



June 7 - July 3 / 2019

# AMSTERDAM FELLOWSHIP 2019

**Understanding the Dutch**

From Past to Present - Towards an Inclusive Society

HUMANITY <sup>IN</sup>  
ACTION

THE NETHERLANDS



## - In Memoriam -

### Frieda Menco - Brommet

Frieda Menco, a dear friend of Humanity in Action, passed away on Friday February 22. Frieda played a crucial role in the foundation and development of Humanity in Action The Netherlands.

Frieda was a Holocaust survivor who insisted that we remember the past to be vigilant in the present. The horrors of her deportation and many years in Auschwitz never left her body or her mind. She grieved for her Jewish community that suffered and lost so much. She participated strongly in its revival and resilience after the war years ever mindful of its stark past. She was a journalist, public speaker, art collector and human rights activist. She was outspoken and strong.

Year after year, the Fellows in the Dutch program went to her apartment, filled with beautiful paintings, sculptures, crafts and books, to converse with her about the war years and the challenges of present times. The dialogue was infused with past and present, pain and hope. And through those introductions, she became friends with so many Fellows.

Frieda is dearly missed by the Humanity in Action community.

**The 2019 Amsterdam Fellowship is dedicated to  
the bravery & memory of Frieda**



## Welcome Letter

**Welcome to the Netherlands!** Our joint adventure is about to begin. This program booklet entails all the information you need to **embark upon your Fellowship experience.**

Since 1999, Humanity in Action The Netherlands has proudly collaborated with our colleagues at the Humanity in Action offices in Denmark and the United States, and since the early and mid - 2000s with the offices in Berlin, Paris, Warsaw and Sarajevo. Collectively, we educate a **vibrant and diverse network of talented youth** on our collective history and its linkages to current affairs.

The Amsterdam Fellowship enables participants to examine contemporary questions around **human rights, democracy and inclusivity in the Netherlands.** Fellows will examine patterns and mechanisms that underpin human rights related challenges today, by learning from historic examples. Attention is given to the relationships between **minority and majority populations**, the role of **civil society**, and phenomena of **social (in)justice.** We facilitate a collective exploration of the social and political roots of discrimination in the Netherlands and provide a forum for the discussion of **potential solutions.**

The program traditionally takes the **Second World War** and the **Holocaust** as a starting point - a devastating example of the collapse of democracy and the denial of minority rights. Furthermore, the program dives into the **Dutch colonial past** and **history of slavery.** In 2019, the program repeatedly bridges historical narratives to more recent developments, rigorously exploring **Dutch**

**societal challenges related to pluralism** from different angles. We ask ourselves: Why do some people resist while others remain bystanders?

The program is **interdisciplinary, collaborative**, and provides **engaged learning experiences**. We hereby use various didactic methods, allowing Fellows to research and experience the role(s) they can play in society.

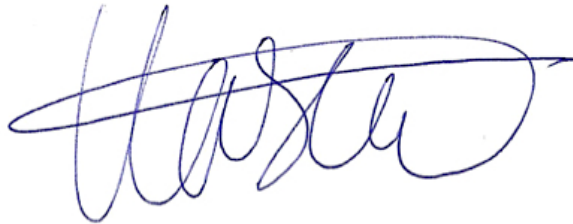
As both contemporary and past unresolved challenges impact our democratic societies, the Fellowships are more imperative than ever. It is our conviction that promoting **open and constructive dialogue** is key to actualize truly inclusive societies. Such dialogue fosters understanding and simultaneously allows for disagreement. We consider dialogue between our transatlantic Fellows one of the most important elements of the Humanity in Action experience.

The Humanity in Action Amsterdam Fellowship exists because of our **great supporters**. We are deeply thankful to the Democracy & Media Foundation and the US Embassy The Hague for their continued and crucial support over the years. We greatly appreciate the generous support from Fred Foundation and the William H. Donner Foundation, Inc. The participation of Greek Fellows in Humanity in Action Programs internationally is generously supported by the Stavros Niarchos Foundation (SNF). We welcome Fonds 1818 and thank them for their support in our programming this year.

Last but not least, many thanks to the wonderful **host families** who have opened up their homes to all international 2019 Fellows. We are grateful to all Senior Fellows, friends, partners, speakers, volunteers, sponsors and our Board for their continued

engagement and believing in the action Humanity in Action inspires.

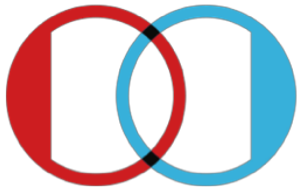
We are honored to welcome our 2019 Fellows cohort to the Netherlands, to jointly advance a truly inclusive society.



