



Centre for the Cooperation  
in the Mediterranean



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Croissant-Rouge marocain

Report

## Atlantis V

*"MOVING TO PRESERVE THE ENVIRONMENT"*

(Morocco, 1<sup>st</sup> of August – 8<sup>th</sup> of August 2009)





Organized by:



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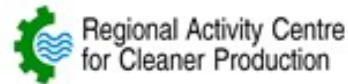
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## SUMMARY

The Centre for the Cooperation in the Mediterranean (CCM), together with the Moroccan Red Crescent, and with the support of the MENA zone, the firm Abertis and the Spanish Red Cross - Environment Department and Youth Section -, has organized the fifth edition of the Mediterranean Youth Camp Atlantis. Atlantis V has been carried out in the frame of the European Year for Creativity and Innovation and as a follow-up of the Red Cross and Red Crescent (RC/RC) World Youth Encounter "*Youth on the move*" held in Solferino (Italy) in June 2009.

The general objective of Atlantis is not only to allow young volunteers to meet and share experiences and knowledge, but also to build their capacity to be dynamic models of change within their National Societies. In accordance with the intentions of the RC/RC Mediterranean Conference, Atlantis should be a place to run into the different cultural souls in the Mediterranean region and to build the capacity of the RC/RC young leaders. In addition to this general goal, and in line with the focus of the new EU Strategy for Youth and the United Nations' International Youth Day 2009, Atlantis V was consecrated to climate change, environment and sustainability themes.

The fifth edition of Atlantis was held in Mehdiya (Training Centre of the Moroccan Red Crescent), Morocco, from the 1<sup>st</sup> to the 8<sup>th</sup> of August 2009. The camp was attended by 69 participants, being 53 volunteers representing 14 Mediterranean National Societies (Algeria, Bosnia-Herzegovina, Egypt, France, Greece, Italy, Lebanon, Libya, Morocco, Palestine, Serbia, Spain, Syria, and Tunisia) and IFRC\_MENA Zone, and 16 international facilitators and speakers.



The agenda included 6 workshops both in English and/or in French (Sustainable Consumption, how to make a diffusion video on climate change, Disaster Risk Reduction, how to carry out an awareness campaign and Youth as Agents of Behavioural Change). The methodology of work was comprised of mainly interactive and practical activities, with the addition of some very useful theoretical lessons. The team of facilitators consisted of RC/RC peer youth educators - coming from the Spanish Red Cross, the Egyptian Red Crescent, the French Red Cross, the International Federation of RC/RC Societies, the Climate Centre, the Moroccan Red Crescent and the Centre for the Cooperation in the Mediterranean) and field experts of other international organizations – the United Nations Environment Program and the Regional Activity Centre for Cleaner Production -, who have specific training experience in the tackled subjects.

The evaluation of Atlantis V has been extremely positive. Participants concluded that in the whole their expectations had been achieved and their evaluations are completely positive. The percentage of participants that consider the general content of training as excellent or good is 92%.

## CONTENTS AND OBJECTIVES

### 1.1 General context

In recent years the RC/RC Mediterranean National Societies focused their attention on the enhancement of youth partnership in the Mediterranean region, which is an extraordinary basin of civilizations and customs which have kept on meeting and exchanging during history.

Heartened by acquired experience, it has also been acknowledged that youth can play an essential role in developing a culture of understanding and integration in the Mediterranean region, particularly due to their potential to adapt to new social and cultural contexts. Thanks to this asset youth can become the bridge between different cultures and traditions, encouraging the progressive development of RC/RC Humanitarian action in the Mediterranean.

According to the recommendations of the last Mediterranean Conferences, and as reflected in the plan of action 2007/2010, the Centre for the Cooperation in the Mediterranean (CCM) took charge to ensure the annual edition of the Mediterranean youth camp Atlantis in order to strengthen the capacity of the RC/RC Mediterranean youth branches to respond to the needs of their most vulnerable communities.

The idea of a Mediterranean Youth Camp was born during the Mediterranean Conference held in Cairo in 2004. On this occasion the Italian RC proposed to create a common space where young volunteers from the Mediterranean could meet, exchange ideas and discuss humanitarian issues and possible solutions. This represented the initial step in the creation of an annual camp named Atlantis. As a follow up of Cairo recommendations, the first camp was held in Italy in 2005. The second edition was supported by the CCM and hosted by the Turkish Red Crescent in 2006. During the last Mediterranean Conference held in Athens in 2007, youth strongly stressed that continuity of action was a key

necessity. As a follow up of the Mediterranean youth meeting held in Athens, the CCM decided to co-organize the following editions of Atlantis, respectively together with the Syrian Arab Red Crescent (2007), the Red Cross of Serbia (2008) and the Moroccan Red Crescent (2009). Next edition is meant to be in France, co-organized with the French Red Cross.

### **1.2 General objectives**

During the last editions Atlantis consolidated itself as a mandatory meeting point for intercultural dialogue and exchange of experiences in the region and developed in terms of contents and visibility. In accordance with the recommendations of the last Mediterranean Conferences, the common objectives of all Atlantis camps are the following:

- Promote intercultural dialogue and partnership among RC/RC youth leaders of the Mediterranean region;
- Empower youth as dynamic models of change for their local communities;
- Build capacities and encourage practical actions and joint activities;
- Share knowledge and information about youth programs and activities;
- Put in common best practices and lessons learned with other RC/RC youth branches;
- Increase and enhance the commitment to the RC/RC Principles and Values.

### **1.3 Specific objectives and contents**

The 2009 edition of Atlantis was mainly devoted to subjects regarding climate change, environment and sustainable consumption.

As a matter of fact, climate change is a critical problem for the human development of our generation. This phenomenon affects all the countries of the world, without exception. Therefore, it is difficult for states, civil society and individuals to escape their responsibilities towards the planet and towards present and future generations. The Mediterranean region, in particular, does not escape from the weather upheavals and their effects on health, food security, economy and population movements. All this calls for the action of the concerned actors, either official or from the civil society. Regarding the civil society, in which the RC/RC Movement plays a considerable role, it is necessary to prevent and minimize the consequences of global warming and stress the importance of education and rising of awareness regarding environmental protection. In this field, young people represent the most receptive recipients thanks to their better adaptation to changes of attitudes in their daily lives. Moreover, once trained, they become the best disseminators of this message, both between adults and other young people

Considering all these premises, the CCM and the Moroccan Red Crescent have agreed to devote the 2009 edition of Atlantis to environmental education and climate change. For the first time in Atlantis it was developed a coherent program centred on one main humanitarian challenge – the need to preserve the environment - which was addressed by deepening several related topics and practical tools for action.

Moreover, the dedication of the 2009 edition of ATLANTIS to climate change and environmental topics is also perfectly framed within the



synergies of the most important international organizations working on this subject. Indeed, 2009 has been chosen to be:

- ✚ International Year of Human Rights Learning, for the United Nations: in particular, the right to a proper environment is considered a third generation human right. The respect of this right is a requirement for the dignified life of a person or of a community. This right directly touches, therefore, universal human dignity, whatever the race, sex, age, culture, etc.
- ✚ The year of Creativity and Innovation, for the European Commission: the philosophy of Atlantis youth camp has always been to put theoretical knowledge in service of the innovative creation of practical tools, which young people can implement in their RC/RC National Societies. In this case the young participants will be trained in the design of new and more effective approaches for the dissemination of environmental protection material.

