

**Inter Faith
Week**



INTERFAITH ACTION STARTER PACK

**A SIMPLE GUIDE TO HELP YOUNG PEOPLE
RUN THEIR OWN INTERFAITH EVENTS**

**PRODUCED BY
THE YOUTH ADVUSORY PANEL
FOR INTER FAITH WEEK 2025**

WHY THIS STARTER PACK EXISTS

THIS PACK IS FOR YOUNG PEOPLE WHO WANT TO UNDERSTAND OTHERS BETTER AND DISCOVER WHAT CONNECTS US AS HUMAN BEINGS.

THE PACK INCLUDES SOME **BACKGROUND INFORMATION AND IDEAS**, AS WELL AS A **SESSION PLAN** THAT YOU MIGHT LIKE TO USE. IT ALSO INCLUDES SOME LINKS TO **FURTHER RESOURCES**.

PEOPLE OF ANY OR NO FAITH BACKGROUND ARE WELCOME TO USE THIS PACK, ESPECIALLY THOSE INTERESTED IN BECOMING **INTERFAITH LEADERS**.

THIS PACK WAS CREATED BY
**THE YOUTH ADVISORY PANEL FOR
INTER FAITH WEEK 2025.**

INTER FAITH WEEK IS A GREAT TIME TO RUN INTERFAITH EVENTS, BUT YOU CAN GET INVOLVED IN INTERFAITH ANYTIME — AT SCHOOL, AT COLLEGE, IN YOUR YOUTH GROUP, OR ANYWHERE PEOPLE COME TOGETHER TO SHARE IDEAS AND LEARN FROM EACH OTHER.



WHAT IS INTERFAITH?

THE TERM “INTERFAITH” (ALSO INTER FAITH OR INTER-FAITH) REFERS TO ALL INTENTIONAL ENGAGEMENT BETWEEN PEOPLE OF DIFFERENT FAITHS, BELIEFS AND NON-RELIGIOUS WORLDVIEWS.

THIS INCLUDES A VARIETY OF DIFFERENT EVENTS, PROGRAMMES AND METHODOLOGIES, INCLUDING ENCOUNTER, DIALOGUE AND SOCIAL ACTION.

INTERFAITH IS ALL ABOUT...

FINDING COMMON VALUES AND EXPERIENCES

CELEBRATING DIFFERENCE

BUILDING BRIDGES AND FRIENDSHIPS

MAKING A MORE INCLUSIVE SOCIETY

YOU DO NOT NEED TO BE AN EXPERT IN RELIGION OR PHILOSOPHY TO GET INVOLVED IN INTERFAITH.

REAL CONNECTION BEGINS WITH EMPATHY AND AN OPEN MIND, ONE STORY AND ONE CONVERSATION AT A TIME.

ALL YOU NEED IS CURIOSITY AND A WILLINGNESS TO LISTEN AND LEARN.

PLANNING YOUR EVENT

WHEN PLANNING YOUR EVENT, **BE CLEAR ON WHAT YOU WANT TO DO.** DECIDE WHETHER YOUR SESSION IS ABOUT LEARNING OR TAKING ACTION TOGETHER OR EVEN JUST CELEBRATING!

MAKE IT WELCOMING.

CHOOSE A SPACE THAT FEELS OPEN AND FRIENDLY SUCH AS A CAFÉ OR COMMUNITY HALL.

INVITE A MIX OF PEOPLE, INCLUDING THOSE FROM DIFFERENT FAITHS, BELIEFS, AND WORLDVIEWS. **EVERYONE SHOULD FEEL THEY BELONG.**

KEEP IT RELAXED.

SHARING REFRESHMENTS HELPS PEOPLE FEEL AT EASE!

HERE ARE A FEW **EXAMPLES OF EVENTS** THAT YOU COULD RUN...

SUPER CLUB, BOOK CLUB, FILM CLUB, SOCIAL ACTION PROJECT, GROUP ART PROJECT, SIMPLE DISCUSSION GROUP.

