



World Values Day October 15, 2026
2026 Theme: Values + Volunteering

What values inspire you to serve?



1. PAUSE & EXPERIENCE | 15 October

Experiencing Values as an Inner Compass

Join a 45-minute online Sophrology session using gentle movement, breathing, body awareness and guided visualisation to explore a value that matters to you and how it can guide your choices and actions.

Sophrology & Values - Experiencing Values as an Inner Compass

In this **45-minute online** experiential Sophrology session, you will be invited to pause and reconnect with a value that is important to you. Through **gentle movement, breathing, body awareness, and guided visualisation**, we will explore how values can be experienced in both the mind and body, and how they can serve as an **inner compass** in our personal and professional lives.

You will leave with an opportunity to consider not only **what matters to you**, but how you might bring that value more consciously into your everyday choices and actions. No previous experience of Sophrology is required. Please join from a quiet space where you can participate comfortably.

Values shape our decisions, influence our relationships, and guide how we lead ourselves and interact with others. But values become meaningful when they move beyond ideas and into the way we live and act.

Led by Annette Ebbinghaus, Master Sophrologist, Resilience and Mental Fitness Coach, Guest Lecturer at the Geneva Graduate Institute and Founder of trulyBalance Sàrl.

www.trulybalance.com

Venue: Online

Date & Time: 15 October @ 15:00

Registration: [Register Here](#)



2. WALK & CONNECT | 17 October

Values Walk through Geneva

Step away from campus for a guided Values Walk through Geneva, followed by coffee and conversation with students and researchers from **the Geneva Graduate Institute, UNIGE, and EPFL/Biotech Campus**.



Event details

When: Saturday, 17 October 2026, 10:00 am – 12:00 pm

Meeting point: In front of the Flower Clock in front of Jardin d'Anglais

Values Walk: 90 minutes

Coffee Chat: 30 minutes at a nearby café

Coffee: At each participant's own expense

Weather: Rain or shine. Some participants say the experience is even more memorable in the rain.

New to Geneva? Beginning a Master's, PhD, or another new chapter? Or simply interested in meeting people beyond your usual university circle?

The Values Walk is an opportunity to meet graduate students and researchers from different universities, disciplines and backgrounds, exchange perspectives and perhaps leave knowing a few more people in Geneva than when you arrived. **Come alone and make a friend.**

This year's walk will include questions inspired by **Values & Volunteering**, such as:

- What values do I most want to bring into the world?
- Where could my skills and interests make a difference?
- What kind of impact would I like my work and actions to have?

Or simply bring a question of your own.

A different way to connect!

One of the loveliest parts of a Values Walk is the conversation it creates. You don't need to arrive knowing anyone. The shared experience gives us something real to talk about, and this year we are deliberately making more room for that connection.

What happens during the walk?

- **TUNE IN** : We begin with three short guided exercises that awaken the senses and help you become more present to the world around you.
- **QUEST**: Choose a question connected with values, volunteering, purpose, study, work, or something else that matters to you. Then head into the city and see what you notice.
- **SHARE**: We come back together to reflect on what emerged and hear some of the different perspectives within the group.
- **CONNECT**: Then we continue the conversation over coffee at a nearby café.

3. CREATE & CONTRIBUTE | Anytime

10-MINUTE VALUES & VOLUNTEERING AI POETRY SPRINT

Explore what values and volunteering mean to you and use AI as a creative partner to turn your own experiences, ideas, and reflections into a poem.

Share your poem with us if you wish. Selected poems may be featured on **World Values Day social media throughout the year**, adding your voice to the wider conversation about values, volunteering, and contribution.

VALUES & VOLUNTEERING: A CREATIVE EXPERIMENT

What would you like to say about values, volunteering, and the future?

As part of World Values Day 2026, we invite you to take part in a **10-Minute AI Poetry Sprint** exploring the theme of **Values & Volunteering**.

You don't need to be a poet.

The Sprint begins with *you*: a value that matters to you, something you have experienced, what you believe about contribution or volunteering, and what you would like others to think or feel. Then you invite AI into the creative process.

Using your ideas and experiences, AI helps you create an original poem exploring the deeper relationship between **values, contribution, service, connection, and humanity**.

The first poem is only the beginning. You can challenge it, change it, and keep working with the AI until the words feel more like your own.

What might your poem say?

Create your own [download the AI Prompt Here](#)

Download the Poetry Sprint, find a quiet ten minutes and see where your values take you.

TRY THE 10-MINUTE VALUES & VOLUNTEERING POETRY SPRINT

And if you create something you would like to share, [send us your poem](#). Selected poems may be featured on the [Global Alliance for Values website](#) throughout the year, giving student voices and perspectives on values and volunteering a wider audience.

Please only submit a poem as a Word doc with an accompanying copyright free image if you are happy for it to be considered for sharing publicly.

BLOG POST - this has not been written just yet. I will work on it first two weeks of September

Helping Others Feels Good

World Values Day also invites us to consider what happens when values move into action.

In this BLOG **Helping Others Feels Good**, Annette explores how helping and contributing to others can also support our own wellbeing.

Read: Helping Others Feels Good ([link](#))

PREVIOUS WORLD VALUES DAY ACTIVITIES

World Values Day 2025: Values for the Future

In 2025, the World Values Day theme **Values for the Future** invited us to explore how our values can help shape the future we want for ourselves, our communities and future generations.

Students joined the Graduate Institute's first ever **Values Walk** and also participated in a **student-led Valuesthon podcast conversation**.

2025 Values Walk

Students joined a 90-minute guided Values Walk inspired by the global Street Wisdom movement.

Stepping away from the usual academic environment, participants slowed down, paid attention to their surroundings and used the streets of Geneva as a source of reflection and fresh perspective. Each participant explored a personal question while considering the values that guide their choices and actions.



What did students say in 2025?

“What I really enjoyed was leaving our daily hustle behind for a while. I realised there are hundreds of things to observe if we simply pay attention. I also enjoyed reflecting on one of my core values and connecting my observations to it in many different ways.”

“The Values Walk opened my eyes to a whole new way of experiencing my surroundings. I learned a lot about myself but also about the city of Geneva, and I'm grateful to have gained this new tool for self-reflection.”

Valuesthon Podcast: Values & Education

How do our personal values shape the experience of studying, working and building relationships in an international environment?

In this student-led panel discussion, Graduate Institute students came together to share their perspectives on the role values play in graduate life and in an ever-changing world. Hosted by podcaster **Trish Tonaj** of [ShareYourStories.online](https://shareyourstories.online), the conversation explores how our values influence our relationships, shape the way we see others, guide collaboration and teamwork, and help us navigate the opportunities and challenges of studying and living within a diverse international community.

It is an honest conversation about values, education, connection, and the kind of future we want to help create.