In addition to this, the European Union regards the environment protection as a cross-cutting subject to take into account in any project or action plan.

Finally, the Centre for Cooperation in the Mediterranean is a member of the Spanish chapter of the European Commission's Euro-Mediterranean Foundation Anna Lindh for the Dialogue between the Cultures. In this sense, the Atlantis camp finds its origins and primary justification in the main mission of constituting a meeting point for exchange and dialogue for RC/RC young volunteers of the Mediterranean.

Given all these premises, the specific objectives of the fifth edition of Atlantis were the following:

- ❖ Reinforce knowledge about global warming and sustainable consumption from the theoretical dimension;
- ❖ Develop practical instruments for the dissemination of the acquired knowledge, such as the edition of an awareness video or the organisation of a public awareness campaign;
- ❖ Allow the sharing of information and the exchange of best practices coming from existing national programs in the targeted subjects;
- ❖ Reinforce the ability of youth volunteers to identify the needs of their local communities and to prepare an adequate response;
- ❖ Empower youth to be agents of behavioural change for their National Society and local community, taking as a starting point the fundamental Principles and Values of RC/RC Movement.

#### **1.4 Workshops and methodology**

As mentioned before, the challenge of this fifth edition was not only to develop a training program which allowed going into more depth several sub-themes related to the main targeted humanitarian challenge, but also to facilitate the workshops in two working languages (English and French) to make participation easier. The 54 participants were asked to choose between two parallel workshops in the morning and two parallel workshops in the afternoon taking into consideration the language and the topic of the training. The same number of participants was ensured to each workshop. On the contrary, as explained below, the special sessions counted on the participation of the plenary group. Thus, 6 workshops were organised in English and/or in French (see the program - annex 1), as follows:

- ✘ Sustainable Consumption (ENG);
- ✘ Sustainable Consumption (FR);
- ✘ How to make a video on climate change (ENG);
- ✘ Disaster Risk Reduction (FR);
- ✘ How to carry out an awareness campaign (ENG/FR);
- ✘ RC/RC Principles and Values – Youth as Agents of Behavioural Change (YABC) (ENG/FR).

Following the experience of the previous editions, the team of facilitators was international and came not only from different countries but also from distinct realities of work. The team consisted of RC/RC peer youth educators (volunteers or staff members of the Spanish Red Cross, the Egyptian Red Crescent, the French Red Cross, the International Federation of RC/RC National Societies, the Climate Centre, the Moroccan Red Crescent and the Centre for the Cooperation in the Mediterranean) and field experts of other international organizations (the United Nations Environment Program (UNEP) and the Regional Activity Centre for Cleaner Production – partner of UNEP), who have specific know-how and punctual training experience in the tackled subjects. With regards to the methodology of work, all workshops were comprised of mainly interactive and practical activities, with the addition of some very useful theoretical lessons. The non-cognitive approach characteristic of the YABC project distinguished the corresponding workshop. The workshops counted on the active participation and involvement of participants (role playing, practical exercises, real-life situations, plenary discussions, sharing personal experiences, etc). The groups' philosophy was based on open-mindedness, flexibility and mutual respect.

### **1.4.1. Workshop on sustainable consumption**

In accordance with the theme of the United Nations' International Youth Day 2009, dedicated to "*Sustainability. Our Challenge. Our future*", the agenda of Atlantis V included two workshops on sustainable consumption (one in French and one in English), which addressed a relatively new field of work for the majority of RC/RC youth volunteers. Participants were trained on how to integrate sustainable approaches in their lifestyles, in order to spread this constructive impact in their communities and positively influence them.

The workshops, in each of which 27 young volunteers participated, lasted 10 hours and were facilitated by an international team composed as follows:

#### **Sustainable consumption in English:**

- Ms Morgan Strecker (United Nations Environment Program (UNEP)/programme YouthXChange);
- Ms Vanessa Rodriguez (Regional Activity Center for Cleaner Production (CP/RAC) – Mediterranean Action Plan (MAP) - UNEP);
- Mr Stefan Galve (support - Intern at the CCM, student from the UNESCO Chair for Intercultural Dialogue )

#### **Sustainable consumption in French:**

- Mr François Lassurguère (Regional Activity Center for Cleaner Production (CP/RAC) – Mediterranean Action Plan (MAP) - UNEP);
- Ms Otilia Hernandez (support - volunteer at the Centre for the Cooperation in the Mediterranean)

The program of the 2 workshops was substantially the same and was divided into sessions, progressively addressing the targeted topic, as follows:

- 1<sup>st</sup> session: facilitators addressed the topic of sustainable consumption by carrying out two activities: first, participants received a questionnaire containing a range of sustainable actions and they had to look for a fellow who happened to act this way. Secondly, participants had to agree or not on several statements given by facilitators and discuss on the opinions expressed.
- 2<sup>nd</sup> session: facilitators explained the effects and consequences of the so-called "*persistently organic products*" (POPS), which are products that we daily use and whose production have a dreadful impact on the environment, due to the amount of years that nature needs to recycle them (the example of a toothbrush was given). Subsequently, participants were trained on the "*Sustainable Cycle*", that is how to produce respecting the environment and provoking a curable impact on the human and ecologic environment.
- 3<sup>rd</sup> session: participants, working in groups, had to think about the creation of an eco-friendly toothbrush, using the information they received the previous day. Afterwards, two short movies were showed. The first one - named *Story of Stuff* - explained the current situation and the consequences of our lifestyle. It is up to individuals to choose a more sustainable lifestyle without contributing to the deterioration of the environment and the destruction of natural resources. The second one showed small everyday actions we can take to green our life and be ourselves actors of change.
- 4<sup>th</sup> session: facilitators presented and exemplified some ecological concepts, such as: ecological handprint, ecological lifestyle, ecological rucksack, cleaner production. Afterwards, participants had to conceive in groups a range of actions to recycle, reuse, save

energy and improve cleaner production. Plenary discussion followed.

- 5<sup>th</sup> session: after having disclosed two individual commitments to green their lifestyles, participants presented their proposals for an eco-friendly toothbrush they had worked on in groups.

#### Outputs of the workshop:

As a follow up of the lessons learned through the training, the last day of the workshop participants presented their ideas to green Atlantis camp in its different components (kitchen, bedrooms, working rooms, etc). This *greening* activity was carried out in groups during the remaining days and showed a positive individual commitment for sustainability. To give some specific practical examples of this *greening* activity, participants tried to reduce the number of dishware during meals by common consent with the kitchen staff. In addition to this, they planned to reduce water consumption while flushing: through the distribution of a standard 2 litres bottle of water to be inserted in the flush valve, it was possible to reduce 2 litres of water for each flushing. With this little green action, during the remaining 2 days of the camp, participants could ensure the saving of about 600 litres of water. The idea of the *greening* was useful not only to make Atlantis more environment friendly, but also to express each one's creativity on habits that can be easily replicated by each Youth Section at community and personal level.

