Goa. A corporate consultant, she has a deep interest in addressing the emotional needs of children. She has designed Groawesum, a programme which focuses on building resilience, growth mindset, emotional intelligence, self-awareness, and kindness in children.

Her voluntary association with the Puvudham Rural Development Trust enabled her to integrate values in the classroom of its alternate school. She teaches social and emotional learning to the online/ home schooling children associated with it.

Puvudham is a registered organization with focus on 'Education for Sustainable Living' offering a humane and child-centred education environment for children, integrating the principles of sustainable living, minimalism, environment protection, water conservation and soil preservation while implementing effective organic farming techniques, design and construction of Eco-Buildings, Art, Craft and Green Product Manufacturing.

The organisation does not believe in traditional teaching methods, instead, it strives to create a learning environment that sparks curiosity, inspires children to ask questions, seek answers, and engage deeply with their learning environment. This approach ensures genuine understanding and retention, far beyond mere memorization from textbooks.

Theme: Active Listening and Values Education

Date: 01 June, 2024

Location: Puvudham School, Dharmapuri

Facilitator: Vasupradha Venkatakrishnan

Introduction: On 1st June, a session on 'Active Listening' was conducted at Puvudham School, Dharmapuri, for a group of parents as part of the Living Values Education initiative. The objective was to provide experiential learning on how active listening can make a child feel loved, valued, respected, understood, and safe.

Methodology: The session was designed to be interactive and experiential. Parents were paired up and asked to sit facing each other. They were given a set of prompts to guide their conversations. The aim was for them to experience:

1. Being interrupted.
2. Receiving unsolicited advice.
3. Not being listened to attentively.
4. Being ignored.
5. Being criticized.

Each of these experiences helped the parents reflect on the effects of these common behaviours on their children.

Key Insights:

Many parents had 'Aha' moments during the session when they realized that, often, their interactions with their children mirrored these negative behaviours. The experiential format helped them see the impact of such behaviour first-hand and how it can undermine a child's sense of being loved, valued, and understood. Parents expressed that the session was eye-opening, and they appreciated the learning experience.

Feedback:

The feedback from the participants was overwhelmingly positive. Parents highlighted the experiential nature of the session as something that made the concepts of active listening and emotional support memorable and practical. Many stated that the session would change the way they approach conversations with their children.



Participants practice active listening

Life Lessons from Ganesha

Theme: Ganesha & Values

Date / Location: 07 September, 2024 / SEL & EI - Online Class

Facilitator: Vasupradha Venkatakrishnan

Overview: A special session was created for the kids with a worksheet for Ganesha Chaturthi. This worksheet integrated Living Values Education principles with the cultural significance of the festival. Students explored Ganesha's attributes and each attribute was inspired by a core value. This activity sparked a great deal of engagement from the children, who were able to reflect on the values associated with Ganesha and how they relate to their own lives. Below is the snapshot of the content along with the inspiration:

- 1. Always Think Big** - Ganesha's big head teaches us to always think big, believe in ourselves, and dream big dreams. With determination, we can achieve amazing things! Inspired Living Value: Responsibility - By thinking big and setting ambitious goals, we take responsibility for our growth and the impact we wish to create.
- 2. Listen Attentively** - Ganesha's large ears remind us to listen attentively, understanding others better by listening more than we speak. When we pay close attention, we build stronger friendships and learn from one another. *Inspired Living Value: Respect - Listening attentively shows respect for others' thoughts and feelings, strengthening relationships and cooperation.*
- 3. Always Focus** - Ganesha's large ears remind us to listen attentively, understanding others better by listening more than we speak. When we pay close attention, we build stronger friendships and learn from one another. Inspired Living Value: Peace - Staying focused helps us achieve inner peace, as we complete tasks without distractions, leading to a calmer mind.
- 4. Embrace Flexibility** - Ganesha's long trunk symbolizes flexibility and adaptability. Just like him, we can adjust to changes and find new ways to succeed. *Inspired Living Value: Tolerance - Flexibility teaches us tolerance, as it helps us embrace change, adapt to new situations, and understand different perspectives.*
- 5. Resilience** - Like Ganesha, we can be strong and keep trying, even when things are tough. Every problem has a solution, and we can find it with determination. *Inspired Living Value: Happiness - Resilience leads to happiness, as overcoming challenges gives us a sense of fulfillment and joy in our accomplishments.*
- 6. Seek Wisdom** - Ganesha is super smart and loves learning. He reminds us to explore new things every day. Books and knowledge are treasures for our growing minds. *Inspired Living Value: Honesty - Seeking wisdom encourages honesty with ourselves, as we recognize the value of learning and strive for personal growth.*
- 7. Humility** - Ganesha's broken tusk teaches us humility. It's okay to make mistakes; that's how we learn and grow stronger. *Inspired Living Value: Humility - Humility helps us accept our imperfections and continue learning without ego, fostering a sense of simplicity and understanding.*
- 8. Respect for Parents** - Ganesha loves and respects his parents, just like we should. Our parents are our superheroes, and they deserve our love and respect. *Inspired Living Value: Love - Respecting and valuing our parents reflects the deep love and unity within families, emphasizing the importance of strong relationships.*

Conclusion: Overall, the Active Listening session was a valuable learning experience for both the parents and students. Parents appreciated the hands-on, reflective approach to understanding active listening, and the Ganesha Chaturthi worksheet was well-received, providing cultural and educational enrichment.



A screenshot of actual worksheet

Living Values Sessions at Peace Cottage, Goa

Peace Cottage is a resource center for Living Values Education. It is an eco-friendly building, which harmonizes with the Goan landscape. Eleanor Viegas, the generous owner of Peace Cottage and a LVE veteran, hosts a session every month. The objective of these sessions is to help LVE facilitators to delve deeper into one of our core human values. The ambiance of Peace Cottage gives everyone an opportunity for deeper self-reflection. The experience of peace, love and joy helps LVE facilitators and other friends to be emotionally resilient to navigate the challenges of life with ease. The outcome of these sessions is deeper engagement in life (as well as in LVE!).

Theme: Value of Peace

Date: 27 February, 2024

Facilitator: Anjescia Rodrigues

Overview: LVE session at Peace Cottage on February 23, 2024, facilitated by Anjescia Rodrigues, centred on cultivating inner peace and fostering harmony among participants.

Key Insights: Through shared reflections and guided practices, each member – Godeliva, Percy, Eleanor, Brenda, and Anjescia – experienced a deep connection with the understanding that peace is an intrinsic part of human nature. The group discussions emphasized how embracing peace can enhance both personal well-being and collective happiness. Participants reflected on the transformative power of inner peace, noting that it not only calms the mind but also nurtures compassion and patience in everyday interactions. By practicing mindfulness and meditation, the group explored how to remain grounded in moments of stress or conflict, reinforcing the idea that peace begins from within.

Feedback: Percy shared how being peaceful helped her navigate challenging situations with more grace, while Brenda expressed gratitude for the clarity and relaxation she found during the sessions. Godeliva and Eleanor both emphasized the importance of making peace a daily practice, integrating it into their routines to create lasting positive change. By the end of the workshop, participants felt more empowered to spread peace in their communities, recognizing that a peaceful individual can inspire a peaceful world. Overall, the event was a meaningful step towards bringing people together to create a more harmonious and compassionate society.



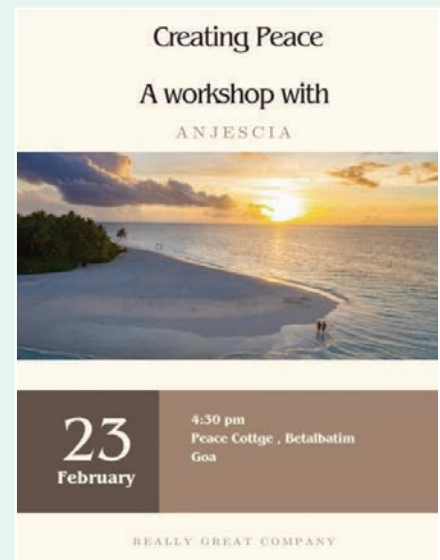
Theme: Staying Strong

Date: 24 April, 2024

Facilitator: Eleanor Viegas

Overview: On a hot sultry Goan summer day, Jaqueline, Percy, Anjescia, Yu and Yvonne came together to listen to Eleanor Viegas at Peace Cottage Betalbatim in Salcete, Goa, delivering an engaging talk on the theme of "Staying Strong." With grace and wisdom, she seamlessly wove Living Values into her discourse, prompting participants to embark on a journey of self-reflection. Against the serene ambiance of Peace Cottage, attendees delved into profound discussions on values such as simplicity, humility, freedom, love, responsibility and peace.

Key Insights: Eleanor's presentation encouraged participants to explore their strengths, skills, and traits, fostering a deeper understanding of themselves and their potential. Through moments of silence and introspection, attendees connected with the core principles of resilience. The collective atmosphere of contemplation and camaraderie enriched the experience, inspiring attendees to embody the values discussed. Eleanor's talk inspired personal growth by emphasizing the significance of universal values in developing inner strength. It exemplified the profound impact of thoughtful exchange and communal reflection, lifting each other up and cultivating a culture of cooperation, resilience, and harmony.



Theme: Humility

Date: 12 June, 2024

Resource Person: Eleanor Viegas

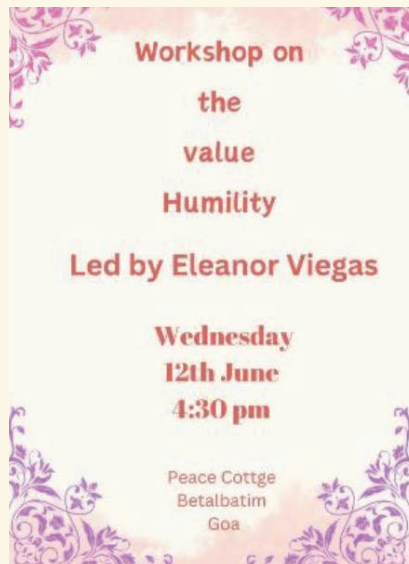
Overview: The session started with reflection and participants were asked to express their thoughts on Humility

Q. What is Humility?

Participants shared how humility is based on self-respect. With self-respect there is knowledge of one's own strength. With the balance of self-respect and humility there is an acceptance and appreciation of one's qualities from the inside.

To understand humility, they looked at the opposite of humility which is ego and arrogance. They concluded that humility does not boss. When someone is behaving in a bossy way, they may have fear and insecurity inside.

They felt that the one who has humility does not demand respect, and there is a natural expression of love and regard.



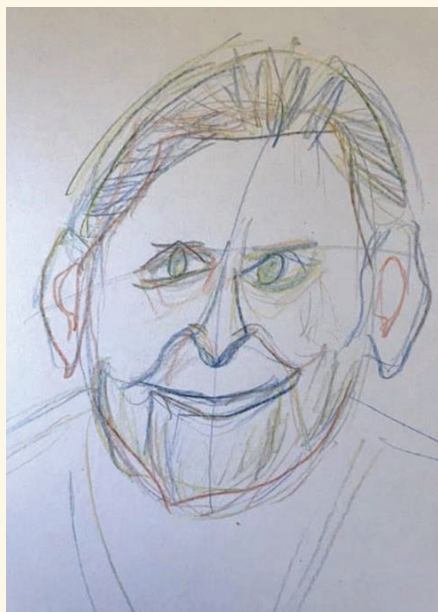
Theme: Happiness

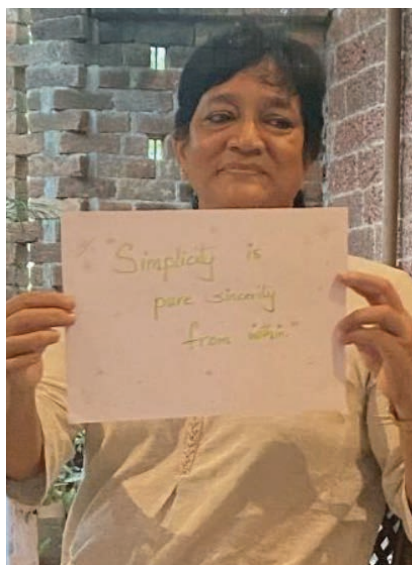
Date: 3 August, 2024

Resource Person: Eleanor Viegas

Overview: There was a small group of three in this session. Participants explored happiness through fun activities. They laughed and made drawings of each other with a smiling face. After a reflective exercise they concluded that happiness is a value inherent in all. Happiness increases by maintaining a positive outlook and having feelings of gratitude and forgiveness.

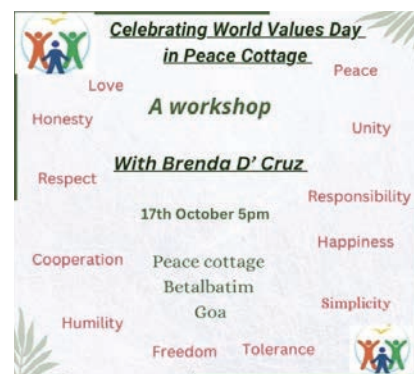
Feedback: Nandini shared that it was very refreshing and rejuvenating to be a part of such a fun filled discussion. She also loved her portrait.





