



Music Session 1

IRELAND

Session Information

Date: March 25th 2025

Time: Session 1: 15.00 – 17:30

Location: Atlantic Technical University,
Sligo, Ash Lane, Sligo F91 YW50

Organising Partner: Momentum



Participants

- Total number of participants: 10
- Participant types (e.g. youth, youth educators, social workers, etc.): Young people, youth educators

Brief description of the session (What did you do?):

The session took place in a classroom where instruments, amps and AV equipment had been set up. We opened the session with a welcome and a presentation on the MY PEACE project to set the context of the music session. We outlined why the project had been developed, what it hoped to achieve and how the music sessions would contribute to that. We then ran through the structure of the music session so participants knew what to expect. After the presentation, we initially asked the

group to play some of the music they had chosen to include in the session. This was to encourage interaction between the young people and to help them feel relaxed in the session. In our invitations to the event, we had requested that they consider music that they felt related to or represented peace and peacebuilding, so all the participants had something prepared. Next, we moved to an adjoining classroom, where we facilitated a conversation about peace, conflict, peacebuilding and conflict resolution between the participants. This lasted for almost one hour, and afterwards, students were invited to share their thoughts to camera if they were comfortable with that. Following this, the group returned to the performance room, where they then played further pieces of music. The session ended with pizzas and informal conversations between the participants and the facilitation team from Momentum.





Participant Feedback and evaluation of the session

How did participants respond to the session? (What stood out, any comments or quotes?)

The participants responded generously and enthusiastically, sharing their thoughts and insights. Many mentioned they wished the session could have been longer.

Quotes from the participants:

- Sharing my experiences was impactful
- This was memorable because it is the first time a recorded performance of an original song with my band
- The session made me reflect on a lot of personal issues
- Music is a powerful, complex, but widely applicable language
- Listening to the young people and their stories of how they had turned to music in challenging times and how music had become like a friend, a support to help them grow and cope with the world

Educational Method Used

Briefly describe the method or activity used that worked well and could be useful for other stakeholders to replicate

Once we had recruited participants, we sent them the Guide to MY PEACE document that had previously been shared with stakeholders to introduce the project and give them an understanding of what we are trying to achieve. As we were on a university campus, we decided to open the session using a PowerPoint presentation, a format that is familiar to the students in that setting and helps put them at ease. Deciding to let them play music before we began the discussion part of the session also helped to build trust and put participants at their ease. We deliberately kept the discussion part of the session very informal and encouraged and supported open conversations. The group spontaneously clapped several times when one member or another shared something personal or difficult. Finishing with a second opportunity to play music was a good way to round off the session and to see the young people interact in a different way after sharing their stories and hopes for the future.