#### **1.4.2. How to make a dissemination video on climate change**

In accordance with the overall focus of Atlantis V, and in the framework of a well-established collaboration between the CCM and the RC/RC Climate Centre - initiated in March 2008 on the occasion of the seminar "*Environmental Protection, Climate Change and Populations Movements in the North of Africa*" -, the CCM and the Climate Centre decided to take a

step further and to dedicate this workshop on the introduction of a practical tool, such as the creation of a sensitization video. The RC/RC Climate Centre is the reference point on climate change of the RC/RC International Movement. The Climate Centre collaborates with National Societies to help understanding the humanitarian consequences of climate change. To this end, youth represents an important diffusion channel of this message and this is why they have collaborated with RC/RC youth branches to raise awareness on these subjects. By way of example, the workshop on how to create a diffusion video on climate change was already facilitated in other National Societies, like the Malawi Red Cross Society, and obtained a great impact on youth.

In Atlantis the expected outcome was to improve the capacity of young volunteers on education and dissemination issues in order to strengthen their abilities to carry out more effective dissemination campaigns on a smaller scale for their RC/RC local branches and communities and to develop specific technical tools to better design and implement such kind of programs.

The workshop, in which 27 young volunteers participated, lasted 8 hours and was facilitated in English by Mr Mehdi Comeau (RC/RC Climate Centre) with the support of Mr Stefan Galve (CCM). After an introduction on the mission and action of the Climate Centre, the program was divided into sessions, progressively addressing the targeted topic, as follows:

- 🌍 1<sup>st</sup> session: participants had to introduce themselves in turn while filmed by another participant, in order to get them used with the utilisation of the video camera.
- 🌍 2<sup>nd</sup> session: after having chosen “climate warning” as key topic of the video, participants were divided into 3 groups, each of them responsible of preparing and filming a part of the video, as follows:

the first group had to work on a presentation of the video; the second group had to expose the reality of climate change; finally, the third group had to deal with conclusions and possible solutions.

- 3<sup>rd</sup> session: before starting filming, each group prepared a story board, in which they delineated the different scenes they wanted to film, including dialogues, locations, artistic approach, etc.
- 4<sup>th</sup> session: on the base of their story board, groups started to film their assigned part of the video with the support and supervision of the facilitator.
- 5<sup>th</sup> session: the final session was focused on how to edit a video, using both the filmed material produced by participants during the workshop and other needed technical device.

#### Outputs of the workshop:

As a result of the workshop, a short video was finalised by the participants and is now available on youtube at the following address (<http://www.youtube.com/watch?v=bgfdNFe1LzQ>).

In this video - named WAKE UP - participants intend to raise awareness among other youth through peer-to-peer education. Indeed, they explain the current situation of climate change, how this phenomenon affects their national realities and which actions we should take as individuals. With the technical support of the Climate Centre, participants took care of setting up of themes, interviews and filming.

#### **1.4.3. Disaster Risk Reduction**


Climate change and disaster risk reduction (DRR) education are strictly inter-connected. As stressed in the consultation process for the International Federation of Red Cross and Red Crescent Societies (IFRC) "*Strategy 2020*", preparing for and recovering from disasters and crisis remain a core field of action for the IFRC. Training and organising








volunteers on disasters preparedness go hand in hand with raising awareness on the consequences of climate change. This is why, in accordance with the overall focus of Atlantis V, a workshop on DRR was organised, in order to enhance participants' ability to identify, understand and explore DRR techniques and to increase awareness on DRR issues.

The workshop, in which 26 young volunteers participated, lasted 8 hours and was facilitated in French by Dr. Mohammed Bendali (Moroccan Red Crescent). Throughout 2 main sessions participants were expected to integrate and structure methods for DRR. Furthermore, they received specific training to deal with difficult disaster risk reduction situations. The sessions were divided as follows:

- 1<sup>st</sup> session: this first session introduced the concept of "disaster" and different types of disasters, along with a group reflection upon these. Many concepts which participants had learnt in the previous workshops frequently came up during the discussion held by groups. Other specific concepts such as "prevention" and "intervention" were defined and analysed in the framework of DRR as a methodological skill which targets vulnerable people in risk situations. Moreover, participants gained overall insight into the Hyogo Framework for Action 2005-2015, which identifies five priorities on disaster reduction for the World Conference on Disaster Reduction's action plan. Participants particularly went through its expected outcome, its strategic goals and priorities as well as its implementation and follow-up. This was done both at an international level and in the context of Morocco. In this sense, awareness was raised among participants about the responsibilities and commitment of the Moroccan government and the Moroccan civil society concerning the signature of this framework of action.

 2<sup>nd</sup> session: participants - divided into 3 groups - worked on a project – named Social Chart of Risks in Mehdia. The 3 groups were told to walk around Mehdia and were assigned different tasks, notably: the first group had to look for the zones at risk (buildings against regulations, how far buildings are from water, etc); the second group was asked to assess the areas build up as by law enacted; finally, the third group had to locate the green areas as risks free areas. Thus the groups worked together to prepare a community disaster risk reduction plan, going through the following steps:

-  Identify vulnerabilities (e.g. town could be below field level; therefore during rain season it could be affected by flooding) and capacity (e.g. town is aware of this vulnerability and they have a good early warning system).
-  Define actions and steps that could mitigate these vulnerabilities.
-  Develop a contingency plan in case of a disaster.
-  Carry out sensitization campaigns of the contingency plan (fake simulations, field testing, etc).
-  Follow up of the plan (looking for new capacities and vulnerabilities, etc).


### Outputs of the workshop:

Participants' knowledge on DRR was enhanced at both theoretical and practical level. Participants are now able to develop a basic community risk reduction action plan to present to local institutions. While designing this plan, participants will make use of the knowledge and tools acquired during the training.




#### **1.4.4. How to carry out an awareness campaign**

In the framework of a tight collaboration between the CCM and both the Environment Department and the Youth Section of the Spanish Red Cross, the agenda of Atlantis included this workshop focused on the introduction of a practical tool, such as the design of an awareness campaign on water shortage as a global problem. The objective was to enhance the capacity of young volunteers on the targeted subject and dissemination skills in order to strengthen their abilities to undertake more effective environmental awareness campaigns on water related issues in Mediterranean countries.

The workshop, in which 26 young volunteers participated, lasted 12 hours and was facilitated in English and in French by Bárbara Peñaranda (Spanish Red Cross Youth) with the support of Otilia Hernández (CCM). The program was divided into 5 main sessions, as follows:

-  1<sup>st</sup> session: participants were introduced to the RC approach to environment, based on the relationship between environment and human beings. This approach seeks to improve the quality of life of those affected by environment related problems, such as health and access to water. Furthermore, they were given an overview of the campaigns on environmental education carried out by the RC/RC Movement among different social groups and its importance. After an introduction to water related problems, participants had the opportunity to work in groups identifying and analysing water problems in their countries or regions of origin. Every group had to make a proposal to raise awareness on a chosen topic. The second part of the first session focused on the theme "*Water: more than a clear fluid*". It highlighted the importance of water, not only as an essential substance for

survival but also as a health resource, and the values we attach to it. This was followed by an identification of water problems in the participants' regions of origin such as water pollution, drought, flooding, etc.