Theme: Celebrating World Values Day with a workshop on Simplicity
Date: 17 October, 2024
Facilitator: Brenda D’Cruz

Overview: Brenda D’Cruz, a LVE facilitator and teacher in Manovikas School, Goa volunteered to conduct a session on Simplicity in celebration of World Values Day. The session was attended by six friends, who come regularly to get drenched in the fragrance of love and respect in the peaceful ambiance of Peace Cottage.



Key Insights: The beauty of Simplicity was emerged by interacting and sharing a thoughtful reflection by each participant.

Simplicity is not only to be felt from within but also lived fully to inspire and inculcate the value in others. A great learning happens when inspiration is taken from the experiences well lived by our ancestors and enlightened wise messengers such as Mother Theresa, Jesus and Mahatma Gandhi and various deities worshipped worldwide.

Brenda demonstrated how all the values are connected to this one value, particularly honesty, humility, love and gratitude. Participants were asked to share how Simplicity was helping them bring changes in their life.

LVE Workshop for JBCN International School, Mumbai

Theme: Orientation of LVE
Date: 14 October, 2024
Location: JBCN International School, Parel, Mumbai
Facilitator: Toral Shah

Overview: A Living Values Education orientation workshop for leaders and teachers of JBCN International school, Parel (Mumbai) was organised on October 14, 2024. Around 35 - 40 participants attended including school principal, teachers from all sections and others from the senior management of the school.

The objective of the workshop was to orient the school management and teachers about ALIVE International and give them an experience of Living Values.

Methodology:

- PowerPoint Presentation
- Visualization Exercise
- Reflection
- Discussion
- Games

Key Insights: The values activities session enthused participants. It gave them a new and positive perspective to deal with situations in the classroom as teacher or a parent at home. It gave them an opportunity to reflect on and experience peace, love and joy in the midst of the hustle and bustle of life. It was something new, something to give them an adrenaline rush!





Feedback from Teachers:

- Teachers are often more concerned about academics of their students while it is equally important to focus on their behaviour.
- We know about all these values, but are we actually living them!?
- Explore, Experience and Express values is the first step.
- To slow down and take some time out for self-reflection and journaling daily.
- Teachers felt calm and comfort during the visualisation exercise.

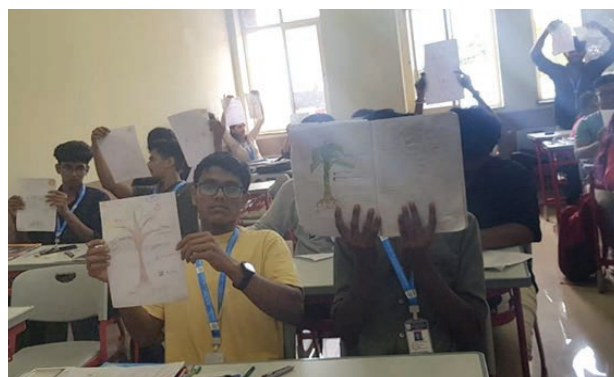


Theme: Living Values session at Damodar College, Goa

Date: 18 September, 2024

Facilitator: Godeliva Gomes

Overview: A Living Values session was conducted for 45 BBA students of Damodar college as a part of psychology of adjustment subject where it was skill-based activities, process of knowing oneself. Sessions were conducted in relation to values at the work place too.



Action plan for the year 2025:

- Udaya Public school, Ayodhya will continue incorporating LVE in their curriculum through creative ideas
- Vasupradha Venkatkrishnan will continue incorporating LVE in Puvudham School through offline and online sessions
- Monthly LVE sessions at Peace cottage
- Fortnightly LVE sessions for parents and teachers at JBCN International, Parel (Mumbai) for one year
- LVE workshops for a grass-root NGO, Ibtada in Alwar (Rajasthan)

Conclusion:

Living Values Education India, through its multifaceted approach has expanded to five states of India. The adoption of the programme by Udaya Public School, Ayodhya and alternate school, Puvudham has increased the visibility of the programme. We are very delighted to introduce LVE to JBCN International School, Parel (Mumbai). They have acknowledged the need of such intervention with the parents and the teachers to foster a culture of peace and respect in the school. The unique approach 'Explore, Experience, Express' has helped everyone think out of the box. We hope to expand to more states next year as more passionate volunteers join us along the way. ✧



EGYPT COUNTRY REPORT

ALIVE Associate: Jesuits' and Brothers' Association For Development

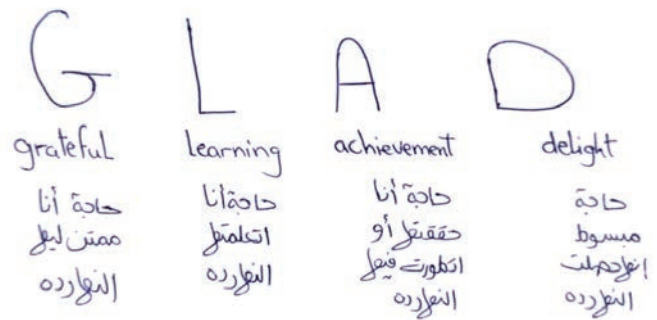
Representative to ALIVE: Magdi Asham Henein

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LIVING VALUES EDUCATION 'TRAIN THE EDUCATOR' COURSE IN MINYA

27-29 January 2024

A three-day Train-the-Educators professional development workshop was held in Minya, in Upper Egypt, from 27-29 January 2024 for 45 enthusiastic educators from all over the country. Participants included teachers from three local schools in Cairo and Minya, leaders from NGOs in Cairo, Minya and Aswan governorates and the general Secretary of the Catholic Schools Association, representing 135 schools from Alexandria to Aswan. It was a joyful and productive three days full of profound insights, happiness, personal refreshment and a strengthened commitment to keeping values at the heart of life.





The event was organised by the ALIVE Associate in Egypt, the Jesuits' and Brothers' Association for Development (or JBA), and held at their comfortable premises in Minya. A secular organisation that carries out a range of development and humanitarian activities around Egypt, JBA has been the ALIVE Associate in the country since 2007 and has carried out a wide range of LVE activities over the past seventeen years. It has built up a team of around 15 volunteers who have assisted in running workshops all over the country for schools, NGOs and other entities and who also very ably worked with Chris Drake, ALIVE President, in running some of the TTE sessions.

The three-day workshop was a great success and it was followed by a cultural day in which participants went on a group visit to a nearby important archaeological site. This helped achieve another aim of the event: **to build and solidify a strong network of educators from different organisations across the country for mutual support, sharing and exchanging of experiences and resources.**

Participant evaluation was very positive with Creating a Values-Based Learning Atmosphere being the most popular session, closely followed by values activities and the opportunity for interaction amongst participants. A WhatsApp group of all participants quickly became very active and a useful forum for sharing plans and follow-up.

Experienced LVE volunteers took up the responsibility to mentor a participant who is newer to LVE to provide advice and technical support and this has been useful for the six organisations which have already started using the LVE Approach after the workshop and for others who are waiting for the beginning of the new school year to implement LVE in their classes.

Participant comments included:

“I very much enjoyed every detail of the training: the organisation, preparation and all the participants’ presence. Really thank you all. Thank you for the values that brought us together.”





"I was truly honoured to attend the training with all these beautiful people. Thank you very much for all the people who have a beautiful soul."



"I need to say thank you for the love, the energy of freedom and the space to share. I am back and examining the values I live by and I was able to put my hands on the things that were holding me back. I started to work on them, so I became calmer and felt a sense of peace and acceptance more than before and now I know how to move with flexibility and contemplation."



"I was very happy with you and benefited. Thank you for all of your hard work and your ability to help people to live values more."



"Thank you to all the team work. Thank you for your interest in all the details of the meeting. Thank you because your presence was comfortable and helped create an atmosphere of love. It is truly one of the most different meetings I have ever had."





The three-day workshop was followed by a cultural day in which participants went on a group visit to a nearby important archaeological site.



“In fact, it was one of the most beautiful training sessions I attended, and I got to know all the loving people.”

~

“I really need to say thank you for your love and participation during the training. I lived in an atmosphere of love, respect and shared responsibility. It made a real difference in my personality, and the first thing I kept doing was to be happy despite all the circumstances, even sharing with people what happened to me, and this made a bigger difference with me. Now, I live the values, not just know about them.”

You can view our video report on the LVE YouTube channel. ✧



MYANMAR COUNTRY REPORT

Contact Person: Hnin Hnin Htwe

Email: Asia@livingvalues.net

My name is Hnin Hnin Htwe. I work as a teacher trainer at the Studer Trust Teacher Training Centre in Myanmar. I wish to share my journey with Living Values Education (LVE) and its profound influence on our educational community.

In May 2023, I had the privilege of attending the three-day LVE Professional Development Workshop for Educators (or TTE) in Sri Lanka organised and hosted by the Association for Living Values Education International (ALIVE) with the help of the ALIVE Associate in Sri Lanka. This workshop provided invaluable insights into teaching moral values such as kindness, respect and empathy. When I returned to Myanmar, I shared these lessons with my teachers because LVE is essential, especially during challenging times in Myanmar.

In three different teacher training sessions for a total of 75 in-service teachers, I introduced LVE and how we could use it to create a better learning environment for our school students. According to the results, **96% of teachers expressed positive feedback about the LVE sessions that I ran and they all took what they learned back to their schools and used it to benefit their community.**

During one training session, I faced a challenging situation where two teachers were unable to communicate with each other due to a dispute. Using the techniques I learned to solve conflicts at the LVE workshop, I helped the two teachers talk to each other. This made them friends again and made their relationship stronger.

This journey has not only enhanced our teaching practices but has also fostered personal growth. Through reflection and practice, I have gained a deeper understanding of my own values and communication skills.

I want to thank the ALIVE family and donors from the bottom of my heart for giving a chance to improve ourselves and make a good impact on our community. ✧



A colourful blast of values



Sharing is Caring.
Caring is Loving



Sharing Values and Creating Memories



A Journey through LVE together



SRI LANKA COUNTRY REPORT

ALIVE Associate: T. T. Mayuran

Email: SriLanka@livingvalues.net

2024 INTERNATIONAL CONFERENCE ON LIVING VALUES EDUCATION IN SRI LANKA (ICLVE 2024)

International Living Values Education Conference: 28 - 30 August 2024

Introduction

The International conference in Living Values Education (ICLVE 24) was a prestigious event, held in Sri Lanka in 2024. The ICLVE 24 brought together educators, scholars, practitioners, and researchers to explore and discuss the integral role of Living values Education in shaping individuals with an exquisite professional personality. The conference theme, "**Cultivating Living Values for Exquisite Professional Personality,**" underscored the significance of values in personal and professional development.

The 2024 Living Values Education conference focused on Living values and Career Development and was jointly organized by VOW and Association for Living Values Education International (ALIVE) Sri Lanka, in partnership with Faculty of Social Sciences & Humanities. The conference was held for three days including pre-conference day (physical and virtual workshops), conference day (full physical) and post conference day (field exposure visit).



Thematic Overview

Living Values Education serve as guiding principles for career development, helping individuals align their professional choices with personal beliefs and ethics. The theme of the conference was to highlight the significance of integrating values into professional development. Nowadays the job market seeks and emphasizes the need to go beyond technical skills and qualifications focusing on the holistic development of professionals. This explored how cultivating living values such as integrity, empathy, and responsibility can contribute to enhanced professional conduct.

At the same time, it was essential to address the demand for ethical leaders in the job market and highlight how values-based education can shape individuals into responsible and ethical leaders. Nurturing ethical leadership discusses the positive impact of ethical leadership can have on organizational culture and long-term success. This theme also showcased the role of values in fostering teamwork, communication, and collaboration within professional settings and how a values-driven approach can lead to a positive work environment, increased employee satisfaction, and improved productivity. The theme further illustrated how professionals with a strong values foundation can adapt to change more effectively and contribute positively to organizational resilience within an extreme use of high technology, helping employers to adapt to change and ambiguity with values.

The theme of the conference expressed Global Citizenship and Cultural Competence and respect for diversity and it showcased how Living Values can contribute to the development of professionals as global citizens who appreciate and adapt to diverse perspectives. While serving diverse cultures this theme is elevates corporate social responsibility (CSR) by highlighting the growing expectation for businesses to operate responsibly and contribute to social and environmental well-being. It demonstrated how professionals with a foundation in living values can champion CSR initiatives and contribute to sustainable and socially responsible business practices.

Turning into personal and professional development the theme emphasized the important factors, such as enhancing emotional intelligence and wellbeing and spiritual development to promote lifelong learning and professional growth. Through the theme, it showed the importance of emotional intelligence in professional success leading to improved wellbeing and resilience in the face of workplace challenges. In conclusion the theme emphasized that cultivating living values is a continuous process that contributes to ongoing personal and professional growth ensured by the spiritual growth of a human being in the world.

