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Conflict and Peace is a peace and conflict studies course designed for adult education classes in Myanmar. It comes in two units which are best used together as one complete course.

The first unit, *Understanding Conflict*, explains how to analyse conflict and describes destructive and constructive ways of dealing with conflicts. It focuses on these questions:

- What is conflict?
- Where does conflict come from?
- How can destructive conflict be transformed into constructive conflict?

The second unit, *Understanding Peace*, explains how to decrease violence, transform conflict, and build peace in society. It focuses on these questions:

- What is peace?
- Can societies with conflict have peace?
- How do societies reach peace?

All major concepts are illustrated through *Focus on Myanmar* case studies. These help learners to relate the ideas in the book to their own country and context.

It is accompanied by a teacher's book with instructions, facilitation notes for activities, answers and ideas for additional activities.