Laura Lasance

National Director  
Humanity in Action The Netherlands

The 2019 Amsterdam Fellowship is generously supported by our sponsors & individual donors:



Democracy & Media  
Foundation **Stichting**  
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WILLIAM H. DONNER  
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*Fonds 1818*



The participation of Greek Fellows in Humanity in Action Programs internationally is generously supported by the Stavros Niarchos Foundation (SNF).

This publication does not represent an expression of opinion by our funders. The author(s) bear(s) responsibility for the content.



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## 1. About Us

Humanity in Action is a transatlantic non - profit organization that supports democracy, pluralism and human rights through unique educational programs for college students, recent graduates and emerging leaders.

- We **educate** tomorrow's leaders on past and present human rights challenges through critical historical as well as contemporary inquiries and cross-cultural dialogue.
- We **connect** an ever-growing international community committed to strengthening democracy, human rights, and pluralism.
- We **inspire** civic engagement for advancing social equity, responsibility and justice.

Through our work:

- We **affirm** the importance of strengthening democratic values.
- We **foster** environments in which individuals of diverse backgrounds and identities can engage openly and respectfully with contentious and challenging ideas and each other.
- We **support** a vision of pluralistic societies that embrace differences and negotiate their boundaries through constructive political, social and personal dialogue and relationships.
- We **build** a multinational, intergenerational community of emerging and established leaders who share the Humanity in Action values.

## Past, Present and Future

We believe that an important test of a genuine democracy is how it advances social equity and pluralism. We strengthen the commitment of our community to **democratic values** and foster their knowledge around **past and present human rights challenges**.

The intellectual touchstone for Humanity in Action, founded in 1997, has been the study of acts of resistance - and lack thereof - during the Second World War and the Holocaust. These events raise critical questions: **Why do some people resist while others remain bystanders?** What binds those who recognize the need to resist? How are acts of resistance influenced by national and historical contexts?

Since Humanity in Action was founded with a focus on **the 1943 flight and rescue of the Jews in Denmark** during the Holocaust, we have grown conceptually, intellectually and geographically. Our scope has expanded to include the legacies of American slavery and the Jim Crow era; colonialism and migration; peacebuilding and transitional justice in the Balkans; transitions from authoritarian to democratic forms of government in post-communist societies to other human rights challenges in Europe and the United States.

## The Fellowship

Intensive and demanding, the Fellowship brings together international groups of university students and recent graduates to **explore national histories of**

**discrimination and resistance**, as well as examples of issues affecting different minority groups today.

Our one-year Fellowship program welcomes college and university students and recent graduates from **Bosnia and Herzegovina, Denmark, France, Germany, Greece, Poland, the Netherlands, the United States, and Ukraine**. Fellows participate in intensive four-week educational programs located in cities across Europe and the United States, with approximately 20 local and international students in each program. Each program provides a **site - specific curriculum** for understanding the historical and cultural context in which challenges to pluralism and democracy occur.

The programs are **interdisciplinary, collaborative, and engaged learning experiences**; they feature lectures and discussions with researchers, journalists, politicians, activists, and artists, as well as site visits to government agencies, non-profit and community organizations, museums, and cultural and memorial sites. The goal of these programs is **to foster cross - cultural understanding** and an appreciation of different perspectives and approaches for assessing past and contemporary social justice issues.

After the four - week on - site educational programs, Fellows return to their countries to develop and implement **Action Projects** to address social justice issues in their own communities. Past Action Projects have ranged from the production of documentaries and theatrical plays to community organizing projects, campaigns and social enterprises.

## 2. Themes and Topics

### Building a Strong Community

The 2019 Fellowship kicks - off with an **introduction weekend** to lay the base to build a strong community together.

On the first day, the Fellows get introduced to Humanity in Action, the Fellowship program and its objectives. We will discuss logistics and the code of conduct. Furthermore, international Fellows get their first sneak - peak into understanding Dutch society. We will discuss newspaper headlines, as well as typical Dutch traditions and cultural habits, to start off with a basic understanding about Dutch society. A special session is organized specifically for the Fellows to get to know each other.

On the second day, a tailor - made training program is offered to support the Fellows to collaborate, listen and communicate during the Fellowship.

Indeed, the success of a Fellowship depends to a large extent on the strength of the community that the Fellows build jointly. The learning objectives can only be reached by openly and respectfully sharing knowledge, actively engaging in dialogue and debate, and by expressing the willingness to learn from each other.

It is, therefore, crucial that the Fellows operate as a collective, and as a strong community with a culture characterized by healthy discussion. It is key that all Fellows can contribute from their personal perspectives while simultaneously allowing space for respectful disagreement;

an inclusive Fellowship that is exemplary for the type of society we strive for together.

