



**INTERNATIONAL
YEAR OF YOUTH**
AUGUST 2010 - 2011
OUR YEAR OUR VOICE



DEAR AYUDH MEMBERS AND FRIENDS,

The UN have declared **12 August 2010 - 11 August 2011** as the "**International Year of Youth**" (IYY). Amma has agreed to adopt the IYY also for her organizations.

The UN says: *"The International Year is about advancing the full and effective participation of youth in all aspects of society. We encourage all sectors of society to work in partnership with youth and youth organizations to better understand their needs and concerns and to recognize the contributions that they can make to society."*

see: <http://social.un.org/youthyear/>

download the UN-guide booklet here:

<http://www.un.org/esa/socdev/unyin/documents/iyy/guide.pdf>

The UN has set as a theme for the IYY: "**Dialogue and Mutual Understanding**"

The official UN-slogan is "**Our Year. Our Voice**".

WHO CAN PARTICIPATE?

Any AYUDH group or individual is welcome to participate in all or some of the following schemes. You are welcome to share this information in your country in any ways, inviting more people to know about it and take charge.

The only condition is that before you start you need to discuss it in detail with the legal in-charges of Amma's Organization in your country / region and also let us know about your plans. At the end of each one of the suggestions below you will also find a contact email address of someone who can give you assistance and support in setting up the activity. Please always inform that person if you plan an activity in that field. This will greatly help us to keep an overview of the activities that are going on and give better assistance also.

Our main platform for the IYY will be facebook. Anybody is now enable to post content and comments on the wall, so please come on and make it one of the most active pages on facebook ;-)

Please post photos, videos and a short reports on

<http://www.facebook.com/AYUDH.international>

There will be a monitor to check the contents of the posts so that we can make sure they are positive and in line with the principles of AYUDH.

WHAT WILL BE AYUDH'S ACTIVITIES DURING THE IYY?

Throughout the year we are planning to coordinate small and bigger activities globally, which correspond to the four pillars of AYUDH:

- **GREEN INITIATIVES**
- **SOCIAL SERVICE**
- **PERSONAL DEVELOPMENT**
- **INTERCULTURAL EXCHANGE**

Amma has approved these four points as the main objectives of AYUDH, however, above all, she said that in this current time it is most important to do things for Nature. Keeping this in mind we will keep a special focus on environmental activities during the IYY.

The following are just suggestions... and you don't have to participate in all of these things. These are just meant to be ideas to inspire you... It would be great if, depending on your capacity and liking, you can pick some of the projects outlined below and just give it a try.

In any case, we still hope to develop the ideas and vision for the IYY further and would greatly appreciate your input and suggestions. This is the year to be more active than ever before in AYUDH, so let's make the best out of it!

Four Global Events according to the Four Pillars: On four dates during the IYY we invite all AYUDH members and groups to take part in an activity that corresponds to one of the four pillars of AYUDH, as well as to certain "International Days" declared by the United Nations. However, since these UN-days are often scheduled on weekdays it might not be possible to organize a group activity on that specific day, which is why we have proposed a bigger time frame for each global activity. Of course your AYUDH activities are not limited to these suggestions, but it would be great if you can be part of this common approach.

INTERCULTURAL EXCHANGE

Timeframe: 6th August – 15th August 2010

Corresponding with: UN International Day of Youth, 12th August 2010 (the official launching date of the IYY)

Objective: Plan the year ahead, Share online what you are doing for sustainability and ecology.

Proposed Activity: You can use this time frame to meet with your AYUDH group to discuss the plan(s) for the upcoming IYY. It is a good chance to see who is interested to take on which role in the organization, find out which projects inspire you the most and make a plan for the International Year of Youth. In Europe you can also start planning the AYUDH table and activities for Amma's upcoming European Tour.

Use the opportunity of the AYUDH group being together to make a small video (you can use your digital photo camera), around 2 minutes long, to film a small greeting to other AYUDH groups around the world. Your greeting can include a song, a poem or a short message from your culture and country. Make it fun and entertaining!!! You can also mention on the video what your plans are for the upcoming Year of Youth. It would be very inspiring to see videos and messages from all around the world online!

Upload this video on <http://www.facebook.com/AYUDH.international> .

Contact: Simone: ammasimone@gmail.com

PERSONAL DEVELOPMENT

Timeframe: Friday, 17th September– Tuesday, 21st September 2010

Corresponding with: UN International Day for Peace on Tuesday, 21st September 2010

Objective: Peace in the outside world is very much linked to our Inner Peace and the collective effort we make in bringing about a change in consciousness and attitude.