Objective

The conference aimed to achieve the following objectives:

1. To provide a platform for sharing research findings, best practices, and innovative approaches in the field of living values education.
2. To foster collaboration among educators, schools, and universities to enhance values-based education.
3. To stimulate discussions on the impact of values on ethical leadership, spirituality, educational approaches, technology, social responsibility, and global perspectives.
4. To create a network of like-minded individuals and organizations committed to promoting living values education.

Conference Tracks

The conference featured the following tracks:

- **Ethical Leadership and Values-Based Management:**
 - ~ Exploring the role of values in leadership and management practices.
 - ~ Case studies on successful implementation of ethical leadership in various organizations.
- **Spirituality for Living Values:**
 - ~ Examining the connection between values and spirituality.
 - ~ Integrating spiritual principles into educational settings for holistic development.
- **Educational Approaches for Values Integration:**
 - ~ Showcasing innovative teaching methodologies for values integration.
 - ~ Assessing the effectiveness of values-based education programs.
- **Technology /AI and Values in the Workplace:**
 - ~ Analyzing the impact of technology on values in the professional environment.
 - ~ Discussing strategies for promoting ethical behavior in the digital era.
- **Social Responsibility and Sustainable Practices:**
 - ~ Addressing the role of values in promoting social responsibility.
 - ~ Exploring sustainable practices in education and professional settings.
- **Global Perspectives on Living Values Education:**
 - ~ Addressing the role of values in promoting social responsibility.
 - ~ Exploring sustainable practices in education and professional settings.



KUWAIT COUNTRY REPORT

Focal Point for Living Values Education: Ghaida Al-Habib

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25 YEARS OF GRATITUDE THANKS TO LIVING VALUES EDUCATION

January 2024

The Living Values-based Kuwait American School is celebrating its 25th year with gratitude from the heart through inviting students, families and the wider community to share their visions for a better world.

The results were stunning strengthening the call to ask the hearts and souls of all to share from their hearts their own and collective life experiences and visions.

The day carried an energy and hope, as witnessed by some enclosed photographs that is the hallmark of Living Values Education at its best.

How was this achieved? What were the findings from 2486 responses?

Getting Started

The 8 strong members of the school's Living Values Team came together to plan a number of events to include the whole school 25th Anniversary Gratitude commemoration event in the courtyard.

The month's theme of Gratitude was launched using an aide mémoire of activities for each age level. Two of the main practical activities were to invite expressions of gratitude from the students and for all families to create their own vision boards for a better world and to have them displayed around school on the main celebration day.



What activities happened in school to prepare for sharing with Gratitude on the 25th Anniversary Commemoration Day?

- a. **All the younger students** (KG to Elementary Grade 5) were invited to express their individual tokens of gratitude and vision by way of decorating circular paper plates in Art and adding their own choice of words.

What were the findings? The main forms of gratitude extended first to family/mums and dads/ brothers and sisters then to school, teachers, friends, food, life, happiness, no wars, peace and faith.

- b. **All families** were invited create their own Vision Boards for a Better World. The students presented the visions.

What were the findings? The main forms of vision were for human values in their many forms followed by appreciative values for the home, education, school, teachers, friendship, nature, faith and health.

- c. **All the older students** (Grades 6 to 12) were invited to express a combined form of gratitude and vision that resulted in highlighting human





values, self-care, family/ home, nature, travel, exploration, kindness, respect, care, safety and food/water.

In addition, one class of Grade 11 students asked their parents what education means to them now. One pertinent response from a father in his home tongue and translated by his son read:

~
*Knowledge without ethics is ignorance.
 Success without ethics is failure.
 Money without ethics is poverty.*
 ~



Coming Together

In addition to coming together to reflect, share gratitude and vision boards, everyone enjoyed hearing the Living Values team, to the accompaniment of Staff Band, singing 'What a Wonderful School' with licensed approval for using the music of Louis Armstrong's 'What a Wonderful World'.

Two important findings emerged

1. Significantly for the value of the Living Values Education approach

In school, the gratitude responses – age by age of the students – reflected – what can best be described as the metaphor of a seed growing from its foundation into a tree in bloom with a balance of process and product.

What – in essence – did this look like?

The KG to Grade 2 student values-based learning together with nurturing the essential values formed the roots and trunk of the tree – *the foundation*.

Grades 3 to 5 student responses opened up to many individual expressions and creative pursuit – *the shoots* from the stem.



Middle School (Grades 6 to 8) student responses went wider and deeper adding questions about the value of values, the place of values in shaping their identity and what values mean to them – *the branches* – exploration

High School (Grades 9 to 12) student responses –created in teams – returned to simplicity, choosing an aim for life based on their chosen values – *essentially living in their values*.

2. Significantly for the Heart of Learning and the Vision of Hope from the Home/ In the Community Vision Boards

All families were invited to create their own vision boards to express gratitude and to visualize a better world within a positive, welcoming LVRUS and safe atmosphere.

In total, 82 ‘from the depth’ values were offered in addition to the regular 12 Living Values Education values that were expressed from the heart with no restriction on what could be expressed and displayed.

The referenced values created by the home and community fell into 4 broad categories:

1. **For the Self – Valuing the Self (Mind)** to include values such as achievement, ethics, resilience, spirit, judgment, quality and tenderness

with

2. **An Air of Optimism – Seeking Engagement to make a difference (Character)** to include values such as belief, cherish, endurance, passion, possibility, purpose, strength, courage and truth

towards

3. **The Pursuit of One World Family – Compassionate creative endeavour (Future)** to include values such as cohesion, communication, generosity, giving, hospitality, inclusion, sharing and relationships.

by

4. **Making it Happen (Solution)** using our Creative Spirits to explore, experience and express one step at a time with feelings of LVRUS.

The underpinning of Valuing the Self, Taking time for the Self and Proceeding with an Air of Optimism, despite the current world uncertainties, we believe, revealed a message of hope that we can make a difference beginning with ourselves.



What did the alumni say?

As part of the school's 25th Anniversary celebrations, students who graduated from the school 8 to 10 years ago were invited to an evening gathering in the school courtyard.

What did the Alumni KAS School Graduates say about their KAS experience after leaving the school, going to university and afterwards into their chosen professions? Did their responses reflect gratitude and hope? Were their responses values-driven? Consider 4 comments:

- *Embrace challenges, shape your future – your potential is limitless. ~ BAB*
- *Take each step at a time, enjoy and embrace the opportunities that come your way. Do what you love and it will be easier to achieve your goals. ~ HAB*
- *Thank you KAS for not only providing me with a valuable education that has shaped by intellect and character but also offering a supportive and nurturing environment. ~ AAK*
- *It's been 8 years since graduation. I feel as excited as I always was to be at school. Thank you for making me the person I am. I am extremely grateful. I love you. ~ LAB*

Reflection Points

The power of inviting views and visions cannot be underestimated as the community continues to build its future with a solid foundation of LVRUS in the hearts.

- *Do these findings help to echo the immeasurable yet measurable strength of Living Values Education?*
- *Does understanding that the 'seed' within us all knows its destiny and as educators all we have to do is nurture the roots with LVRUS?*
- *Is LVRUS the secret ingredient to create the essential atmosphere to empower each seed to full bloom?*



Is it time to look beyond the glass ceiling?

When you consider the student and community responses from the previous Kuwait Living Values news 'Shoe Box' and 'What the World Needs Now' data, and the rapidly changing face of education, the answer would be yes. All we have to do is ask, inspire and empower the hearts and souls and the constancy of the innate values within us all to rebuild a genuine hope for the world that we all deserve. ✧



HUNGARY COUNTRY REPORT

ALIVE Associate: Belso Ertekeinket Kibontakoztato Egyesulet

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LVE activities in Hungary Overview

In June, we participated at the Family Day organized by Dési Huber Community Centre to introduce ourselves. We conducted a game about the values, which was very popular among the participants.

After the Summer holidays, the Dési Huber Community Centre also organized an open day, where we had an opportunity to present our regular workshops. We facilitated two presentation sessions - one in the morning for expectant or new mothers: *'Filling up the Spirit'*, and one in the afternoon for parents: *'Club for Parents'*.

Our regular programmes continued every two weeks or monthly as we have done for years in Komló (Creative Thoughts Club) and in Budapest, at the Dési Huber Community Center (Club for Parents and Senior Club) as well as in our Senior Club in the Community Center in Érd.

In September, we had two members of B.É.K.E. finish the new Values Based Atmosphere Distance course.

NEW! 'MomOda' Workshop (for mothers without their children)

A new monthly workshop with the titled *'MomOda'* (for mothers without their children). The aim is to create a space and time for mothers to have an opportunity to fill up with good feelings and positive thoughts, e.g. that they are valuable, strong, powerful.



Filling up the Spirit Workshop

Last year we launched our new course *'Filling up the Spirit'* for expectant and new mothers with their little children (0 to 2 years). This has become a regular one hour workshop held weekly or monthly in 3 Community Centres (Pestszentimre, Kondorosi and Dési Huber). In their feedback, mothers said they were surprised that the little children were so calm during these workshops. There is an old saying: ***"As the mother, so the children."***



"Filling up the Spirit" workshop in the Community Centre of Pestszentimre.



World Values Day - October 17, 2024

LVE Hungary participated in WVD this year with the topic: **'Bringing values to life'**.

Our aim was to create different ways to demonstrate this, both for ourselves and for others.

Kando Primary School has a very enthusiastic English teacher who always does something with her pupils for the WVD, creating effective ways to introduce the children to the values within them. This year, she involved three classes in the project, using the following topics:

1. Community building / Extend your hand:

To make their relationships stronger, especially with new students.

Everyone drew their hand on a paper and wrote their two favorite activities in it. They put their 'hands' on the wall and anyone could join that activity by adding their name in one of the hands.

2. Positivity:

To make children to change their attitude to any subject.

They chose who wrote a motivational card to whom. Most of the children have kept their card to inspire themselves

3. Create a mini poster with 5 values:

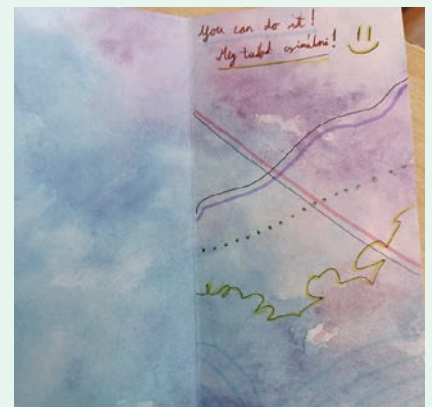
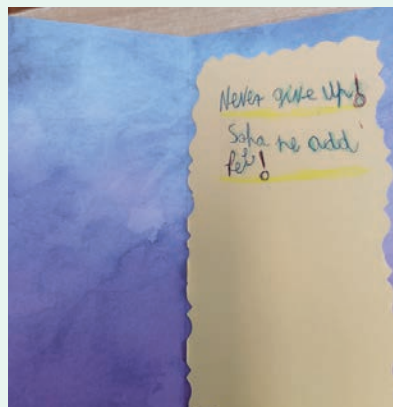
Which each one would like to bring in life.

Most children chose love, respect, friendship, and honesty... and it's not by chance.

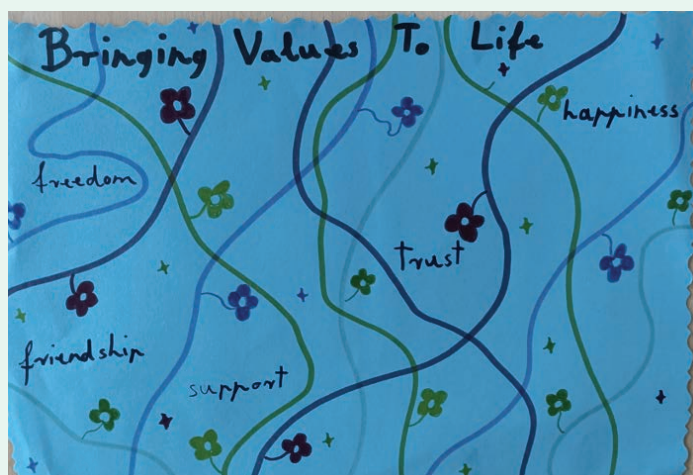
The parents really appreciated the teacher's initiative, to help children to spend their time in such useful tasks.



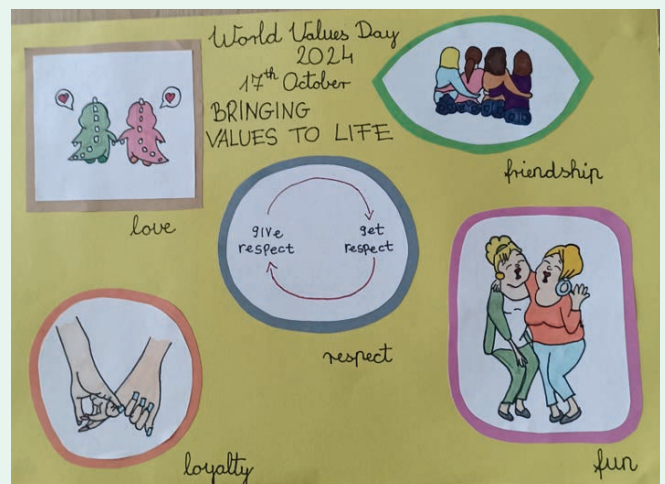
'Extend your Hand' - Kando Primary School, class 4



'Positivity' Motivation cards - Kando Primary School, class 7



'Values' mini posters - Kando Primary School, class 8



Community Centre Programs

This year, as we have done for many years, we continued our fortnightly or monthly programs in Komló (Creative Thoughts Club), Dési Huber Community Center in Budapest (Club for Parents and Seniors), and in our Community Center Senior Club in Érd. The organisers of the Curie Foundation highly appreciate our help. We repeatedly took part in the countrywide competition of environmental protection. We offered our assistance in the same way we have done previously.

