Creators of Peace

CoPEX

Creators of Peace Exchange Program

Indonesia - Australia





5 — 16 February 2026

Jakarta - Bandung - Yogyakarta



What is CoPEX?

CoPEX is an Indonesia - Australia exchange program designed to bring women together in a safe and nurturing Circle of Peace. This residential journey invites participants to pause, share, explore and reconnect with their inner peace, while strengthening their role as compassionate leaders in their communities.

The CoPEX's Objectives are:

- Strengthening women's capacity as peacebuilders in their respective communities.
- Building strong cross-cultural relationships between women from the two countries.
- Developing peace narratives rooted in women's lived experiences, rather than in theory alone.
- Participants have the opportunity to take part in exchange programs between the two countries and participate in an International Training of Trainers (ToT).



Our Team



Team Indonesia

- Anisa Ladhuny
- Nenden Vinna Mutiara Ulfa
- Nur Hayati Syafii
- Siti Zaetun
- Anisa Eka Putri Kusmayani
- Riri Lestari
- Samrotul Mufidah

Team Australia

- Zohra Aly
- Judy Schroeder
- Khushnam Patel
- Rosita Francesca

Activities



Interfaith Dialogue



During the Creators of Peace Exchange, the IofC Indonesia Team and CoP Australia delegates had the chance to share their experiences at the All-Indonesian Assembly of Ahlulbayt Associations (IJABI). The theme was about understanding the issues faced by people from dominant and non-dominant religions in both countries. The meeting was not just for women but also included men and youth from both IofC and IJABI.

The discussion came alive as people shared their personal stories, especially the challenges of being from a non-dominant group. Several ideas for collaboration were proposed to help solve these challenges.

After the discussion, all the participants took photos and chatted informally while sampling local snacks.

Cultural Visit

Prior to the CoPex program in Bandung, participants from Australia joined a cultural and historical tour led by Huda. The tour began at the Museum Konferensi Asia Afrika, where participants learned about the 1955 Bandung Conference and the Dasa Sila Bandung (Ten Principles of Bandung), particularly its values of peace, cooperation, mutual respect, and freedom. They showed strong interest in Indonesia's historical role in promoting global peace and enjoyed seeing the flags of countries that participated in the conference.

Participants also interacted informally with local visitors through conversations and photographs, creating opportunities for cross-cultural engagement. The tour continued with lunch featuring local Indonesian cuisine before moving to Saung Angklung Udjo.



There, participants experienced Sundanese culture through traditional music and learned to play the angklung, a bamboo musical instrument.

The cultural experience concluded with participants joining a traditional dance alongside performers and other visitors. Despite language differences, they connected through gestures, music, and shared enjoyment. Overall, the program strengthened participants' understanding of Indonesian history and culture while demonstrating how cultural exchange can foster connection, mutual understanding, and peace beyond linguistic and cultural differences.









Circle of Peace in Bandung

The first circle was in Bandung. People from around Bandung and even Jakarta gathered in a villa in Dago, Bandung. They came from different backgrounds. From mothers to workers, all shared their deep stories with open hearts.

At first, some were hesitant to share their personal stories, especially those from academic backgrounds because they were used to an academic head-based approach.

Yet, as time passed they understood that they are allowed to share their stories and feelings. Most of the participants were familiar with the practice of quiet time for inner listening before joining CoPEx, and this became a resource for CoPEx Bandung to give each other safe space.

At the end of the program, participants committed themselves to be more open to their feelings and share their stories with others.

Circle of Peace in Yogyakarta

After CoPEx Bandung, the next stop was Yogyakarta - a city of many students, academics, and activists. This gave a new flavour to the CoP circle - the shift from hidden layers of feeling and stories untold to more openness.

Most of the participants were new to IofC and CoP. From session to session, the shift could be felt as the stories deepened from surface stuff to their personal concerns about what makes this world unpeaceful and what part they could play to make a change.

As activists and academicians, they opened themselves to greater vulnerability by sharing personal stories and feelings rather than just rationalisations.







Fellowship with IofC Friends in Jakarta

After all the circles were organized, CoP Australia delegates had the chance to meet IofC friends in Jakarta to share their experiences. These friends included people from other programs, such as the School of Reconciliation and Trustbuilding Program. After the meeting, the delegates had the chance to talk about their CoPEX experiences with students from State Islamic University (UIN) Jakarta over an intimate dinner.