Proposed Activities: On Saturday, 19th September we will have an international skype webcast session to pray for world peace together.

The timing is:

USA (Los Angeles): 10 am

EU (London, Ireland): 6pm

EU (Paris, Berlin, Barcelona, Milan etc): 7 pm

Nairobi: 8 pm

India: 9.30 pm

Australia (Melbourne): 3 am (Sunday)

Of course also other countries and places are welcome to join!

You can also add other practices for personal development on that day or weekend. You can schedule a Youth IAM class, invite someone for an inspiring talk or have a discussion on Peace, plant a peace tree, you can do meditation, bhajan, seva or other spiritual practices together, keep a minute of silence - maybe simply go for a walk in Nature... - anything that inspires and uplifts you.

In the past some Ayudhians have been visiting Kindergardens and Primary Schools on UN Day for Peace, holding interactive games and discussions with the kids, based on the topic "peace."

You could also watch the film Jeremy Gilley, The Day after Peace (Founder of Peace One Day) or take part in the pinwheelsforpeace initiative (maybe involving a kindergarden or school) <http://www.pinwheelsforpeace.com/pinwheelsforpeace/home.html>

Whatever you do, you can post your activities on these websites (in advance):

<http://www.peaceday.org/en/welcome>

<http://www.internationaldayofpeace.org/>

Contact: Simone: ammasimone@gmail.com

To take part in the webcast contact: Nath: info@ayudh.eu

GREEN INITIATIVE

Timeframe: Friday 22nd April – Sunday 24th April 2011

Corresponding with: Earth Day on Friday, April 22nd 2011

Objective: Do something for the environment!

Proposed Activities:

GrowIn: planting veggies, doing gardening, visiting a Eco-Site, watching Eco-Movie etc... Dorian has got lots of good materials that tell you how to plan and conduct a big or small growin event

Contact:

Dorian: growin@ayudh.eu

SOCIAL SERVICE

Timeframe: Thursday, June 23rd – Sunday June 26th 2011

Corresponding with: UN Public Service Day, Thursday, June 23rd 2011

Objective: Do something for society!

Proposed Activities:

Visit a care home for the elderly, a hospital, a nursery home or just stop by your grandma's house and stay for a cup of tea. Amma has repeatedly encouraged us to spend a little time with needy people, bring them some joy by listening to them, taking them for a walk, reading a story to them or singing some songs. You will be amazed about how little it takes to make someone (and you) truly happy – at least for one day ;-)

Contact:

Simone ammasimone@gmail.com

In addition to the four global events there will be two ongoing schemes:

1) TREE PLANTING: We have set as a goal to plant at least 108 trees in Asia, Europe, Australia and North America during the IYY. So far we have the following pledges:

1008 Australia
1000 Mumbai, India
120 Ireland
2128 in Total

That is quite a good number, but we still try to encourage more countries to take initiative and make a pledge.

Please also post your pledge on the UN homepage: <http://www.unep.org/billiontreecampaign>

Contact: Hari: emailharikumar89@gmail.com

2) GREEN STORIES – WRITE FOR MATRUVANI: Amma has asked us to write a short paragraph of how Amma's teachings and example has inspired the youth to do something for Nature. During the IYY there will be a special section in each issue of Matruvani, the ashrams monthly magazine, dedicated to AYUDH. The article may also be published on the new blog on www.embracingtheworld.org

Here some guidelines for the article:

Write a 150 - 250 word article about how Amma's teachings and example has inspired you to implement the principles of sustainability and ecology in your personal life. Whether you have changed from going to school with your parent's Ferrari to riding a bicycle or whether you have mobilized your friends to join you in a large-scale clean-up in a natural reserve - any activities, small or big, are inspiring to know about.

In your article please outline:

- which teaching or action of Amma has inspired you? (direct quotes are welcome)
- what did you do?
- when and where did you do it?
- who participated in it?
- What are your conclusions from the event or what can you tell to other youth who want to do something similar?
- You can write in the personal form ("I did..." or "we did...")
- Please write in English (we will review and correct the spelling and grammar)

Please also tell us your legal and spiritual name, age and country

Please submit at least two photos in good quality that show you "in action", displaying clearly the activity you did.

Please submit reports to Srimayi: reports@ayudh.eu

“If our youth arise and act, they have the strength and dynamism to generate a huge transformation in society.”

- Amma