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Oxford Scholars

Fall 2025

Seeds of Peace

Peace is a value that many would say they want their life to entail: peace within themselves, peace within their personal relationships, peace within politics, peace between nations, and peace among people. However, it is often that other values, such as equality and truth, pride or economic prosperity, make peace not an option. Above all, the most common reason one can't find peace is a lack of understanding, whether that be of oneself, one's circumstances, or one's opponent, for it is hard to understand something that one is not knowledgeable about. Seeds of Peace is an organization that serves to combat the world of misunderstanding among each other.

Desmond Tutu, a human rights activist, once stated, "If you want peace, you don't talk to your friends. You talk to your enemies. (*Desmond Tutu Quotes*, n.d.)" While this concept seems obvious, as of course one's enemies are the ones that would be threatening their peace, many people struggle to reach out and connect with those who seem foreign to them. Seeds of Peace seeks to establish comfortability among those with differences to promote a world of acceptance and understanding of one another, in order to achieve the overarching goal of world peace.

Seeds of Peace was founded in 1993, initially focusing on the promotion of peace in the Israeli-Palestinian conflict (*History Archive*, 2025). The initiative is based around the concept of instilling a strong value of the necessity of peace into the youth of many nations so they can not only spread peace virtues around their communities, but also become future leaders who prioritize peace in a world of conflicting priorities.

Seeds of Peace holds camps for young people around the world, focusing on teens from areas of high conflict, such as the Middle East and South Asia, specifically Israel, Palestine, Egypt, Jordan, India, and Pakistan. The camps also include delegates from the United States and parts of Europe to promote feelings of togetherness between people from around the world. Essentially, the Seeds of Peace want humans from other countries to see others as humans, rather than as simply residents of their respective nations. Including teens from many nations at each camp is the Seeds of Peace's attempt at promoting unity and acceptance of each other, despite race, nationality, or language.

At the camps themselves, teens undergo a three week session where they participate in dialogue, recreational activities, and the art of living together as one community. The program follows a leadership model that “focuses on dialogue that shifts attitudes and perceptions and builds respect and empathy. (*About*, 2025)” So, not only do the camps promote respect by creating an environment where people of different origins coexist, but they also explicitly teach respect for others by including loose lessons in their curriculum and conducting discussions where teens hear about the perspectives of others and the reasoning behind them. Additionally, the camps serve as a tool for developing leadership skills. The Seeds of Peace hope to promote empathy within individual teens so they can spread understanding among their people now, and go further to promoting peace in legislation when they become leaders in their nations. Intense conversations between teens also helped to emphasize the need for leadership centered around peace.

Ultimately, Seeds of Peace is not only doing great work to promote the increase of peace in politics and the world, but also reveals to us what the world needs to do to acquire peace for all. Beyond just wishing for peace for themselves, people need to realize that peace comes from

caring enough for others that peace is wanted for them. One must understand and empathize with others to the point that peace for everyone seems of the utmost importance, taking priority over other values and wants. Seeds of Peace has started the initiative towards understanding of others by first acquainting the youth of nations together. They have demonstrated that when young people can engage across differences, the seeds truly are planted for the future generation of peace.

Works Cited

About. (2025). Seeds of Peace. <https://www.seedsofpeace.org/about/>

Desmond Tutu Quotes. (n.d.). BrainyQuote.

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