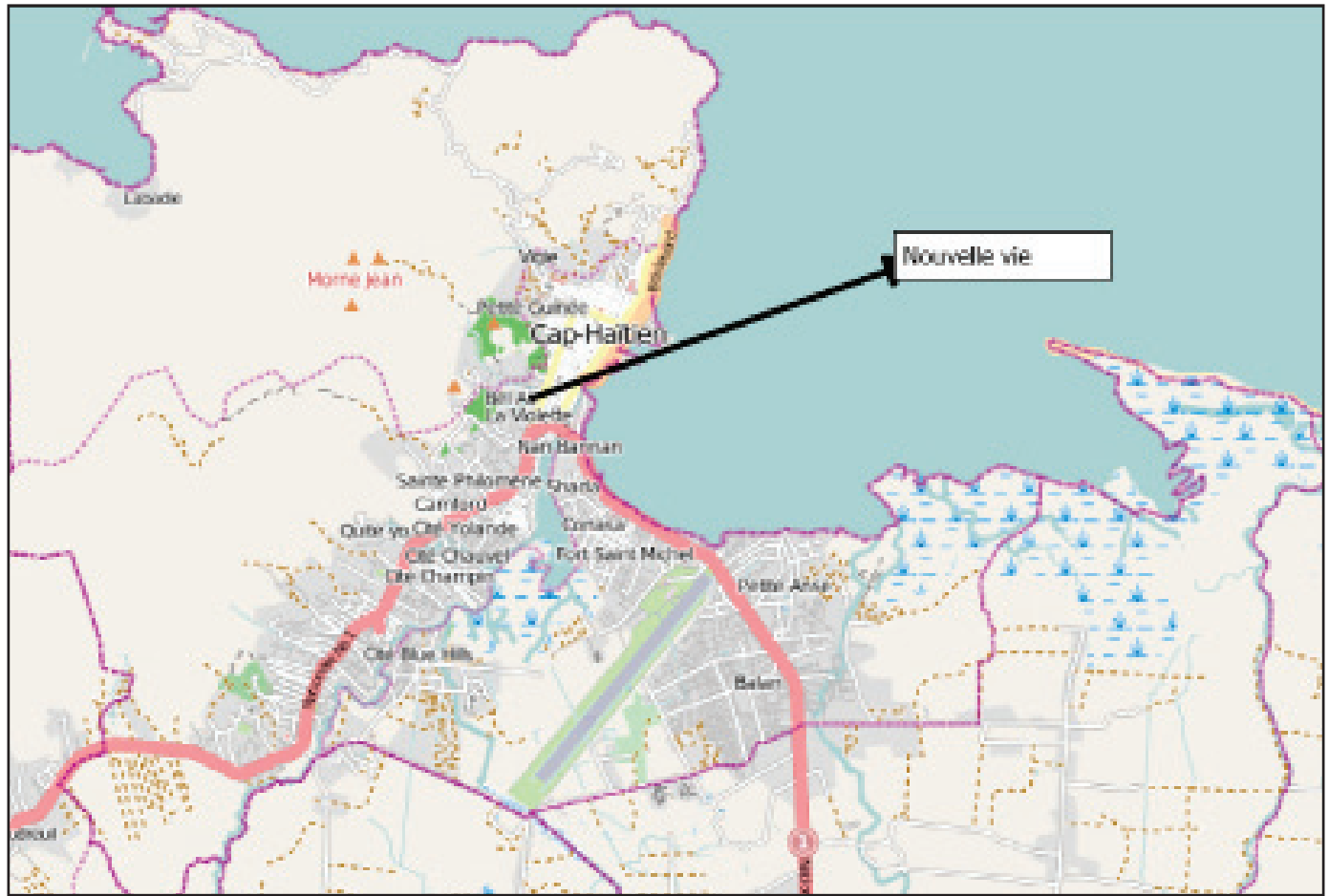


Nouvel Vie is a coalition of leaders trained in a series of skills ranging from wellness, meditation, community leadership, yoga, nutrition, post traumatic stress management, and entrepreneurship.



What can other communities learn from Nouvel Vie?

- ★ Trainings in mindfulness meditation, nutrition, yoga, and post-traumatic stress relief
- ★ Trainings in the principles of permaculture, composting, vermaculture, urban gardening, and tree nurseries



History of the organization

After the earthquake in 2010, the IAHV (International Association for Human Values) organization arrived in Haiti to assist with the post-traumatic side of the recovery, teaching Haitians skills for stress relief, meditation, and other methods of dealing with the extreme trauma suffered during the earthquake. It was during this initiative that they discovered a group of dynamic young Haitians in the North of the country, and decided to help build a program off of developing them as leaders.

Summary of the work

IAHV received a grant from USAID to train a group of 19 youth leaders from across the country in a holistic program that would allow them to be stronger individuals, entrepreneurs, and community leaders, calling it Nouvelle Vie. Youth were recruited from Les Cayes, Jacmel, Hinche, Cap Haitian, Port au Prince, and other areas and brought to Cap Haitian where they lived for several months undergoing intensive training in subjects ranging from permaculture (a holistic and sustainable approach to everything from agriculture to construction), mindfulness meditation, community leadership, yoga, nutrition, stress management, and entrepreneurship. Afterwards, the youth returned to their homes to try to put what they learned into action, either through their own sustainable businesses or through community initiatives.

The group in Cap Haitian consists of two of the Nouvelle Vie graduates, who have decided to turn the house which they are living in into a full training center. They offer yoga sessions every Saturday and meditation every Sunday, and they go into rural communities across the North Department to offer trainings to farmer's cooperatives on permaculture methods of composting and planting. They also receive requests for trainings constantly and have trained hundreds in a wide range of subjects. Their house is a demonstration center in and of itself: they have installed a rooftop garden that displays the principles of urban gardening by using recycled car tires as planters, and they have successfully managed a vermaculture installation with tens of thousands of earthworms that are now producing high-quality compost that they can use in their garden or sell.

The team in Cap Haitian continues to benefit from the last bit of the USAID grant money, but their goal is to be self-sustaining and they are working on revenue-generating strategies so they can not only sustain but expand their work.



What can other communities learn from Nouvel Vie?

The youth leaders at Nouvelle Vie are skilled trainers in a number of subjects: in terms of general well being, they are trained in mindfulness meditation, nutrition, yoga, and post-traumatic stress relief, and have already trained large groups on the subjects. In terms of agriculture, they are trained in the principles of permaculture, composting, vermaculture, urban gardening, resource conservation, vegetable and tree nurseries, and much more. They are eager to share their knowledge with anyone who is interested.



Contact Information:

Ferdinand Wilner. Tel: 3650-1501

Alouidor Lesly Louis. Tel: 3600-5355