Crucial in this context is the creation of a **brave space**. New York Times columnist Frank Bruni recently summarized the message of blueprint by Nicholas Christakis: *“Complex societies are possible and durable only when people are emotionally invested in, and help, one another; we would be living in smaller units and more solitary fashions if we were not equipped for such collaboration; and human thriving within these societies guarantees future generations suited to them.”* In this spirit, Humanity in Action works with a brave space, which means that Fellows will be asked to consider and discuss alternatives and different perspectives - from their own - on complex and difficult issues.

## The Second World War and the Holocaust

Human rights and democracy are historical constructs that are not self - evident, or uncontested. We often draw our common moral norms and values from so called lessons from the past; lessons often learned the hard way, from war and other atrocities. But how do we make such a link between history and present and from which histories do we learn?

The first days of the 2019 Humanity in Action Amsterdam Fellowship focuses on the history of the Second World War and the Holocaust in the Netherlands. In the first theme of the Fellowship we investigate what it means to be a bystander, a perpetrator and a victim.

The Fellows begin their journey at the **Anne Frank House** in Amsterdam. A special location, not just for its unique history, but also because it offers the Fellows one of the most well - known Dutch individual perspectives through which the history of the Holocaust is told.

The Fellows will visit **camp Westerbork**, a concentration camp located in the north of the Netherlands. Furthermore, the Fellows will visit **Castrum Peregrini**, a Second World War safe house, and they will visit the **Holocaust Museum** which is located in the **Jewish Cultural Quarter** in Amsterdam. During this first part of the journey Fellows will learn how and why the Holocaust has a major impact on Dutch history and its impact on contemporary discourses on human rights.

## Decolonization of the Dutch Kingdom

Shortly after the Second World War, the third wave of decolonization took place in Asia and Africa. The atrocities of the Second World War and the creation of the post - war human rights framework inspired the struggle for independence in states like India, Algeria, and in the former Dutch Indies, modern day Indonesia.

Again, we investigate what it means to be a bystander, perpetrator, and victim in the context of the colonial past of the Netherlands. The colonial past of the Netherlands and Europe in general, has for years been neglected - or not fully acknowledged. Whereas the Second World War and the Holocaust are fundamental to the Dutch history and identity discourses, these are not the only histories that we can learn from.

Due to the decolonization of the Dutch Kingdom, the demography of the Dutch society changed considerably after the Second World War. The arrival of Dutch citizens from the former Dutch East - and West Indies and their contributions to human rights, democracy and a pluralistic society in the Netherlands asks for our attention and acknowledgement.

The theme 'Decolonization of the Dutch Kingdom' brings the Fellows therefore to the shores of Africa, the different islands of Indonesia and the Caribbean, and the Amazon of South-America. The Fellows will learn about **the history of slavery and colonialism, Dutch war crimes in the former Dutch - Indies**, and how independence lead to an influx of migrants from the colonies towards the Netherlands.

The program demonstrates that confrontation with one's 'dark pages' in history is crucial for any self - proclaimed democracy. It shows that shaping a national identity from historical narratives is a process of in - and exclusion, one that is inherently political.

## Constructing the Dutch Identity

In the second and third week, the focus shifts to democracy and human rights in the contemporary Dutch context. Fellows discover how discourses on these topics have shaped - and continue to shape - the Dutch identity and society.

Fellows get the opportunity to converse with key individuals and collectives that stand up against marginalization and discrimination on the basis of gender, sexuality, race, religion or other dimensions that shape one's identity.



As in the first week, Fellows will scrutinize the processes of in - and exclusion within the larger framework of human rights, and democracy within Dutch society.

## Racism, Islamophobia & Antisemitism

The enduring phenomena of racism, Islamophobia and Antisemitism in Dutch society threaten social cohesion. These phenomena manifest themselves on a daily basis, in the streets, at the workplace and on social media. However, it is not just 'everyday microaggressions' that people of color, Muslims or Jews have to cope with.

The program examines how discrimination is not only coincidental, but rather institutional, engrained in education, media, cultural institutions and legislation. We will visit **the Black Archives** and discuss racism in Dutch society with **Mitchell Esajas** (*Senior Fellow John Lewis Fellowship, 2016*). A visit to **The Fear Factory of Hiske Arts** (*Senior Fellow Amsterdam Fellowship, 2001, Lantos Congressional Fellowship, 2001*) will demonstrate what happens to a pluralistic society when a government instills a climate of fear. **Ibtissam Abaâziz** will share how she combats Islamophobia through her platform **Meld Islamofobie!**

## Gender Equality

In 2019, the Netherlands celebrates 100 years of voting rights for men and women. At face value women may enjoy political rights and participate in all areas within Dutch society, yet, even in 2019 Dutch women are still confronted with patriarchal norms and structures.

