

What is Peace?

What does it look like? Sound like and feel like?

[The Everyday Peace Initiative](#) (EPI) is an online platform that bridges peace research and community action to inspire people to be everyday peacebuilders by taking action and building peace in their own life and community

Just as violence happens in the everyday, so too does peace.

EPI is centred around the idea that ordinary people are the key agents of peace - you don't need to be part of an organisation, have a certain degree/training or even embrace a particular worldview to be an agent of peace.

[Dr Monica Carrer](#) and [Dr Sylvia Frain](#) are the founders of this initiative, and have created an inclusive and safe online community for the sharing of knowledge and a place for connection and conversation.

Through a range of innovative projects Monica and Sylvia are collating the tools, knowledge and resources required to help people understand violence and define strategies to address it. Additionally, the team has a [research collective](#) that conducts peace research which considers the knowledge and experience of people who have faced violence, the power structures present and how different forms of everyday violence are legitimised and reproduced.

The Everyday Peace Toolkit

[The Everyday Peace Toolkit](#) offers practical tools and strategies that you can implement to avoid or respond to everyday violence, either in your own life, in your community or even globally.

The word 'violence' may have different meanings for different people. Here we look at violence not as something extraordinary, but as a continuum of experiences that take place in our daily lives – violence as an everyday experience. The Toolkit invites you to explore how violence might be expressed in your own everyday life, perhaps in subtle forms, as well as the everyday efforts and actions that are used to deal with adversity and make change happen.

The Everyday Peace Toolkit can be accessed [via the EPI website](#) or you can download a [PDF version](#).

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