Communication and Dignity


Venues: Oslo University Campus at Blindern and Norwegian Centre for Human Rights

The focus of the workshops on the 23rd and 24th will be on practical tools and methodology in developing, in our communities and societies, communication habits that promote dignity.
Programme:

**Wednesday, 22nd January 2014**
Venue: Psychology Institute of the University of Oslo, Blindern University Campus Harald Schjelderups hus Forskningsveien 3A, Auditorium 3 (see map 1)

10.15-12.00 Talk by Evelin Lindner (in Norwegian).
12.30-14.30 For our visitors: guided tour, either in Frogner Park, or in the City Hall (approximately!) (depending on the weather) by Trine Eklund.

**Thursday 23rd January 2014**
Venue: large meeting room in Georg Svedrup’s House (see map 2)

(In English)

9.00 Introductory speech by Evelin Lindner
9.30 Non-violent (empathic) communication: a tool in conflict transformation and a counterbalance to humiliation.
   This is a training session, where we will be looking at the principles of non-violent (empathic) communication, and methods of developing it as a powerful tool which both promotes human dignity and avoids the infliction of humiliation in conflict situations. We will be sharing and demonstrating the methodology of training, and practicing use of the tools available. Elsa-Britt Enger and Babs Sivertsen
12.30 Lunch in the university canteen.
13.30 Open space workshop (dignilogue), with working groups
16.00 Plenum with report from the groups.
16.30 End

In the course of the day: Cultural contribution by Randi Gunhildstad

Evening Guided tour of the city centre, followed by dinner together at an old restaurant
Friday 24th January
Venue: Norwegian Center for Human Rights Cort Adelers Gata 30
(see map 2)

(In English)

9.00 A Dignity Mosaic:
The morning session will be devoted to short presentations of the work of our esteemed participants, and their richly diverse contributions to the development of improved communication habits.

12.30 Lunch in the canteen in the Centre for Human Rights building.

13.30 Open space workshop, with working groups

16.00 Plenum with report from the groups, summary and conclusions

In the course of the day:

16.30 Cultural contribution by Randi Gunhildstad

End

Updated information on the website: http://www.educationforpeace.com/human_dignity

Registration

Register with Trine Eklund: t-eklun@online.no within the 1st January 2014

Please kindly note that...

- All costs including meals and refreshments are covered by the participants themselves. Participants are encouraged to find their own sources of funding or economic support to participate in our conferences. Please inquire in your country and your university about possibilities. See, among others, for the US, www.supportcenter.org and www.foundationscenter.org.

- Participants are kindly asked to handle all of their travel arrangements and required documentation, including requests for visas, on their side. HumanDHS does not have the staff or resources to assist with visa requests.

How to get to Oslo and the conference venue

If you come from outside of Norway, you can fly to Oslo, Norway's capital (most flights arrive at Gardemoen airport North of the city). You can take the airport train or bus to the city.
centre. We will help you with instructions, when we know where you are staying. Do not hesitate to ask people. Most Norwegians speak English very well.

If you are staying several days, we recommend that you buy a public transport ticket card called Flexcard or Ruter card (or #, see ruter.no). You are able to buy this card in any Narvesen kiosk you see.

Oslo has also a T-bane. To get to the campus at Blindern from the city center, take the Sognsvann (nr.6) Storo (nr.3) or Ringen (nr. 4) lines. Get off at Blindern and walk up the road until you come to the map of the campus.

To plan your trip with public transport, you can use reiseplanlegger.ruter.no. There you can put in the address where you want to start your trip and the endpoint. You will then be given the best alternatives for your trip.

See next page for maps

Where to stay in Oslo

- **Cochs Pensjonat** (http://www.cochspensjonat.no), Parkveien 25 (across the palace park from the city center, on the corner with the shopping street Bogstadveien)
- **Anker Apartments** (http://www.ankerapartment.no/en/), Københavngata 10, (in the interesting area of Grüneløkka, near the river,
- **Den Blå Dør (the blue door!) Bed and Breakfast** (http://www.bbnorway.com.getHosts/02.denblador.html), Skedsmogata 2, (in Kampen, a delightful old area of Oslo).

Permissions

We always ask for your permission to include your pictures on our website. In case you change your mind later, please let us know. We want to make sure we have your permission. Thank you!
Maps

Harald Schjelderups hus
Forskningsveien 3A

Georg Svedrups hus,
Moltke Moes vei 39
Norwegian Centre for Human Rights,
Cort Adelers gata 30
(beside the Vika tram stop)