

**COPENHAGEN REFUGEE COMMUNITY**

Thoravej 7, ground floor
DK-2400 Copenhagen NV
(+45) 32 20 02 25

INFO@TRAMPOLINEHOUSE.DK

www.trampolinehouse.dk
www.facebook.com/trampolinhuset

WOMEN'S CLUB PROGRAM

FALL 2017

PLACE & TIME:

Trampoline House
Thoravej 7
2400 Copenhagen NV
Saturdays 2–6:30 pm
(last Saturday of the month closed)

ABOUT:

Women seeking asylum are especially vulnerable during their flight and do not always feel safe in Denmark's asylum centers either.

That is why Trampoline House: Copenhagen Refugee Community has created a Women's Club, offering special programs for women only.

The club meets every Saturday in Trampoline House from 2–6:30 pm (last Saturday of the month closed) and offers many different services and activities, for instance legal and medical counseling, workshops and lectures, exercise and community.

Women's Club has members from all over the world. Some of us are seeking asylum in Denmark or have refugee status here, some of us are temporarily living in Denmark or were born here.

This Fall, Women's Club will investigate if it is possible for Sisters' Cuisine (Women's Club's catering service) to open a restaurant and legally employ cooks from the club. We will examine rules for running a restaurant and the different possibilities for getting a work permit or an education as a refugee or asylum-seeking woman in Denmark. We will have presentations by people from the restaurant business and people who know a lot about work/education rules for refugees and asylum seekers.

AUG. 5:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
- 2:30–3:00: Name round, Announcements & Sisters' Cuisine News
- 2:30–4:30: Legal counseling
- 3:00–4:30: Special activity: Presentation of fall program and evaluation of Roskilde Festival
During this first special activity, we will present the program for the fall and evaluate Sisters' Cuisine's food stall during this year's Roskilde Festival.
- 4:30–5:15: Lunch
- 5:15–6:00: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

AUG. 12:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
- 2:30–3:00: Name round, Announcements & Sisters' Cuisine News
- 3:00–4:30: Special activity: 'Brainstorm 1: What kind of restaurant should Sisters' Cuisine be?'
Sisters' Cuisine is very successful and we would like to open our own restaurant. In this brainstorm we will discuss what kind of restaurant we want and where it should be located. Should we open a restaurant inside or outside Trampoline House? Or should we have a food truck, food stall, or something else?
- 4:30–5:15: Lunch
- 5:15–6:00: Exercise from Youtube video
- 6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone)

MISSION:

Women's Club is a safe space where women can talk freely about the problems we experience as women in our daily lives, in Danish society, and in the asylum centers. In 2015, Women's Club formed its own catering service, Sisters' Cuisine.

Women's Club is open for all women and their children, and offers child care during opening hours.

The mission of the club is to offer:

- Individual advise and legal counseling for refugee/migrant/trafficked women
- Community
- Empowerment through woman-to-woman knowledge exchange

PROGRAM STRUCTURE:

2:00-2:30 pm: Arrival, Tea and coffee making & Shopping for and cooking lunch

While we wait for all the women to arrive, we make tea and coffee and the lunch team goes shopping and starts cooking lunch

2:30-3:00 pm: Name round, Announcements & Sisters' Cuisine News

We begin each Women's Club with a name round to introduce ourselves and welcome new women. Then anybody can make announcements. At the end, we find cooks for lunch next week and for the catering jobs that Sisters' Cuisine (Women's Club own catering service) have taken on.

AUG. 19:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
2:30–3:00: Name round, Announcements & Sisters' Cuisine News
2:30–4:30: Legal counseling
3:00–4:30: Special activity: 'Group discussion 'What is your dream job/ education if you get positive?' and 'How can we make a demonstration fighting for asylum-seeking women and children rights?'
This week, we will talk about dreams and opportunities for the future. Do you dream about a special education or a special job if you get asylum? We will also discuss possibilities for making a demonstration for asylum-seeking women and children's rights.
4:30–5:15: Lunch
5:15–6:00: Exercise from Youtube video
6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone)

