



Evaluation Report: Free Online French-Language Course on “The Theoretical and Practical Foundations of Nonviolent Struggle,” (advanced), Spring 2026

Prepared by Jean-Pierre Mutumambila, Course Coordinator, and Amber French-Griette, Director of ONM, September 13, 2026

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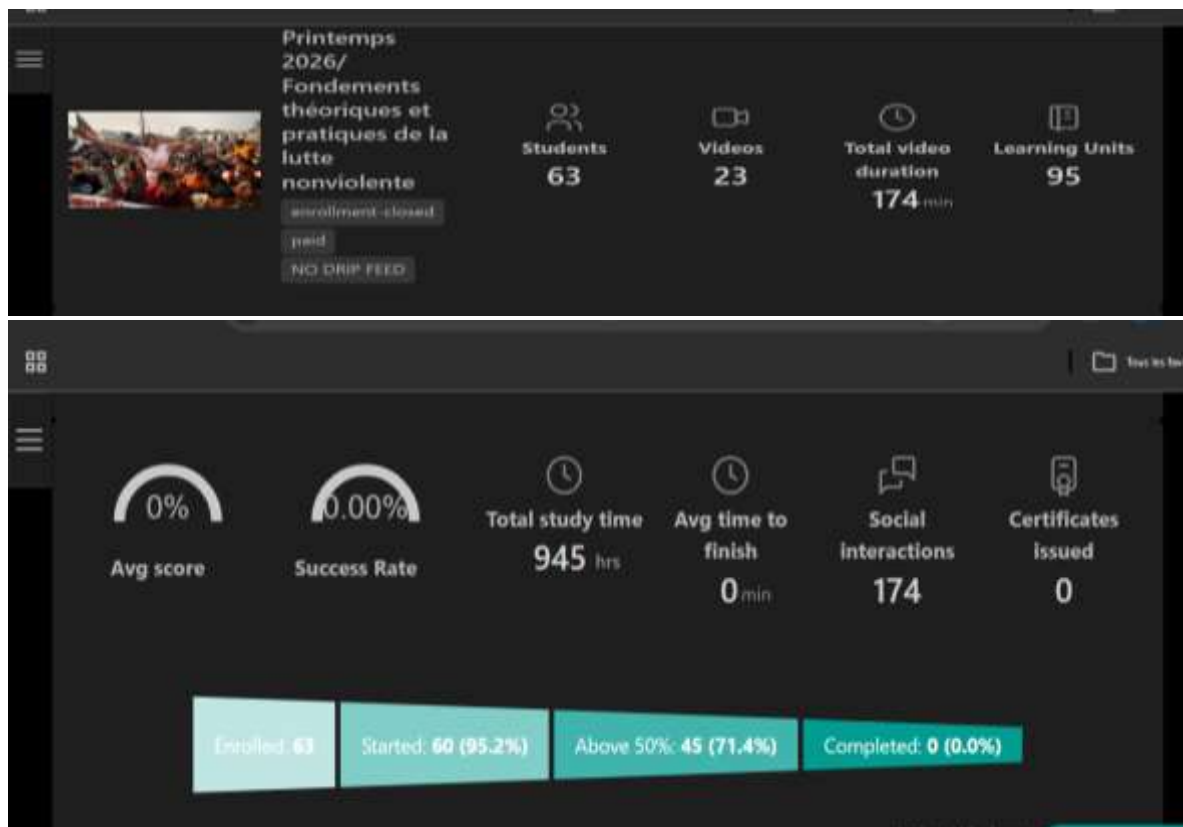
Summary

The Organization for Nonviolent Movements (ONM), in partnership with CNCR (formerly ICNC), the Institut pour la Paix, Non-violence XXI, LUCHA, and the Centre de Ressources sur la Non-violence, organized an online French-language course titled “The Theoretical and Practical Foundations of Nonviolent Struggle” from March 20 to May 23, 2026.