Together with critical media analyst and Dutch Vogue - columnist **Madeleijn van den Nieuwenhuizen**, the Fellows will reflect on overlooked feminists in Dutch history. Young activist and 'Amsterdammertje van het jaar' **Ambrien Moeniralam** will demonstrate how she uses social media as a platform to fight sexual harassment in Amsterdam.

## LGBTQIA+ Movements

Although Amsterdam prides itself on being called 'the gay capital' of Europe, attacks on members of the LGBTQIA+ community still transpire. Indeed, despite the progress made over the last decades, there is still a long road ahead of us, in the Netherlands, Europe, and around the globe. Fellows will meet with activists, approaching the emancipation of the LGBTQIA+ community from an intersectional perspective.

We are proud to welcome **Boris Dittrich** who will give an historical analysis of the LGBTQIA+ movement in the Netherlands. **Tugba Öztemir** (*intern Amsterdam Fellowship, 2015*) shall discuss the challenges and duality within and between LGBTQIA+ movements. Activist **Naomie Pieter** will guide us through the Black Queer Archives.

## Migrants and Refugees

In the Netherlands, refugees face serious hindrances in having their rights protected. Apart from the often - hazardous journey they venture upon to reach safe havens, they face lack of legal recognition and protection by law.

In order to have a better understanding of the plight of refugees in the Netherlands and Europe, Fellows shall visit the movie theatre **Filmhuis** and the **Humanity House** in The Hague. They will discuss current Dutch and European migration policies from various angles. Most importantly, both visits will give the Fellows a unique perspective and experience of the world through the eyes of a young refugee.

National Director of Amnesty International the Netherlands **Eduard Nazarski** will reflect on the current crisis in the **refugee camps on the Greek islands Lesbos and Samos**. How does the EU intend to 'control' migration flows and at the same time protect the human rights of (undocumented) refugees? Fellows are asked to critically reflect upon the ability of the international community to adequately respond to this pressing human rights matter.

## Climate Change and Sustainability

In the third week of the Fellowship, Fellows will discuss one of the major issues currently threatening human existence, man - made climate change. Although one could argue that over the past 10 years climate change has been prioritized on the international political agenda, there has been a growing number of dissatisfied and concerned young people who initiate international climate change protests.

**Philanthropist Fred Matser** will present a critical analysis of the concept of sustainability. The Fellows will visit **De Ceuvel**, a **sustainable workplace for creatives and social entrepreneurs** in Amsterdam - Noord. Finally, the Fellows will meet with **environmental activist** and **program director at Greenpeace Faiza Oulahsen**.

## The Future is Inclusive

The final theme of the 2019 Amsterdam Fellowship concerns the future of the Dutch society. In the first weeks, Fellows thoroughly explored Dutch history. In the second and third week, the Fellows discussed the present - day challenges to Dutch society that underpin the nation's identity and society.

The Fellowship is a rich, challenging and intense learning experience for the Fellows. We strive for the Fellows to leave feeling empowered, and equipped with the knowledge and tools required to make a positive contribution to their communities.

Thus, in the final week of the Fellowship, the Fellows will look towards the future.

### **How can the Dutch move to a more inclusive society?**

That is the main question to be answered during the final **Panel Discussion**. During this session Fellows will engage with leading experts from all corners of society. As a closing activity, the Fellows will share their overall experiences as well as the outcomes of the Action and Reflection Assignments with the group.

## 3. Getting into Action

Humanity in Action The Netherlands pays close attention to supporting the Fellows, so that they can get into action, apply their acquired skills and knowledge, and give back to their communities.

The 2019 Amsterdam Fellowship includes a wide range of lectures, workshops and site visits. To prepare for the realization of their Action Projects, additional sessions will be held on project management, networking, collaboration, and effective communication.

### Fellow Talks

The personal inputs of Fellows are invaluable to the learning experience that the Fellowship offers. Therefore, each Fellow gets the opportunity and platform to present themselves and the issues they care for, to the group.

During the introduction weekend each Fellow is offered 5 - 7 minutes to introduce themselves based on a personal item they are asked to bring from home. During the Fellow Talk they can choose one topic that they are particularly passionate about in relation to the Fellowship. Everyone is free to choose their own mode of expression.

### HIA Skills Lab

The aim of the Amsterdam Fellowship is for the Fellows to get educated, connected, and inspired to act. Humanity in Action The Netherlands offers Fellows the

conceptual and practical tools needed to feel empowered and capable of making a change. The HIA Skills Lab is organized to support each Fellow to get into action mode and get equipped to realize their Action Projects.

Skills Lab workshops focus on getting started & pushing through, on collaboration & networking, on project - management & fundraising, and on the power of communication. These skill sessions will help the Fellows during the process of creating and realizing their Action Projects.

## **Action and Reflection Assignments**

Fellows are asked to consider and demonstrate what they have learned by carrying out action and reflection assignments.