Creative Thoughts Club (Komló)

This project was started in spring time. Five values were chosen (peace, respect, freedom, honesty, and cooperation) by members of the club, which they wanted to know more about in order to integrate them into their personal lives. Everyone created a workbook to note down their observations and experiences around the different values, plus their answers to the following questions:

What did you learn about yourself while processing the value?

What are you taking with you?

What do you incorporate into your life?

Every workshop (every second week) was meaningful, empowering, cheerful and touching. And at the same time, they learnt a lot about themselves and others. After taking part in this project they commented that they now believe much more in their own values.



In Komló (Creative Thoughts Club) celebrating International Women's Day. The main theme was Respect.



'Creative Thoughts' workbooks



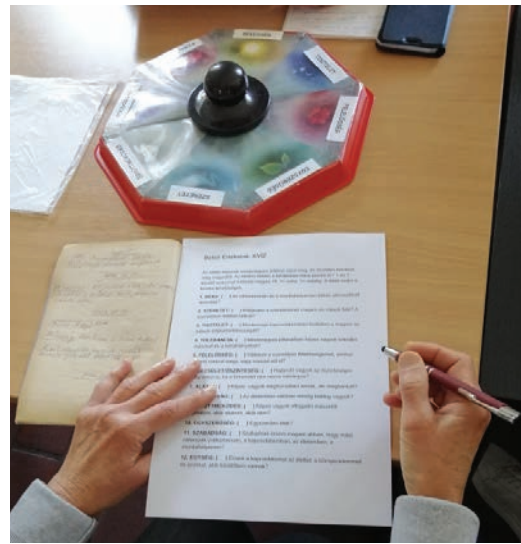
Participating in creative activities and 'mapping their own values' at Creative Thoughts Club, Komló

Dési Huber Community Centre, Budapest: Workshops for Parents and Elderly People

This project also started in the spring time. After every workshop the participants received or gave themselves homework connected with the studied value, to practice. At the end of the day they also took part in the quiz and they had a special homework: to write down what they had noticed about their progress in using values in their life. From time to time, it's very important to stop and reflect on our progress, and determine what we should do to bring improvement into our lives.

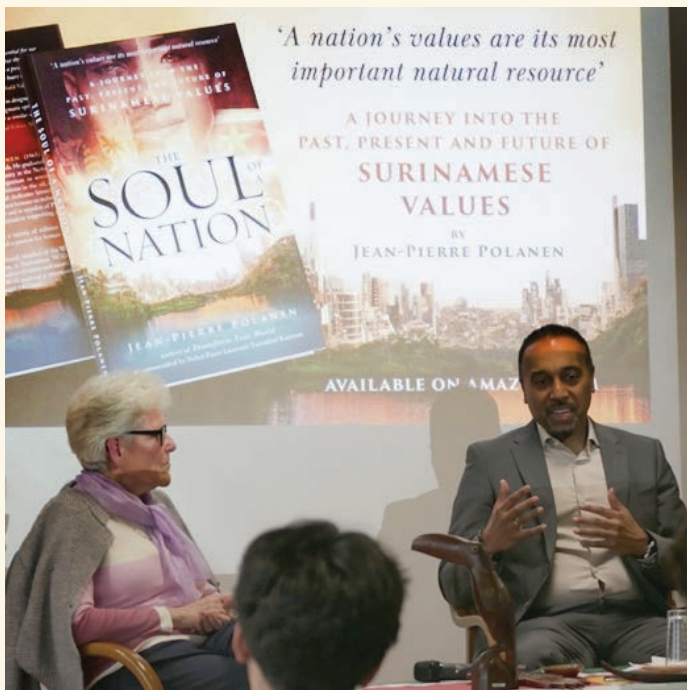
"What I can give others, above all, is my presence."

Our last special event this year will be an exhibition in Dési Huber Community Centre on our WVD activities for WVD in 2024. People shared their experiences to be posted on our facebook page. **The opening will take place on November 30, 2024.**



Community Centre ÉRD: Monthly Workshops for Elderly People

They also studied values for WVD; especially peace, love, self-respect and responsibility. At the end of all these workshops, they finished with a quiz, where they answered questions about the 12 values that are the basis of LVE. Through these questions, they got to learn more about themselves. At every meeting everyone discovered something new and recognised something different in themselves.



April 2024: 'The Soul of a Nation' by Mr. Jean-Pierre Polanen book launch in Miskolc, Hungary, where B.É.K.E. was invited to join in.

'The Soul of a Nation' Book Launch

In April, 2024 Mr. Jean-Pierre Polanen got in touch with us through the World Values Day. He is from Suriname, however, has settled here, in Hungary. His conviction is to make our values living the most important way to change our world for the better. He is the author of the book *'The Soul of a Nation'* and invited us (B.É.K.E.) to the launch of his book in Miskolc (a big town in northern Hungary), giving us the possibility to introduce LVE. He would like to cooperate with us. ✧



INDONESIA COUNTRY REPORT

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Workshop

There was only one LVE workshop held at the beginning of this year in Yogyakarta with 10 participants. Before the workshop Associate (LVE Admin) sent the administration package to trainers, such as a registration form, a media consent form, an evaluation form, a post workshop report form, and the registration number for the certificate. We also requested the trainers to prepare a Term of Reference (TOR) before the Associate gives the certificate number and also asked them to send the workshop documentation after its finished.

There are two LVE trainers who actively held LVE workshops in the beginning of this year, those are Muqowim and Ziadatul Husnah.



LVE workshop held at House of Wisdom in Yogyakarta



DFT Study Group Report

In July, the whole 17 team members of the LVE School undertook the DFT Study Group 12 week Course.

This report describes the experience of Karuna Bali Foundation staff as the first Study Group in Indonesia to have the opportunity to participate in Distance Facilitator Training (DFT) Study Group for 12 weeks. The 12 values reflected during the process are Peace, Respect, Love, Tolerance, Honesty, Humility, Cooperation, Happiness, Responsibility, Freedom, Simplicity, and Unity. Each week, the staff conducts a study group to reflect on one of these values in sequence. The reflection process is led by a facilitator and uses guidelines from the DFT reflection materials.

Impact of the Activity on Participants

According to the participants feedback after participating in DFT Study Group for 12 weeks, it is obvious that this activity has made a significant impact on participants lives. They experienced various positive impacts, especially in terms of self – reflection and understanding of values. They become aware of their actions, behavior, and speech, and more connected to the values that they believe are important. This activity helps participants to be present and focus on the current situation. In addition, participants also felt closer to themselves because many things that they never thought before became the reflection points.

Each week the participants are given one value to explore, which helps them recognize and live the values in their daily lives.

Although there are participants who haven't felt the real impact of this activity, but they said there was an increase in awareness and ways of communicating with themselves. Overall, this activity provided a reminder and positive encouragement that helps participants to live life more guided by the values they believe in.



Sharing sessions for participants

Memorable Experience

During this activity, participants found it most memorable when relating the values that they reflect on each week to their real-life situations. The questions that were asked, though simple, require deep reflection and become important reminders in the face of challenges.

The combination of personal reflection and group activity is greatly appreciated, as it provides support and encouragement through togetherness. The art activities in small groups are also meaningful, even if it seems simple, but capable of providing creative experiences and deep reflections. Additionally, the togetherness and sharing sessions provided new insight and strengthened the sense of connection between participants.



Art expression in the group



Participants reflect on self-reflection questions

Challenges Faced

From the participants' responses regarding the challenges faced during the DFT activities, there were some major challenges, both in terms of practicalities and the process of self-reflection. One of the challenges frequently encountered is the difficulty of applying the values learned in everyday life. Although participants understand these values, maintaining consistency in applying them to real actions remains an obstacle.

Some participants also found it challenging to attend DFT activities regularly due to their involvement in other activities. As a solution, they completed the DFT activities individually in their spare time.

Another challenge was the difficulty in being truly honest and reflecting from the heart, as some participants tended to rely on logic and think in terms of true or false when answering reflection questions, which hindered the ideal reflection process. In addition, the limited time to conduct in-depth reflection was also an obstacle for some participants. Some of them also struggled to respond to the reflection points, mostly because the reflection questions sometimes seemed complicated or difficult to understand.

To overcome these challenges, participants tried to follow the flow of the activities, complete the reflections individually, and listen to their heart rather than overanalyze logically. They also took advantage of help from other participants if there were things that they didn't understand. Participants also tried to manage their time better and kept checking and living the values that they practiced when they had the opportunity.



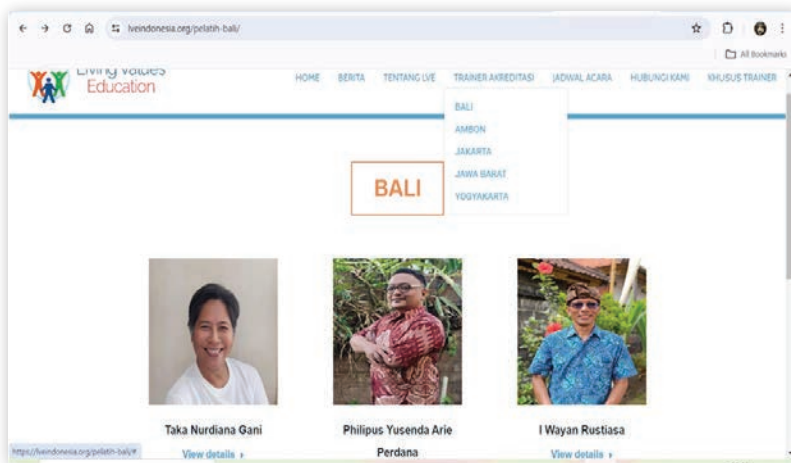
Participants dancing together

Group Interaction

Overall, group interaction was helpful in increasing participants' understanding through the sharing of different experiences, ideas, and perspectives. Discussions allow participants to see the value and reflection points from different perspectives, which often brings new insights. The collaboration of ideas within the group also allows participants to share with each other, especially when facing a challenge in understanding or responding to the reflection questions. The discussion breaks down the confusion and provides concrete actions that can be implemented.

In that sense, group activities create a fun and enjoyable atmosphere, making participants enthusiastic to participate in these activities. The togetherness of the group is a source of motivation and support. In art and group activities, this interaction opens up space for opinion and collaboration, allowing for diverse and deep creative expression.

However, 1 of the 14 participants felt more comfortable doing this activity individually, as it allowed more time to reflect and optimize understanding without the pressure of time. Even so, the majority of participants felt that the group interactions were able to build connections between participants, creating an atmosphere where they could understand each other and feel connected to each other, both personally and in the context of the values being explored.



LVE Indonesia Trainers Profile

We posted 16 LVE Indonesia trainer profiles on www.lveindonesia.org. Before we posted it, we sent some questionnaires to the trainers and requested them to send us their photos. We also sent each of them a media consent form before we posted it as proof that they had consented for their writing and photos to be posted.

Translation of LVE materials

There are ongoing translation process for the Rainbow Booklet for Children ages 3-7 and 8-14 years. The translation has been done by a translator. The Rainbow Booklet translation has been edited and proofread by several proofreaders outside of the Karuna Bali Foundation. Now, the final check is ongoing by LVE Admin. The Rainbow Booklet for Children ages 3-7 is in the queue, while the Rainbow Booklet for ages of 8-14 years has been completed.

Website (www.lveindonesia.org) Updates

We made some updates on our www.lveindonesia.org website. These changes included simplifying the trainer profile page, uploading the 2024 event schedule, changing the contact person, and changing the password on the trainer only page. Some more aesthetic adjustments made included: changing the title of the Menu bar, changing the font so that it uses same type of font throughout, and organizing spaces between paragraphs to make it more clean and easier to read. We also changed the written information into Bahasa Indonesia since some of them using English (considering that www.lveindonesia.org is aimed for people in Indonesia, we decided to use the same language).

Articles of LVE Indonesia

We have wrote 4 articles about LVE Indonesia (for activities in 2022, 2023, and 2024) and posted them on www.lveindonesia.org to keep the website updated, because the last news that was posted on the website was the 2021 news. We also wrote one article and posted it on LVE social media, such as Instagram and Facebook.

Promoting Values through LVE's Value Card

Apart from LVE workshop. Assostate also provide values card which can be ordered by the trainers. The virtue cards are provided in Bilingual and Trilingual. The minimum donation for each box of virtue cards is Rp 25.000. So far, we have requests for Bilingual - 87 boxes, and Trilingual - 23 boxes (from Bali, Jakarta, and Bogor). We received donation of Rp. 3.675.000 from all those LVE's Values Card.



