



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 SPRING 2018

PLACE & TIME:

Trampoline House
Thoravej 7
2400 Copenhagen NV
Saturdays 2–6:30 pm
(first 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 (first 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.

The club is coordinated by Tone Olaf Nielsen, Children and Women's Program Coordinator in Trampoline House.

This Spring, Women's Club will focus on two things. 1) We will start production of a new cookbook featuring recipes and migration stories by chefs from Women's Club's catering service Sisters' Cuisine. 2) We will have a different creative workshop focusing on how to express refugee women's experiences and struggles. In addition, we will offer job training, exercise, Danish classes, relaxation therapy, and legal and medical counseling to women and children in the Danish asylum system.

JAN. 6: **CLOSED every first Saturday of the month**

JAN. 13:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
- 2:30–3:00: Name round, announcements, Sisters' Cuisine news
- 2:30–5:30: Legal counseling
- 2:30–6:30: Relaxation therapy
- 3:00–4:30: Special activity: 'Welcome back, program for spring 2018, discussion about how we interact and handle conflicts in Women's Club and Sisters' Cuisine'
This week, we will talk about the program for spring 2018 and have a discussion about how we interact with each other and handle conflicts in Women's Club and Sisters' Cuisine.
- 4:30–5:15: Dinner
- 5:15–6:00: Exercise: Yoga with Josefine
- 6:00–6:30: Clean-up and dishwashing

(Closing duty: Tone)

JAN. 20:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
- 2:30–3:00: Name round, announcements, Sisters' Cuisine news
- 2:30–5:30: Legal counseling
- 3:00–4:30: Special activity: 'UNHCR – collecting questionable police decisions'
This week, Women's Club volunteers Jagna Kochems and Kirstine Mose will collect stories from the asylum-seeking women, who have experienced questionable police decisions in regards to whether Danish police find them to be 'cooperating' on their deportation or not. The cases will be presented to UNHCR in an attempt to bring focus on this problematic police procedure.
- 4:30–5:15: Dinner
- 5:15–6:00: Danish class
- 6:00–6:30: Clean-up and 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/ cooking dinner

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.

JAN. 27:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: Zineb will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
2:30–3:30: Medical counseling
2:30–5:30: Legal counseling
2:30–6:30: Relaxation therapy
3:00–4:30: Special activity: 'Participatory art and storytelling workshop with Subhasree Biswas'
This week, Women's Club volunteer Subhasree Biswas will, as part of her Masters thesis from Ashridge/Hult International Business School, do a participatory art and storytelling workshop with us, using art as a tool for producing sustainability and change.
4:30–5:15: Dinner
5:15–6:00: Exercise: Belly dancing with Caroline
6:00–6:30: Clean-up and dishwashing

(Closing duty: Tone)

FEB. 2: CLOSED every first Saturday of the month

FEB. 10:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: Zohra will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
3:00–4:00: Special activity: 'Group discussion about child care in Trampoline House'
This week, we will discuss with the moms and the volunteering child carers what kind of child care we would like in Trampoline House and what kids need special care.
4:00–5:30: Danish class
5:30–6:15: Dinner
6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

FEB. 17: CLOSED: Winter holiday

FEB. 24:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
2:30–3:30: Medical counseling
2:30–5:30: Legal counseling
2:30–6:30: Relaxation therapy
3:00–4:00: Special activity: 'Group discussion about Sisters' Cuisine gift card rates and customer care, rules and procedures, and how Sisters' Cuisine empowers refugee and asylum-seeking women'
This week, we will have a group discussion about how we talk to customers, what rules we would like to have when catering, and what the gift card rates should be in the future. The Sisters' Cuisine intern coordinators Simone Roland Kriger, Giselle Mesiara, and Linda Andersen will attend. At the end of the discussion, Women's Club volunteer Subhasree Biswas will facilitate a group discussion about how Sisters' Cuisine empowers the refugee and asylum-seeking women who are part of the catering service.
4:00–5:30: Exercise: Belly dancing with Caroline
5:30–6:15: Dinner
6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

2:30-3:30 pm: Medical counseling

Every last 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.

2:30-5:30 pm: Legal counseling

Every second and last Saturday of the month, volunteering women lawyers and law students 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.

2:30-6:30 pm: Relaxation therapy

Every last Saturday of the month, Women's Club offers individual relaxation therapy sessions of 30 min. each to women who suffer from physical pain or have difficulty relaxing.

3:00-4:00 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.

MAR. 3: CLOSED every first Saturday of the month

MAR. 10:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
2:30–5:30: Legal counseling
3:00–4:00: Special activity: 'Food handling and food safety workshop with Giselle Mesiara'
This week, Women's Club intern Giselle Mesiara from the Metropolitan University College's Global Nutrition & Health program will do a workshop with the members of the Sisters' Cuisine catering service, focusing on food handling and safety.
4:00–5:30: Danish class
5:30–6:15: Dinner
6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

MAR. 17:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
2:30–5:30: Legal counseling
3:00–4:00: Special activity: 'To Be – a children's teater performance by Passepartout Theatre Production'
This week, Passepartout Theatre Production will visit the house and play teater for us. 'To Be' is a play about human rights and everybody's right to a dignified life. For children ages 6 – 12 and their mothers.
4:00–5:30: Exercise: Yoga with Josefine
5:30–6:15: Dinner
6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

MAR. 24:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
2:30–3:30: Medical counseling
2:30–6:30: Relaxation therapy
3:00–4:00: Special activity: 'Health and nutrition workshop with Giselle Mesiara'
This week, Women's Club intern Giselle Mesiara from the Metropolitan University College's Global Nutrition & Health program will do a workshop with the members of the Sisters' Cuisine catering service, focusing on cooking in a healthy and nutritious way.
4:00–5:30: Danish class
5:30–6:15: Dinner
6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

MAR. 31: CLOSED: Easter holiday

APR. 7: CLOSED every first Saturday of the month

4:00-5:30 pm: Danish class

Women's Club offers free Danish language classes to its women members every second week. Learning the Danish language is a key factor to enter the Danish labor market and helps the women become independent.