Depending on the assignment, Fellows can decide to work individually or as group. Towards the end of the Fellowship, the Fellows will present the outcomes of their action and reflection assignments.

## Community Days

Participating in the Amsterdam Fellowship is not only a great opportunity for the Fellows, it is also a great privilege. It is therefore expected of the Fellows to give back to the community of Amsterdam, especially to the more vulnerable groups living in the city.

Whether it is cleaning one of the local parks in the city, helping out in a homeless shelter or spending quality time with the elderly in retirement homes, it is important that the Fellows understand they are not only here to 'take' from the Fellowship but also to 'give back'. Two community days are organized for this purpose.

## 4. Program Schedule

Saturday, June 8

Villa Buitenlust  
Spaarndammerdijk 319A  
1014 AA Amsterdam

08.30	Meet at Villa Buitenlust
09.00 - 09.15	Welcome  Laura Lasance <i>National Director of Humanity in Action The Netherlands</i>
09.15 - 10.45	The Amsterdam Fellowship 2019  Raissa Biekman   Laura Lasance <i>Program Manager / National Director</i>
10.45 - 11.00	Break



11.00 - 12.30	The Amsterdam Fellowship 2019 II Raissa Biekman   Laura Lasance <i>Program Manager / National Director</i>
12.30 - 13.30	Lunch
13.30 - 15.00	Fellow Talks
15.00 - 15.15	Break
15.15 - 16.45	Fellow Talks
16.45 - 17.00	Break
17.00 - 18.00	Fellow Talks
18.00 - 18.15	Wrap up of the day
18.15	Drinks at Westergas Area

## Sunday, June 9

**Villa Buitenlust**  
 Spaarndammerdijk 319A  
 1014 AA Amsterdam

09.00	Meet at Villa Buitenlust
09.00 - 10.00	Introduction to the day
10.00 - 12.00	Interactive Dialogue Workshop I  Wassila Hachchi <i>Speaker, Coach &amp; Trainer in (Self) Dialogue</i>
12.00 - 13.00	Lunch
13.00 - 15.00	Interactive Dialogue Workshop II  Wassila Hachchi <i>Speaker, Coach &amp; Trainer in (Self) Dialogue</i>
15.00 - 15.15	Break

15.15 - 17.30	Interactive Dialogue Workshop III  Wassila Hachchi <i>Speaker, Coach &amp; Trainer in (Self) Dialogue</i>
17.30 - 18.15	Meeting with Judith Goldstein  Judith Goldstein <i>Founder and Executive Director of Humanity in Action Inc.</i>
18.15 - 18.30	Closing of the introduction weekend

## Monday, June 10

### Humanity in Action office

Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

### Anne Frank House

Westermarkt 10 (*Please note: this is not the main entrance*)  
 1016 DK Amsterdam  
 Otto Frank Room

09.00	Meet at the Anne Frank House
09.00 - 09.30	Fellow Discussion
09.30 - 10.00	<p>Introduction Anne Frank House Foundation</p> <p>Cihan Tekeli <i>Educator and Project Manager at the Anne Frank Foundation</i></p> <p><i>Senior Fellow Amsterdam Fellowship, 2008, Lantos Congressional Fellowship, 2009</i></p>
10.00 - 11.00	Visit the Anne Frank House

11.00 - 12.00	<p>Reflection and Q&amp;A</p> <p>Cihan Tekeli  <i>Educator and Project Manager at the Anne Frank Foundation</i></p> <p><i>Senior Fellow Amsterdam Fellowship, 2008, Lantos Congressional Fellowship, 2009</i></p>
12.00 - 12.30	Travel to the Humanity in Action office
12.30 - 13.30	Lunch
13.30 - 15.00	<p>Resistance Game</p> <p>Nathalie Toisuta and Marc Mussaeus  <i>Owner and Freelance Educator at Media Luna</i></p>
15.00 - 15.15	Break
15.15 - 16.45	<p>Resistance Game</p> <p>Nathalie Toisuta and Marc Mussaeus  <i>Owner and Freelance Educator at Media Luna</i></p>

16.45 - 17.00	Wrap up and closing of the day
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## Tuesday, June 11

### Humanity in Action office

Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

### Camp Westerbork

Oosthalen 8  
 9414 TG Hooghalen

08.15	Meet at Humanity in Action office
08.15 - 10.00	Travel to camp Westerbork
10.25 - 12.30	Visit camp Westerbork
12.30 - 13.30	Lunch
13.30 - 15.00	History in one place  Nathalie Toisuta and Marc Mussaeus <i>Owner and Freelance Educator at Media Luna</i>