Trainers Meetings

Trainer meetings were held via zoom, meetings are held twice a month according to the date chosen by each trainer. This meeting discussed the challenges and excitement faced by trainers in LVE, what LVE will look like in 2024, and plans for the LVE Educator Workshop which will be held in 4 cities, in Jakarta, Yogyakarta, Ambon, and Ubud to fulfill the minimum requirement of 12 hours of workshop sessions for trainers to avoid losing their accreditation. ✨



CAMBODIA COUNTRY REPORT

Focal Point for Living Values Education: Sambo Tey

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January - April 2024 report

It is a privilege for the LVE Cambodia team to have work with Pour un Sourire d'Enfant's (PSE).

The organisation's mission is to help children escape from poverty by providing food and health, education and schooling, vocational training, and parenting and family supports for 10,000 children over the past 20 years.

At PSE, three LVE educator trainings have been conducted in February and May 2024 for three different groups including primary school teachers, pre-school teachers and care-takers.

~

Trainees expressed they had enjoyed and benefited a lot from the training and that it is most needed

~



Participants awarded certificates



Caretaker group work presentation: drawings that represent specific values.



Group presentation about educator's behaviours in relation to children's feelings.



Participants awarded certificates



MALDIVES COUNTRY REPORT

ALIVE Associate: Hand In Hand

Email: maldives@livingvalues.net

Do-Good has recently secured a project from The Asia Foundation. The CSO strengthening project will fund the following activities.

The program aims to enhance respect, attention, cooperation, motivation, concentration, and conflict resolution skills among students. It also seeks to decrease bullying and violence while fostering positive changes in teacher-student and student-student relationships both in and out of the classroom.

Moreover, the program will assist parents in understanding the influence of values on themselves, others, and the community. It will equip them with values to cultivate environments of kindness, peace, trust, and belonging.

This initiative is tailored for students in grades 8, 9, and 10, as well as parents from four secondary schools in Hulhumale'.

Our main objectives are:

- a. Conduct Living Values Education Program for grade 8/9/10 Students and Living Values Parenting Program for the parents of these students.
- b. Conduct Living Values Educator Training focusing on 2 Teachers from each school and all the Counsellors working in Hulhumale' Schools.
- c. Install values bill boards / signage in parks and beaches. Six bill boards will be placed in selected areas in Hulhumale', Male, and the Airport.

Activity 1.1

28th December 2023: A meeting was held with Housing Development Cooperation (HDC) to get their support from CSR to conduct the program in Hulhumale'. HDC is the developer and oversee everything that occurs in Hulhumale'. The meeting was attended by Azzam Latheef – Assistant Director, and Samha Naseer – Manager.

Activity 1.2

16th January 2024: A meeting with Education Ministry Senior Officials.

This meeting was held at Ministry of Education to give an overview about the project and get permission to conduct these programs in Hulhumale' Schools.

In the Meeting, Aishath Safoora-Minister of State, Aminath Maria -Deputy Minister, Aminath Azza-Director General, Ahmed Naseem-Zone Coordinator participated. And the Maldives focal for Living Values Education, Aminath Ismail also joined and presented the work done so far in Maldives.



Activity 1.2: Meeting with Education Ministry Officials

Key discussion points were as follows:

- Given the overview of the program and did a presentation on what the program is about and the previous experience was shared.
- Given permission to coordinate with Hulhumale' School Principal's and arrange the Schedule
- Inform the Ministry number of participants from each school.
- A representation from Ministry will be present at the principal meeting.

Activity 1.3

19th January 2024: A meeting with Maldives Police Service – Crime Prevention Unit to joined with the school program to share their knowledge on crime prevention. The meeting was attended by Fathimath Nashwa -Chief Superintendent -Head of Crime Prevention.

Activity 1.4

Prior to the Orientation session for the School Principal, individual meetings were held to give an overview of the program and requesting for their support to conduct the sessions to parents and the convenient time to have the meeting with all principal.

Following are the meeting days and the attended personal from each school

21st January 2024: A meeting with Ms.Fasana Mohamed (Deputy Principal / Acting head of Huravee School)

22nd January 2024: A meeting with Ms.Basheera Mohamed (Principal of Ghaazee School)

24th January 2024: A meeting with Mr.Nazim Abdulla (Principal of Rehendhi School) along with Deputy Principal Rameez.

25th January 2024: A meeting with Ms.Nasiha Idhrees (Principal of S'alaah'udhdheen School)

31st January 2024: A meeting with Ms.Mariyam Mohamed (Principal of Gasim Pre-School)

31st January 2024: A meeting with Ms.Fathimath Leena (Principal of Kaamil Didi Pre-School)



Activity 1.4: School principal meeting

Activity 1.5

27th January 2024: Living Values Education program for Grade 10 students of Ghazee School was held.

A total of 76 students participated (35 girls, 40 boys, 1 did not mention gender). A pre and post evaluation question was done and the report was compiled and shared to Ghazee School and to Ministry of Education.



Activity 1.5: LVE program for Grade 10 students



Activity 1.6: Panel discussion

Activity 1.6

3rd May 2024: A panel discussion was held on the challenges faced by the younger generation, particularly in parenting, instilling values, and revitalizing societal norms.

Emphasizing the significance of instilling values that act as a moral compass in society and inspire the next generation. ✧

A full detailed report on the Ghazee School Grade 10 LVE Program and the Panel Discussion is available for download on our website country report page.



PHILIPPINES COUNTRY REPORT

Focal Point for Living Values Education: Brian U. Bantilan, M.M

Email: Philippines@livingvalues.net

THE PHILIPPINES DEPARTMENT OF EDUCATION, BATAAN DIVISION EMBRACES LVE VALUES-BASED ATMOSPHERE

March 2024

On March 21, 2024, the Philippines Department of Education in Bataan formally requested a special discussion with Brian U. Bantilan as the Focal Point in Living Values Education Philippines. The purpose of this request was to organize a session to foster a Values-Based Atmosphere among educators, Grade 10 Teachers, and officials from the School Division Office Bataan.

The initiative was fully supported by the Education Program Supervisor in Edukasyon sa Pagpapakatao, Ma'am Jacqueline C. Tuazon. The primary objective of this session was to cultivate a nurturing environment conducive to both learning and teaching.

It emphasized the importance of nurturing the hearts and educating the minds of learners and educators alike.

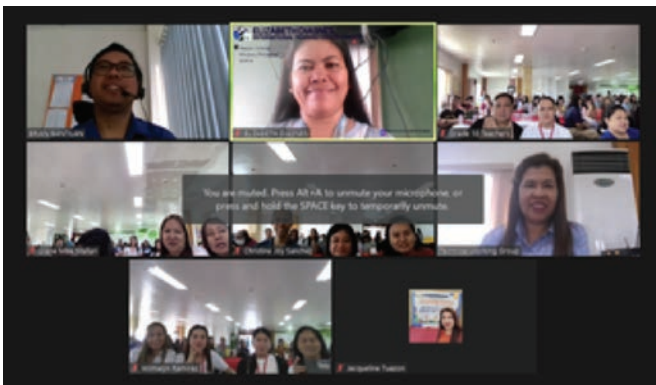
This was envisioned as a positive learning space where individuals are loved, valued, respected, understood, and above all, safe.



During the talk, Mr. Bantilan centered his webinar session on values-based discipline. He highlighted the significance of fostering mutual respect between teachers and students. This entailed offering genuine and specific praise and actively listening to one another.

The session concluded with a focus on posturing positive mindset, particularly with the challenges posed by the younger generation.

Overall, the engagement with Mr. Bantilan provided valuable insights and strategies for creating a harmonious and positive learning environment that promotes both academic and holistic personal development. ✧



LVE DISTANCE FACILITATOR'S TRAINING (DFT) LEVEL 1 COMPLETION CEREMONY CELEBRATES CPSC 4TH YEAR ITED STUDENTS

March 2024

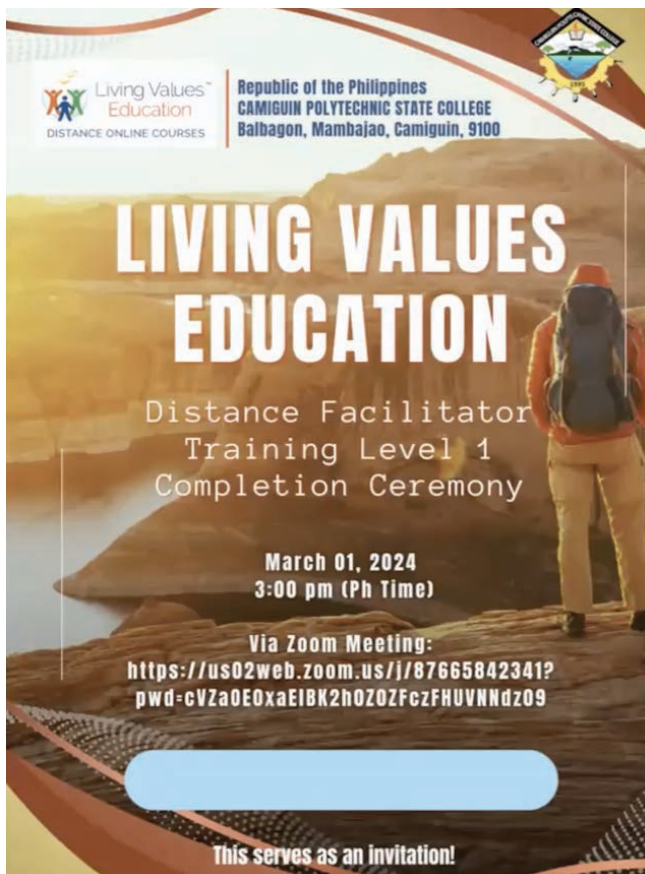
In a celebration of commitment to holistic education, the Living Values Education Distance Facilitator Training Level 1 Completion Ceremony took place in early March 2024. The event, graced by esteemed personalities in the education sector, marked a significant milestone in the journey towards fostering values-based learning environments.

Attended by Mr. Roger Miles, the ALIVE OTC Director, alongside Mr. Brian Bantilan, the LVE Philippine Focal Point, and Ms. Elizabeth Diasnes, an esteemed LVE Facilitator, the ceremony radiated enthusiasm and dedication towards the principles of Living Values Education. Including Dr. Macario B. Oclarit, the College President of CPSC, and Dr. Nena B. Siaboc, the Vice President of Academic Affairs, whose presence underscored the institution's unwavering support for initiatives promoting holistic student development.

Professor Juvy Agbayani, also graced the occasion, sharing the Memorandum of Understanding. Alongside her were fourth-year teaching interns, eager to imbibe the teachings imparted during the completion ceremony into their burgeoning careers.

During the ceremony, it was the fourth-year teaching interns who received the certificates, marking the culmination of their 12-week training journey through comprehensive modules designed to instill essential values in educational practices. This acknowledgment highlighted the interns' dedication and commitment to embracing Living Values Education principles.

With the culmination of this milestone, participants embark on a journey empowered with the tools to instill essential values in their educational practices, fostering environments conducive to holistic growth and societal betterment.

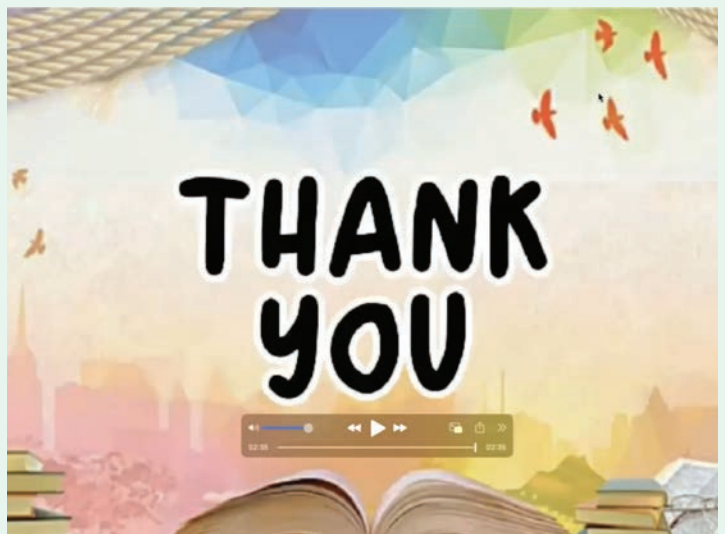




Screenshots from the Zoom meeting

As the ceremony concluded, participants departed with renewed vigor and a shared commitment to embody the principles of Living Values Education in their respective spheres, heralding a brighter future for generations to come.

We invite you to view the video on our Living Values Education YouTube channel at: <https://www.youtube.com/@LivingValuesEducation/videos>



Words by Cherry Mae M. Salvo

Photos by Ms. Elizabeth Diasnes and Cherry Mae Salvo

TRANSFORMING LIVES FOR LIFELONG LEARNING: DALUYAN 4.0 EMPOWERS EDUCATORS WITH LIVING VALUES EDUCATION

April 2024

The UNESCO-Asia-Pacific Network for International Education and Values Education (APNIEVE) Philippines recently hosted the much-anticipated DALUYAN 4.0: UKIT MATATAG AT MARANGAL event on April 13, 2024.

