

Alternatives to Violence Project **(<https://www.activelink.ie/node/21084>)**

AVP's Vision:

We are a community of volunteers from all walks of life committed to creating a society based on honesty and respect that can resolve conflicts without resorting to violence.

AVP's Mission

AVP's mission is to empower people to live their lives without violence. *Transforming conflict, transforming lives, together.*

AVP's Values

AVP is based on the strong conviction that **there is good in everyone**. AVP adopts a **non-judgmental attitude** and considers all participants to be **equal**. It is a **non-hierarchical** organisation and every voice has the same weight. AVP considers that both **caring for others** and **respect for oneself** are essential to adopting non-violent ways. Participants **learn by doing** : this **experiential** approach is both holistic and realistic. The central theme in AVP is **Transforming Power**. This is the power, available to all, to make choices to transform what might be a violent or destructive situation into a non-violent outcome.

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