THE FOLLOWING PAGES INCLUDE AN **EXAMPLE SESSION PLAN.** YOU CAN USE IT AS IT IS, OR ADAPT IT TO SUIT YOUR CONTEXT.

INTERFAITH SESSION PLAN

SETTING THE GROUND RULES

RECOMMENDED TIME: 10 MINUTES

PURPOSE: BEFORE YOUR GROUP BEGINS SHARING, TAKE TIME TO AGREE ON HOW YOU'LL TALK AND LISTEN TOGETHER. THESE GROUND RULES HELP EVERYONE FEEL COMFORTABLE AND RESPECTED.

HOW TO RUN IT: YOU CAN READ THESE ALOUD AND/OR DISPLAY THEM ON A WHITEBOARD.

BE KIND AND FAIR

TREAT EVERYONE EQUALLY, SHOW RESPECT AT ALL TIMES AND MAKE AN EFFORT TO GET ALONG WITH EVERYONE.

SPEAK FROM YOUR OWN EXPERIENCE

SHARE YOUR OWN THOUGHTS AND LET OTHERS SPEAK FOR THEMSELVES. DON'T TELL PEOPLE WHAT THEY BELIEVE OR TREAT ANYONE AS A SPOKESPERSON FOR THEIR WHOLE COMMUNITY.

LISTEN WITH RESPECT

PAY ATTENTION TO EVERYONE, EVEN IF YOU DISAGREE. TRY TO UNDERSTAND BEFORE YOU RESPOND, AND DON'T JUDGE PEOPLE BY WHAT OTHERS IN THEIR FAITH OR COMMUNITY MIGHT SAY OR DO.

ASK WITH CURIOSITY

IF YOU WANT TO KNOW MORE, ASK QUESTIONS KINDLY AND WITH REAL INTEREST. GOOD QUESTIONS HELP PEOPLE FEEL VALUED AND HEARD, NOT TESTED OR CHALLENGED.

STAY FOCUSED ON UNDERSTANDING

PRIORITISE LISTENING AND LEARNING, NOT DEBATE OR PERSUASION. KEEP AN OPEN MIND AND BE WILLING TO LEARN FROM OTHERS.

PROTECT PRIVACY

KEEP PERSONAL STORIES CONFIDENTIAL UNLESS YOU'VE BEEN GIVEN PERMISSION TO SHARE THEM.

INTERFAITH SESSION PLAN

ICEBREAKER: "WHO AM I?"

RECOMMENDED TIME: 10 MINUTES

PURPOSE: THIS ACTIVITY HELPS EVERYONE GET TO KNOW EACH OTHER AND NOTICE WHAT THEY HAVE IN COMMON.

HOW TO RUN IT:

- GIVE EVERYONE A SMALL CARD AND ASK THEM TO WRITE THREE WORDS THAT DESCRIBE WHO THEY ARE. EXAMPLES: FRIEND, SIKH, ARTIST, KIND, CURIOUS, QUIET.
- ASK ATTENDEES TO PAIR UP. EACH PERSON PICKS ONE OF THEIR WORDS AND EXPLAINS WHY IT MATTERS TO THEM.
- AFTER A FEW MINUTES, BRING EVERYONE BACK AND ASK PEOPLE TO REFLECT ON THESE QUESTIONS:
 - WHAT DID YOU LEARN ABOUT OTHERS?
 - WERE THERE ANY SURPRISES?
 - WHAT CONNECTS YOU, EVEN THOUGH YOU MIGHT SEEM DIFFERENT?

INTERFAITH SESSION PLAN

MAIN ACTIVITY: STORIES OF KINDNESS AND CONNECTION

RECOMMENDED TIME: 30 MINUTES

PURPOSE: TO SHOW HOW SMALL ACTS OF KINDNESS CAN BRING PEOPLE TOGETHER.