This transformative gathering aimed to equip educators with the tools and strategies necessary to foster a values-based atmosphere in both educational settings and everyday life.

A standout feature of the event was the insightful presentation by Sir Brian U. Bantilan, a distinguished Focal Point in Living Values Education Philippines. Through the platform Zoom, Sir shared his expertise with nearly 188 eager participants, primarily composed of Values Educators. At the heart of his session was a profound discussion on "Living Values Strategies in Creating Values-Based Atmosphere."

During the session, Sir Brian Bantilan meticulously outlined various steps essential for **Making Values Education a Practical Reality**. He emphasized that these strategies weren't confined to the classroom but were equally pertinent to real-life situations, urging participants to integrate them into their daily interactions. His approach transcended the boundaries of traditional education, advocating for a holistic implementation of values-based principles across all sectors.

The impact of Sir Bantilan's presentation was profound, leaving participants awestruck by the depth of his insights and practical Living Values Education strategies.

Attendees expressed gratitude for the invaluable knowledge gained, recognizing the potential for transformative change in both their professional and personal lives.

None of this would have been possible without the unwavering support of key figures within APNIEVE-Philippines. Dr. Floyd G. Aquino, Regional Coordinator, and Dr. Maria Lourdes Quisumbing-Baybay, President of APNIEVE-Philippines, played pivotal roles in orchestrating the success of DALUYAN 4.0. Their dedication and commitment to advancing values education have laid the foundation for empowering educators and transforming lives.

As the echoes of DALUYAN 4.0 resonate within the education community, it serves as a testament to the power of collaboration and innovation in shaping the future of education. ✧

With a renewed focus on values-based learning, educators are poised to nurture the next generation of global citizens equipped with the knowledge, skills, and values necessary to thrive in an ever-changing world.

UKIT
MATATAG AT MARANGAL:
TRANSFORMING LIVES FOR LIFELONG LEARNING

APRIL 6, 13, & 20, 2024
8:00 - 5:00PM

VIA ZOOM

Logos: APNIEVE Philippines, DepEd MATATAG, BAGONG PILIPINAS



VENEZUELA COUNTRY REPORT

Focal Point for Living Values Education: Estela Gavidia

Email: Venezuela@livingvalues.net

STORIES WITH VALUES

January - March 2024

Once or twice a week and on special days, pre-school teachers at the Tulipán Educational Unit in San Diego, Venezuela, lovingly share with their students, stories from the book *Living Values Activities for Children Ages 3 to 7*, as an activity at the beginning of their class.

The school's Academic Coordinator tells us about their experience:

The Living Values books have been very helpful and a valuable teaching resource for teaching values to children and their families.

Since July 2022 Estela Gavidia, Living Values' Focal Point in Venezuela, has been holding a workshop called "*Coffee with Value.*"

This is an activity that takes place on the third Thursday of each month, as part of the monthly activities of Casa de la Cultura "Aldemaro Romero" located in the municipality of San Diego, state of Carabobo, Venezuela, with an average of 25 participants per workshop, mostly women.

An activity dedicated to exploring, together with the attendees a specific Value and then enjoying a coffee, talking in a relaxed way about how we can give life to that Value in our everyday life.

At the end of the activity, drawings are made, and a list of ACTIONS as well, which they will begin to carry out within their family and as active members of their community.

LVE together with the Department of Education and Culture and Tourism, celebrated International Woman's Day on 8th March, by commemorating women with their "*Coffee with Value,*" day – a space to exalt women's work and personal growth. ✧

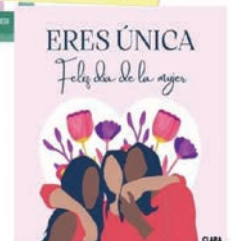
*We are remembered for our values...
Not because of our roles.*



San Diego
8 de marzo 2024

Desde la Dirección de Educación, Cultura y Turismo conmemoramos a la mujer en su día con nuestro programa "Café con Valor" un espacio para enaltecer la labor de la mujer y el crecimiento personal.

Ofrecido por el Programa Internacional
Valores para Vivir - Venezuela





VIETNAM COUNTRY REPORT

ALIVE Associate: Living Values Education Centre
(Chi Hoi Khoa Hoc Tam Ly - Giao Duc Gia Tri Song)

Representative to ALIVE: Nguyen Thi Bich HA

Email: Vietnam@livingvalues.net

Progress on LVE videos being prepared for Department of Education

Living Value Education – Vietnam has completed 10 updated videos based on feedback from ALIVE.

You can download a detailed explanation on our country report page (please note that some feedback was not incorporated).



A few screenshots from the videos

Living Values Education Program (B2C)

This is a brief summary of the current progress on the Living Values project.

Our academic board is developing the curriculum and learning outcomes in alignment with the preschool education program of the Ministry of Education and Training (MOET). While the content will still center on the 12 core values, the activities have been redesigned to align with MOET's updated requirements.

Additionally, our team is working on a new initiative called *'Bedtime Stories,'* which will be inspired by the stories from your book. This is a fresh concept, and we aim to provide more detailed updates by the end of 2024.

Support Thao Dan Children Support Center

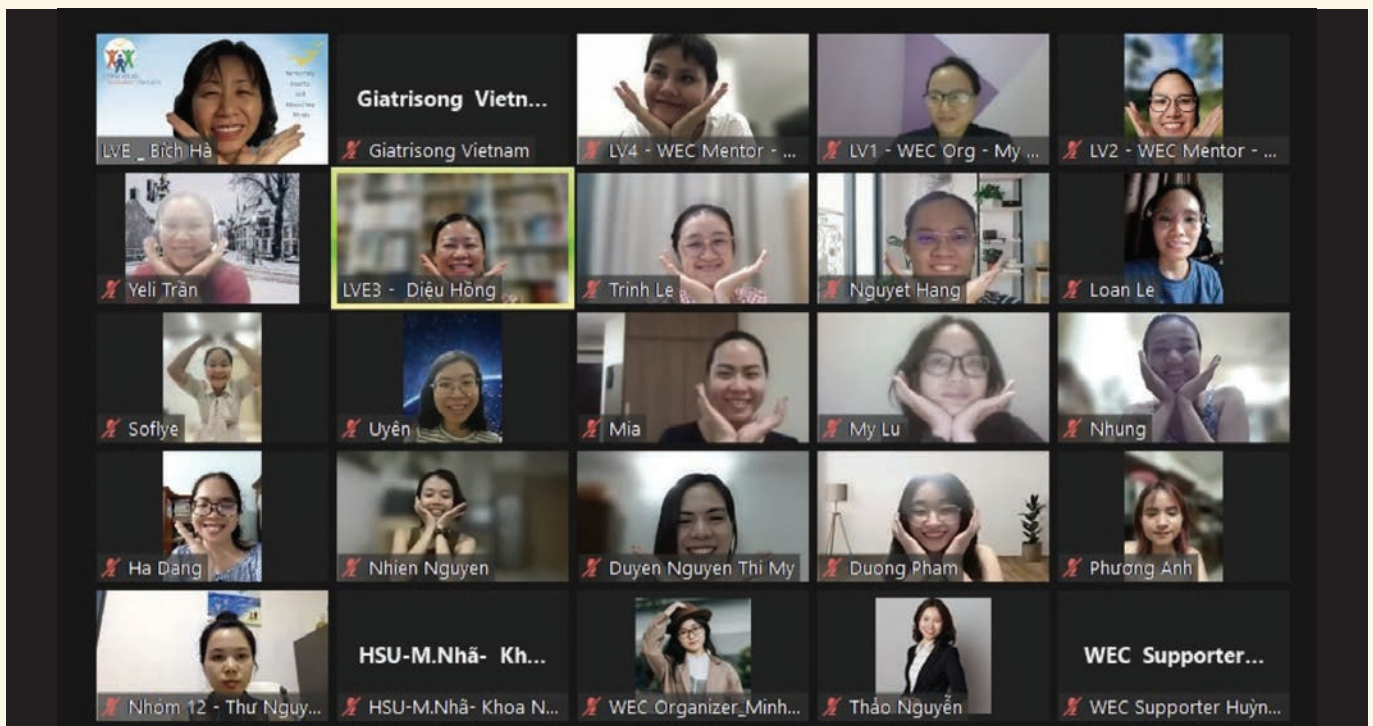
On April 16, LVEC has welcomed two representatives from Thao Dan Children Support Center to visit and discuss cooperation between the two sides in bringing values education to staff, children with special circumstances, and street children that the center is supporting. The 2 sides agreed to sign MOU on cooperation. According to that, Living Values Education Vietnam will transfer Living Values approach and available teaching materials to support TDCSC in organizing LVE trainings for staff and children. Both sides will also exchange opportunities for members to participate in LVE activities and activities to support children.



Representatives of Thao Dan Children Support Center at LVE's office

28-day Gratitude Journaling

Since January of 2024, LVEC has continued organizing the 28-day Gratitude Journaling for its members and communities. 05 series have been conducted with the participation of from 36 to 48 people each series. A lot of benefits from the journaling has been shared by the participants. ✧



28-Day Gratitude Journaling guidance for WEC group

Workshop for Women's Empowerment Club (April 16,17,19)

Living Values Education Vietnam has been very proud to be selected as the training partner to support Women's Empowerment Club (WEC) for several consecutive batches since 2019. WEC is funded by The U.S. Consulate of HCMC in their mission to empower and create positive change for women and society. The training for 2024 has been conducted on April 16,17 and 19 for 25 women – middle managers from different works of life.

Most of participants said they got AHA moments, deeper understanding of values and its roles in all aspects of life. All were very impressed with the teaching style and knowledge imparted by Ms. Bich Ha, who teaches with all her heart and embodies values. In 3 days training, besides helping people understand deeply about living values, Ms. Bich Ha also let them be more aware of **the importance of keeping balance of both mental and physical health in order to live a life with full potentials and happiness.**



For the projects with Community Partners this year, WEC new members in 05 groups will put more emphasize on living the values, creating the value-based atmosphere, as well as practicing and sharing the values to their Community Partners. During the 02 month projects, WEC members will also have chances to practice Gratitude Journaling and Mindfulness as 02 supporting programs to enhance their values.

In 2024, LVE Vietnam also participates as one of the Community Partners with the project to enhance public awareness about the DFT program and about LVE in general.

Again, the atmosphere of love and respect, unity has brought all these talented women together, inspired them to extend the values to community via their community projects.

Two Workshops for the HCMC’s Department of Health & Leaders from 42 Hospitals

Taking care of Mental Health for Healthcare workers is one of the biggest priorities of the Authority since the Covid pandemic in Vietnam.

In collaboration with IDRM (the Institute for Research & Development of Vietnam’s Manpower) LVEC was proud to be selected as the training provider for 02 workshops attended by members of the Board of Directors of 42 hospitals as well as some senior staff of the Department of Health of HCMC.

The workshops’ theme was **“How Leadership Support Impacts the Mental Health of Healthcare Workers”**.

During the one and half-day workshops conducted on 13th-14th and 20th-21st of April, through a variety of activities, the participants explored their core values.

They experienced the importance of living values such as Inner Peace, Responsibility, Respect, Love, Cooperation, Tolerance, Gratitude and simple ways to apply those values in their work and life as well as for their Healthcare worker staff. They also learned the importance of the value- based atmosphere (VbA) and the skills to create the VbA.

Many of the participants shared that they found the workshop useful and that they can bring the practices back to work.

After the workshops, all participants will have a chance to learn and practice mindfulness and gratitude journaling, the 02 supporting programs to enhance their values.



Living Values Training on April 13-14 for the leaders the Department of Health and leaders of 25 Hospitals in Ho Chi Minh City



Living Values Training on April 20-21 for the leaders of the Department of Health and leaders of 17 Hospitals in Ho Chi Minh City

Lunar New Year Celebration (February 24)

New Year celebration is a kind of beautiful traditions for LVE Vietnam Family. The event was for LVEC's members to look back at the previous year, shared their experiences on living values application in daily life and look forward for new developments, successes in the new year.

Living Values Education Vietnam has started 2024 with a very good news when it welcomed more new members to the group. All participants were very happy with positive updates from Ms. Bich Ha, especially those important workshops have been approved for implementation in the first quarter of 2024.

~

As usual, the atmosphere of LVE meeting was always nice, cozy, friendly with full of love.

~

Sharing from Mr. Le Thanh Hung, an active member of LVEC on aspects of life with value perspective brought many lessons and inspiration for all attended.



New Year celebration at LVE Vietnam Office



SOUTH AFRICA COUNTRY REPORT

Representative to ALIVE: Pratiba Daya

Email: southafrica@livingvalues.net

Two mothers from different walks of life, brought together by a shared desire to make a difference.

Toral Shah, a jewellery designer and mother of two teenagers, and I, Shweta Kapur, an interior designer and mother of two children, found ourselves drawn to the Living Values Distant Facilitator Training (DFT) two years ago. At the time, neither of us realized just how much this journey would transform not only our own lives but also the lives of those around us.