15.00 - 15.30	Break
15.30 - 17.00	History in one place  Nathalie Toisuta and Marc Mussaeus <i>Owner and Freelance Educator at Media Luna</i>
17.00 - 17.15	Wrap up and closing of the day
17.15 - 18.30	Travel back to the Humanity in Action office



## Wednesday, June 12

**Castrum Peregrini**  
 Herengracht 401  
 1017 BP Amsterdam

**Humanity in Action office**  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

**Jewish Cultural Quarter**  
 Plantage Middenlaan 27  
 1018 DB Amsterdam

10.00	Meet at Castrum Peregrini
10.00 - 10.30	Fellow Discussion
10.30 - 12.00	Guided tour at Castrum Peregrini  Frans Damman <i>Marketing Director at Castrum Peregrini</i>
12.00 - 13.00	Lunch at Castrum Peregrini

13.00 - 13.30	Travel to the Jewish Cultural Quarter
13.30 - 16.00	Visit the Jewish Cultural Quarter
16.00 - 16.30	Wrap up and closing of the day

## Thursday, June 13

Humanity in Action office  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 12.30	Action and Reflection Assignment 1 Laura Lasance   Raissa Biekman <i>National Director / Program Manager</i>
10.00 - 12.30	Individual Reflection Sessions Laura Lasance   Raissa Biekman <i>National Director / Program Manager</i>
12.30 - 13.30	Lunch
13.30 - 15.00	Decolonization and unlearning Nancy Jouwe

	<i>Freelance Lecturer</i>
15.00 - 15.15	Break
15.15 - 17.00	Theatre performance Fanny Heymann <i>Holocaust Survivor</i> Carolien Zimmermann <i>Theatre Maker</i>
17.00 - 17.30	Wrap up and closing of the day

## Friday, June 14

### Humanity in Action office

Keizersgracht 177  
1016 DR Amsterdam  
Rosa Parks Room

### Tropenmuseum

Linnaeusstraat 2  
1092 CK Amsterdam

### The Black Archives

Zeeburgerdijk 19B  
1093 SK Amsterdam

08.30 - 09.00	Introduction to the day
09.00 - 10.45	The colonial history of the Dutch East Indies  Wim Manuhutu <i>Historian and cultural heritage professional</i>
10.45 - 11.30	Travel to the Tropenmuseum
11.30 - 13.00	Visit the Tropenmuseum

13.00 - 13.15	Travel to the Black Archives
13.15 - 13.30	Short lunch break
13.30 - 15.00	Intersectionality and the black queer movement  Naomie Pieter <i>Queer and anti-racist activist and performance artist</i>
15.00 - 15.30	Travel back to the Humanity in Action office
15.30 - 16.00	Evaluation week 1
16.00 - 17.00	Fellow Discussion
17.00 - 17.15	Wrap up and closing of the day

## Monday, June 17

### Humanity in Action office

Keizersgracht 177  
 1016 DR Amsterdam  
 Eleanor Roosevelt Room

### The Black Archives

Zeeburgerdijk 19B  
 1093 SK Amsterdam

09.00 - 09.15	Introduction to the day
09.30 - 13.00	Black Heritage Tour  Jennifer Tosch <i>Founder of the Black Heritage Tour</i>  Group 1   09.30 - 11.00 Group 2   11.30 - 13.00
09.30 - 13.00	Fellow Discussion
13.00 - 13.30	Travel to the Black Archives
13.30 - 14.00	Lunch

14.00 - 16.00	<p>Tour of The Black Archives &amp; exhibitions</p> <p>Mitchell Esajas <i>Co-founder and chairman of New Urban Collective</i></p> <p><i>Senior Fellow John Lewis Fellowship, 2016</i></p>
16.00 - 16.30	Travel to the Humanity in Action office
16.30 - 17.00	Wrap up and closing of the day



## Tuesday, June 18

Humanity in Action office  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 12.30	Documentary Man Made Roos van Ees
12.30 - 13.30	Lunch
13.30 - 15.00	The Story of Corry Tenderloo  Madeleijn van den Nieuwenhuizen <i>Founder of @Zeikschrift and columnist for the Dutch Vogue</i>
15.00 - 15.30	Break

15.30 - 17.00	Workshop Cat Calling Project Amsterdam  Ambrien Moeniralam <i>Founder of the Cat Calling Project Amsterdam</i>
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## Wednesday, June 19

Humanity in Action office  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

08.45 - 09.00	Introduction to the day
09.00 - 10.00	History of the Dutch LGBTQIA+ movement  Boris Dittrich <i>Former global advocacy director for the LGBT rights program at Human Rights Watch</i>
10.00 - 11.00	Refugees in Greece  Eduard Nazarski <i>Director of Amnesty International</i>
11.00 - 11.15	Break
11.15 - 13.15	Homonationalism  Tugba Öztemir <i>Teacher at the University of Applied</i>

