



GLOBAL
PEACE
INSTITUTE

2026 · LONDON



ONLINE RESEARCH INTERNSHIP

The Peace Handbook

Four themes, a short history of peace, the people who made it, and space for your own ideas.

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Read it on screen, or print it and write in it. Each theme ends with questions and space for your notes.

WELCOME

Peace is a skill. Welcome to the people who will practise it.

Dear intern,

Thank you for joining the Online Research Internship of the Global Peace Institute, London. You are part of a generation that will inherit some of the hardest questions of our time, and you have chosen to think about them carefully, honestly and in writing. That matters more than you might imagine.

At GPIL we believe that peace is not an accident and not only a feeling. It is a skill: something that can be learned, practised and taught, from childhood to the highest levels of leadership. Our work rests on four themes, which you will find in this handbook: preventive peace, peace and conflict, peace and people, and peace hospitality.

Over the coming weeks you will watch six short lessons, choose a question that matters to you, gather the evidence and write. The best pieces will be published under your name, and some of you will go on to join us as Associate Fellows.

Use this handbook as a companion. Print it, scribble in the margins, and come back to it. And remember the people in its pages: most of them began as young people who simply refused to accept that things could not be better.

We are delighted you are with us.

Dr. Aishath Rafiyya

Chief Executive Officer, Global Peace Institute, London



Our leadership

The Global Peace Institute, London is led by a team with experience across diplomacy, security studies, law, education and international events.



Professor Rohan Gunaratna

CHAIRMAN

Professor Rohan Gunaratna is a specialist in global security affairs, with three decades of work across academia, policy and operations in national and international security. He is Professor of Security Studies at the S. Rajaratnam School of International Studies, Nanyang Technological University, Singapore.



Dr. Clifford James Gere

PRESIDENT

Dr. Clifford James Gere has served as President of Global Peace Institute, London since January 2020. He is a scholar of global security whose work spans international peacebuilding, counter-terrorism strategy and asymmetric warfare, with a focus on preventing violent extremism and building societal resilience.



Dr. Aishath Rafiyya

CHIEF EXECUTIVE OFFICER

Dr. Aishath Rafiyya is the Chief Executive Officer of the Global Peace Institute, London, and Editor-in-Chief of Impact Legacy magazine. A Maldivian political leader and former diplomat, she brings over two decades of experience in governance, international affairs and strategic leadership.



Joseph Jacob

CHIEF OPERATING OFFICER

Joseph Jacob is Chief Operating Officer of Global Peace Institute, London, where he has led the Secretariat since 2020. He coordinates the Institute's multilateral forums, liaises with intergovernmental bodies and manages its initiatives in peacebuilding and soft diplomacy. During his tenure the Institute has launched regional dialogues, the Global Peace Fellowship and leadership summits bringing together participants from more than 86 countries.



Susan Lau

GENERAL MANAGER, EVENTS AND PARTNERSHIPS

Leads the Institute's events and partnerships.

01

THEME

Preventive Peace

The cheapest war is the one that never begins.

Preventive Peace

Very few wars come out of a clear blue sky. Most give warnings, often years in advance: rising hate speech, an election whose result one side refuses to accept, one community shut out from land, water or jobs.

Preventive peace means noticing those warnings early, explaining them honestly, and proposing practical steps while there is still time to act. In 2018 the United Nations and the World Bank published a joint study, *Pathways for Peace*, which concluded that prevention is far cheaper than responding once violence has broken out.

The difficulty is that prevention is invisible when it works. Nobody sees the war that did not take place. That is why it needs researchers and writers who can make the case for acting early.

KEY IDEA

Notice early · Explain honestly · Act in time

THINK ABOUT

1. Which country or region do you know where tensions are rising today?
2. What are the warning signs, and who is paying attention to them?
3. What one practical step could reduce the risk of violence?

Your notes

My answers and ideas

1. Which country or region do you know where tensions are rising today?

2. What are the warning signs, and who is paying attention to them?

3. What one practical step could reduce the risk of violence?

02

THEME

Peace & Conflict

A ceasefire is a beginning, not an ending.

Peace & Conflict

When the fighting stops, it is tempting to say that peace has arrived. But a ceasefire only pauses a conflict; it does not settle it. A simple test: if the soldiers, or the peacekeepers, left tomorrow, would the fighting start again?