What started as a personal exploration quickly grew into something much larger. We began by hosting small workshops at home with close friends, creating safe spaces to discuss common parenting challenges. The energy in those rooms was incredible - parents opening up, finding support, and realizing they weren't alone.



A Living Values Workshop being conducted at The British International School, Johannesburg

Those humble beginnings led to an invitation to the British International Preparatory School, where we held workshops that focused on one value each month. We created an environment that was interactive, engaging, and judgment-free. Games and activities made the sessions fun, and we ensured complete confidentiality for parents who needed a private space to share.

Soon, word began to spread. We found ourselves being approached by more schools and organizations, eager to offer the same kind of support to their communities. Beyond workshops, we introduced coffee mornings - a relaxed way for parents to socialize and reflect on their growth. These mornings became a space for parents to acknowledge and accept their own imperfections while taking steps to bring about change in themselves.

We didn't stop there. Realizing the potential to reach even more parents, we started hosting online sessions, making it possible for anyone, anywhere, to join. The response has been overwhelming.



Coffee mornings

Over these two years, we've heard stories that keep us motivated. Parents have told us how these workshops have helped them improve their relationships - starting with themselves and radiating outward to their families. Hearing how even small changes in mindset and behavior have created ripples of positivity in their homes is a feeling beyond words.

These experiences have fueled us to keep going, to dream bigger, and to find new ways to make Living Values accessible and impactful. It's been an incredible journey so far, and we're so grateful to everyone who has trusted us to walk alongside them on their own path of growth. We can't wait to see where this journey takes us next.

Living Values Educational Programme - A Global Initiative For Parents, By Parents



Shweta Kapur

"Hello, I'm Shweta, an MBA graduate in International Business. Alongside my professional roles as a canvas and resin artist, as well as an Interior decorator, I find immense joy in these endeavours. They resonate with my exuberant and creative personality, perfectly complementing my sociable nature. As a mother of two beautiful children and a supportive wife to my highly ambitious husband, I've found a balance that fuels my passions.

"Embracing my values has not only amplified my inherent qualities but has also harmonized my thought process. This journey has fostered confidence, authenticity, and resilience within me. The profound happiness, tranquility, and gratitude I've experienced extend to my immediate relationships. The transformative impact of this course on my personal growth motivated me to become a certified International Facilitator for ALIVE.

"Now, I'm excited to share my narrative and insights, aiming to contribute to a happier world. My engagement with the ALIVE program has been an enjoyable and heart-warming adventure. Conducting workshops and collaborating with individuals, I've had the privilege of guiding them towards a brighter perspective of the world." ~ Shweta Kapur

MY REFLECTION: Attending a Living Values workshop, led by a friend, sparked my desire to explore its principles further. What intrigued me was its focus on self-improvement before assessing others, prompting a significant perspective shift. Instead of solely aspiring to be the best for others, the course emphasized becoming the best version of myself first. Addressing my flaws during this journey transformed my weaknesses into strengths, bringing control and positivity to various aspects of my life. This transformative experience rediscovered my identity, allowing me to approach life's challenges with a positive outlook. The acquired knowledge emphasized self-reflection and valuing each aspect of my life, making me more conscious and positively impacting my family. Choosing this course stands among my best decisions, fostering peace, compassion, and understanding within me. Motivated by this transformation, I am committed to supporting my community, peers, and others, contributing to a more peaceful, accepting, and loving world.

~



Toral Shah

"Hi, I am Toral. I'm a MBA in Retail and Financial management and have completed various jewellery courses with the renowned Gemmological Institute of America. A Jewellery designer by profession, a caring wife, a confident mom of a 9 year old girl & a 12 year old boy, and an International Facilitator for ALIVE. I love doing anything creative, hiking, playing board games with my children, having movie nights at home!

"I have always been inclined to exploring the concept of values and how we can make use of them in our daily lives and in turn make our space (home/work/school) a better place to live in. I strongly believe that every person has their own speciality.

"Since a few years, a part of my daily routine has been to make a contribution towards a better world through practicing mindfulness, having an attitude of gratitude, journaling, conducting meaningful workshops and this has given a profound meaning to every single day that I get a chance to wake up to and make a difference! My

Journey with Living Values began in 2018 when I was exposed to the training through a LV book! Since then I have only progressed in terms of living a bountiful life. Here, I am, ready to spread my wings, as a Living Values Facilitator and forming a friendly community of parents that care, share and grow together." ~ Toral Shah

MY REFLECTION: I came across a book by Living Values Education in a library, which is when my journey with ALIVE began. I started implementing the guidance in the books for a better balance between love and disciplining children. It helped me widen my heart so much! My children and spouse are thriving today, we found a better way to guide our children to become the best version of themselves. After watching the family grow multi-dimensionally, I took up the training course, which included self reflection and journalling. It inspired me to lead a life that can inspire others around me. I saw my own flaws through this course and started working on them. I realized that positive parenting begins with the parent becoming a positive role model for the child and gaining child development knowledge was very important.

I thoroughly enjoyed every part of the training, gaining a higher sense of self respect and confidence as an individual first. When we impart values, we make our children feel safe, loved and belonged.

I am looking forward to growing a larger community of parents who would like to take the initiative to make a change, they want to see in the world around them. I am dedicated towards facilitating more powerful positive parenting workshops, that will generate peace, love and respect in our immediate surroundings and the world at large.

Mrs. Shweta Kapur and Mrs. Toral Shah initiated monthly workshops at an International school in Johannesburg in March 2023, originally focused on 'Positive Parenting'. Over time, it evolved into a tight-knit community of parents dedicated to transforming their communication and relationships with their children. The positive impact reached beyond, fostering better family dynamics, improved discipline, reduced sibling rivalry, and enhanced spousal understanding. Parents returned with glowing feedback, citing improved decision-making, happy and confident, academically successful children.

Participants experienced profound realizations, often returning after a 21-day challenge with positive transformations deemed initially impossible. Facilitating these workshops not only brought positive change but also contributed to our personal growth. Sharing knowledge from Living Values became a cornerstone, transforming our lives, relationships, and fostering peace within our families. The neuroscience angle reinforces the value, indicating that positive parenting positively influences brain regions associated with emotions and cognition in teenagers.

Despite the rewarding experiences, our main challenge lies in expanding this valuable education to more schools, aiming to instil values in children, teachers, and parents alike. Aligning 'Values' across these three levels fosters mentally and emotionally resilient children, calm and confident educators, and proactive parents. We advocate for prioritizing values alongside academics, believing it leads to happier individuals capable of navigating any situation with resilience and positivity.

Amazing sessions and valuable reminders , came about for me from attending the LVE workshops. Parenting can be a handful



Parents Comments

Thank you for giving us a chance to share and connect with yourself, we have such an amazing parent community. Your reviews are so valuable to us



The Living values sessions are so mindfully created. Lots of lessons to be learnt through them. One important lesson that I am taking back is – When I listen to my children without interruption, it builds a beautiful connection! Talking about my own childhood to my children help me build a strong bond with them



All I can say is that I am seeing visible changes just after attending 2 Living Values Workshops! My children are learning to have more patience as I am keeping calm myself - Miral



Attending the LVE workshops was such an amazing experience . Something that I will now implement in my life daily! Thank you so much for guiding and being there



It was lovely to attend the workshops and gain insights in such an important topic . Just loved the way you connected with us



I think the length of the workshop is great to go through one value at a time, as it is important to view an individual's personal value system equally well. I truly appreciate the time that you both are investing - Thelma

By attending just 2 workshops of Living Values, I saw a 20% change in my own behavior! I have become more calmer and easy going as an individual. I think twice before I speak. Self awareness has now become easier. Validation from other parents in the session, makes me feel good too!



The Living Values workshops are very beneficial for parents with children(of any age). I really appreciate the valuable time , the co – ordinators have taken out to conduct these sessions. And helping us become the best version of being a parent.

" I benefited tremendously from the skills provided on how to create a values-based environment, active listening and conflict resolution skills"



"At the beginning I felt this was a waste of time, but then I discovered that LVEP was a very beautiful thing, precious, especially for myself. It has been the most beautiful thing of my life, as it was conducted by the co-ordinator with love and so I have a lot of respect for her"

Learn from mistakes of the past, move on and live your noblest values by choosing to live in your values



"I have become more friendly towards the children, more understanding, tolerant and humble"



"Very enlightening - my mind has opened up to my own values and I am also happy I was able to reflect - I feel refreshed!"



" We already have these values deep inside us but we must dig in ourselves to find it. An eye opening workshop!"



"I now know that without values even the most advanced societies will fall"

Letter of Appreciation from The British International Preparatory School



**BRITISH
INTERNATIONAL
PREPARATORY
SCHOOLS**
Est. 2012

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Preparatory Campus Principal: Dr. Garth Thompson HDip.Ed.; M.A.; D.D.

20 November 2023

Dear Concerned,

In this year 2023, a powerful and transformative values initiative was taken up by two parents of The British International Preparatory School.

Mrs. Toral Shah and Mrs. Shweta Kapur, who are both internationally certified trainers in Living Values, successfully conducted the Positive Parenting program at the school.

The monthly workshops proved highly informative and garnered excellent attendance from parents who thoroughly enjoyed the course.

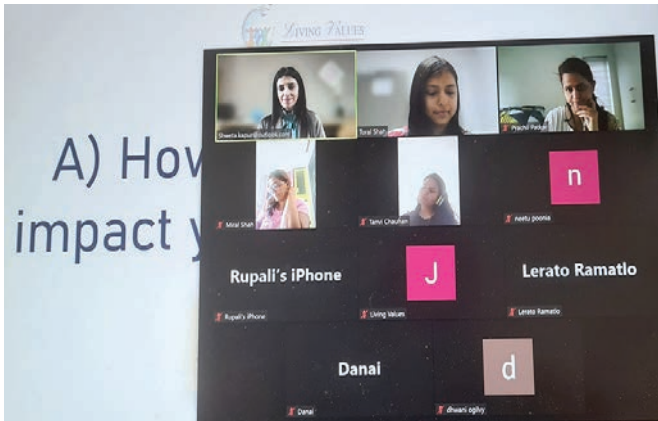
The school witnessed a notable improvement in both the child-teacher and parent-child relationships, as well as parent-teacher relationships with parents who attended the course. As a values-based institution, Living Values aligned seamlessly with our ethos, enabling us to instill these principles more effectively among our students and staff.

BIP is committed to sustaining this positive momentum by offering additional workshops to our parents and teachers for continued growth.

Regards

Dr. G Thompson
Preparatory Principal
principal@biprep.co.za
British International Preparatory School

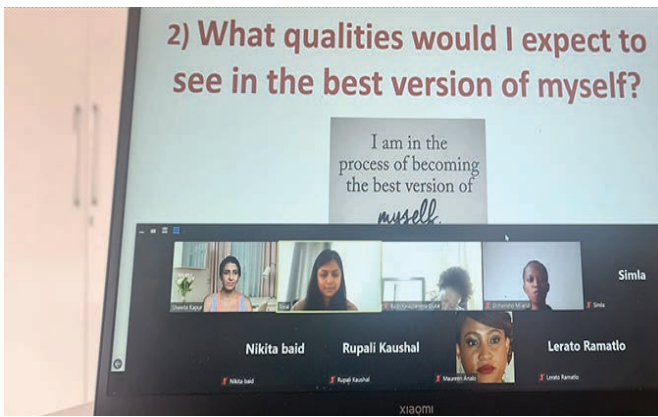
Living Values Online Sessions



'Peace', January 2024



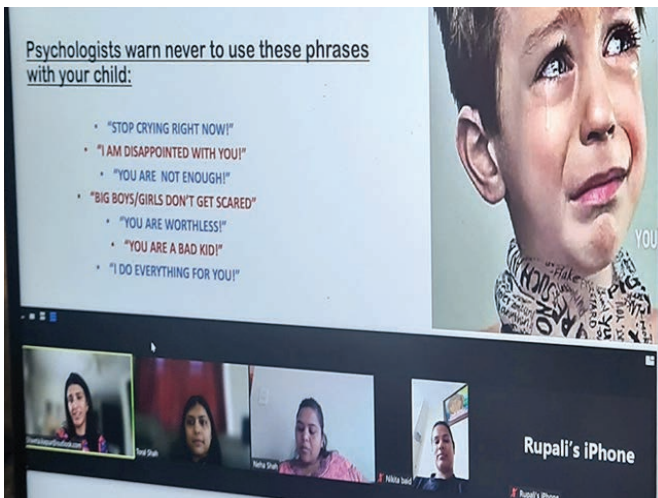
'Respect', February 2024



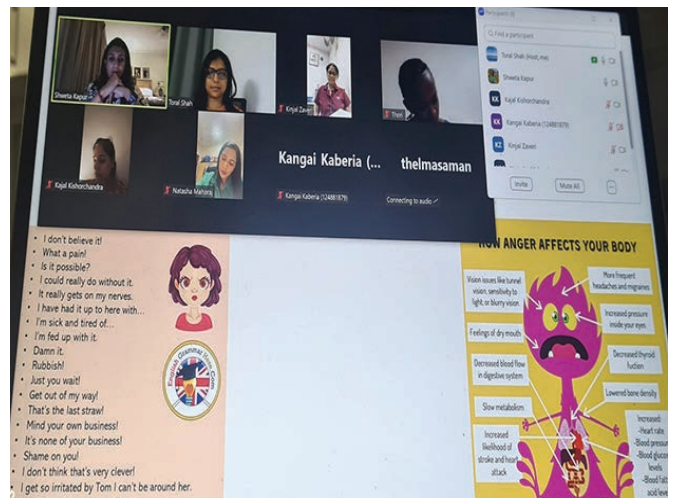
Online session with children in 'Values', March 2024



