

The All Africa Anthroposophic Training Zanzibar

August 6-13, 2023



Conference Overview

The All Africa Anthroposophic Training has five modules, which can be attended as a stand-alone module, or as a whole training over five years (one week per year) to deepen one's understanding of the human being and his/her individual and social development. We started in Nairobi with the first course, followed by the second module in Zimbabwe, the third in Tanzania, the fourth in Uganda. Now we come to the fifth one, held in Zanzibar.

These intensive one-week courses are giving participants the chance to come together with colleagues from other cultures and countries, to learn and deepen in topics of mutual interest and to develop new faculties.

Living under one roof and surrounded by nature, supports their observation faculties for a deeper understanding.

The core question of this fifth module will be: the development of the human „I“ and its commitment to cultural change in the fields of education, agriculture, medicine, social work and ecology.

Everywhere, the damage and traumas resulting from a way of thinking that has lost the connection of the human being with the cosmos and nature are evident. Inhumanity, selfishness, violence and ecological catastrophes are the result. What is needed here is a thorough rethinking that is oriented toward the healthy development of humankind and the earth.

Questions we will be exploring include:

- How are the living beings connected?
- How can we support healthy development by a deep and concrete understanding of the processes and laws, manifesting in our individual and social development?
- And the most important challenge: how can we bring this new wisdom into the daily practice of our professions to support the wellbeing of people and working processes in our environment?

These efforts can lead to a new sense of responsibility for one's own development – the development of the human „I“ and the development of Humanity.

The Agenda at a glance

	Sunday 6 August	Monday 7 August	Tuesday 8 August	Wednesday 9 August	Thursday 10 August	Friday 11 August	Saturday 12 August	Sunday 13 August
6.30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8.00		Eurythmy	Eurythmy	Eurythmy	Eurythmy	Eurythmy	Eurythmy	Eurythmy
8.45		Introduction to morning Study	Introduction to morning study	Introduction to morning study	Introduction to morning study	Introduction to morning study	Introduction to morning study	8.45 - 9.55 Nature & text studies
9.15		Nature Observation	Nature Observation	Nature Observation	Nature Observation	Nature Observation	Nature Observation	10 - 10.30 Closing plenum
10.15		Break	Break	Break	Break	Break	Break	
10.45		Text Study	Text Study	Text Study	Text Study	Text Study	Text Study	
12.15		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14.00		Workshop 1	Workshop 1	Workshop 1	Workshop 1	Workshop 1	Project Visits	
15.20		Break	Break	Break	Break	Break		
16.10	Arrival and Check-in	Workshop 2	Workshop 2	Workshop 2	Workshop 2	Workshop 2		
17.40		Break	Break	Break	Break	Break		
18.40 - 20.30	Welcome	Evening Review	Evening Review	Evening Review	Evening Review	Evening Review	Evening Review	
	Meet and Greet	Market Place - <i>Bring pictures, flyers, posters from your organisation or of exemplary initiatives in your country.</i>	What is Anthroposophy and how can it sustainably inspire science, art, religion & professional fields?	Anthroposophic Deepening Exploring questions and answers together	Market Place	Anthroposophic Deepening Exploring questions and answers together	Country Reflections: Where to from here?	
	Brief Pointers for Next Day by Dr Michaela Glöckler							Celebration
20.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

Structure of the Days

The following description gives a little overview over the way of learning and faculty building, we are striving for. Each day follows the same basic rhythm with morning, afternoon and evening sessions following the same basic flow each day.

1. Morning Sessions: Faculty building through exercising movement, observation and thinking capacities

8.30-9.15: **Eurythmy:** Morning Eurythmy to enliven self-awareness and social skills

The faculty building work starts every morning with training of elements of the art of movement: Eurythmy, which is a movement form developed by Rudolf Steiner in collaboration with movement artists, in particular Marie Steiner. We will be working with Eurythmy exercises that can enliven our self-awareness and develop our social skills.

9.15-10.30 **Nature Observation:** Schooling sense perception

After an introduction to the phenomenological method of working according to Johann Wolfgang von Goethe (1749-1832), we divide into small groups in order to engage in practical exercises in observation. The nature observation is a schooling in sense perception, and will offer a lived experience of how nature, with its wonderful ecological balance, is also a source of inspiration for healthy social interaction. Nature offers a great help to come to new insights and impulses for our everyday life. We will seek to uncover these together.

11.00-12.30 **Text Study:** Schooling thinking through text study

The third step of faculty building in the morning is the schooling of one's own thinking. For this purpose we will work with a text of Rudolf Steiner's six subsidiary exercises. We will study these in our small group, developing an understanding of the six character qualities to strengthen the heart, empathy and conscience

2. Afternoon Parallel Learning Streams

Each afternoon participants go into parallel workshops where they can deepen into one several tracks:

Session 1 - Choice between:

1. Biodynamic Agriculture and Healthy Nutrition (double session) with Oliver Venance, Mussa Mohammed and Angela Hofmann
2. Child development with Silviah Njagi and Cobie Roelvert
3. Emergency Pedagogy / understanding trauma with Judith Tabberner (Support Michaela Gloeckler and Julia O'Leary)
4. Tasks and Perspectives of Climate Change, a challenge for humankind with Friedemann Schad and Proscovia Nankya
5. Management and leadership within Waldorf Schools with Julia Schad, Janet Manoni and Judi Palmer
6. The Art of Participatory community building with Joan Sleight, Patrick Segugya, Richard Goodal and Maaianne Knuth
7. Drama and improvisation for the Waldorf teacher with Philip Beaven

Session 2 - Choice between:

1. Biodynamic Agriculture and Healthy Nutrition (double session) with Oliver Venance, Mussa Mohammed and Angela Hofmann
2. The value of human encounters and the art of creative conversation with Richard Goodall
3. Understanding Special Needs Children in our Society with Mpho Makutu and Janet Manoni
4. Parenting in a Digital Age with Joan Sleight, Patrick Segugya, Faith Wambua and Hajra Mbunguni
5. Eurythmy as a support for inner development with Cobie Roelvert
6. Building - for and with people and the environment with Wilfried Bohm
7. Creative Interaction: How art can heal the individual to build strong communities. With Angela Katschke

Please note that if you select Biodynamic Agriculture, this session runs during session 1 and 2.

This will therefore be your only choice.

3. Evening Sessions: Conversations and Interactive Learning

Our evening sessions will be different each evening. Each evening will begin with a brief evening review of the learning of each day, weaving together the lessons from the different strands.

In addition to this there will be evenings with lecture input, discussions and social interaction as follows:

- There will be an evening with a broad introduction to Anthroposophy: What is Anthroposophy and why can it sustainably inspire science, art, religion and the professional fields?
- There will be two evenings where we explore questions together bringing together our ideas for understanding and deepening anthroposophy.
- There will be two evenings with a Market Place, where each organisation can bring materials to share their work, and people can mingle and learn from each other.
- Saturday afternoon we will do a visit to different initiatives on Zanzibar
- There will be a closing celebration of our time together.

For more information and to register please visit
www.allafricaanthroposophictraining.org

We look forward to a week of learning, inspiration and connecting.

See you in Zanzibar!

