



Overview

Foundations for Freedom (F4F) is a programme of Initiatives of Change that has created a network of communities and people who share the same values and promote spiritual growth as a basis for development at individual, regional and international levels.

- It runs courses for young adults and NGOs that develop people through encouraging values-centred decision-making in personal and professional life leading to positive change in their communities and countries.

FOUNDATIONS FOR FREEDOM (F4F)

FACT SHEET

BACKGROUND

Foundations for Freedom (F4F) started in 1993, after the collapse of Communist regimes in Eastern and Central Europe, as an initiative to foster fresh leadership grounded in a better understanding of the values which underlie a free society

MISSION

Foundations for Freedom aims to serve as a worldwide resource for both individuals and organizations searching for inner freedom, openness and purpose in life.

AIM

F4F aims to develop in young adults and youth leaders:

- A sense of purpose, awareness of the underlying values, attitudes and human relationships needed in today's society and the commitment to become initiators of positive change in their countries.
- 'Leadership with integrity' as a key to the renewal of societies. The programme therefore encourages the development of leadership based on a sense of service and responsibility, and the desire to bring out the best in others.
- Sense of teamwork, supporting the development of a network of teams that are able to address the difficulties facing their communities, countries and regions.

CURRENT FOCAL COUNTRIES

The initial focus of F4F was on Eastern and Central Europe but F4F is keen to spread its work to other countries and continents. Expressions of interest are currently received from all over the world and F4F will work with people and organisations who wish to create positive change in their societies.

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HOW

Foundations for Freedom offers a range of courses and workshops for young adults and NGOs that can be adapted to suit a variety of needs:

Visiting Course basic introductory 7 to 10-day course on personal and spiritual development that offers:

- practical life skills training
- an understanding of how people develop and change
- how to value and follow your deep convictions
- how to find the motivation to develop and sustain democratic culture
- how to become an inwardly free person.

Specialised Visiting Course – aimed at specific social groups (political, educational, business, inter-ethnic/cultural, inter-NGO)

Visiting Course Stage 2 – focuses on Teamwork, Visioning and Skills Building
Ethical Leadership Workshop (ELW) – a weekend course based on F4F philosophy that focuses on 'leadership with integrity'.

FOLLOW-UP ACTIVITIES

People who invite F4F to run courses are encouraged to create a programme of follow-up activity. In addition, further training and networking opportunities are provided through correspondence, follow-up visits, a quarterly newsletter and other international events and meetings designed to build co-operation between individuals and teams.

FINANCES

F4F has charitable status in the United Kingdom, as part of the programme of Initiatives of Change.

Costs are kept to the minimum. Many activities are carried out on a volunteer basis. Programmes thus far have attracted some funds from trusts but principally from generous individual contributions. As its programme expands, F4F is seeking to broaden its funding to include foundations, governments, international organizations and corporations as well as individuals.

Contact

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Building trust across the world's divides

Initiatives of Change