

# SICOGA NEWS 2022

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News from SI Media & Communications team (SI MCT)

## TRENDING TODAY

- Crossing Borders
- Breaking Down Prejudices
- Sustainable Development Goals
- Servas in UN CSW.
- Hostmanship & Guestmanship
- Peace Building
- Increasing Servas Revenues and Numbers
- Nature Walks
- Cooking at Asia Plateau



Group photo of our fantastic participants.  
Credits to Manish Jain.

## Crossing Borders

Jonny started with a beautiful video presentation of 4 Americans 4 Moroccans which shows different religions, beliefs and thoughts of young people. In particular, it witnesses how Islam is understood by young generations. It continued by sharing thoughts and impressions of young American or Moroccan cultural experience. It's impressive to see how amazing the host family is, how they welcomed, amazing food, tea, snacks and music.

"If we don't speak with emotions it's not a real moroccan discussion." Experience the people before judging them.

Highly recommend to all of the reader of this article to watch the full documentary: *Crossing Borders*, by Arnd Wächter. See link: <https://crossingborders.education/people/arnd-wachter/>



A scene from "Crossing Borders".  
Documentary by Arnd Wächter

## Travelling for Peace as a Way to Break Down Prejudices with Baisakhi Saha

Baisakhi is an award-winning international speaker, author, globetrotter. She shared her experience in TedX youth talks, talking about her book. She explained how your inner voice helps to overwhelm the challenges and to be unstoppable. Her journey started from a conservative family background in India, and she had to overcome all the limiting beliefs that immediately formed around her.

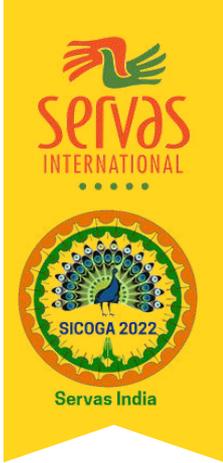
She said that if we do hear it back, we then worry that we will lose all the love we earned and experienced during our travels and all action will become reaction, defence against loss. She then talked about self-concept, self-protection, self-love and self-acceptance. These important themes also represented the closing of the meeting. We also suggest to everyone who is reading this article her book, *Life is an Abracadabra*. It's a wonderful and interesting reading.

### Raj Kumar



A photo of our relator, Baisakhi Saha.  
Credits to Manish Jain.

**Raj Kumar**



Preparation for the SIGA. Credits to Manish Jain.

## Sustainable Development Goals and their Role in Servas

The Sustainable Development Goals (SDG) were formulated in 2015 as an agreement between all the UN collaborating countries. SDG intend to bring sustainable development to both the global south and global north. During today's workshop, we discussed their

purpose, and more specifically how this framework can be used for Servas development and attracting the younger generation. Many questions were raised. Some were more complex, such as "Which is the biggest challenge your country is facing regarding the SDG?", while others had a single answer (check the quiz at the end of this newsletter!) For more information, we invite you to check: <https://sdgs.un.org/>

**Elena**

**Fun quotes:**  
And that's it basically. - An anonymous delegate

### Reflecting on the SDG:

- What are the biggest challenges in your own country?
- What can you and Servas in your country do to help address these problems?
- Would increasing the focus of the SDGs within Servas attract new (younger?) members to Servas?

## Servas in the UN Commission on the Status of Women

Among the annual reports presented by EXCO, we would like to highlight the activities carried out by the Peace Secretary, Paige Lacombe, as an important SERVAS community had the opportunity to actively participate in the UN CSW (Commission on the Status of Women) for the first time online, with very good experiences. Now, every year, the CSW is open online for everyone who wants to participate and be enriched with experiences from other NGOs worldwide, in March every year. You too can do your bit for Servas. Contact your local Peace Secretary.