4:00-5:30 pm: Exercise

To counter the effects of bad food and the pacification enforced on residents in the Danish asylum centers, Women's Club offers 90 min. exercise every other Saturday. This season, we will alternate between yoga and belly dancing.

5:30-6:15 pm: Dinner

Every Saturday, one of the women will cook a dinner dish from her country of origin. After the different activities, we share an amazing meal together and socialize.

6:15-6:30 pm: Clean-up and dishwashing

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

APR. 14:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
- 2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
- 2:30–3:00: Name round, announcements, Sisters' Cuisine news
- 2:30–5:30: Legal counseling
- 3:00–4:00: Special activity: 'Juhu it's raining – a children's teater performance by Teater Baglandet'
This week, Teater Baglandet will visit the house and play teater for us. 'Juhu it's raining' is a play about the magic of everyday life. For children ages 3 – 7 and their mothers.
- 4:00–5:30: Danish class
- 5:30–6:15: Dinner
- 6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

APR. 21:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
- 2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
- 2:30–3:00: Name round, announcements, Sisters' Cuisine news
- 3:00–4:00: Special activity: 'Choir singing with Astrid'
This week, Trampoline House volunteer Astrid Brincker Olson, who teaches choir singing in the house every Wednesday, will visit Women's Club and teach women and children how to sing together.
- 4:00–5:30: Exercise: Yoga with Josefine
- 5:30–6:15: Dinner
- 6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

APR. 28:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
- 2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
- 2:30–3:00: Name round, announcements, Sisters' Cuisine news
- 2:30–3:30: Medical counseling
- 2:30–5:30: Legal counseling
- 2:30–6:30: Relaxation therapy
- 3:00–4:00: Special activity: 'Movie and popcorn watching Gordon Ramsey's Kitchen Nightmares'
This week, we will watch a an episode of the reality tv-show "Gordon Ramsey's Kitchen Nightmares" to learn how NOT to run a restaurant.
- 4:00–5:30: Danish class
- 5:30–6:15: Dinner
- 6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

MAY 5: CLOSED every first Saturday of the month

MAY 12:

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
2:30–5:30: Legal counseling
3:00–4:00: Special activity: 'Guided tour in CAMP's exhibition "Economy of Migrant Labor – for the Right to Work"
This week, we will get a guided tour in Trampoline House's art gallery CAMP and learn more about the exhibition "Economy of Migrant Labor – for the Right to Work" which explains about the life and struggles of migrant workers in Denmark.
4:00–5:30: Exercise: Belly dancing with Caroline
5:30–6:15: Dinner
6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

MAY 19: CLOSED: Pinse holiday**MAY 26:**

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
2:30–3:30: Medical counseling
2:30–5:30: Legal counseling
2:30–6:30: Relaxation therapy
3:00–4:00: Special activity: 'Workshop about menstruation health by the NGO WoMena'
This week, the Danish NGO WoMena will visit Women's Club and do a workshop about menstruation and how to use a menstruation cup.
4:00–5:30: Danish class and exercise with Natalia
5:30–6:15: Dinner
6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

JUNE 2: CLOSED every first Saturday of the month**JUNE 9:**

- 2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner
2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook
2:30–3:00: Name round, announcements, Sisters' Cuisine news
2:30–5:30: Legal counseling
3:00–4:00: Special activity: 'We will practice speaking Danish by playing teater'
This week, we will practice our Danish by playing teater. We will practice what to say when we go shopping, when we speak to staff in the asylum centers, how to ask for directions, how to speak to a man, and much more.
4:00–5:30: Danish class
5:30–6:15: Dinner
6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

JUNE 16:

2:00–6:30: Excursion to Zoologisk Have

This week, Women's Club will go on an excursion. We will go to Zoologisk Have and meet a lot of interesting animals. The child carers will join us. We will meet in Hovedbanegården under the big clock at 2 pm sharp and take the bus together to Zoologisk Have! Tickets are only for asylum seekers and refugees with residence permit.

(Closing duty: Tone + Emma)

JUNE 23:

2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner

2:00–5:30: One of the women will cook for the new Sisters' Cuisine cookbook

2:30–3:00: Name round, announcements, Sisters' Cuisine news

2:30–6:30: Relaxation therapy

3:00–4:00: Special activity: 'We will practice speaking Danish by playing teater'

This week, we will practice our Danish by playing teater. We will practice what to say when we go shopping, when we speak to staff in the asylum centers, how to ask for directions, how to speak to a man, and much more.

4:00–5:30: Danish class

5:30–6:15: Dinner

6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

JUNE 30:

2:00–2:30: Arrival, tea and coffee making, shopping for/cooking dinner

2:30–3:00: Name round, announcements, Sisters' Cuisine news

2:30–3:30: Medical counseling

2:30–5:30: Legal counseling

3:00–4:00: Special activity: 'Picnic in Trampoline House's garden'

This is the last Women's Club before the summer holiday. We will make a nice picnic in our wonderful garden with barbeque and ice cream.

4:00–5:30: Exercise: Belly dancing with Caroline

5:30–6:15: Dinner

6:15–6:30: Clean-up and dishwashing

(Closing duty: Tone + Emma)

JULY 2 - 31: CLOSED: Summer holiday!

Next Women's Club after the holiday is August 11