Conflict happens at several levels: within a state, between states, and across borders altogether, through terrorism, organised crime, migration and the pressures of a changing climate. Good analysis always says clearly which level it is speaking about.

Some of the most important questions sit where the levels meet: for example, how rivalry between large powers shapes politics inside the small states that lie between them.

KEY IDEA

Within states ·
Between states ·
Across borders

THINK ABOUT

1. Think of a recent ceasefire. Has it become a lasting settlement? Why, or why not?
2. Which level of conflict matters most in your own region?
3. How do great-power rivalries affect a small state you know?

Your notes

My answers and ideas

1. Think of a recent ceasefire. Has it become a lasting settlement? Why, or why not?

2. Which level of conflict matters most in your own region?

3. How do great-power rivalries affect a small state you know?



03

THEME

Peace & People

Treaties are signed by governments. Peace is kept by people.

Peace & People

Pace is not only the business of presidents and diplomats. It is kept, or lost, by teachers and parents, by neighbours and community leaders, and by young people. The everyday choices of ordinary people add up.

For too long, peace was negotiated by a small circle while those most affected by war were left outside the room. In 2000 the United Nations Security Council adopted resolution 1325 on women, peace and security. In 2015, resolution 2250 recognised young people as partners in building peace.

Women and young people mediate in their communities, speak up early when tensions rise, build bridges across divides and hold leaders to account. Peace lasts longer when they help to make it.

KEY IDEA

**Resolution 1325
(2000) · Resolution
2250 (2015)**

THINK ABOUT

1. Who are the peacemakers in your own community?
2. Where are women or young people still left out of decisions that affect them?
3. What could you do this month to bring two groups closer together?

Your notes

My answers and ideas

1. Who are the peacemakers in your own community?

2. Where are women or young people still left out of decisions that affect them?

3. What could you do this month to bring two groups closer together?



04

THEME

Peace Hospitality

A good welcome turns strangers into friends.

Peace Hospitality

Long before diplomats meet, trust is built, or broken, by the way people are received. The welcome a country, a city or a family offers to strangers shapes how they see it for years.

Peace hospitality is our name for hospitality as a quiet form of diplomacy: sharing food, culture and conversation so that people who might have been suspicious of one another come to know each other as human beings. Tourism, education exchanges, festivals and summits can all be bridges.

It is one of the Global Peace Institute's distinctive ideas, and the theme of our Global Peace Hospitality Summit & Awards (London, Dubai).

KEY IDEA

Welcome · Respect · Trust

THINK ABOUT

1. Remember a time you were made to feel welcome somewhere new. What made the difference?
2. How could your city or university welcome visitors in a way that builds understanding?
3. Where could hospitality open a door that politics has closed?

Your notes

My answers and ideas

1. Remember a time you were made to feel welcome somewhere new. What made the difference?

2. How could your city or university welcome visitors in a way that builds understanding?

3. Where could hospitality open a door that politics has closed?

A short history of peace

- 
- 1648** **Peace of Westphalia**
Ends the Thirty Years' War in Europe and shapes the idea of sovereign states.
 - 1815** **Congress of Vienna**
European powers seek a lasting balance after the Napoleonic Wars.
 - 1899** **First Hague Peace Conference**
Creates the Permanent Court of Arbitration to settle disputes between states.
 - 1920** **League of Nations**
The first worldwide organisation devoted to keeping the peace begins its work.
 - 1945** **United Nations Charter**
Signed in San Francisco on 26 June 1945: "to save succeeding generations from the scourge of war".
 - 1948** **Universal Declaration of Human Rights**
Adopted by the UN General Assembly on 10 December 1948.
 - 1975** **Helsinki Final Act**
East and West agree principles for security and cooperation in Europe.
 - 1989** **Fall of the Berlin Wall**
The Cold War division of Europe begins to end, largely without violence.
 - 1994** **South Africa's first democratic election**
Nelson Mandela becomes President after the end of apartheid.
 - 1998** **Good Friday Agreement**
A peace agreement for Northern Ireland, reached through years of patient negotiation.
 - 2000** **UN Security Council resolution 1325**
Women, peace and security.
 - 2015** **Resolution 2250 and the Global Goals**
Youth, peace and security; and Sustainable Development Goal 16 on peace, justice and strong institutions.
 - 2016** **Global Peace Institute, London**
Founded to study and teach peace, from childhood to senior fellowship.