Forty-five participants, including 28 men and 17 women from 20 African countries, completed the course and earned their certificate, out of 63 initial participants. However,

other qualified candidates were placed on a waiting list due to limited resources. This cohort shows just how much the program is growing within the Francophone world.

Active participants logged more than 945 hours of learning, with a high retention rate than in the previous session. More importantly, the course generated concrete learning gains as well as shifts in attitude toward nonviolent struggle, while fostering a strong sense of community among participants. As Bienvenu Matumo observed in one of the course videos, “Perhaps those who turn to violence have simply never had the chance to encounter nonviolence.” This training significantly reverses that trend, and what’s more, at a very low cost.



English translation of screenshot: Course dashboard for “Spring 2026 / The Theoretical and Practical Foundations of Nonviolent Struggle” (enrollment closed; paid; no drip feed) — 63 students, 23 videos, 174 minutes of total video duration, 95 learning units; average score and success rate not calculated; 945 hrs total study time; 174 social interactions; enrolled: 63, started: 60 (95.2%), above 50%: 45 (71.4%), completed: 0 (0.0%).

What's New and Updates

- Following numerous suggestions from previous participants, this session ran for six weeks instead of five. Extending the course to six weeks improved the organization

of learning, which regularly alternated between synchronous and asynchronous formats. Each module was released on a Monday, although two modules were launched on a Friday, followed by a Zoom meeting every Friday.

- A participant selection process was put in place. Only 75% of candidates could be accepted. We also have dozens of candidates on a waiting list for the next cohort.
- It was announced at the start of the course that a 71% completion rate would be required to obtain a certificate. Previously, this threshold was 80%. See the note after the screenshot below for further explanation.
- The number of participants initially enrolled (63) reflects the strong demand we keep receiving for the course, even though we are meant to cap a session at 50 enrollees.
- Our team was strengthened by the addition of an assistant (Mike Kunka, based in the DRC).

At the outset, 27 selected women and 36 selected men confirmed their enrollment. Some inactive participants were unenrolled after two weeks. Of the 63 enrollees, 45 were considered “active” (a completion rate of 50% or more).

Active participants came from several Francophone African countries: 20 nationalities in all, ensuring a balanced geographic diversity. This time, no candidates from France or Haiti were recorded. As a result, we remained anchored in the same countries as before.

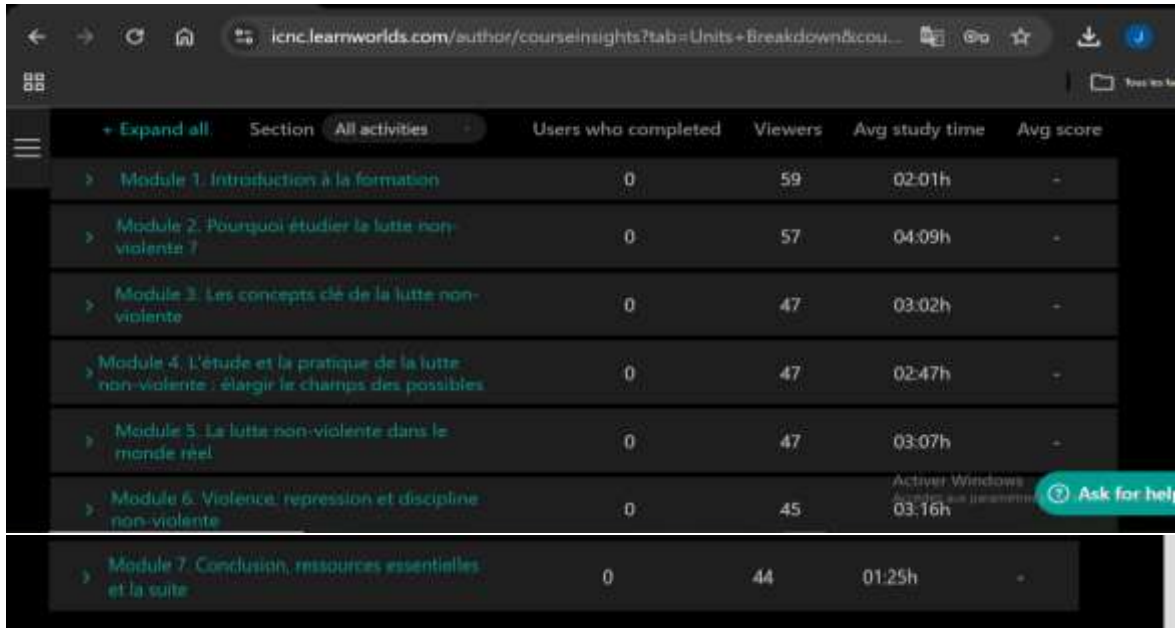
Of the 45 learners who completed the course and earned a certificate (a completion rate of 71% or more), about 28 were men and 17 were women. Participants logged more than 945 hours of study in total (average completion time: 25 hours, confirming our estimate of 30 hours). At the end of the course, learners who reached a progress level of 71% to 90% received a certificate of completion, while those who reached 91% to 100% received a certificate of completion with distinction. (Those close to the 71% mark received a word of encouragement from our team, and some responded by finishing the course with a few extra days' extension.)