-  2<sup>nd</sup> session: it tackled the different stages that should be followed to design an environmental awareness campaign. These are: previous studies to identify needs; programme denomination and justification; objectives; target; contents; human and material resources; dissemination tools; methodology; results and evaluation of results. Moreover, the facilitator introduced one of the most used methodologies to identify needs, i.e. SWOT (Strengths, Weaknesses, Opportunities, and Threats) and IFCE (Identify, Formulate, Carry out, Evaluate). This session concluded with an open discussion on the definition of awareness campaign and the distribution of water saving devices to all participants.
-  3<sup>rd</sup> and 4<sup>th</sup> sessions: these sessions focused on the design of an environmental awareness campaign. Participants were divided into groups and each one of them had to choose a water problem to raise awareness about. By using the methodologies learnt in the previous sessions, participants had to go through the different stages to develop an awareness campaign. During the third and fourth sessions each group of participants had to work on the development of their own group's project.
-  5<sup>th</sup> session: the groups had the opportunity to present their projects and received constructive feed-back from the rest of participants.

### Outputs of the workshop:

At the end of the sessions, facilitators presented an initiative of the Spanish Red Cross aimed at the National Societies participating in this

workshop. This proposal consisted of designing an awareness raising poster on the topic of water, at national level, once the participants are back to their branches of origin. While designing this poster, participants will make use of the knowledge and tools acquired during the training. The best project will give the group's representatives of the selected National Society the opportunity to attend the "2<sup>nd</sup> Meeting on Water and Drought", which will be held in November in Madrid, Spain.

#### **1.4.5. Youth as Agents of Behavioural Change**

As stated in the Youth Declaration of the RC/RC Youth on the move, drafted in Solferino 2009, youth appealed to the leaders of the world "*to recognize youth as agents of change*" and "*to increase focus on formal and non-formal peer education as a primary method of prevention*". Moreover, youth committed itself to "*inner change and the development of skills to promote harmony and positive attitudes within communities*" and called to National Societies "*to enable youth to take a leadership role in positively changing behaviours and attitudes in our communities using peer and non-formal education methods, such as the Federation's Youth as Agents of Behavioural Change initiative*".

The CCM has been partner of the IFRC's *Youth as Agents of Behavioural Change* project (YABC) since the initial stage. Actually, Atlantis IV (Serbia, 2008) represented a first laboratory to experiment this new module of training based on a non-cognitive approach and empirical learning. Since then many steps have been taken to shape an innovative skills-based non-cognitive toolkit to empower youth as agents of change and enhance their peer-to-peer educational role. YABC works on 5 different thematic areas (non-discrimination and respect for diversity, violence prevention and culture of peace, gender, social inclusion and social cohesion and intercultural dialogue) and aims at developing several behavioural skills, such as empathy, active listening, peaceful resolution of tension, etc. Up

to now, more than 40 National Societies, together with the CCM and the Youth Commission, are partners of this project, among which 7 are from the Mediterranean network.

After the official pilot testing in Solferino 2009, Atlantis V was the first youth camp to include YABC in its agenda. The workshop, in which 27 young volunteers participated, lasted 12 hours and was carried out in English and in French by a team of 4 YABC peer educators, composed as follows:

- Ms Charlotte Tocchio (IFRC);
- Ms Simona Ranalli (Youth Desk of the CCM);
- Ms Sandra Levine (French Red Cross);
- Dr Tamer Ahmad (Egyptian Red Crescent)

The program was divided into 5 sessions lasting 2h30 each and addressing a YABC thematic issue and/or a skill development at a time, as follows:

- 1<sup>st</sup> session → thematic issue: non-discrimination and respect for diversity; skill development: empathy;
- 2<sup>nd</sup> session → skill development: mediation;
- 3<sup>rd</sup> session → thematic issue: intercultural dialogue; skills development: critical thinking, non-judgment and dropping bias;
- 4<sup>th</sup> session → thematic issue: gender; skill development: non-violent communication;
- 5<sup>th</sup> session → thematic issue: violence prevention and culture of peace; skill development: active listening.

Given that only those who are in peace with themselves can bring peace to others, a Qi Gong morning session was carried out every morning at 7.30 at Mehdiá beach. Qi Gong is a technique to help us finding inner

peace and balance and forms integral part of the YABC project, together with other relaxation methods such as yoga, breathing, etc.

#### Outputs of the workshop:

Participants' knowledge on P&V and acquisition of behavioural skills had been enhanced, especially through the active use of the non-cognitive and interactive methodology and inner peace disciplines like Qi Gong. From the whole process of the YABC sessions, participants developed the insight that a critical self-analysis or self-questioning attitude, as well as a commitment to continuous learning and self-improvement were at the basis for becoming a successful Youth as Agent of Behavioural Change. Finally, participants stated that they would like to engage in the YABC initiative in their National Society.

### **1.5 Special sessions**

Two special sessions were foreseen during the training week, in order to share information and best practises on the targeted topics within the RC/RC Movement and with other key organisations working on the same subjects. These sessions were carried out in English and French and were attended by all 54 participants.

On Monday 3 August, at the presence of the National Project Coordinator – Mr Mohamed Assouali -, the United Nations Development Program (UNDP) – ART GOLD programme – facilitated a two hours session on "*Local development and environment*". The speakers were Cristino Pedraza (Chief technical adviser of the UNDP – ART GOLD Morocco) and Claudia Micciché (Technical unit of the UNDP – ART GOLD Morocco). The session was focused on the introduction of ART GOLD philosophy, based on a decentralized cooperation and participatory approach, and its

implementation in the Moroccan reality. An opened discussion followed the presentation.

On Tuesday 4 August, a second special session was carried out, named "*Youth in green action: examples from the world*". Participants were asked to present programs and/or activities that their RC/RC Youth Sections undertook with respect to climate change and environment. The key points of these programs will be presented by the CCM at the "*Climate change impact on water-related and marine risks*", to be held in Murcia in October 2009. Thus, at the presence of the Director of the CCM – Ms Amelia Marzal –, 4 National Societies presented their programs, as follows:

- Algerian Red Crescent presented its awareness campaign in Algerian schools on climate change, supported by the CCM.
- Italian Red Cross presented the program "*Climate in Action*", from the Pioneri component with the technical support of the Climate Centre.
- Lebanese Red Cross presented the environment program of their Youth Department.
- Spanish Red Cross Youth presented the "*Environmental Volunteer Programme*" of the youth Section, as well as the Spanish Red Cross general programme and projects on environment.

During this special session a video was showed to introduce how the RC/RC Movement is responding to the climate change humanitarian challenges and to learn from experiences of projects implemented by RC/RC youth branches other than Mediterranean. This video was kindly facilitated by Ms Rebecca McNaught (Senior Programme Officer of the RC/RC Climate Centre).





## **1.6 Photography contest**

In accordance with the priorities of the RC/RC International Movement in the matter of the environment, the Centre for Cooperation in the Mediterranean organized a photography contest for youth. This contest had the objective of giving youth an opportunity to express themselves creatively and show their vision of the environment and climate change in its multiple dimensions. Each participant was free to approach the theme of the environment and climate change from any angle they chose. They could relate these issues to one or many of the integrated themes in the Millennium Development Goals of United Nations, such as human rights, the needs of migrants, the gender perspective or intercultural dialogue, amongst others.

