

FFWPU UK Nordic Winter Workshop: Young Adults Chill On Nordic Retreat

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Young Adults Chill On Nordic Retreat

Young Adults gathered together to start the new year in beautiful and cold Norway, to join in community and create timeless memories and bonds.



Nordic Winter Workshop was 3-7 January 2024. With a participation of 32 individuals from 13 different countries, 30 were 2nd gen with an age group spanning between 18 to 35. The workshop had a retreat feeling to accommodate the needs of the young adults and some elements of education with Hoon Dok Hae and lectures. The lectures were carefully picked to suit the needs of the 2nd gen staff and the participants. The focus of the lectures were Healing and Wellbeing by Aunty Barbara S. and Community and Ownership by Peter N. There was a lot of free time in the schedule allowing participants to really take the time to share with the staff and each other. A big plus of the workshop was the chance to spend a day

in Helsinki and to enjoy a true Finnish Sauna every day with the chance to jump in the snow or take a dip in the frozen lake, rejuvenating spirit and soul.'- Peter N

Here is also some testimonies from participants from the retreat-



'The workshop overall was a really nice experience. The atmosphere was very cozy and the perfect place to take time out of daily life, as well as build friendships with brothers/sisters. The content was relevant and I especially enjoyed the goal setting session, as it was a great way to start the year with a new determination.' - Amabel

'The Nordic Winter Workshop held in Finland proved to be a memorable and enriching experience for all participants. Beyond the insightful talks from Barbara S., Kejiko M. and Johannes N., the event provided a platform for meaningful conversations among brothers, sisters, aunties, and uncles, fostering a unique sense of family. Amidst the workshops, attendees had the opportunity to immerse themselves in the beauty of Finnish culture. The traditional sauna experience offered a glimpse into the country's rich heritage, allowing participants to unwind and connect in a relaxed setting. The warmth of the sauna mirrored the bonds forming among the diverse group of individuals. The workshop also included a visit to the vibrant city of Helsinki, where participants had the chance to explore its enchanting streets and landmarks.'- Raphael

'My experience at this year's Nordic workshop was absolutely amazing. A very much needed spiritual retreat for me and a great way to start the year off, with brothers and sisters who love God and True Parents and who care about building a heavenly community. We received some inspiring talks which have lit a fire inside of me to keep on investing in my community and helping out in whatever way I can, despite the uncertainty that can sometimes arise on whether or not I fit in, after being on this workshop I am determined to keep doing my part so that our culture is passed on to future generations. Can't wait to be back next year!'- Benjamin