Key Milestones: Course Completion, Learning Gains, and Changes in Participant Attitudes

The breakdown of progress levels is as follows:

- 10 enrolled participants reached a progress level of 0% to 10% (see the “Challenges” section);
- 5 enrolled participants reached a progress level of 11% to 20%
- 3 enrolled participants reached a progress level of 21% to 50%

- 2 enrolled participants reached a progress level of 51% to 60%
- 2 participants reached a progress level of 71% to 80%;
- 11 enrolled participants reached a progress level of 81% to 90%;
- 32 “star contributors”: 91% to 100%.



Section	Users who completed	Viewers	Avg study time	Avg score
Module 1. Introduction à la formation	0	59	02:01h	-
Module 2. Pourquoi étudier la lutte non-violente ?	0	57	04:09h	-
Module 3. Les concepts clés de la lutte non-violente	0	47	03:02h	-
Module 4. L'étude et la pratique de la lutte non-violente : élargir le champ des possibles	0	47	02:47h	-
Module 5. La lutte non-violente dans le monde réel	0	47	03:07h	-
Module 6. Violence, répression et discipline non-violente	0	45	03:16h	-
Module 7. Conclusion, ressources essentielles et la suite	0	44	01:25h	-

English translation of screenshot (module breakdown — viewers / average study time): Module 1. Introduction to the training — 59 viewers, 2:01h. Module 2. Why study nonviolent struggle? — 57 viewers, 4:09h. Module 3. Key concepts of nonviolent struggle — 47 viewers, 3:02h. Module 4. Studying and practicing nonviolent struggle: broadening the range of possibilities — 47 viewers, 2:47h. Module 5. Nonviolent struggle in the real world — 47 viewers, 3:07h. Module 6. Violence, repression, and nonviolent discipline — 45 viewers, 3:16h. Module 7. Conclusion, key resources, and what's next — 44 viewers, 1:25h.

See the “Average Study Time” column for the module-by-module breakdown of the roughly 30 hours needed on average to complete the training. Note: participants who did not both listen to a video's audio file AND watch the video itself (redundant activities) are automatically penalized by the system, even if they studied all the required content, because it is impossible to mark an activity as “optional” on LearnWorlds.

Around 50 participants regularly watched the videos AND listened to their audio recordings, reflecting a strong determination to achieve a high completion rate despite the announced 71% threshold. The number of participants who accessed the audio files was consistently slightly higher than those who watched the videos, suggesting somewhat greater convenience in the former, though the difference was not overwhelming.

