

**Marshall Rosenberg and Maria Arpa**

# **Living in Harmony with our Values**

*.....in a tough profit driven World*

**3 day International Conflict Resolution workshop in Nonviolent  
Communication (NVC) – Gozo, Malta 18-20 September 2007**

## **Hanging Out with Giraffes**

*Maria Arpa, Michael Gabriel, Andina Seers*

*1-3 days of living together based on Marshall Rosenberg's  
teachings on nonviolence –Gozo, Malta 21-23 September 07*

- **3 days intermediate NVC teaching and experiential work. Specific focus on Mediation & Social Change.**
- **Marshall and Maria will be working 'live' with a group of concentration camp survivors from a recent war zone .**
- **Low cost flights to Malta**
- **Last chance to see Marshall in Europe in 2007**
- **1-3 days post workshop 'hanging out' from £20 per day all incl.**

**We invite you to book now** in order to get the cheapest flight (talk to us about this).

*If you're not quite ready to do this speak to Michael and come on a free evening  
(see below) or arrange to host and evening for him in your area.*

**Free 'Marshall in Gozo' Evenings  
with Michael Gabriel in UK, France & Germany**

For dates, times and places call Michael: **07951 004670**

[michael@changes-context.co.uk](mailto:michael@changes-context.co.uk)

## About the Workshop

As well as teaching conflict resolution skills we are proposing to work with a group of survivors from a concentration camp who have agreed to participate and their discussion with the multinational company who have bought the iron ore mines, installations and premises, which include the concentration camp. Both want to see the mine back in production and reap the benefits that employment would bring, and both want to find ways to re-establish the best possible social climate in the region and preserve in a generally accepted way the memory of what happened. The communication around this situation has the potential to heal or harm. Our aim is to open a dialogue that will meet needs for all the involved.

In order to maintain full integrity, we are not accepting corporate sponsorship. Each ticket purchase will make an important financial contribution to the ensuring this healing process can go ahead. We need 100 people to buy tickets to make this happen. Your attendance can make a difference. This message is being sent to a select audience, who will recognize this both as a major learning and tangible opportunity to contribute to social change.

For those arriving early enough on Monday 17 September there will be a welcome supper in a local restaurant from 7.30pm.

### Daily Workshop Schedule

- 9.30am - Start (**NB: register from 9.00am on 1st Day**)
- 10am - Morning session with Marshall and Maria
- 1pm - Buffet Lunch (*included*)
- 2pm - Afternoon session with Marshall and Maria
- 4pm - Sightseeing, siesta or just hanging out
- 8pm - Choice of Workshops (*mainly NVC related*)
- 10pm - End



### Hanging out with Giraffes

Maria, Michael and Andina: We offer workshop participants an opportunity to join us for up to 3 days at subsistence cost only. You pay directly to service providers (*from £20 per day buys you accommodation, food, transport*) for a post workshop long weekend (*i.e Friday through Sunday*).

An invitation to connect with what is alive in you in celebration, mourning, sightseeing, sharing, dance, remembering, play, swim, eating & drinking 'al fresco', walking, boat trips, snorkeling, impromptu happenings, enjoying nature etc. - a new kind of NVC holiday experience. Because the weather will be warm, we suggest meeting outside in different parts of the island each day, including the sacred sites of: Xaghra (*see below*) and Ta'pinu. All 3 of us have many years of experience working with groups (*NVC and other processes*)+ we all know and love Gozo.



### About the Island of Gozo

**Michael:** Recently back from first trip to Gozo. Everything Maria says is true, yet doesn't do it justice. For me, it is as if a Goddess took all her jewels and stored them in one small island sanctuary.

**Andina:** I think of Gozo as the 'land that time forgot' a spectacular and beautiful place for rest, relaxation, space and transformation.

**Maria:** Set in the Mediterranean, Gozo is just 9 miles long with only 30,000 inhabitants. Evidence of continuous human habitation since 4000BC and the prehistoric building (temple?) at Xaghra is documented as the world's oldest free standing man-made structure. Occupation by several different races over many centuries has made Gozo a truly multicultural society, where the faith is Catholic and God is called Allah. It is so peaceful and the people of this island take pride in the complete absence of muggings and almost non-existence of crime. Yet the island is not isolated: papers arrive on time, mobile phones are popular and broadband is widely available. Gozo is a destination for divers, climbers and walkers. Add to this a superb climate, excellent restaurants, empty beaches, friendly and hospitable Gozitans and we have a perfect workshop location to explore, relax in and enjoy.

