

PINCH OF SALT

Co-creating Spaces of
Support, Acknowledgement, Listening, and Trust
for Well-Being Among Humanitarian and Development Workers
in The Asia-Pacific

The program will focus on **centering inner peace, cultural rootedness, and decolonial reflection**. It does not train peacebuilders in external safety protocols or mental health treatment—but rather nurtures **emotional self-awareness, shared stories, and relational care**, recognizing that healing is essential for sustainable peace work.

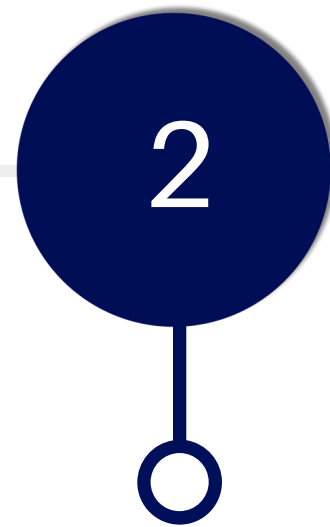
NEXT STEPS

IN THE NEXT 6 MONTHS



BASELINE NEEDS ASSESSMENT

- Survey and interviews with HDW's
- Consultations with MHPSS practitioners
- Learning conversations with past cohorts



“A DAY IN THE LIFE” VIDEOS

- Prepare A Day in a Life Guide (prompts, recoding guide, consent form)
- Identify/Invite storytellers
- Orientation
- Pre-Production
- Post-Production



JOURNAL DEVELOPMENT

- Draft Journal Content informed by results of assessments



CREATE A WEBSITE PROTOTYPE

- Create a Website Site Map and Wireframe

BUDGET

Activity	No	Unit	Cost	Total
Domain Name and Website Security	5	years	€120.00	€600.00
Journal Printing	240	pcs	€10.00	€2,400.00
Preparatory meetings (food, travel)	4	meetings	€100.00	€400.00
Dialogue: Philippines SALT Circle (10-15 pax)	2	dialogues	€100.00	€200.00
Dialogue: Malaysia SALT Circle (10-15 pax)	1	dialogues	€200.00	€200.00
Video Editor: Story Gathering (5 2-min videos)	5	videos	€200.00	€1,000.00
Translators for dialogue/stories	2	translators	€100.00	€200.00

TOTAL **€5,000.00**

ASKS

- For fellows and network members to **participate in the needs assessment**
- For support from Salzburg Global to **link project team** with “Peace to Peacebuilders,” “Defenders,” and other previous teams for learning exchange
- For **resources**, such as funding or in-kind support, for journal development, translation, and initial website build
- For volunteers to assist with **user testing** of the journal, website, and other initial outputs
- For **multimedia experts**, such as video editors, to help with post-production of story recordings (*we will handle content gathering*)

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