AUG. 26: CLOSED every last Saturday of the month

SEPT. 2:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
2:30–3:00: Name round, Announcements & Sisters' Cuisine News
2:30–4:30: Legal counseling
3:00–4:30: Special activity: 'How to start your own business as a refugee? Guest visit by Conor Clancy from Refugee Entrepreneurs'
This week, Conor Clancy from Refugee Entrepreneurs will visit Women's Club and guide us through the system. He will help us with the information we need to start our own restaurant. This presentation is also useful for women with residence permit, who want up open their own business.
3:30–4:30: Medical counseling
4:30–5:15: Lunch
5:15–6:00: Exercise: Belly dancing with Caroline
6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

SEPT. 9: Excursion to Tivoli amusement park

- 2:00–6:30: This week, we will make an excursion to Tivoli amusement park! We will meet in front of Tivoli (train station entrance) at 2 pm sharp! Tickets are only for asylum seekers and refugees with residence permit.

(Closing duty: Tone + Sabrina)

SEPT. 16:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
2:30–3:00: Name round, Announcements & Sisters' Cuisine News
2:30–4:30: Legal counseling
3:00–4:30: Special activity: 'The Danish asylum system from women's perspective. Group discussion with lawyer Kirstine Mose'
This week, we will have a group discussion about the Danish asylum system from a woman's perspective together with our legal counselor in Women's Club, Kirstine Mose. What are the rules for getting asylum or family reunification? What can be done if you have been rejected by the Danish Immigration Service? What possibilities do you have as a woman to protect yourself in the asylum centers and to complain?
4:30–5:15: Lunch
5:15–6:00: Exercise: Belly dancing with Caroline
6:00–6:30: Clean-up & Dishwashing

(Closing duty: Sabrina)

2:30-4:30 pm: Legal counseling

Every first and third Saturday of the month, volunteering lawyers offer legal counseling and individual advise to refugee/migrant/ trafficked women. The counseling is confidential and free of charge. Please bring a translator if you don't speak English or Danish.

3:00-4:30 pm: Special activity

Every Saturday, Women's Club hosts a special activity that all the women participate in: a guest lecture, a workshop, a film screening, etc. All the activities focus on women's conditions and strategies for resistance and change inside and outside the Danish asylum centers, and are intended to empower the women through woman-to-woman knowledge exchange. The activity series illuminates women's struggles around the world and helps to inspire and empower the club members.

3:30-4:30 pm: Medical counseling

Every first Saturday of the month, a team of volunteering women doctors offer medical counseling to refugee/ migrant/trafficked women. The counseling is confidential and free of charge. Please bring a translator if you don't speak English or Danish.

4:30-5:15 pm: Lunch

Every Saturday, one of the women will cook a lunch dish from her country of origin. After the special activity of the week, we share an amazing meal together and socialize.

SEPT. 23:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
2:30–3:00: Name round, Announcements & Sisters' Cuisine News
3:00–4:30: Special activity: 'What are the rules for working in Denmark as asylum seeker and refugee? Presentation by Nanna Jochumsen from Trampoline House'
This week, Nanna Jochumsen from Trampoline House will talk about how to get a job in Denmark. What are the rules for asylum seekers? What are the rules for refugees? What are the opportunities? Where can you get help and what do you need to do?
4:30–5:15: Lunch
5:15–6:00: Exercise
6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

SEPT. 30: CLOSED every last Saturday of the month

OCT. 7:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
2:00–3:00: Special event: This week, all the women from Women's Club who are active in Sisters' Cuisine are invited to a workshop about food handling and new Sisters' Cuisine guidelines.
2:30–4:30: Legal counseling
3:00–4:30: Special activity: 'How I managed to get a job! Guest visit by Riema Ali from Welcome House'
Today, Riema Ali from Welcome House will tell us how she managed to get a job in Denmark. Get inspired and motivated by her!
3:30–4:30: Medical counseling
4:30–5:15: Lunch
5:15–6:00: Exercise: Belly dancing with Caroline
6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

