

IFTIIN

Women, Health and Quality of Life

European Union Daphne Project

“To strengthen health and quality of life for European ethnic women through work shops, activities and Forum-theatre”



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Project Aim:

Through performances, activities and debates to empower ethnic women in Denmark and Europe according to health and bringing up children. "Ift-i-in" means "enlightenment" in Somali, but the project is aimed at all women, who want to improve health and life quality for themselves and their families.

Project Aim is also:

To throw light on and to prevent Female Genital Mutilation (FGM). Thousands of women all over the world suffers from complications in relation to FGM, and the project aims to help them to strengthen their quality of life and to prevent that practice continues.

The project focuses on:

- Health and sickness
- Food and nutrition
- Exercise
- Sex and sexuality
- Family and bringing up children
- Female Genital Mutilation
- Integration
- Ethnic women in Europe



Plans and Activities

A 20 persons women's group is educated "Agents of Change". The women have different nationality and different age.

During 2006 the women's group will perform several places in Denmark. All performances is based on the women's own stories of life. The world famous singer Maryam Mursal takes part in the performances and afterwards subjects as health, family and quality of life are discussed.

The group will perform at "Gellerupscenen", Århus V, from 16th to 18th of June 2006. Performances will also take place in Odense, Aalborg and København.

Similar groups are established through corporation partners in Netherlands and Great Britain.

The project finishes at a conference in Århus, Denmark, for all national and international participants and interested guests.



IFT-I-IN offers YOU the opportunities of:

- Learn about nutrition and health
- Take part in exercises e.g. Nordic Walking and gymnastics
- Learn more about family life and bringing up children
- Take part in debates and tell your own story of life
- Learn from others and give your own knowledge back
- Parties and social activities

WHO?

All women and their families are welcome to take part in project activities and debates regardless of nationality and language skills.

HVOR?

Most of the activities have their starting point in Trivselshuset, Bispehaven, Århus V. In Trivselshuset you can also meet project coordinator, Ambara Hashi Nur, www.somaliwomen.dk.

READ ABOUT PROJECT AND ACTIVITIES ON:

www.somaliwomen.dk

Also look for posters and handouts in Trivselshuset and at other meeting spots in Gelleruparken and Herredsvang.

You are always welcome to ask questions about the project or about the activities. Contact Ambara Hashi Nur:

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Project Steering Committee

Ambara Hashi Nur, Somali Women Organisation in Denmark

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