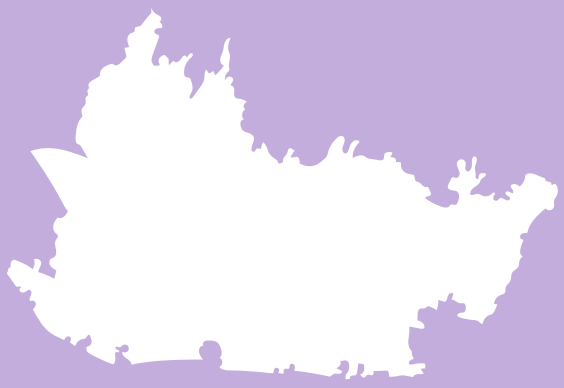


Exchange Learning of Organisational Sustainability

During CoPEX, the IofC Indonesia team were able to exchange experiences and knowledge with the CoP Australia delegates regarding learning and organisational sustainability.

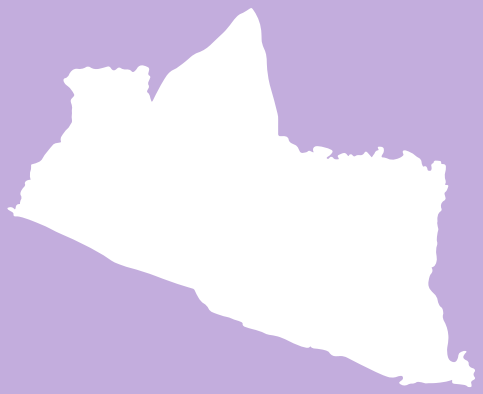
The delegates had a chance to play Friends for Life - the card-based learning tool developed by IofC Indonesia. Discussions on sustainability were not limited to the formal organisational issues but also became a safe space to share personal reflections and stories.

Beneficiaries



Bandung:
18 women

Story form Bandung



Yogyakarta:
17 women

Story form Yogyakarta

Testimonies



It's really interesting because I joined this program at the same time as I was moving from Bali to Bandung. Such synchronicity! I talked about ideas for improving how I deal with my family, and things that I might face in my new journey. The ideas about what is building peace will be useful for me. I'm sure this is a big journey for me right now.

- Azkarinna Fitri



I particularly valued the reminder that peace is not something we achieve once, but something we return to again and again. The honesty in the sharing circle deeply impacted me. It helped me reflect on how I respond in daily life, especially in moments of discomfort.

- Nilna Sa'adatar Rohmah



The personal stories shared by the women and their struggles and findings were deeply touching and also inspiring. The sisterhood and close connections between the women was beautiful to see. And their acceptance and affections for us and the times spent talking together after hours was memorable.

- Zohra Aly



I particularly valued the opportunity to laugh together and what impacted me the most was the high energy of everyone- participants and facilitators.

- Khushnam Patel



What impacted me the most was the courage of people to share their life stories. It reminded me that everyone is carrying something, and that empathy is the main bridge to peace—both within ourselves and in our relationships with others.

- Haula Sofiana

Reflection by Rosita Francesca



The Indonesian people from IofC have gone above and beyond catering and caring for us (Zohra, Judy, Khush & myself), during the CoPEx (Creators of Peace Exhange Australia- Indonesia) 5-15/2/26.

The constant care, support and consideration from emails and WhatsApp chat, before landing, then really became super-charged from the moment we landed, ensuring our food & beverage needs, transport, van , taxi & train. Our accommodation in Bandung (walking distance from Rumah Damai (House of Peace) was a self contained villa, with a kitchen, 2 lounge areas & front porch.

Judy & Zohra shared one room with bathroom, Khush & I shared a second room with shared bathroom with another room (for 2 CoP participants), another room with bathroom for 2 more CoP participants and 2 more single beds in lounge areas for possible sleep-over/resting as well as a dining table, lounge and seats.

It had the most beautiful lush flowers and fruits (mango, chilli, jackfruit, papaya garden area, complete with a wonderful caretaker and his pets, 2 cats, mini roosters, hens & chicks, plus a cage of budgies.
Meals were either prepared in the fully equipped kitchen, bought or prepared by the IofC/CoP Indonesia team, especially Hoeda and his wife Nenden.



This 3 day live-in Circle was ideal to ensure full participation.

Although we were 100% focussed on the 2 CoPEx Creators of Peace Circles, the hosts kindly took us on 3 excursions: to the Africa/Asia Museum; a traditional Angklung music & dance of all of Indonesia and a visit to a Sariah Community. These were all enlightening and educational. There was even time for 2 shopping excursions as well.

The taxi and train to Jogjakarta and Jakarta were free and comfortable.

