

# Human Dignity and Humiliation Studies



HumanDHS

*Breaking the cycle of humiliation*

## World Dignity University



WDU

*Bringing dignity to learning, globally and locally*



*Student journal for psychology*

and



Educationforpeace.com

*Developing skills for a better world*

presents

## Communication and Dignity

### Thematic Network Meeting, Human Dignity and Humiliation Studies in Oslo, Norway, 22-24 January 2014.

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

*The focus of the workshops on the 23<sup>rd</sup> and 24<sup>th</sup> 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 Adellers 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:** Cultural contribution by Randi Gunhildstad
- 16.30** End

Updated information on the website: [http://www.educationforpeace.com/human\\_dignity](http://www.educationforpeace.com/human_dignity)

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## Registration

Register with Trine Eklund: [t-eklun@online.no](mailto:t-eklun@online.no) within the 1st January 2014

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## 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](http://www.supportcenter.org) and [www.foundationscenter.org](http://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.
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## 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](http://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](http://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

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## Where to stay in Oslo

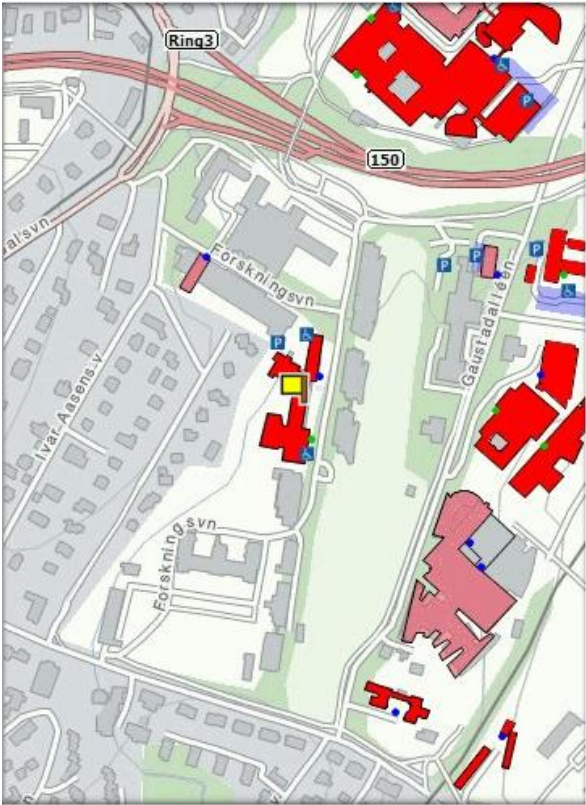
- [Cochs Pensjonat](http://www.cochspensjonat.no) (<http://www.cochspensjonat.no>), Parkveien 25 (across the palace park from the city center, on the corner with the shopping street Bogstadveien)
  - [Anker Apartments](http://www.ankerapartment.no/en/) (<http://www.ankerapartment.no/en/>), Københavngata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

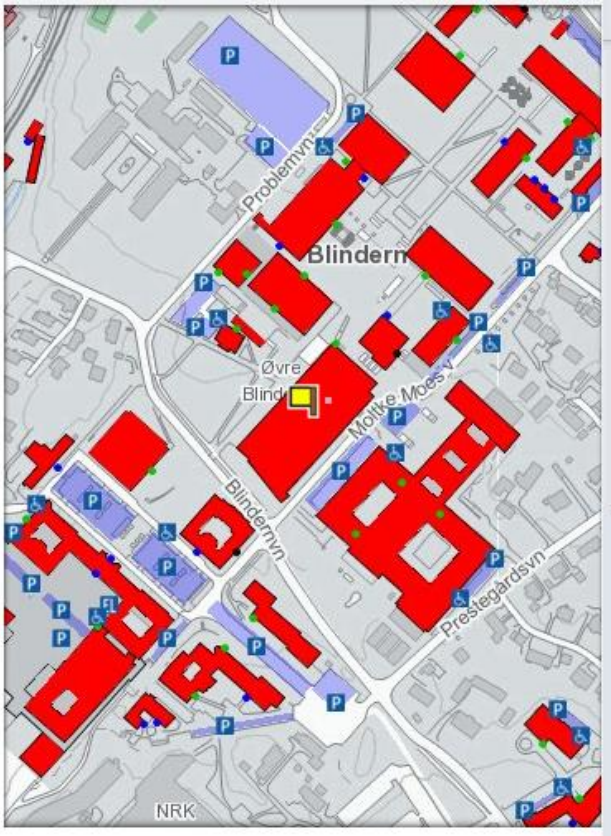
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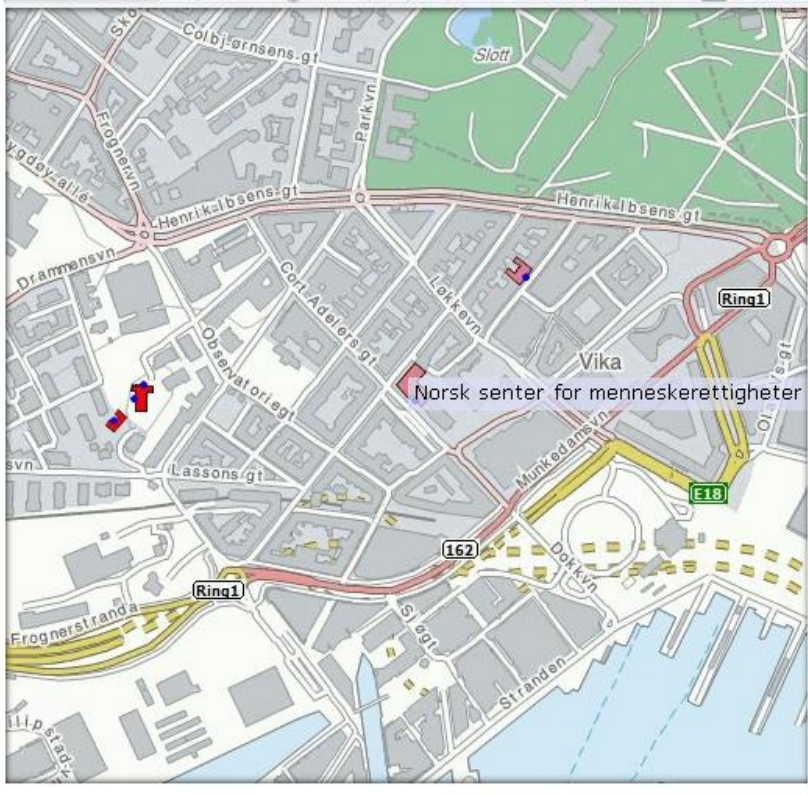
# Maps



Harald Schjelderups hus  
Forskningssveien 3A



Georg Svedrups hus,  
Moltke Moes vei 39



Norwegian Centre for Human Rights,  
Cort Adelers gata 30  
(beside the Vika tram stop)