OCT. 14:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
2:00–3:00: Special event: This week, all the women from Women's Club who are active in Sisters' Cuisine are invited to a workshop about food handling and new Sisters' Cuisine guidelines.
3:00–4:30: Special activity: 'What are the rules if you want to open your own restaurant? Guest visit by Mister YoBurger (Patrick) from YoBurger'
Today, the owner of YoBurger, Patrick, will visit Women's Club and talk about his own experience with opening a restaurant. He will tell us about rules and hygiene. At the end, we will have a group discussion where you can ask questions and get inspired.
4:30–5:15: Lunch
5:15–6:00: Exercise
6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

OCT. 21: CLOSED because of Autumn holiday

5:15-6:00 pm: Exercise

To counter the effects of bad food and the pacification enforced on residents in the Danish asylum centers, Women's Club offers 45 min. exercise each Saturday. This season, we will alternate between yoga and belly dancing.

6:00-6:30 pm: Clean-up & Dishwashing

At the end of each Saturday, we tidy up, vacuum the carpet, and do the dishes together.

OCT. 28: CLOSED every last Saturday of the month

NOV. 4: Excursion to Copenhagen Street Food (Papirøen)

2:00–6:30: This week, we will go to the Copenhagen Street Food market at Papirøen (The Paper Island) in Copenhagen to get inspiration for Sisters' Cuisine and to enjoy this amazing place with amazing food. We will meet at Hovedbanegården (Copenhagen Central Station) in front of McDonald's at 2 pm sharp!

(Closing duty: Tone + Sabrina)

NOV. 11:

2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
 2:30–3:00: Name round, Announcements & Sisters' Cuisine News
 2:30–4:30: Legal counseling
 3:00–4:30: Special activity: 'Guest visit by chef Anita Klemensen who will talk about being a woman chef and opening her own restaurant' What is it like to work in the male-dominated restaurant business as a woman? Today, chef Anita Klemensen will visit Women's Club and give us inspiration to continue our restaurant dream.
 3:30–4:30: Medical counseling
 4:30–5:15: Lunch
 5:15–6:00: Exercise: Belly dancing with Caroline
 6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

NOV. 18:

2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
 2:30–3:00: Name round, Announcements & Sisters' Cuisine News
 2:30–4:30: Legal counseling
 3:00–4:30: Special activity: 'How can Trampoline House help you get praktik/job? Presentation by Trampoline House's new job coordinator' This week, Trampoline House's new job coordinator will explain what Trampoline House can do for you if you would like to get praktik, a job, or start an education as a refugee or asylum seeker. Learn how you can make use the house to search for praktik or a job.
 4:30–5:15: Lunch
 5:15–6:00: Exercise: Belly dancing with Caroline
 6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

NOV. 25: CLOSED every last Saturday of the month

DEC. 2:

2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
 2:30–3:00: Name round, Announcements & Sisters' Cuisine News
 2:30–4:30: Legal counseling
 3:00–4:30: Special activity: 'Cleaning after Christmas Party' Yesterday, we had fun during Trampoline House's annual Christmas party. Today, we need to clean after the amazing party to make the house look great again.
 3:30–4:30: Medical counseling
 4:30–5:15: Lunch
 5:15–6:00: Exercise
 6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

DEC. 9:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
2:30–3:00: Name round, Announcements & Sisters' Cuisine News
3:00–4:30: Special activity: 'Brainstorm 2: What kind of restaurant should Sisters' Cuisine be?'
This week, we will have a second brainstorm using all the new information we received after weeks with different perspectives on how to open a restaurant, official rules, personal experiences, and inspiration. Have our dreams changed and have we gotten any new ideas?
4:30–5:15: Lunch
5:15–6:00: Exercise
6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

DEC. 16:

- 2:00–2:30: Arrival, Tea and coffee making & Shopping for and cooking lunch
2:30–3:00: Name round, Announcements & Sisters' Cuisine News
2:30–4:30: Legal counseling
3:00–4:30: Special activity: 'Christmas workshop with baking, talking, decorations, Christmas music, and more'
Today is the last Women's Club before the Christmas holidays. We will do Christmas stuff and just enjoy a great day together..
4:30–5:15: Lunch
5:15–6:00: Exercise
6:00–6:30: Clean-up & Dishwashing

(Closing duty: Tone + Sabrina)

DEC. 17 - JAN. 2: CLOSED for the Christmas holiday