Given the workload, the availability required, the digital divide, participants' limited resources, and the fragile security context in the targeted region (especially in the DRC at

the time of this course), the large number of participants who completed the course is remarkable. This may reflect:

- The benefits of a competitive selection process (which reinforces adult learners' motivation through a sense of belonging to an elite group);
- The two additional weeks granted to complete the training, and the improvements to the synchronous/asynchronous structure that this made possible;
- The closeness of the coordination team — Jean-Pierre, Raho, and Tounkara (all three based in Africa rather than France) — who maintained constant contact with participants, even outside of LearnWorlds, in order to encourage them;
- Interest in the subject itself: in such a fragile African context, it is important for citizens and key stakeholders to equip themselves with the tools they need to act.

Initial Assessment of Learning and Attitudes

Of the 50 people who responded to the initial survey, 43 (86%) also completed the final survey, allowing us to track a nearly stable cohort throughout the course. The knowledge gains between the start and end of the course are clear. Self-assessed knowledge of civil resistance (on a scale of 1 to 5) rose from an average of 2.48 to 4.13: whereas only 14% of respondents already considered themselves well-informed (a score of 4 or 5) at the outset, that share reached 83% by the end of the course.

The same pattern appears in the number of nonviolent strategies and tactics participants report knowing: at the start, 76% fell into the lowest bracket (0 to 10 tactics) and only 8% knew more than 40; by the end, these proportions had nearly reversed (14% in the lowest bracket, 35% reporting knowledge of more than 40). The open-ended responses confirm this qualitative shift: the examples of nonviolent struggles cited at the end of the course are far more numerous, precise, and well documented (Solidarność in Poland, the Carnation Revolution in Portugal, the Velvet Revolution, the LUCHA movement in the DRC, etc.), whereas the initial responses were often vague or limited to a bare number with no illustration.

Conceptual understanding of civil resistance, tested through a multiple-choice question on its primary goal, was already relatively solid at the outset: 84% of respondents correctly identified fighting injustice through nonviolent methods as the central goal, compared with 93% at the end of the course. The margin for improvement here is smaller, due to a ceiling effect linked to the already high level of baseline knowledge, but the course still cut the most common misconceptions (equating civil resistance with

negotiation/compromise, or with the possible use of violence) roughly in half, from 16% to 7% of responses.

Beyond knowledge, the course had a marked effect on attitudes, particularly on participants' comfort in talking about civil resistance with others (scale of 1 to 5): the average rose from 3.42 to 4.30, and the share of respondents describing themselves as comfortable or very comfortable (a score of 4 or 5) jumped from 48% to 84%. This strengthened sense of legitimacy in raising the subject with those around them is a key result in light of the course's goals of outreach and civic ownership: the knowledge gained appears to have translated into a concrete readiness to become ambassadors for nonviolent civil resistance themselves, in Africa and beyond.

Challenges and Lessons Learned

The factors that contributed to the withdrawal of 18 participants were as follows:

- Discouragement due to technical difficulties accessing the LearnWorlds platform and the digital divide;
- Participants living in areas of violent conflict (note: the majority of participants who remained active and completed the course were living in such areas, but each individual situation is different).
- Lack of basic financial resources to follow the course (access to an internet café or phone credit top-ups);
- Unforeseen personal circumstances (health, security risks, national or local political context, gender-related time constraints, etc.).

As noted above, this session recorded a markedly higher retention rate than the previous one. Communication with participants requires a considerable investment of time and is essential to maintaining a high retention rate despite these deeply rooted obstacles, since close virtual support is needed. Faced with an unexpected rise in demand and the exponentially growing amount of time needed to narrow the digital divide, we expanded the team by bringing on an Assistant Coordinator and by having three moderators, even though one moderator had to step down due to illness. Relieving the coordinator of part of his workload allowed him to invest more time in maintaining relationships with participants.