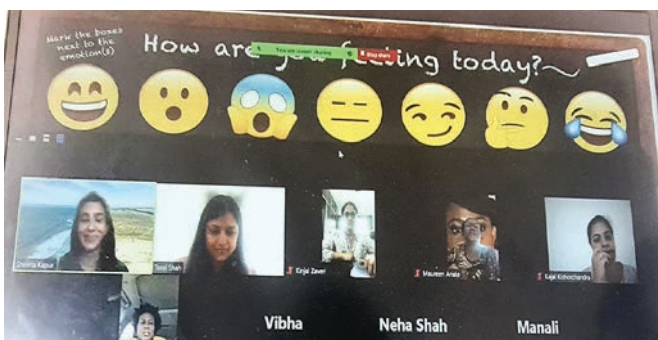
Session with children in 'Values', March 2024



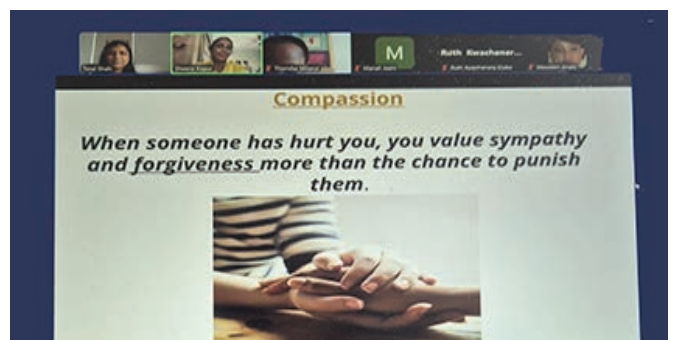
'Values', April 2024



'Reinforcing Positive Values', May 2024



'Strengthening Loving Family Relationships', June 2024



'Compassion and Contentment', August 2024



GERMANY COUNTRY REPORT

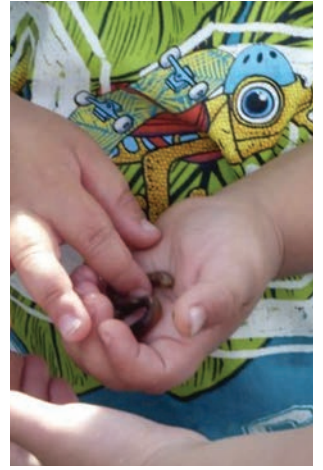
2024

In 2024, a '**Place of Encounter**' in nature was created in Ebersroith. The infrastructure was also created.

Moving into 2025, we have camps for children and young people planned for the Pentecost and summer holidays. These will incorporate: '**Living Green Values**' - Encounter nature with love and appreciation.



Group photo of all European representatives enjoying nature



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Experience nature, preserve nature.

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Participants experiencing nature

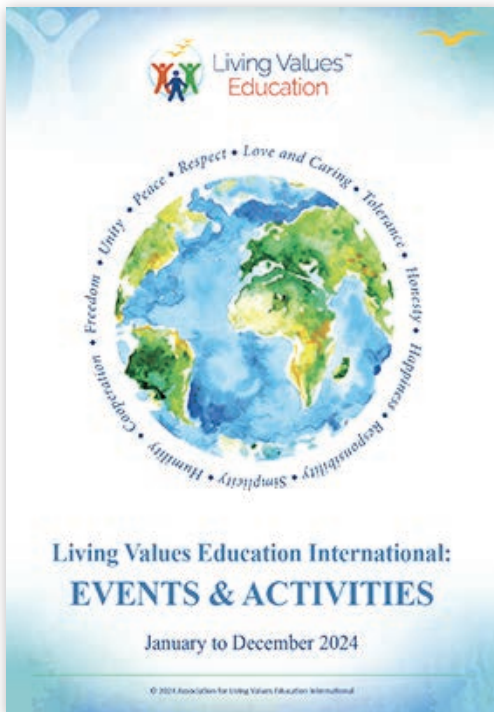
ONLINE TRAINING CENTRE (OTC)

Representative to ALIVE: Roger Miles

Email: distance@livingvalues.net

DISTANCE LVE ONLINE INTERNATIONAL TRAINING CENTRE (OTC) – A PLATFORM FOR REMOTE LEARNING

OTC Courses 2024 - The direction of Online Activities currently in hand



LVE Events & Activity Report: January - December 2024

This book will be available to all LVE Country Associates and Focal Points plus LVE subscribers to present the countries who have held activities in the Jan to Dec each year. All materials are drawn from the LVE website Country Reports and are available for download at www.livingvalues.net/resources

Regional LVE 2-day DTTE

The successful DTTE 's held last year in The Philippines demonstrated the opportunity to have hundreds of teachers engaged in DTTE under consideration. The only thing preventing immediate application is the International Training Centre need for an admin team (2) to implement. This would involve holding a series of DTTEs, with an event every two months in a different region/closely aligned time zone, for teachers in all countries within that time zone.

The DTTE presentation would be standard/automated with a managing Master of Ceremonies. Reservations would limit the DTTE to 500. An international commercial events company would manage registration

on a 5%-10% fee basis. There would be a small registration fee of \$15, which would cover reservation costs; prior to the event, we would email a welcome with a preview of LVE offering a download of LVE promotional material – the ALIVE brochure and the free Values Book “*Caring for the World*”. Local national Assoc and FPs would be provided with contacts of attendees from their country for follow-up.

LVE Values Awareness Facilitator Training (VAFT)

This year, the VbA online workshop project has successfully piloted the fully automated “XP technology structure” for online interaction with larger groups of teachers. This follow-on Course from the VbA Alumnae participants is proposed specifically to build both LVE international facilitators and expand the DFT/OTC Mentor admin teams.

OTC is awaiting funding confirmation to develop the DFT online version to be called, “**Values Awareness Facilitator Training - VAFT**” using the same new XP technology to streamline administration designed for large multiple-group engagement.



A New LVE VbA Online One-day Course

The new LVE Values-based Atmosphere online one-day course commenced as schedule in September. VbA Course #1 with 104 participants, VbA Course #2 again in support of WVD in October, registration fee waived, VbA Course #3 is scheduled for 14th December.

Overview:

- Twelve contributors to the LVE VbA provided 30-40 minute presentations is the foundation of the Course. Other supporting aspects of LVE activities are interchanged between Courses.
- The LVE VbA Online, aimed at educators, parents and individuals, is a fully automated online Course as found in Universities and Colleges requires no admin interaction, registration, through to certification with pre and post communication built in. It will be available for nominated LVE Associates and Focal Points to use their respective countries. It can be changed with special aspects available to educational organisation with their own logos and identification.
- All support materials for mailing are provided.
- LVE VbA would be the follow-up to all regional DTTE participants.

LVE Distance Facilitator Training (DFT)

The number of Distance Facilitator Training registrations was boosted in 2024 by the 138 Philippines Camiguin College 4th Year graduating students who undertook DFT Level One as part of their final Course activity. The program's success has encouraged the College to implement the DFT for two more years, 2025 and 2026.

Commencing December the DFT will reach further into the Philippines Department of Education with two further colleges incorporating the DFT into their curriculum, each College will add the DFT to their graduating 4th students for three years initially. This will bring the DFT participants to around 600 each year for 2025 and 2026.

Due to this increase in DFT participation requires significant additional administration. The successful automated VbA which promoted the DFT is also stimulating new interest in the DFT. Therefore the development of a new DFT version following the successful VbA XP is envisaged for 2025.

The DFT in the new XP automated format is required to be ready for January 2025.



Cherry Mae M. Salvo

FURTHER DEVELOPMENTS FOR 2025

LVE Model/Accredited Schools

The concept behind the OTC three-layer LVE Model School structure offering, which empowers schools to use all LVE materials and resources:

- **Independent Status:** Allows use of all LVE materials in the school; LVE has no responsibility or practical engagement/interaction.
- **LVE Accredited School:** Partnership in the school/LVE relationship, providing materials, resources and workshops. Successful annual evaluation provides LVE recognition as an Accredited School. The school can use LVE Accreditation to enhance/encourage enrolment. There is a proposed annual fee charged – amount to be decided.
- **LVE Model School:** After three years of continuous Accreditation, and upon ALIVE evaluation, the school is automatically identified as an LVE School. There is a proposed annual fee charged – amount to be decided.

The challenge facing the development of the above LVE Model/Accredited Schools structure is simply the lack of mentor admin teams – fully trained facilitators to support the undertaking. VbA and VAFT with our new XP technology may bring more people willing to volunteer their time and use their training in support of schools wanting to embrace Living Values.

A PROPOSAL FOR ALIVE TWO-YEAR INTERNSHIP 'VALUES EDUCATION BUSINESS ADMINISTRATION CERTIFICATED COURSE' (VEBA)

**This could answer the need for admin staff within OTC and support staff
for developing country Associates and Focal Points.**

Course Participants

The VEBA 2-year Course would be aimed at university and college graduates who are 22- 26 years old and seeking practical work experience in business. Participants would live in their own country, communication and education would all be online with Zoom and XP technology.

Intake of Participants in Any Two-Year Period

The VEBA Course might offer six free employment scholarship placements. Scholarship Interns could be placed within OTC to manage the local VEBA Online activities and coordinate and assist national Interns. Three teams of two could undertake various assigned administrative responsibilities as in any business.

Intern Placement

The VEBA Course could provide for the national placement of 12-18 interns drawn from countries where the LVE Assoc/FP has agreed to partner with OTC to use the Interns to build their national LVE activities. Each country could have a team of two interns to undertake various administrative responsibilities assigned by the Assoc/FP, just as any business does.

Initial Alive/LVE Course Product Training

OTC provides all Interns with an initial 3-month LVE Training Programme to develop their skills in the practical application of LVE in a business environment with admin, product design, marketing, distribution and management activities. During the 3-month national internship, Interns could be available for practical product familiarisation work on behalf of their own Associates and Focal Points.

Practical Course Application

Following the training period, national Interns could be engaged in practical activities for their country; OTC Interns could be involved with developing business aspects for the greater OTC organization. All interns could be encouraged to create real-time administrative structures and applications that ALIVE Associates, Focal Points, and OTC may adopt. The object could be to provide management insights for self-developing integrated business applications for small to medium-sized ventures and NGO structures.

Five Business Administrative

Aspects could be undertaken by specialist trainers using Zoom and XP communication technology:

1. Banking, accounting, and budgeting
2. Marketing, website, graphics, and promotion
3. Understanding staff morale, and HR-related support training
4. General management skills could form specific business assignments
5. Legal responsibilities and risk, privacy acts, plagiarising, values in business etc.

Evaluation could provide points in the overall 2-year VEBA Course.

Course Evaluation And Certification

All Interns could receive a three-phase Certification for each of five individual assignment business elements within the VEBA Course, the practical application and contribution, and a final Overall Certificate for graduation from the 2-year Course.

Cost Of Course

The VEBA 2-year Course could be valued at US\$5,000, paid annually at US\$2,500, or paid in one upfront payment of \$4,000. Or any amount adequate to fund the training of the teams.

Surplus Funding Generated

Could be apportioned to assist the development of participating national Assoc & FP activities, OTC for administrative/overhead and promotional costs, and ALIVE overheads.

Trainee Management Employment Possibilities

May be available with LVE at the end of the Course. ✧

Full details of all projects are available upon request. Assistance in developing the possible OTC aspects is also welcome: distance@livingvalues.net



BRINGING THE VALUES-BASED ATMOSPHERE ALIVE

How to become involved

As the accounts of Living Values Education people in many countries have testified, this 'magic ingredient', the 'Values-based Atmosphere' is not exclusive; transcending boundaries and cultures, ages and gender, it is available to all humanity.

We can all see it, feel it and are drawn to it daily in the people we meet, everywhere hearts are open.

Living Values Education is simply about bringing this awakening alive in us. To achieve this internationally in over 40 countries we bring people together to find 'Values-based Atmosphere' in themselves which then can be shared with others. We do this through workshops, webinars, online courses, in school classrooms, gatherings of parents, in business, and families at home.

If you feel drawn to being part of this global awakening, first, by bringing your 'Values-based Atmosphere' alive in your own life you can do so, no matter where you live. **We offer this free;** you can attend an LVE workshop, join one of our online gatherings or, simply in your own home at your own pace.

Our website has a vast library of resources to explore to awaken you to your values, or simply join our free 12 week online course, the LVE Distance Facilitator Training.

You are most welcome.

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Email: distance@livingvalues.net ~ Web: www.livingvalues.net