The Jogjakarta villa was larger than in Bandung and was complete with air conditioning, washing machine and ironing table. There was one room with a bathroom for 4 Aussies and 3 further aircon rooms with 2 shared bathrooms, another fully equipped kitchen, plus large lounge area, sofas, dining table and chairs and a prayer room.

I appreciated both villas, but I do know the cost of the first one was 1,200,000 per day, so I feel Jogjakarta was definitely more! However I believe providing accommodation and a venue for Peace Circles was definitely the advantage and suitability of the accommodation. I could have lived more simply, but for those that were coming to Indonesia for the first time this was 110% well thought out and considerate.

We were able to attend a meet up for coffee juice and snacks for some alumni members who had either done the Skekolah o Reconsilliasi (School of reconciliation), Trust building or Creators of Peace Circles.

The Jogjakarta 3 day CoP Circle participants were either lecturers in Universities, employed in various government and NGO organisations as well as wives and mothers, daughters and oftentimes the breadwinners of the family. These dynamics were a good contrast from the younger age group in Bandung.
We are on the home stretch today, arriving in Jakarta after an 8 hour train. Again the Indonesian team of IofC/CoP ensured taxi transport from our Villa to the train station and the seats on the train went smoothly. The dining cart provided adequate food and beverages (hot & cold).

In Jakarta we are in a hotel with 2 persons in single beds in a room, our own bathroom and tea & coffee condiments.
Breakfast will be served downstairs in 15 minutes so I will sign off now.



However I thought I would comment on the cost for our ground transportation, meals and accommodation. At approx $60-70 per day there is no way I could have joined a group tour anywhere worldwide for such a caring hosting for this price. Later when the Indonesian CoPEx do their final report and there is a shortfall I would like to be informed as I am sure I can speak on behalf of the other 3 from Australia, we would like to pitch in.

The reciprocity of love and camaraderie is priceless, but it doesn't pay the bills.

Thank you again Hean, Barbara, Tanya, Pipers, CoPAAG etc as usual for all the behind the scenes planning and decision making to make 'front of ship sail and sound'!

Here yea, hear yea, hear yea for 35 years of the Creators of Peace reality worldwide 2026.

Excuse errors and omissions (typed one finger on my phone). No time to spell check as breakfast is nigh!!!



Key Outcomes

What Happens When We Create Space for Peace



12 of 14 participants reported experiencing emotional release during CoPEx reflection process.

The CoPEx created a space for participants to reflect, process personal experiences, and develop practical approaches to peacebuilding. In Bandung, 12 of 14 participants (85%) reported experiencing emotional release, accompanied by greater self-awareness, shared understanding, and acceptance of differences. In Yogyakarta, reflections highlighted reconciliation with self, conscious response rather than reaction, and increased awareness of cultural and gender dynamics. Overall, the reflections indicate a movement from personal healing and self-awareness toward a greater capacity to engage with others and contribute to peacebuilding.

Key Transformation Themes



Emotional Healing

Participants described feelings of becoming lighter, relieved, released, and more connected, with 85% experiencing emotional release.

From Reaction to Conscious Response

In Yogyakarta, participants reflected on learning to "pause before reacting" and then respond more consciously, indicating increased self-regulation.

Self-Reflection & Self-Awareness

Participants moved from simply experiencing emotions toward asking deeper questions about their own healing, needs, and their ability to make peace with the past.

Greater Acceptance of Differences

The Bandung reflections highlighted a greater awareness of different communication styles and the importance of tolerance in creating peace.

From Isolation to Shared Experience

Participants began to recognise that their personal experiences of hurt, anger, and disappointment can also be shared human experiences, strengthening awareness of social support.

From Personal Healing to Peace Agency

The Yogyakarta reflections describe a shift from seeing vulnerability as weakness toward recognising it as a source of strength, alongside an intention to apply peacebuilding approaches in wider social and cultural contexts.

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Ruang Emotika
Jadi Versi Terbaik Dirimu

Sekolah Rekonsiliasi

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Trustbuilding Program

Lembaga Pendidikan Ketilang
UIN Syarif Hidayatullah Jakarta



See you in CoPEX 2027!

Contact Us

Email
indonesia@iofc.org

Website
id.iofc.org

Social Media

Initiatives of Change Indonesia

Office Address
Jalan Komp. Pengairan
Jl. Dago Pojok No.27E, Dago, Kecamatan Coblong, Kota Bandung, Jawa Barat 40135

Contact
+6283876540205 (Riri Lestari)

Credits

Compiled by
Anisa Eka Putri Kusmayani,
Nur Hayati Syafii, Rifqah Najwa Azizah

Designed by
M. Raffi Sidqi

Documentation
IofC Indonesia

Proofreader
Mike Lowe

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