FORUM TRIYOU

Exchange. Engage. Empower.

22. – 24. SEPTEMBER 2025
WARSAW

Time	Programme
22. September (Monday) EXCHANGE	
13:00	lunch at Ibis Styles Warszawa City hotel (optional)
until 15:00	Arrival and registration of all participants
15:30	**Interactive welcome space: Inspirations & Networking**
	Have a break, have a coffee
16:30 - 18:00	**Opening of the Forum** Welcome notes by organisers and partners What is the forum 2025 about? What answers does civic education offer for multiple challenges posed today, how can international youth work contribute? Are our partnerships resillient? Why do we need trauma-informed youth exchanges? What's new in TRIYOU founding 2026?
18:30	Check-in at the hotel
19:00	Dinner
20:30	**Intercultural welcome evening: Getting to know each other**
23. September (Tuesday) ENGAGE	
08:00	Breakfast
09:00	**Language animation**
09:30	**Input: What happens around us and how is youth doing in Germany, Poland, and Ukraine?**
10:15	Have a break, have a talk, coffee, tea
10:30 – 12:30	**Workshop session I** *(choose 2 out of 3)* Workshop 1: "Cross-border rumours? Recognising, understanding and acting on disinformation – For a democratic youth exchange in times of (digital) uncertainty" Workshop 2: "Dealing with stress and trauma in youth exchanges: Self and co-regulation for adults and youth" Workshop 3: Restoritive Circles – A dialogue-based approach on how to deal with controversy and conflicts

A project organised by:

dpjw pnwm · Bredbeck Bildungsstätte · krzyżowa kreisau · LIKHTAR ЛІХТАР

With kind support of:

Federal Foreign Office · Fundacja Współpracy Polsko-Niemieckiej Stiftung für deutsch-polnische Zusammenarbeit · Renovabis

12:30	Lunch break optional: regenerative session in or outside of conference center
14:15 - 16:15	**Workshop session II** *(the workshops of workshop session I will be repeated)*
16:15	Take a break
16:30	Wrap up of the workshops and short evaluation
17:30-19:00	**Public panel: "(Un)told stories and their Influence on International Youth Work"** moderated by Tetiana Kriukovska, Project coordinator at Commit gGmbH, Project Vidnova engagement, Berlin
19:00	Reception
20:00	**Actionbound** optional – Warsaw by Night
24. September (Wednesday) EMPOWER	
08:00	Breakfast
09:00	**Language animation** + warm up + organizational notes
09:15	**Time for creativity & project planning** • Individual project planning • Behind the scenes: Workshop on handling the Realities of International Youth Encounters • Funding Consultation • Tools for Evaluating and Developing trilateral partnerships
10:45	Have a break, have a coffee
11:00 – 12:30	**Closing plenum & outlook**
12:30	Optional lunch + departure

Please note that parts of the programme may be subject to change.

A project organised by:

dpjw pnwm · Bredbeck Bildungsstätte · krzyżowa kreisau · LIKHTAR ЛІХТАР

With kind support of:

Federal Foreign Office · Fundacja Współpracy Polsko-Niemieckiej Stiftung für deutsch-polnische Zusammenarbeit · Renovabis

FORUM TRIYOU
Exchange. Engage. Empower.

22. - 24. SEPTEMBER 2025
WARSAW

Workshop 1:

"Cross-border rumours? Recognising, understanding and acting on disinformation – For a democratic youth exchange in times of (digital) uncertainty" (Charlotte Lohmann)

Disinformation is no longer a marginal phenomenon – it shapes digital spaces, polarises debates, and threatens democratic processes of understanding. But how can this topic be addressed meaningfully and productively in a German-Polish-Ukrainian youth exchange?

In this interactive workshop, we will approach the topic in a practical and multilingual way. Social media platforms such as TikTok, Instagram, or YouTube are important spaces for information and opinion-building among young people – also within the context of exchange programmes.

That's why we ask:

- What exactly do we mean by disinformation, and how does it differ from misinformation?
- Is disinformation really a new phenomenon?
- Which manipulation strategies and distortion effects should be discussed?
- Why is disinformation a threat to democracy – and what role do narratives and society play in this?
- What narratives are circulating in our respective countries – and how do they differ or resemble one another?