This competition was open to all individuals between the ages of 18 and 30 who live within the countries of the Mediterranean Conference or neighbouring countries. The photos, accompanied by a descriptive form including the copyright permission, were sent to CCM and selected by an *ad hoc* committee composed by the Moroccan Red Crescent, the Spanish Red Cross Youth, the Arts Commission of the Spanish Red Cross in Catalonia, the Environment and Training Department of the Spanish Red Cross, the Communication Department of the Spanish Red Cross and, finally, the Centre for the Cooperation in the Mediterranean.

The most representative 15 photos were selected to be exhibited in Atlantis V. Among them, the jury chose the best one and invited the author to participate in Atlantis V. Travel and accommodations were covered by the organization. The winning photo was shot by Alexander Tanaskovic, youth volunteer of the Red Cross of Serbia. His photo was titled "*Sunrise on the lake of Chott el Djerid*" and, using the author's words, showed that "*the water level of the lake Chott el Djerid dropped significantly, creating large salt disposals. During summer, when temperatures go over 50° C, Chott el Djerid is almost entirely dried up*".



The CCM and the Moroccan Red Crescent will keep on promoting this exhibition in different national and international events related to Youth and Environmental Education.

## ORGANIZATION AND LOGISTIC

### 2.1 General overview

In order to guarantee a geographical distribution of the several editions of Atlantis, the CCM agreed with the Moroccan Red Crescent to host this camp in Mehdia (Morocco) during summer 2009. The Director and the Youth Officer of the CCM attended a preparatory meeting in Morocco in February 2008 to discuss with the Moroccan Red Crescent senior Management and Board the general lines of the camp, the agenda, the logistics, and other. The camp was held in Mehdia from the 1<sup>st</sup> to the 8<sup>th</sup> of August 2009.

In April 2009, an e-mail to Mediterranean National Societies was sent, enclosing, in both English and French, the following documents: an invitation letter (see annex 2), terms of reference (see annex 3), draft program, application form (see annex 4) and visa assistance form (see annex 5). The Moroccan Red Crescent was responsible for dealing with embassies, through the Ministry of Foreign Affairs, to facilitate the issue of visas for those nationalities which needed one. All visas were issued on time and no particular problems occurred.

During the previous week a practical information sheet (see annex 6) and the final program were sent to participants and facilitators, together with the list of participants (see annex 7) and the frameworks of contents of each workshop (see annexes from 8 to 12), in order to inform participants on the main organisational aspects and the general agenda and to allow them to reach the camp with a basic knowledge of the objectives, contents and thematic background of the workshops.



On Saturday 1<sup>st</sup> of August, the opening ceremony was chaired by the Director General acting Secretary General of the Moroccan Red Crescent – Mr. Abdesslam Makroumy – at the presence of key representatives of the Moroccan Red Crescent - notably Mr. Mohamed Assouali (National Project Coordinator of the Moroccan Red Crescent), Mr. Mohamed Ezzdinne (President of the Moroccan Red Crescent's branch in Kenitra) and Dr. Mohamed Bendali (Youth, First Aid and DM focal point of the Moroccan Red Crescent) - and the Youth Officer of the CCM – Ms Simona Ranalli. The closing ceremony, on Saturday 8<sup>th</sup>, was led by the Youth, First Aid and Emergencies Responsible of the Moroccan RC – Dr. Mohammed Bendali who greeted all the participants and facilitators and delivered to them, respectively the certificates of attendance and training (see annexes 13 and 14).

Some evening activities were also proposed and organized by the foreseen "*Fun Committee*", with the support of the Moroccan Red Crescent staff. The "*Fun Committee*" was composed by 7 young volunteers, whose leaders were Ms Hanin Al-lahseh and Mr Marko Andrejevic. Thus, participants had the opportunity to enjoy music and dances from other countries and exchange materials from their National Societies. Last night a farewell candlelight party was organized by the Moroccan participants at the terrace of the Mehdia Centre. The atmosphere was amazing and, at the end of it, the Moroccan Red Crescent, represented by Mr. Abdelkader Haoudi (responsible of the National First Aid Team of the Moroccan Red Crescent), distributed artisanal Moroccan gifts to all participants and facilitators.

## **2.2 Participants**

The camp was attended by 69 participants, being 53 volunteers, representing 14 Mediterranean National Societies (Algeria, Bosnia-

Herzegovina, Egypt, France, Greece, Italy, Lebanon, Libya, Morocco, Palestine, Serbia, Spain, Syria, and Tunisia), IFRC\_MENA Zone, and 16 international facilitators and speakers. The 14 Mediterranean National Societies represent the 56% of NS in this area. Gender balance among participants was mostly ensured with 54% females and 46% males.

The requested profile of participants was:

- ☞ Youth volunteers between 18 and 30 of age;
- ☞ Able to communicate in English and/or in French, in order to actively participate in working groups, role-plays, etc. As mentioned before, for the first time in Atlantis both English and French were chosen as official working languages.
- ☞ Youth volunteers that:
  - play an active role in their National Society;
  - are involved in programmes focused on at least one of the topics of the youth camp;
  - are able to work in a team with other participants and take an active part in discussions.

### **2.3 Facilities and equipment**

Atlantis V took place in Mehdia (30 km north of Rabat and 3 hours by car from the international airport Mohammed V in Casablanca) at the Moroccan Red Crescent training centre.

The latter was situated in front of the beach and composed of two main buildings. In the new building were located 2 working class-rooms, 2 meetings rooms and a secretariat room. In the old building were located 1 living room, 1 dining room, 1 main working class-room and the administration offices.

Bedrooms were distributed in both buildings, with the difference that, in the new building, bedrooms were provided with private bathroom. Given that the capacity of the camp was full due to the highest number of participants ever host by Atlantis, the method chosen by the Moroccan Red Crescent to assign the bedrooms followed a merit criteria: the participants whose National Societies sent the application forms first were selected to occupy a bedroom in the new building. In the whole, participants accepted these criteria and adapted with spirit of flexibility to accommodation and food. Sheets, pillow covers and a towel were distributed by the Moroccan Red Crescent staff, which also ensured the cleaning of the camp.

The Moroccan Red Crescent provided the camp with 2 data-projectors, together with all the materials requested by the facilitators. Pens and block-notes were distributed to participants at the beginning of the camp, together with a folder containing the program, the workshops' frameworks of contents, pins and brochures from CCM. Wi-fi internet connection was available in the Centre.

#### **2.4 Logistic and staff**

All the transfers from/to the airport and for the sightseeing activities were ensured by the Moroccan Red Crescent, which assigned Mr. Abdelkader Haoudi for the coordination of departures and arrivals at the Mohammed V international airport in Casablanca, as well as 3 cars from/to the airport. The CCM staff arrived on Thursday 30<sup>th</sup> of July, while facilitators arrived on Friday 31<sup>st</sup> of July. Participants reached the camp between the 31<sup>st</sup> of July and the 1<sup>st</sup> of August and leaved between the 8<sup>th</sup> and the 9<sup>th</sup> of August, depending on flights availability.