	<i>Sciences in Amsterdam</i> <i>Intern Amsterdam Fellowship, 2015</i>
13.15 - 14.00	Lunch
14.00 - 15.30	Women in Islam Ibtissam Abaâziz <i>Ph.D. candidate at the Erasmus University Rotterdam</i>
15.30 - 17.00	Intersectionality Nawal Mustafa <i>Ph.D. candidate at the Vrije Universiteit Amsterdam</i>  <i>Senior Fellow Amsterdam Fellowship, 2014</i>
17.00 - 17.15	Wrap up and closing of the day

## Thursday, June 20

Humanity in Action office  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

De Nieuwe Kerk  
 De Dam  
 1012 NL Amsterdam

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 12.30	HIA Skills Lab Workshop Project Management  Samir Azrioual <i>Associate at Stichting de Verre Bergen</i>  <i>Senior Fellow Amsterdam Fellowship, 2017</i>
12.30 - 13.30	Lunch

13.30 - 15.30	Action and Reflection Assignment 2 Laura Lasance   Raissa Biekman <i>National Director / Program Manager</i>
13.30 - 15.30	Individual Reflection Sessions Laura Lasance   Raissa Biekman <i>National Director / Program Manager</i>
15.30 - 15.45	Walk to de Nieuwe Kerk
16.00 - 18.00	Visit the World Press Photo exhibition
18.00 - 18.15	Wrap up and closing of the day

## Friday, June 21

### Filmhuis Den Haag

Spui 191  
2511 BN Den Haag

### Humanity House

Prinsengracht 8  
2512 GA Den Haag

08.15 - 09.45	Meet at Hotel Ibis Amsterdam Centre (see map 1) and travel to The Hague
09.45 - 10.00	Introduction to the day
10.00 - 11.30	Visit Filmhuis Den Haag
11.30 - 12.30	Lunch
12.30 - 14.00	Visit Humanity House
14.00 - 14.30	Travel to the Creative Court

14.30 - 17.00	Visit the Creative Court  Rabiaâ Benlahbib <i>General and Artistic Director</i>
17.00 - 17.30	Evaluation week 2
17.30 - 17.45	Wrap up and closing of the day
17.45	Dinner in The Hague



## Monday, June 24

**Humanity in Action office**  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Aletta Jacobs Room

**De Ceuvel**  
 Korte Paperverweg 2 - 6  
 1032 KB Amsterdam

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 12.30	A critical analysis of sustainable development  Fred Matser <i>Philanthropist and founder of the Fred Foundation</i>
12.30 - 13.30	Lunch
13.30 - 15.00	Senior Fellow Network Board and Professional Fellowships

15.00 - 16.00	Travel to the Ceuvel
16.00 - 17.30	Visit the Ceuvel
17.30 - 18.00	Wrap up and closing of the day
18.00	Drinks at the Ceuvel

## Tuesday, June 25

Humanity in Action office  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 12.30	Environmental activism  Faiza Oulahsen <i>Program Director for climate and energy at Greenpeace</i>
12.30 - 13.30	Lunch
13.30 - 17.00	HIA Skills Lab Workshop Communication  Angela van der Kooye <i>Managing Director at AK Communication Consultancy</i>

17.00 - 17.15	Wrap up and closing of the day
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## Wednesday, June 26

### Humanity in Action office

Keizersgracht 177  
1016 DR Amsterdam  
Rosa Parks Room

### Dutch Parliament

Lange Poten 4  
2511 CL The Hague

### United States Embassy The Hague

John Adams Park 1  
2244 BZ Wassenaar

09.00	Meet at Hotel Ibis Amsterdam Centre See map 1
09.00 - 10.15	Travel to the Hague
10.30 - 12.00	Visit the Dutch Parliament
12.00 - 12.30	Travel to The Hague Babylon
12.30 - 13.30	Lunch

13.30 - 14.00	Travel to the US Embassy The Hague
14.00 - 16.00	Visit the US Embassy The Hague
16.00 - 16.30	Fellow Discussion
16.30 - 17.00	Wrap up and closing of the day
17.00	Travel back to Amsterdam

## Thursday, June 27

**Humanity in Action office**  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

**Angstfabriek**  
 Berlijnplein 520  
 3541 CN Utrecht

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 12.30	Severity Circle  Cihan Tekeli <i>Educator and Project Manager at the Anne Frank Foundation</i>  <i>Senior Fellow Amsterdam Fellowship, 2008, Lantos Congressional Fellowship, 2009</i>
12.30 - 13.00	Lunch

