



# CLIMB STEP BY STEP PROJECT

## AUTHORS

### Ambassadors of Peace:

Amalia Bazan

Ines Palomeque

Gabriela Romero

Thousand Millenniums of Peace Foundation

Open Hearts

Buenos Aires province

Argentinian republic

## CONTACT

**Inés Palomeque**

+5491144342534

[millennialsofpaz@gmail.com](mailto:millennialsofpaz@gmail.com)



# INDEX



## CONTENT OF THE REPORT

Project summary	1
Background Justification Problem	2
General objectives	3
Specific objectives	4
Methodological activities	5
Workshops	6
Special guest	7
special guests	8
Learning a trade	9
Sample of what has been done	10
Resources	<small>elevan</small>
Results	12
Beneficiaries	13
Schedule	14
Self appraisal	15-16
Testimonials	17-18
Results of the project	19
Beneficiaries	20-21
Bibliography	22-23
Annexes	24
Contact	25



# SUMMARY OF THE PROJECT

The project incorporates the **Peace methodology** in a situation of confinement.

It generates a space for motivation, support and guidance that includes informal learning of a trade, the teaching and practice of **effective, peaceful communication for conflict resolution and decision making**.

**Carrying out activities for full personal and collective growth** with the aim of achieving peaceful coexistence and positive socio-labor insertion once their freedom is obtained. In short, transform the lives of people deprived of their freedom.



## BACKGROUND

The project arises from the alliance between different organizations and projects of Ambassadors of Peace.

Initially Amalia Bazán Director of the Association

Corazones Abiertos incorporates the learning of trades in prisons, the **RXR** project (Reoffend No, Reinsert Yes).

Gabriela Romero accompanies her giving **motivational talks** on self-knowledge and MMP provides

knowledge about culture

Peace and the Peaceful Communication workshop **Let's talk about Peace in Peace.**

Upon being designated Peace Ambassadors, they begin to work together with the President of MMP Inés Palomeque. A strong synergy is produced, which allows expanding the scope and internal and external growth of each of the parties, strengthening areas, and providing better service to the community.

## JUSTIFICATION

Current prison recidivism is very high, one in two people released reoffend.

For this rate to decrease, it is essential that inmates acquire skills to be able to sustain themselves once they are released. that they acquire knowledge and skills that facilitate their social readaptation in accordance with the law

## PROBLEM

Serving the sentence does not end the crime problem,

It is necessary that the state that invests for the maintenance of each PPL

10,000 dollars per person per year , allocate resources to provide

internal individualized treatment programs, access to work,

education and psychological and social assistance with the idea that these

activities contribute to adequate social integration once

they regained their freedom



## GENERAL OBJECTIVES

DESIGN AND IMPLEMENT A PROGRAM  
DEVELOPMENT AND GROWTH  
PERSONAL AND GROUP

FACILITATE SOCIAL REINSERTION AND  
LABOR OF THE PPL

PREVENTION OF RECIDENCE  
CRIMINAL.



## SPECIFIC OBJECTIVES

- Improve self-esteem and confidence
- Develop communication skills
- pacifies
- Improve interpersonal relationships.
- Foster positive leadership
- Promote responsibility and collaboration
- Promote teamwork



## METHODOLOGICAL ACTIVITIES

The fundamental tool is **Education for Peace** from which all people involved in the project, inmates, prison service agents, teachers and volunteers, can generate personal change and transformation, focusing on forgiveness towards oneself and towards others. others. Generating good habits of coexistence and providing socio-emotional tools to repair the damage caused through solidarity actions



## PERSONAL GROWTH WORKSHOP AND COLLECTIVE- PEACEFUL COMMUNICATION

In the workshop, different activities and experiences are proposed and experiences for personal growth and improvement collective. Through different tools they acquire skills and resources necessary to relate better with themselves, with their families, among inmates and with the prison staff.

In all meetings the Methodology of Peace that includes the teaching and practice of Peaceful Communication, based on the three pillars of peace,

- 1.-Have positive thoughts
- 2.- Use harmonious words
- 3.- Carry out constructive actions





## SPECIAL GUESTS

Throughout the year, Peace Ambassadors are summoned to give in-person or virtual talks to inmates.

Peace Ambassador Mabel Katz, international speaker, offered a message of peace and celebrated with them the Day Nelson Mandela International



## SPECIAL GUESTS



Graciela Curuchelar Dr.  
Escribana- Madiadora



Elena Santa Cruz  
Puppeteer -Master in family



Susana Galusso  
Dr. Escibana- Mediator



M. Estela Palumbo  
Mediator- Communicator



Maria Martha Hall  
Journalist



Franco Russmann  
Saxophonist

## PEACE AMBASSADORS

## CARPENTRY, ELECTRICAL AND BLACKSMITH WORKSHOP

People deprived of their liberty learn a trade. They apply their skills in solidarity projects. They learn to connect with the world of work. They repair beds, benches, cribs, wheelchairs for public institutions such as hospitals and nursing homes, and making tables, chairs and teaching materials for kindergartens, as a team, integrating the workshops.