**Lilly**

## Hostmanship and Guestmanship

A really interesting meeting came up in Australia Room, when Jonny Sägänger and Raffaella Rota talked together about the importance of being a good host and a good guest in Servas. It was a very lively session, with lots of sharing from the public about typical hosting and guesting behaviours and problems. Several people brought their own experiences and stories, along with some really funny facts. The question remains clear though: how can we become better hosts and guests? Is there actually a way

to be objectively better, or is this all about subjectivity and our way of perceiving travelling and getting together? Every person taking part in the workshop left the room with these questions in their mind, after a really useful and entertaining encounter.

**Erika, Klara and Saga**



A slide of the hostmanship workshop. Credits to Jonny Sägänger

## Building Peace

Paige LaCombe and Alvany Santiago were speakers in the *building peace* workshop, which tried to figure out how to create peace in different environments. Starting from small, peaceful gatherings and make it bigger in your own way could be one way. Servas has to think outside the box: the future generations depend on it. Paige and Alvany also talked about the harsh conditions of living in Mexico and Uganda, and about the difficult situation of Indian young girls.

**Raj Kumar and Sebastiano**



Left: secretariat, right: moderators for SIGA. Credits to Manish Jain

## How to increase Servas Revenues and Numbers

Jim Leask held an interesting meeting about how will Servas grow in numbers and revenue in the future. We are constantly working to make Servas grow around the world, and the strategy is engaging with existing members, creating a Servas network on the servas.org webpage to have all of our Servas guests and hosts gathered so we can keep in touch and remember exhorted. Servas.org can grow to become more like a social media platform (similar to LinkedIn), able to find other

Servas members from mutual connections. Other strategies and ideas are, for example, searching for a main contact person for travelling in the area, who is able to connect travellers to hosts. It could also be not a Servas member. About the association's numbers, the ways to approach new members are many. In particular, we could attract new youth members by making the website and the process of becoming a member faster and promoting servas in schools.

**Raj Kumar and Sebastiano**

## Nature Walks

The first two mornings of the SICOGA2022 had some people walking quietly in the nature. This was the purpose of the meditation activity scheduled: to hear better ourselves and the world by experiencing a peaceful silence.

**Sebastiano**



A moment of restitution. Credits to Manish Jain.

## Cooking at the Asia Plateau

After watching the documentary "Cowspiracy" I realized that half of the world's CO2 is produced by intensive meat farming. To be consistent with my ideals, I decided to approach vegetarianism / veganism. I started looking for delicious recipes and sharing them with friends so that others could also reduce their meat consumption. The idea is not so much giving up as discovering new tasty dishes. For this reason, I asked the servas organization if I could go to the kitchens here at the India meeting to learn news recipes. Indian cuisine is truly delicious and very sustainable from an ethical and ecological point of view.

Today I tried to cook chapati... I invite you to watch the documentary too and to send me all the vegan/vegetarian recipes you find. This is my email: [egottero@gmail.com](mailto:egottero@gmail.com). Thanks to all the Sicoga2022 organization for all the work done and for this opportunity.

**Emanuela Gottero**



Preparing the chapati. Credits to Emanuela Gottero

**Important facts:**  
A chapati is different from a roti and from a naan because of the composure. As a matter of facts, it is made half by processed flour and half by whole wheat flour

**Do you want to advertise your SICOGA workshop here?  
Send a cake to room 606 ;-)**



## THE GLOBAL GOALS

For Sustainable Development



Yes, the editing team ran out of ideas and is making a quiz about one of today's main themes, global goals! Wait until tomorrow for the answers and enjoy!

### A. Which goal is closest to Servas purpose of travelling for peace?

- 1.16
- 2.17
- 3.18

### B. Who is the secretary-general for the United Nations General Assembly?

1. Greta Thunberg
2. António Guterres
3. Amina J. Mohamed

### C. In 2020 only, due to Covid-19 pandemic how many people were pushed to poverty, and how many became billionaires?

1. 1.5 billion and 3.2 thousand
2. 9.3 million and 56
3. 177 thousand and 327

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