The camp was managed by Mr Mohamed Nahi (Director of the Moroccan Red Crescent Training Centre in Mehdia). Ms. Simona Ranalli (CCM Youth Officer) was in charge of the overall coordination of the event, with the support of Ms Otilia Hernandez (volunteer at CCM) and Mr Stefan Galve (Intern at the CCM, student from the UNESCO Chair for Intercultural Dialogue). A member of staff at the Moroccan Red Crescent headquarters – Mr. Tarik Dahha – was assigned to the coordination of the administration desk. The Moroccan Red Crescent kitchen staff (6 people) provided participants with 3 main meals and 2 snacks per day, as well as with refreshing drinks at the airport. When needed, the Moroccan Red Crescent also ensured the presence of a medical doctor coming from the local committee of Kenitra, as well as drivers and assistance to 3 participants who needed first aid care at the hospital of Kenitra.

## **2.5 Excursion**

On Wednesday 5<sup>th</sup> of August a full day cultural excursion was organised by the Moroccan Red Crescent to the imperial cities of Fez and Meknes and the ancient Roman town *Volubilis* (see annex 15). The group left the camp early in the morning and reached Fez, classified as UNESCO World Heritage Site, in which a guided visit was scheduled and lasted 4 hours. After a pleasant welcome in the Moroccan Red Crescent local branch of Fez, the visit to the Medina was scheduled and organised in small groups, each of which accompanied by one or two Moroccan volunteers coming from the local branch. After a refreshing lunch, the group reached Meknes for a quick visit and proceeded to *Volubilis* where participants enjoyed a guided tour at the sunset. Finally, the Moroccan Red Crescent surprised participants with a no scheduled stop in the town of Sidi Slimane: in the suggestive scenario of a typical Moroccan marriage, the group enjoyed sweets and tea, music and dances and was greeted by the oldest first-aid volunteer in the Moroccan Red Crescent – Mr. Mohamed El Boghari.

## **2.6 Visibility**

As mentioned above, all information concerning the camp was sent to the Mediterranean National Societies, as well as other components of the Movement and partners.

The outcomes of this report will be distributed to all participants and partners, as well as to the members of the Steering Committee of the Mediterranean Conference and the members of the Governing Board of the CCM. They will also be available on the CCM website.

Visibility materials have been delivered to participants, such as pins and leaflets of the CCM, t-shirts and cups specifically produced for Atlantis V, and t-shirts, cups and pins of the Moroccan Red Crescent. Promotional posters in the four official languages of the IFRC were created and hanged in the camp (see annex 16). The Moroccan Red Crescent prepared 4 big placards which were hanged in town.

A DVD was delivered to participants at the end of the camp, containing all key documents related to both workshops and organisation, besides of a range of the most significant pictures.

The Moroccan Red Crescent gave large visibility to the event through national and local media. A national TV channel covered the event and showed a news service on the camp (the video will be soon available at the CCM website).

Two videos were produced with the technical support of Mr. Mehdi Comeau (RC/RC Climate Centre), and notably: a generic video on Atlantis V and a specific video created by the participants of the workshop "how to make a dissemination video on climate change". Both videos will have the maximum of dissemination on the CCM website and on the Climate Centre website, as well as through the upload on social networks like facebook or youtube.





All pieces of information concerning Atlantis V and its follow-up will be published on the CCM quarterly Newsletter, as well as on CCM website ([www.cruzroja.es/ccm](http://www.cruzroja.es/ccm)).

## EVALUATION

### **3.1 Evaluation from the CCM**

The evaluation from the CCM is largely positive taking into consideration above all the challenges of this fifth edition, notably the level of the program, the team of facilitators coming also from organisations other than the RC/RC Movement, the bilingualism for working languages, and the highest number of participants ever host by an edition organised by the CCM.

In their large majority, participants showed interest and commitment, adapting with enthusiasm and flexibility to local culture and customs.

The excellent collaboration with and professionalism of the Moroccan Red Crescent ensured the achievement of the objectives. The atmosphere in the camp was very supportive and the manager of the camp and the whole staff of the Moroccan RC responded to the needs of facilitators and participants. The presence of excellent cooks, and doctors while needed, guaranteed a good quality of services. The Moroccan Red Crescent staff was friendly and helpful and it ensured their assistance all the time, as well as some technical equipment, such as one computer and one printer/photocopy machine from Rabat.

At the same time, there were some issues that we would like to highlight and to keep in mind with a view to the next edition of the camp. As concerns the organisation, which was generally very efficient, we have the following remark: it is important that some essential data for communication, like the e-mail address, are forwarded to the CCM before the beginning of the camp, in order to allow participants to receive in time all previous information concerning the agenda and the workshops' contents.

With respect to the contents and methodology of the workshops, we are very satisfied by the experiment of an international team of facilitators, also coming from outside the RC/RC Movement, which ensured to participants a variety of approaches and contexts of provenience. Therefore, we hope to be able to apply the same model in the next editions of Atlantis. The methodology focused on peer-to-peer education and active participation was greatly accepted and enjoyed by participants who showed enthusiasm and involvement. Nevertheless, such a methodology requires a high level of interaction and both verbal and non-verbal communication. Therefore, it is very important for participants to have a good level of the working language to follow the workshops and take an active role in the activities. Unfortunately, although we had asked that volunteers were proficient in at least one of the working languages, this was not always the case: some participants were comfortable neither in English nor in French and consequently were not in condition to involve themselves in the carrying out of the workshops.

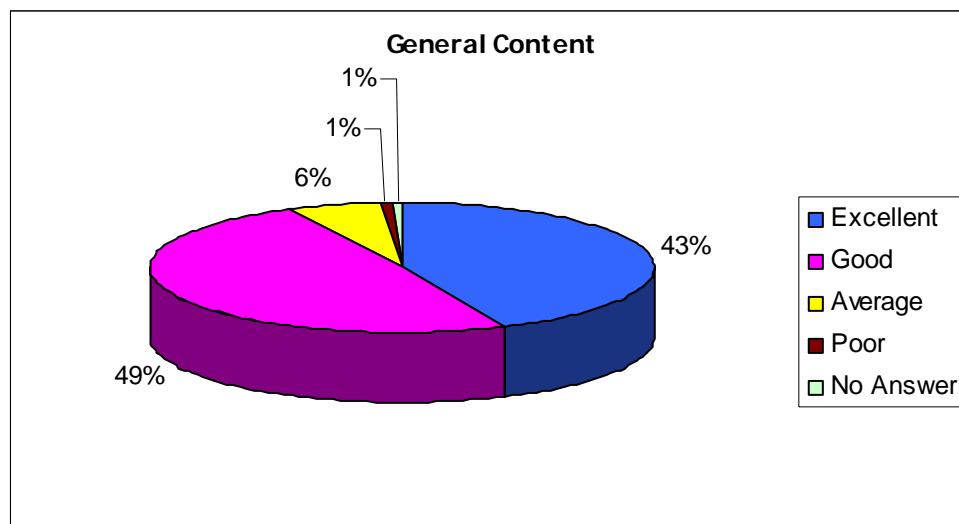
A final crucial point that we would like to draw attention to is that an international camp like Atlantis is challenging and requires a previous solid knowledge of the RC/RC Movement and an active involvement of participants in their youth branch in order to allow them transfer effectively the acquired knowledge to their National Society and adapt to and replicate in their community the acquired best practices. This aspect should be taken in highly consideration by National Societies when selecting participants!