Susana Gausso



## RECURSOS

Psicólogos y trabajadores sociales especializados en rehabilitación.

Facilitadores de talleres con experiencia en desarrollo personal y habilidades sociales.

Material didáctico, libros, recursos audiovisuales.

Espacios adecuados para sesiones grupales.

Metodología Ejemplar:



## CRONOGRAMA

Objetivo específico	Tiempo de planificación	Realización	Evaluación del proyecto
Mejorar la autoestima y la confianza	Mensual con ajustes a demanda	Duración de la clase: 2 horas cátedra por semana	Permanente y abierta para para medir el progreso de las PPL y poder ajustar el programa según sea necesario.
Desarrollar habilidades de comunicación pacífica	Mensual con ajustes	Duración de la clase: 2 horas cátedra por semana	Permanente y abierta
Mejorar las relaciones interpersonales.	Mensual según las necesidades	Duración de la clase: 2 horas cátedra por semana	Permanente y abierta
Fomentar el liderazgo positivo	Mensual y permanente	Duración de la clase: 2 horas cátedra por semana	Permanente y abierta
Promover el trabajo en equipo	Mensual con ajustes	Duración de la clase: 2 horas cátedra por semana	Final del periodo de trabajo anual

# AUTOEVALUACIÓN

Objetivo específico	EVALUACION	Calificación
Mejorar la autoestima y la confianza	Este equipo pudo observar que el tiempo estimado para lograr este objetivo fue escaso.	No logrado
Desarrollar habilidades de comunicación pacífica	Se pudo observar que este grupo logró superar la barrera de la incomunicación mejorando ampliamente sus formas. De cualquier manera, se puede inferir que este fue el inicio del camino.	Logrado
Mejorar las relaciones interpersonales	En este punto el equipo logra que las relaciones interpersonales mejoren notablemente dejando al descubierto las individualidades de liderazgo, algunos positivos y otros no, que el equipo pudo neutralizar.	Logrado
Fomentar el liderazgo positivo	El equipo profundizó el intercambio de roles para descubrir el liderazgo positivo que tiene cada uno. Destacándose que todos pudieron expresarse completamente al seguir las técnicas propuestas.	Logrado
Promover el trabajo en equipo	Este equipo pudo lograr que el trabajo grupal sea el objetivo principal de este proyecto anual específicamente. Poniendo de manifiesto que todo este proceso tiene un principio y un fin.	Logrado

## SELF-ASSESSMENT II

In each meeting, guiding tools are proposed for self-knowledge, self-reflection, self-evaluation and personal and group development.

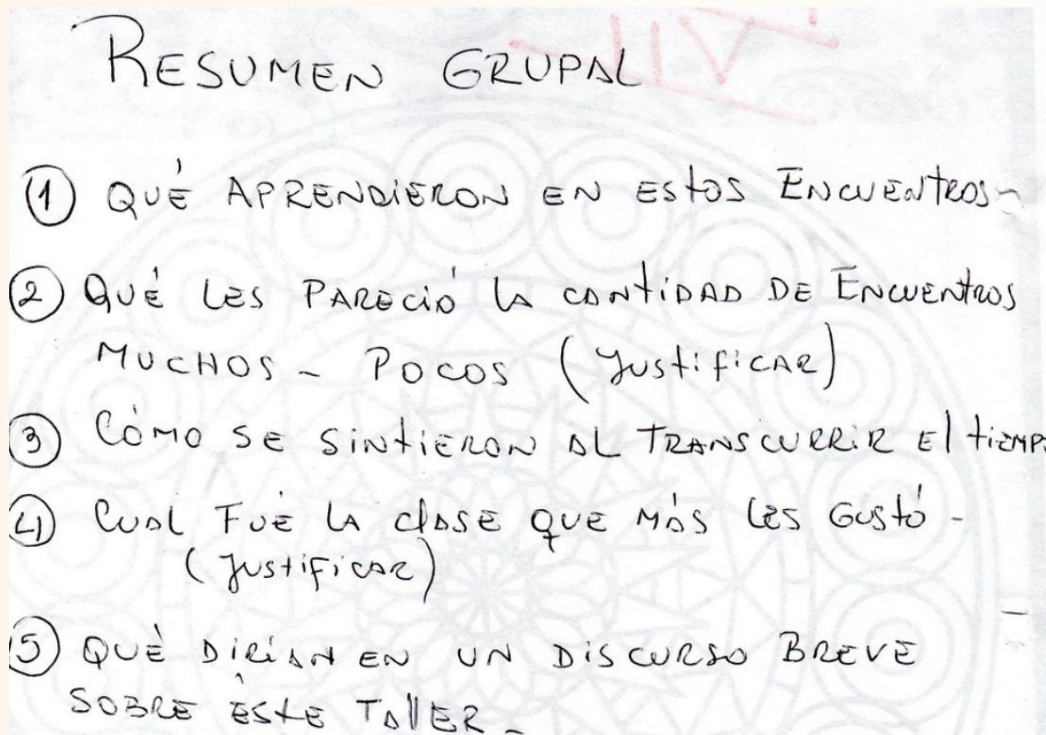
Some reflections are personal in nature, others are shared and recorded in a notebook that they themselves write, and which are then used as a guide to improve teaching practice, so that each PPL can more appropriately manage their emotions.