People of peace



Memorial to Nelson Mandela, Funchal · Dietmar Rabich · CC BY-SA 4.0

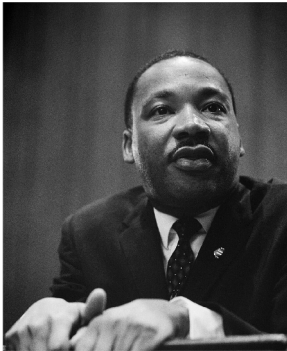
Nelson Mandela

1918–2013 · SOUTH AFRICA

Leader of the struggle against apartheid, he spent 27 years in prison and was released in 1990. He shared the Nobel Peace Prize in 1993 and served as South Africa's first democratically elected President from 1994 to 1999, choosing reconciliation over revenge.

“Education is the most powerful weapon which you can use to change the world.”

Speech, 2003



Martin Luther King press conference
01269u edit · Marion S. Trikosko · Public domain

Martin Luther King Jr.

1929–1968 · UNITED STATES

A Baptist minister who led the American civil rights movement through nonviolent protest. He received the Nobel Peace Prize in 1964, at 35, then the youngest laureate.

“Injustice anywhere is a threat to justice everywhere.”

Letter from Birmingham Jail, 1963



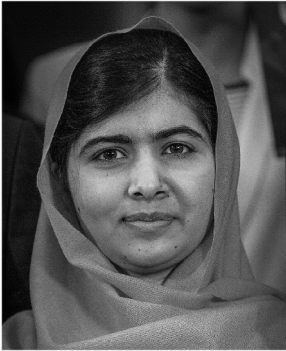
Wangari Maathai portrait · Kadee Angie Barbie · CC BY-SA 4.0

Wangari Maathai

1940–2011 · KENYA

Founder of the Green Belt Movement in 1977, which planted tens of millions of trees. In 2004 she became the first African woman to receive the Nobel Peace Prize, for linking the environment, democracy and peace.

People of peace



Malala Yousafzai par Claude Truong-Ngoc novembre 2013 · Photo Claude TRUONG-NGOC · CC BY-SA 3.0

Malala Yousafzai

BORN 1997 · PAKISTAN

She campaigned for girls' education and survived an attack in 2012. In 2014, at 17, she became the youngest person ever to receive the Nobel Peace Prize.

“One child, one teacher, one book, one pen can change the world.”

United Nations, 2013



Portrait relief by Rune Karlzon · Gotogo · CC0

Dag Hammarskjöld

1905–1961 · SWEDEN

Secretary-General of the United Nations from 1953 to 1961, he shaped modern UN peacekeeping. He died in a plane crash while on a peace mission to the Congo and was awarded the Nobel Peace Prize after his death.



Leymah Gbowee (cropped) · Fronteiras do Pensamento · CC BY-SA 2.0

Leymah Gbowee

BORN 1972 · LIBERIA

She led the women's mass action for peace that helped bring an end to Liberia's civil war in 2003. She shared the Nobel Peace Prize in 2011.

HOW IT WORKS

The internship at a glance

#	LESSON	TASK
1	Peace, conflict and prevention	Task 1: introduce yourself, choose a topic
2	Small states between great powers	
3	Finding and citing good sources	Task 2: five sources
4	Writing a commentary or a book review	
5	Writing for decision-makers	Task 3: first draft
6	Revising and finishing	Task 4: final piece · certificate

OUR FIVE RESEARCH CENTRES

South Asia and Indian Ocean

Nepal, India, Bangladesh, Sri Lanka, Bhutan, the Maldives

Great Power Relations

The United States, China, India and Russia

Indo-Pacific and Southeast Asia

ASEAN, the South China Sea, Japan, Australia

Europe and the United Kingdom

The EU, Britain after Brexit, NATO

Gulf and Middle East

The Gulf states, Iran, Israel and Palestine, mediation

After the internship

Certificate on completion. The strongest writers may be invited to become Associate Fellows.

“

Since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed.

CONSTITUTION OF UNESCO, 1945

“

Injustice anywhere is a threat to justice everywhere.

MARTIN LUTHER KING JR., 1963

“

One child, one teacher, one book, one pen
can change the world.

MALALA YOUSAFZAI, 2013

“

Peace is a skill, not only a feeling. It can be learned, practised and taught.

GLOBAL PEACE INSTITUTE, LONDON

NOTES

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