Regarding written moderation (responding to participants' comments in the discussion forums), the three moderators based in Africa, being former graduates of the course, did not experience difficulties accessing the platform and/or the forums. One of them had to leave us for health reasons. As a result, exchanges with learners became centered on Google Meet calls. These exchanges, of excellent quality, were particularly appreciated by

participants, reinforcing our conviction that **one of this course's main strengths is breaking participants' isolation and bringing them into a pan-African — or at least Francophone African — learning community.**

For this session, roles among the moderators were divided as follows:

- Amber (based in France) and Jean-Pierre (coordinator), both familiar with LearnWorlds and its regular use, shared written moderation tasks.
- Jean-Pierre and three other moderators took part in reviewing applications and the selection process, which was then validated by Amber. Jean-Pierre and the two remaining facilitators took turns co-hosting the weekly Zoom meetings (at least two facilitators per meeting).
- Mike assisted with drafting the report and issuing certificates, among other administrative tasks.

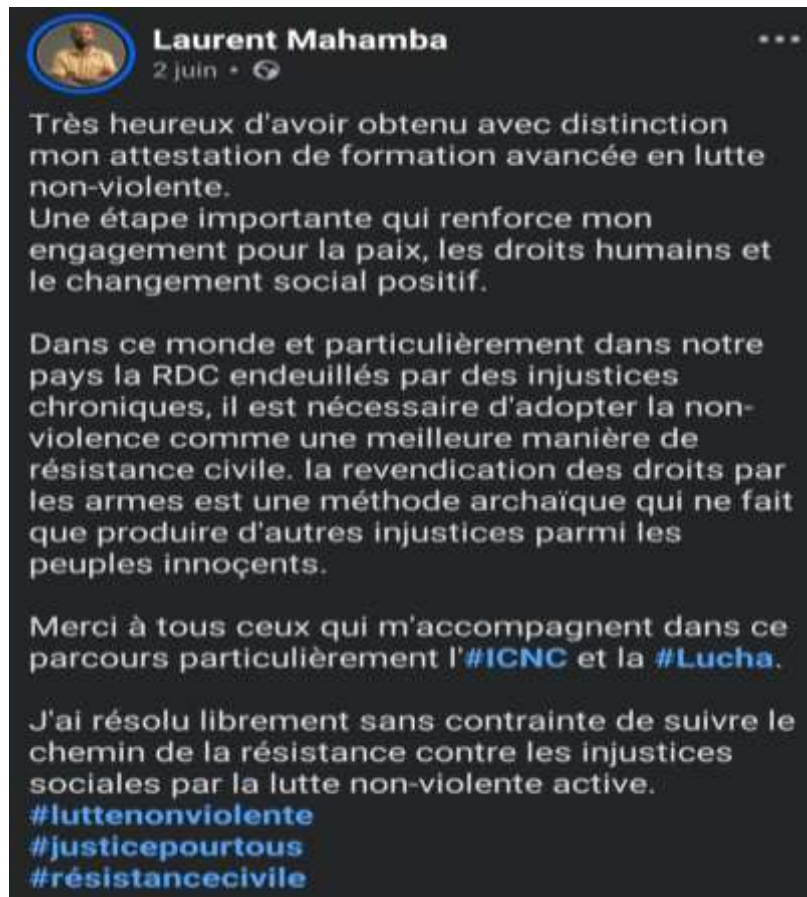
Selected Participant Testimonials

Mamby	Dorcas	Maurice
I sincerely thank ICNC for the high-quality training it offered us. This training was an enriching experience that helped strengthen our knowledge and skills. I would also like to thank you for honoring your commitment by presenting us with our certificates. This gesture reflects your seriousness, professionalism, and respect toward the participants. Once again, thank you to the entire ICNC team for your guidance and support. Sincerely Mamby	Hello Jean-Pierre, Thank you so warmly for this message and for the congratulations. I am honored to be among the graduates of the “Theoretical and Practical Foundations of Nonviolent Struggle” training. This experience was extremely enriching. The exchanges with activists and researchers from diverse backgrounds broadened my understanding of nonviolent struggle and strengthened my conviction in its effectiveness for defending human rights, democracy, and social justice. I will share my testimonial on my social networks to help build momentum around these initiatives. I will also sign up for ICNC's and ONM's newsletters	Dear Mr. Jean-Pierre Mutumambila, I would like to extend my sincere thanks for your message and for this recognition, which marks the culmination of a particularly enriching journey. It is with immense joy, deep gratitude, and a genuine sense of accomplishment that I receive this certification in the “Theoretical and Practical Foundations of Nonviolent Struggle.” This training represented far more to me than a simple learning program: it was a true space for reflection,