## International Workshop Hotel

### Grand Hotel Mgarr, Gozo 18, 19, 20 September 2007

Band A - £225 (under £12000 pa).  
Band B - £350 (above 12000pa + not for profit orgs).  
Band C - £500 (£25000 and business rate).

*Cost includes:* registration, buffet lunch, refreshments. There will be french and german translators.

Groups rates for 10 people from one booking = one place free (5 people = 50% off). Speak to Maria or Michael if you'd like to network Gozo to reduce your own workshop cost.

### Flights to Malta International Airport

Frequent flights from major european cities – a 40 minute transfer (organized by Joseph – his contacts details are listed under Accommodation) takes you to the ferry and then a short ride to Gozo. From UK: Ryanair, Air Malta, Britishjet, British Airways are available as well as charter flights..

### Accommodation

If you want to book the Grand Hotel, please email directly to the hotel, mentioning NVC. For farmhouse or retreat accommodation email Joseph, who will order shared taxis to and from Grand Hotel (no accommodation is very far from the Grand – small island). For Manresa Retreat Centre, email direct and call Joseph for transfers.

- Grand Hotel have a special delegate rate for those who want to stay on site Accommodation and breakfast: £30 average mid rate - [www.grandhotelmalta.com](http://www.grandhotelmalta.com).
- Farmhouse with pool or sea view apartment. Call Joseph [www.farmhousegozo.com](http://www.farmhousegozo.com) - let him know you're with the workshop. He can also arrange car hire and airport transfers. Accommodation: £15 per person per night (based on 4 sharing).
- The Manresa Centre – a spiritual retreat centre – : Accommodation: £16 half board per night <http://www.maltajesuitretreats.com/manresa.htm>.



## Information Contact Numbers

Suggest you first read 'Most Frequently Asked Questions' and we'll be sending you a delegate pack closer to the date. In the meantime go to: <http://www.mariaarpa.co.uk/global.html>.  
For Marshall Rosenberg: <http://www.bigpicture.tv/speakers/df2ec9b08>.  
Otherwise call Maria or Michael.  
Maria **07831 302010** [maria@mariaarpa.co.uk](mailto:maria@mariaarpa.co.uk) or  
Michael **07951 004670** or **01923 897599** [michael@changes-context.co.uk](mailto:michael@changes-context.co.uk)

## How to Book

Secure a place by paying £50 deposit online to:  
<https://www.number20-secure.co.uk/form/CPS2007NVC/add-new.php>  
OR send a cheque (made out to: Maria Arpa at 12 Chamberlayne Road, NW10 3JD.  
For more information/group bookings please email [maria@mariaarpa.co.uk](mailto:maria@mariaarpa.co.uk) or call  
Maria **07831 302010**

## Most Frequently Asked Questions *(we imagine?)*

**How close is the workshop Hotel to Gozo ferry harbour?** A 2 minute walk. The Grand Hotel (beautiful and cared for venue) overlooks the harbour.

**What's the transfer like from Malta Airport to Gozo:** Malta International is a very well organized modern airport. A taxi will take you for a 40 minute sometimes very scenic ride across Malta to the ferry (modern, comfortable 'roll on, roll off' offering refreshments). Tell Joseph your flight details, so he can organize shared taxis (£10 per person approx).

**What if I'm not staying at the Grand Hotel?** Joseph will be the linkman and co-ordinate shared transportation. Maria's husband, Will, is also available with car to assist.

**Who is the workshop organized by?** This workshop is organized by the Centre for Peaceful Solutions in co-operation with The Centre for Nonviolent Communications (CNVC).

**Centre for Peaceful Solutions** aims to promote peace and social change through conflict resolution. Originally set up as a business, the founder Maria Arpa uncomfortable with profiting from conflict. So she changed the Centre into a 'not for profit' organization. This conference marks her transformation from businesswoman to social entrepreneur.

**What will the weather be like?** 75 fahrenheit, 25 centigrade , but bring a sweater for the evenings.

**What's the currency?** Maltese pounds ('LM' for short) and cents. £1 sterling = 0.60 cents.

**Do I need any visas/vaccinations/inoculations?** Not for EU citizens (*Malta is in the EU*).  
For citizens of countries outside the EU please speak to your consulate.

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Please reserve my place on the workshop.

*I enclose a £50 deposit cheque made payable to Maria Arpa. Balance payable by July 23rd.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Price Band \_\_\_\_\_