The workshop introduces key concepts of disinformation and its impact on democracy. In group work, participants analyse examples and develop strategies for addressing disinformation critically and collaboratively in international youth exchanges.

Charlotte Lohmann is a media literacy education specialist. Since 2021, she has been working in the field of democracy and media education at the Amadeu Antonio Foundation. Prior to that, she worked at the International Youth Meeting Center in Krzyżowa, where she developed a focus on media-critical engagement within international youth work.

Her work centers on identifying strategies for action against disinformation and other digital hate phenomena, including hate speech. Another key area is strengthening democratic media literacy as a response to anti-democratic tendencies in digital spaces. She focuses on developing pedagogical approaches and analysing anti-democratic online cultures and far-right use of social media — primarily on TikTok, YouTube, and Instagram.

A project organised by:

dpjw pnwm · Bredbeck Bildungsstätte · krzyżowa kreisau · LIKHTAR ЛІХТАР

With kind support of:

Federal Foreign Office · Fundacja Współpracy Polsko-Niemieckiej Stiftung für deutsch-polnische Zusammenarbeit · Renovabis

FORUM TRI YOU
Exchange. Engage. Empower.

22. – 24. SEPTEMBER 2025
WARSAW

Workshop 2:

"Dealing with stress and trauma in youth exchanges:
Self and co-regulation for adults and youth" (Marta Gawinek-Dagargulia)

Trauma and stress responses have a lot to do with you as a youth worker, teacher, facilitator. We live in times of uncertainty and complexity and sometimes we do not know anymore how to navigate them – personally, but also how to hold safe space for groups.

Many of us work with displaced youth, in places affected by war, with youth with trauma experiences from the past and in general with overloaded nervous systems. This can result in heated situations or intense emotional responses you did not expect and were prepared for.

This workshop is about how to help yourself and others in a stressful situation, by self and co-regulating. We will address basic concepts of trauma and stress based on human neurobiology, what might be triggers in youth exchange contexts and what can facilitators do to support collective safety, self and co-regulation and collective resilience in the context of youth work.

Marta Gawinek-Dagargulia has been designing and facilitating workshops and trainings for adults and youth for the last 16 years. She graduated from courses on resilience and trauma-informed facilitation for adults and youth (Neufeld Institute), non-violent communication and dialogue. In the past she co-ordinated civic education programmes in Ukraine, Poland, Georgia and Belarus. She is passionate about creating safe spaces for children and youth to grow and build good relationships and connections that strengthen resilience.

A project organised by:
dpjw pnwm · Bredbeck Bildungsstätte · krzyżowa kreisau · LIKHTAR ЛІХТАР

With kind support of:
Federal Foreign Office · Fundacja Współpracy Polsko-Niemieckiej Stiftung für Deutsch-Polnische Zusammenarbeit · Renovabis

Workshop 3:

"Restoritive Circles - a dialogue-based approach on how to deal with controversy and conflicts"

(Dr. Tim Kucharzewski, tbc)

Restorative Circles are a structured dialogue method used to build trust, resolve conflicts, and strengthen relationships in a group or community. Rooted in restorative justice practices, this approach brings together people involved in a conflict or controversy to share perspectives, listen actively, and find constructive ways forward — based on empathy, accountability, and mutual respect. In this way, the core aim of the method is bridging polarities in group contexts with divergent perspectives. As a house divided against itself cannot stand, Restorative Circles can offer an essential tool in the heated societal debates of our current time.

In the workshop on Restorative Circles, participants can learn:

- The principle philosopy and structured approach of a restorative circle,
- How to create a safe, inclusive space for dialogue,
- Facilitation techniques: how to help a circle to guide itself, ask open questions, and manage emotions,
- Ways to apply the method in schools, youth work, civic education, or community settings,
- How to use circles not only in conflict, but also to build cohesion and community.

Restorative Circles empower participants to engage in meaningful communication and jointly create solutions — rather than assigning blame or punishment.

Dr. Tim Kucharzewski - Lecturer, trainer, facilitatorin the field of civic and political education / conflict studies