	to stay informed about resources and opportunities. Thank you for the additional resources and documentaries suggested; I will be sure to watch and share them. Finally, I am interested in joining the graduates' WhatsApp group to stay in touch with the community. Thank you again for your support and for this wonderful training opportunity. Kind regards, Dorcas	for sharing experiences, and for strengthening convictions in the service of peace, justice, democracy, and human dignity. I fully appreciate the value of this opportunity offered by the International Center on Nonviolent Conflict (ICNC) and all the trainers, experts, and organizers who contributed to the exceptional quality of this initiative. The exchanges with participants from different backgrounds considerably enriched my understanding of the mechanisms of social transformation through nonviolent means and strengthened my resolve to work further in this field. I also want to assure you that the knowledge, tools, and methods acquired during this training will not remain theoretical. My ambition is to put them to use for communities, youth organizations, and civic initiatives in the Republic of Guinea, in order to contribute modestly but concretely to promoting dialogue, social cohesion, civic participation, and a culture of peace.
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		With this in mind, I remain fully available to support any initiative, activity, or program that ICNC might wish to develop or support in Guinea. Our country, which periodically faces political and institutional challenges, is fertile ground where nonviolent approaches to conflict management, civic mobilization, and consensus-building can play a particularly important role. I would also be very honored to explore with your institution ways to promote this training among young Guinean leaders. To that end, we have in particular GUIMUN (Guinea International Model United Nations), a flagship program bringing together young talents selected through a rigorous and competitive process. These young people represent different countries of the world in diplomatic simulations and high-level debates on major international issues. The recommendations resulting from this work are regularly shared with public authorities, national institutions, and several international
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		partners present in Guinea. I am convinced that synergies between this type of initiative and ICNC's programs could help shape a new generation of leaders better equipped to promote peaceful, inclusive, and lasting solutions to contemporary challenges. Once again, I sincerely thank you for your trust, your guidance, and the quality of this training. I look forward to joining this international community of graduates and remain available for any future collaboration that could strengthen the impact of this noble mission. Please accept, Mr. Coordinator, the expression of my highest consideration. Maurice Conakry, Republic of Guinea
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English translation of screenshot
(Facebook post by Laurent Mahamba, June 2): “Very happy to have earned, with distinction, my advanced training certificate in nonviolent struggle. An important milestone that strengthens my commitment to peace, human rights, and positive social change. In this world, and particularly in our country the DRC, scarred by chronic injustice, it is necessary to adopt nonviolence as a better path to civil resistance — claiming rights through weapons is an archaic method that only produces further injustice among innocent people. Thank you to everyone accompanying me on this journey, especially #ICNC and #Lucha. I have freely and without constraint resolved to follow the path of resistance against social injustice through active nonviolent struggle. #nonviolentstruggle #justiceforall #civilresistance”



English translation of screenshot (continued post and certificate image): the post continues with the same closing hashtags, followed by a certificate reading “CERTIFICATE OF TRAINING, awarded with distinction to Mahamba Laurent, for having completed the 30-hour training titled ‘The Theoretical and Practical Foundations of Nonviolent Struggle’ (advanced level), issued May 30, 2026,” signed by Jean-Pierre Mutumambila (Coordinator, ONM) and Ivan Marovic (Executive Director, ICNC). The post shows 22 likes, 20 comments, and 1 share.