, their strengths, behaviors and attitudes.





## TESTIMONIALS



# TESTIMONIALS

RESUMEN GRUPAL	4	14/12
----------------	---	-------

Daniel Lozano  
 Javier Merdeza  
 David Aquino  
 Mauro Pae

- 1) En este taller vivencial aprendimos sobre el compañerismo me, a conocerme y a conocer a los demás. Saber más sobre los pensamientos y sentimientos de nuestros compañeros. También aprendimos a expresarnos mejor.
- 2) Estos encuentros nos resultaron interesantes por que pudimos sacar muchas cosas del corazón, así como también hubo lágrimas y risas. Cada día en los encuentros de este taller son mejores.
- 3) Al avanzar el tiempo sentimos más confianza en nosotros mismos y en el grupo, motivados por seguir creciendo.
- 4) La clase que más nos gustó fue el día que pintamos los mandalas mientras Francisco tocaba el Saxofón. El sentir poder expresarnos y crecer en la mente y con el corazón a través de la música.
- 5) En esta preciosa tarde en que nos encontramos aquí reunidos les queremos agradecer la confianza que han depositado en nosotros y el espacio que nos han dado que es lo que nos permite crecer y seguir avanzando en este camino hacia un futuro mejor para nuestras vidas, y la consolidación de la familia como célula de una sociedad más

Asamblea

## RESULTS OF THE PROJECT:

- Reduction in the rate of violence.
- Reduction of accidents.
- Acquisition of a job with a job opportunity
- Acquisition of work habits
- Introspection and connection with spirituality through the Culture of Peace
- Less recidivism, greater reintegration
- Greater motivation
- Greater personal awareness
- The recidivism rate **DROPPED FROM 70% TO 25%**. in the people who participated in the project  
They regained their freedom.



Preparation of teaching materials  
for kindergartens

## BENEFICIARIES:

People deprived of their rights directly benefit.

freedom, the companions of the pavilion, the staff of the penitentiary service, families and institutions public, such as hospitals, nursing homes, nursing homes, infants, etc.

Society as a whole benefits indirectly.

both in economic matters and in security.



With recycled material, the inmates made three small tables and 12 chairs in the carpentry workshop and restored the benches in the pediatric waiting room of the Hospital de Clínicas.

# HOUSE CONSTRUCTION PREFABRICATED TO DONATE



## BIBLIOGRAPHY AND CONSULTATION SOURCES I

Learn to use our brain	Facundo Manes
How to make things happen to you	Marian Rojas Estape
Emotional education	Claude Steiner – Paul Perry
The Art of Living in Peace	Pierre Weil
The easiest path to Peace	Mabel Katz
Man's Search for Meaning	Viktor Frankl
The Power of the Heart	Robert Perez
Emotions to live	Enric Corbera
Listen with the Heart	Inés Ordoñez de Lanus

## BIBLIOGRAPHY AND SOURCES OF CONSULTATION II

Effective Communication	Lair Ribeiro
Emotional Intelligence	Daniel Goleman
Emotional intelligence at work	Hendrie Weisinger
The Multidimensionality of Peace	Navarrese dawn
Humanistic Psychology	Carl Rogers
Positive Psychology	Martin Seligman
Multiple Intelligences	Howard Gardner
Human Motivation Theory	Abraham Maslow
Use the brain	Facundo Manes

## EXHIBIT

- 1- Video Active Participation
- 2- Outdoor Video
- 3-Video Moment of Meditation
- 4 -Video To the Beat of Music
- 5- Testimonials
- 6- Activity Notebook





# CONTACT

Inés Palomeque  
+5491136966620

[milmileniosdepaz@gmail.com](mailto:milmileniosdepaz@gmail.com)

[www.milmileniosdepaz.org](http://www.milmileniosdepaz.org)

[www.facebook.com/milmileniosdepaz](https://www.facebook.com/milmileniosdepaz)