### **3.2. Evaluation from participants**

An evaluation questionnaire was prepared and handed to participants the last day (see annex 17). Subsequently, a more creative evaluation session was carried out: participants were given 3 big canvas, as well as

paintbrushes and colours, and were asked to freely express their feeling and emotions concerning the week spent together.

As for the results of questionnaires, participants concluded that in the whole their expectations **had been achieved** and their evaluations are **completely positive**. As we can see on the chart, the percentage of participants that consider the general content of the training as excellent or good is 92%.



The results concerning the workshops and logistic will follow, as well as the main comments and suggestions given by participants.

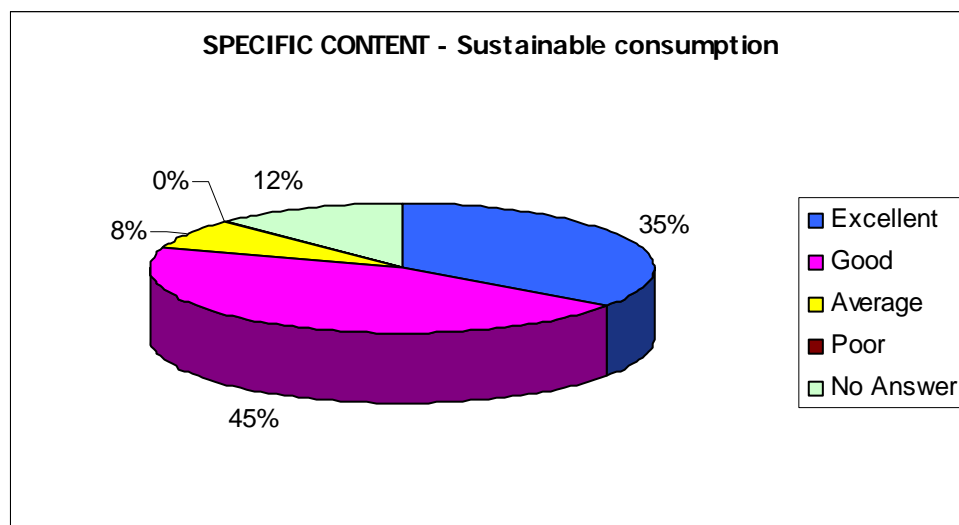
### 3.2.1. Workshops contents

The evaluation of the **workshops** is very positive. In particular participants appreciated the methodology chosen and the interactive dynamics. Facilitators were considered highly skilled, friendly and flexible. They also ensured an exciting rhythm of lessons contributing to create a good atmosphere in the groups.

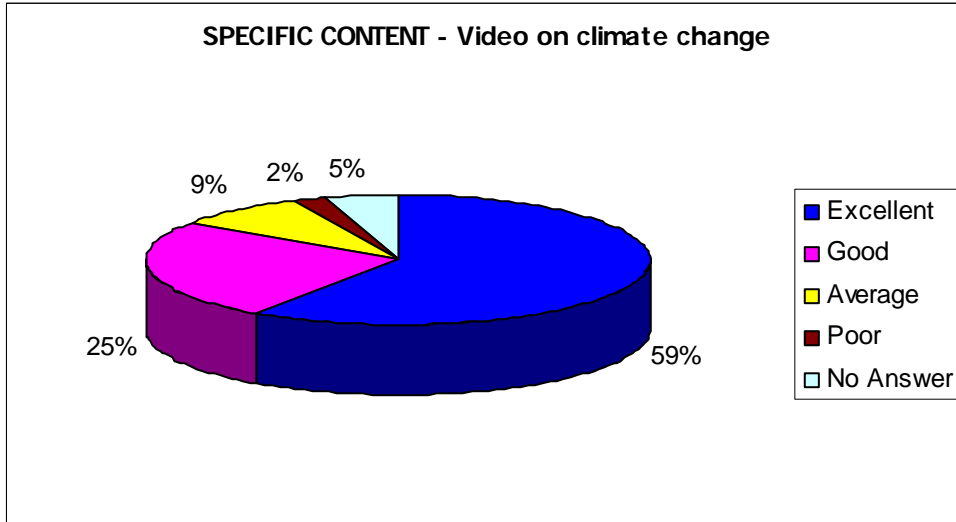
As for the most significant additional remarks, many participants expressed their commitment to implement environment-related initiatives in their youth branch as a follow-up of Atlantis V. Plus, some participants

would have preferred to work also in Arabic, while some others would have opted only for English as working language. Finally, some participants would have enhanced the intercultural exchange by foreseeing for example the "National Society Cooking Day": that is to say that every delegation in turn would be in charge of preparing a typical menu from their country.

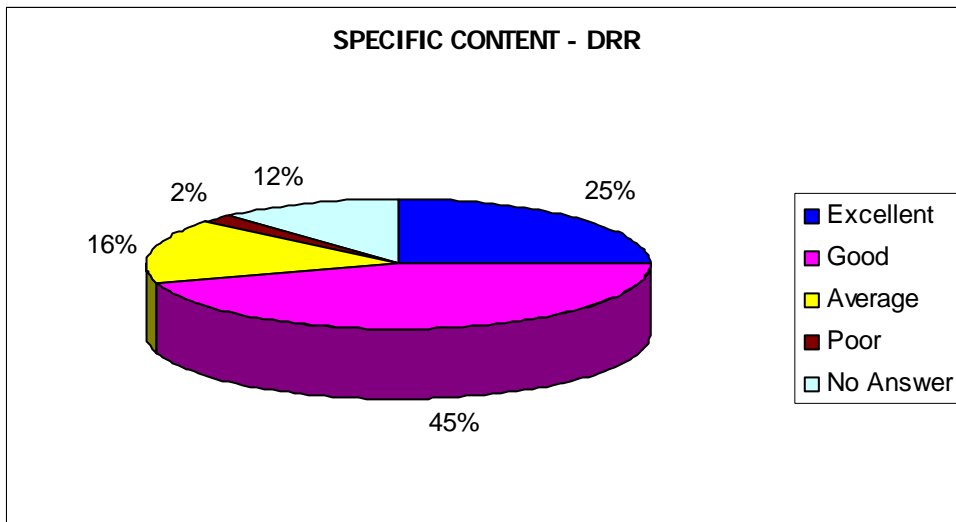
As for the single workshops, the evaluation of the workshops on sustainable consumption is as follows. As we can see on the chart the number of participants that consider this workshop as excellent or good is 80%:



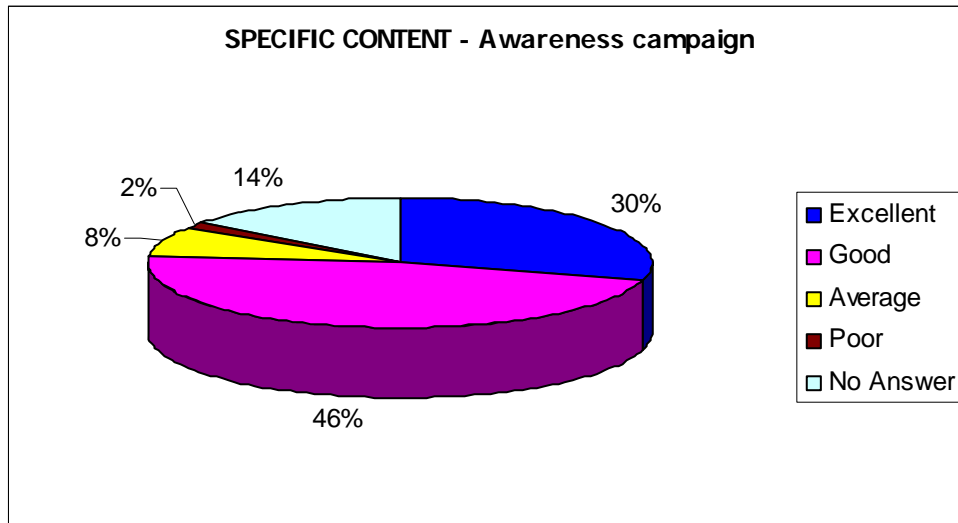
The evaluation of the workshop on how to make a dissemination video on climate change is as follows. As we can see on the chart the number of participants that consider this workshop as excellent or good is 84%.



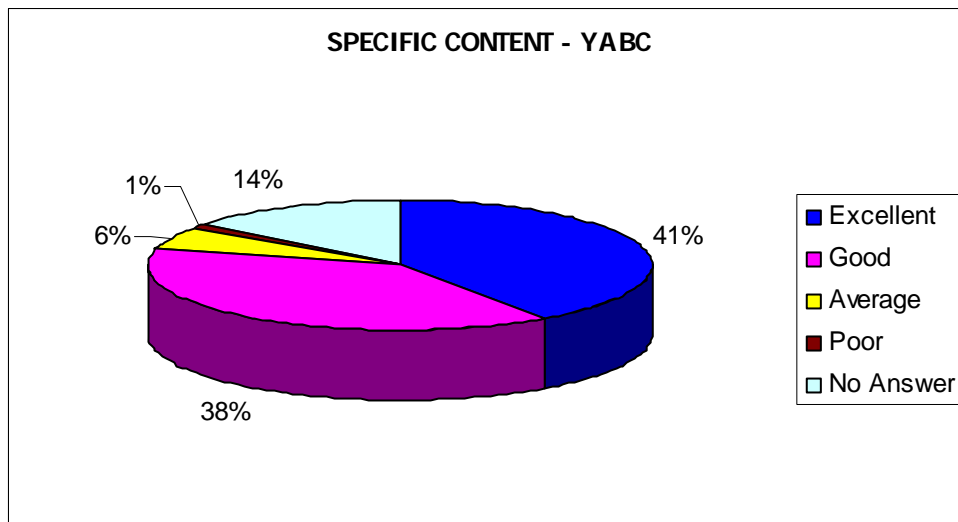
The evaluation of the workshop on Disaster Risk Reduction is as follows. As we can see on the chart the number of participants that consider this workshop as excellent or good is 70%.



The evaluation of the workshop on how to carry out an awareness campaign is as follows. As we can see on the chart the number of participants that consider this workshop as excellent or good is 76%.



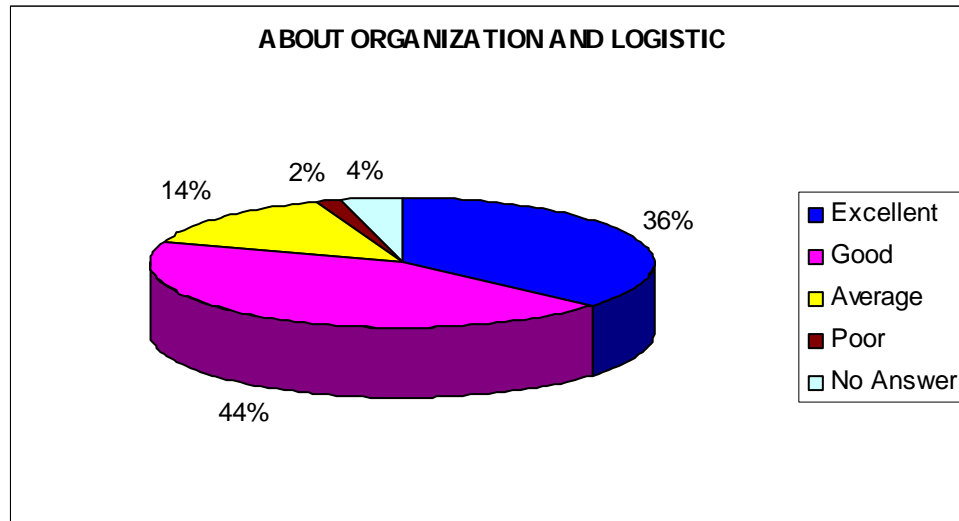
The evaluation of the workshop on Youth as Agents of Behavioural Change is as follows. As we can see on the chart the number of participants that consider this workshop as excellent or good is 79%.



### 3.2.2. Organization and logistic

As we can see on the chart, the number of participants considering the camp's organization and logistic as excellent or good is 80%. The agenda and the previous information were considered as adequate and the majority of participants were satisfied with the accommodation, meals and transports. 84% of participants appreciated the leisure activities

organized. The general evaluation of the organization and logistic is as follows:



### 3.3 Follow-up

We wish that all Atlantis' training courses have an impact on the participants by boosting their knowledge and inspiring new ideas. We know that RC/RC young people are not only volunteers but also citizens living in their country and hopefully actively participating in public life as leading agents of change.

The real success of the camp depends also on the replication of best practices and on the visible strengthening of the youth structures in the Mediterranean National Societies. The CCM will ensure every possible support measure in order to allow this follow-up on the discussed topics. We consider this opportunity very useful also for the hosting National Society which received know-how to further develop the national youth structure. The CCM will integrate the subjects of the camp in the upcoming Plan of Action 2011-1014, keeping on promoting and supporting training courses, education projects and other initiatives.





As mentioned before, this final report of the camp will be spread among RC/RC and other partners. Moreover, it will be presented to the upcoming meetings that the CCM will attend, and notably, first of all, to the next RC/RC Mediterranean Conference (Croatia 2010), then to the Mediterranean workshop on "*Climate Change Impact on water-related and marine risks*" (Murcia – Spain, October 2009), and, finally, to the "*2<sup>nd</sup> Meeting on Water and Drought*" (Madrid – Spain, November 2009).

The CCM and the Moroccan RC will be engaged in collecting information on follow up initiatives. In 6 months time a questionnaire will be sent to the participating National Societies to know about the implementation of any Atlantis' workshops-related programmes and how participants took advantage of the camp in their RC/RC youth activities and projects. These pieces of information will allow the CCM to better prepare the next edition of the Mediterranean youth camp Atlantis, which will be co-organized with and hosted by the French Red Cross.

Centre for the Cooperation in the Mediterranean  
Barcelona, 25/09/2009







**CENTRE FOR THE COOPERATION  
IN THE MEDITERRANEAN  
PERMANENT OFFICE OF THE RED CROSS  
AND RED CRESCENT OF THE MEDITERRANEAN**

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