English translation of screenshot (LinkedIn-style post by Dorcas Fèmi Monsia): “I am honored to announce that I have earned, with special distinction, the certificate for the two-month intensive training titled ‘The Theoretical and Practical Foundations of Nonviolent Struggle.’ This international experience enriched me deeply. I learned that while violent struggles (such as civil wars, insurgencies, or coups d’état) are often highly visible and can produce an immediate impact, they also cause major human and material damage. Nonviolent struggle, by contrast, is more peaceful, takes time, but produces lasting effects. According to Chenoweth & Stephan’s data (ICNC), nonviolent campaigns succeed 53% of the time, versus 26% for violent campaigns, while better preserving social cohesion. As an advocate for reproductive justice, I take from this that there are many ways to make claims without physical or verbal violence: posters, graffiti, braids, choreography, ballet, musical theater, engaged drama — all creative and powerful means still untapped in SR [reproductive health] work to transform our societies toward peace and dignity. This training was made possible through the partnership between the Organization for Nonviolent Movements (ONM), ICNC, Institut pour la Paix, Non-Violence XXI, and LUCHA — organizations committed to peace, justice, and social transformation through nonviolent means. Special thanks to the entire coordination team, led by Jean-Pierre Mutumambila, for their guidance and dedication. #NonViolence #ReproductiveJustice #Leadership #Peace #HumanRights #Sustainability #SpecialDistinction #InternationalTraining #Coordination”

Conclusion

As Bienvenu Matumo pointed out in one of the training's videos: “Those who turn to violence may simply never have had the chance to encounter nonviolence.” This training effectively reverses that trend.

As ONM prepares to organize the sixth edition of this online training, should resources be available (a funding request is currently under review with Non-violence XXI, see below), the program's popularity is expected to keep growing through word of mouth, particularly in Africa. Although the course was designed for any French-speaking person, including in France, Europe, and the Caribbean, demand came exclusively from Africa this time. ONM must pay particular attention to planning ahead so as to maximize the involvement of partners based in France and the Caribbean (perhaps inviting GAFE in Haiti as a partner?) in

promoting the course, since we all have things to learn from one another across the different regions.

The impact is particularly cost-effective: the approximate cost per participant to run a session is currently only 35 euros. Given the remarkable retention rate, the learning gains, and the shift in participants' mindsets, as well as the broad geographic reach of previous cohorts (Africa, France, and the Caribbean), and despite numerous challenges, an accessible gateway has opened up for French-speaking populations around the world, finally allowing them to “encounter” nonviolent action, in Matumo's words.

However, ONM and its partners must be ready to support ongoing engagement opportunities for key learners, so as to accompany them on their path as the new generation of nonviolent struggle leaders. The informal arrangement set up among partners (LUCHA recommending participants, who first take the initiation then advanced course; ONM providing the course and recommending key learners for the Non-violence XXI micro-grant program, the GURU Fund, etc.) needs to be formalized, and new partnerships need to be cultivated.

In the immediate term, funding and human resources are needed to support training-of-trainers sessions and an Innovation Fund for nonviolent action education, managed for instance by ONM, whose director holds long-standing relationships of trust in many French-speaking African countries. In September 2026, ONM submitted a grant application to Non-violence XXI to scale up this work: organizing three training-of-trainers sessions and small grants to support future trainers in locally adapting the content, in order to help close the digital divide and the gender gap.

This funding request is built on local management (5 national hubs) of the trainer-training sessions, plus a micro-grant program for key future trainers wishing to adapt the course content to their communities in more accessible formats (for example, by translating it into the languages spoken by isolated populations). To make the most of the course's key benefit — helping human rights defenders break out of isolation — it would be worth considering support for organizing cohort-wide gatherings with the help of new regional partners, but such an initiative falls outside Non-violence XXI's maximum budget and is treated as a 2nd priority, since it could be considered a logical next step following the training-of-trainers program.

Jean-Pierre Mutumambila, Training Coordinator

Amber French-Griette, Co-founder and Director, ONM