HOW TO RUN IT:

- ASK EVERYONE TO THINK OF A TIME WHEN SOMEONE FROM A DIFFERENT BACKGROUND SHOWED THEM KINDNESS, OR WHEN THEY OFFERED KINDNESS TO SOMEONE ELSE.
- SPLIT PARTICIPANTS INTO GROUPS OF FIVE.
- EACH PERSON WILL HAVE FIVE MINUTES TO SHARE.
- REMIND THE GROUP TO USE THE GROUND RULES BEFORE THEY BEGIN.
- AFTER EVERYONE HAS SHARED, TALK TOGETHER ABOUT WHAT STOOD OUT:
 - HOW DID THAT MOMENT MAKE YOU FEEL?
 - WHAT DID IT TEACH YOU ABOUT PEOPLE
 - DID YOU NOTICE ANY SHARED VALUES ACROSS YOUR STORIES?
- BRING THE GROUP BACK TOGETHER AND ASK FOR A FEW REFLECTIONS ABOUT WHAT THEY LEARNT ABOUT CONNECTING ACROSS DIFFERENCE.

INTERFAITH SESSION PLAN

REFLECTION AND CLOSING

RECOMMENDED TIME: 10 MINUTES

PURPOSE: TAKING TIME TO REFLECT AT THE END OF THE SESSION HELPS EVERYONE MAKE SENSE OF WHAT THEY HAVE HEARD AND SHARED. IT TURNS GOOD CONVERSATIONS INTO REAL UNDERSTANDING AND HELPS PEOPLE SEE HOW THEY CAN BUILD CONNECTIONS IN EVERYDAY LIFE.

HOW TO RUN IT:

- ASK PARTICIPANTS:
 - WHICH STORIES SHARED THE SAME COMMON VALUES?
 - WHICH STORIES HELPED YOU FEEL MORE COMFORTABLE WITH ONE ANOTHER?
 - WHERE COULD PEOPLE IN YOUR AREA COME TOGETHER MORE OFTEN, PERHAPS FOR A COFFEE MORNING OR AN ART PROJECT?
 - HOW COULD YOUNG PEOPLE TAKE THE LEAD IN CREATING THOSE SPACES?
- GIVE PARTICIPANTS THE REFLECTION SHEET ON THE NEXT PAGE TO TAKE HOME AND REFLECT ON IN THEIR OWN TIME. THE AIM IS TO HELP THEM NOTICE WHAT THEY LEARNED, HOW THEY FELT, AND WHAT THEY MAY WANT TO DO NEXT.
- THANK EVERYONE FOR COMING!
- ENCOURAGE PARTICIPANTS TO SHARE FEEDBACK WITH YOU TO HELP IMPROVE FUTURE EVENTS.

INTERFAITH SESSION PLAN

REFLECTION SHEET

PROMPT	MY REFLECTION
SOMETHING NEW I LEARNT ABOUT SOMEONE ELSE	
SOMETHING THAT SURPRISED ME OR CHALLENGED ME	
HOW I FELT SHARING AND LISTENING TO OTHERS	
SOMETHING I WILL DO DIFFERENTLY AFTER THIS SESSION	

FURTHER RESOURCES

THIS PACK WAS CREATED BY
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WITH SPECIAL THANKS TO ATMA KAUR NARINDER,
WHOSE IDEAS, CREATIVITY AND HARD WORK
BROUGHT THE PACK TO LIFE.

WE HOPE YOU FOUND THIS RESOURCE HELPFUL!

FOR MORE IDEAS AND SUPPORT FOR INTERFAITH,
VISIT:

INTER FAITH WEEK
[HTTPS://WWW.INTERFAITHWEEK.ORG/](https://www.interfaithweek.org/)

UNITED BY COMMON VALUES PANEL DISCUSSION
WWW.INTERFAITHWEEK.ORG/RESOURCES/UNITED-BY-COMMON-VALUES-PART-ONE

INTER FAITH WEEK 2025 PODCAST
WWW.INTERFAITHWEEK.ORG/RESOURCES/THE-INTER-FAITH-WEEK-2025-PODCAST-SERIES

THE FAITH & BELIEF FORUM
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