

# TRAINER PROFILE

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## Fields of Expertise & Interest

1. Peace and Global Education
2. Capacity Building
3. Environment and Ecology

## Experience

I have been working as trainer in the areas above for a few years, especially in global education and capacity building. Environment is also an area I am working on for the past years but not so much as a separate element, but mainly as part of sustainability/ sustainable development. However, due to personal interest I am doing much reading on environmental issues, so it has helped me develop solid knowledge on quite a few issues, around climate change and environmental sustainability in general.

Further, I have worked as trainer in many of the other fields mentioned above, such as youth policy, youth empowerment and participation, democracy, politics, human rights and social inclusion, intercultural learning, communication (non-violent communication, activism, campaigning, advocacy etc). The three main areas selected are the ones I have been mainly providing trainings, either through the organisation I am working with (Future Worlds Center), or with other NGOs and CSOs I am collaborating. This also includes several trainings for educators/teachers, young people, students, as well as civil society professionals.

## Brief bio

Sophia Arnaouti is a civil society professional and a strong believer and promoter of social justice, human rights for all and respect to the planetary boundaries. Sophia is an experienced trainer and facilitator, utilizing non-formal education methodologies within children, youth and adult trainings, including collaborative learning methodologies. She also tends to use stuffed animals, cartoons, games from around the world and anything that can be creative, educational and can bring a good laugh to the group!

Η Σοφία Αρναούτη εργάζεται επαγγελματικά ως μέλος της κοινωνίας των πολιτών, ενώ είναι ένθερμη υποστηρίχτης και προσπαθεί να προωθή την κοινωνική δικαιοσύνη, τα ανθρώπινα δικαιώματα για όλους και το σεβασμό στα όρια του πλανήτη. Η Σοφία είναι έμπειρη εκπαιδευτής, καθώς αξιοποιεί τις μεθόδους μη-τυπικής μάθησης σε εκπαιδευτικές δραστηριότητες με παιδιά, νέους και ενήλικες, περιλαμβανομένων και μεθόδων συνεργατικής μάθησης. Επίσης συχνά χρησιμοποιεί λούτρινα ζωάκια, γελοιογραφίες, παιχνίδια από όλο τον κόσμο και οτιδήποτε άλλο μπορεί να είναι δημιουργικό και συνάμα εκπαιδευτικό και μπορεί να φέρει γέλιο στην ομάδα!

## Working Languages

Greek / Ελληνικά, English / Αγγλικά, French/ Γαλλικά

## My motto

"If you are neutral in situations of injustice, you have chosen the side of the oppressor."  
Desmond Tutu