13.00 - 14.00	Travel to Utrecht
14.00 - 16.30	Visit the Angstfabriek  Hiske Arts <i>Project manager at Critical Mass</i>  <i>Senior Fellow Amsterdam Fellowship, 2001, Lantos Congressional Fellowship, 2001</i>
14.00 - 16.30	Individual Reflection Sessions  Laura Lasance   Raissa Biekman <i>National Director / Program Manager</i>
16.30 - 17.00	Wrap up and closing of the day



## Friday, June 28

### Humanity in Action office

Keizersgracht 177  
1016 DR Amsterdam  
Rosa Parks Room

### De Kunsthal

Museumpark Westzeedijk 341  
3015 AA Rotterdam

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 12.00	Art as activism David Limaverde <i>Art educator</i>
12.00 - 12.30	Lunch
12.30 - 14.00	Travel to Rotterdam

14.00 - 16.00	Visit the exhibition 'All you can Art and Street Dreams: How Hip-hop took over Fashion'
16.00 - 16.30	Evaluation week 3
16.30 - 17.00	Wrap up and closing of the day
17.00	Dinner in Rotterdam

## Monday, July 1

### Humanity in Action office

Keizersgracht 177  
1016 DR Amsterdam  
Rosa Parks Room

### Cityhall Amsterdam

Waterlooplein 12  
1011 PG Amsterdam,

### Keti Koti Festival

Oosterpark  
1092 BR Amsterdam

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 10.45	Travel to Waterlooplein
10.45 - 12.00	Participate in the Bigi Spikri march
12.00 - 13.00	Lunch

13.00 - 15.00	Action and Reflection Assignment 3
15.00 - 15.15	Wrap up and closing of the day
15.15 - 18.00	Celebrate Ketikoti in the Oosterpark

## Tuesday, July 2

Humanity in Action office  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 12.30	War crimes and genocide in Bosnia and Herzegovina  Frederiek de Vlaming <i>Criminologist specialized in international criminal law and transitional justice</i>
12.30 - 13.30	Lunch
13.30 - 15.00	HIA Skills Lab Workshop Networking and Collaboration  Laura Lasance <i>National Director</i>

15.00 - 15.15	Break
15.15 - 17.30	<p>HIA Skills Lab Workshop Action Project Preparation</p> <p>Laura Lasance   Raissa Biekman <i>National Director / Program Manager</i></p>
17.30 - 17.45	Closing of the day

## Wednesday, July 3

**International Documentary Film Festival (IDFA)**  
 Frederiksplein 52  
 1017 XN Amsterdam

**Humanity in Action office**  
 Keizersgracht 177  
 1016 DR Amsterdam  
 Rosa Parks Room

09.00	Meet at IDFA
09.00 - 09.15	Introduction to the day
09.15 - 10.00	Fellow Discussion
10.00 - 11.30	Forgiveness & reconciliation  Mpho Tutu van Furth <i>Priest, theologian and public speaker</i>
11.30 - 12.30	Travel to the Humanity in Action office

12.30 - 13.30	Lunch
13.30 - 16.00	Closing session with panel discussion
16.00 - 18.00	Closing drinks of the Fellowship



## 5. Speaker Biographies

**Ibtissam Abaâziz** is a former Researcher at the Erasmus University in Rotterdam and currently works on her Ph.D. at Erasmus University, Rotterdam. She is very active in the sphere of awareness towards Islam and Islamophobia in the Netherlands and is currently the Project Coordinator of Meld Islamofobie! and she is involved in the organization, Wij blijven hier. Both organizations focus on spreading awareness on the issue of Islamophobia in The Netherlands. She is a public speaker and has spoken on several events and stages like the Movies That Matter Festival and One Young World about Islamophobia.

**Hiske Arts** is the co-founder of Critical Mass and currently project leader of the Fear Factory. Critical Mass is a non-profit that allows (young) people to examine and explore conflict, exclusion, and prejudice in daily life and society. Critical Mass develops interactive exhibits, multimedia installations, and teaching methods with this aim. Hiske Arts earned a B.A. in Social Sciences and a M.A. in Conflict Studies and Human Rights from Utrecht University. (*Senior Fellow Amsterdam Fellowship, 2001, Lantos Congressional Fellowship, 2001*).

**Frans Damman** was born and raised in Amsterdam. He studied Business Administration and took part in a one-year program in Philosophy, Politics, and Economics at the University of Groningen. He started his career in international publishing and worked for more than 14 years at Reed Elsevier, VNU Business Publications and Truvo in various positions; Editor, Project Manager, New Business Development and as Corporate Communications Manager leading the team

with members based in Portugal, Ireland, Belgium, and the Netherlands. Between 2008 - 2010, Frans as Head of Operations, joined the directors' team to realize the National Historical Museum in Arnhem. Back then, during the high times of the 'identity politics discussion', a brand-new initiative for a new museum taken in the Dutch parliament was supposed to present the Canon of the N.L. History. It developed a strong online presence with all kind of projects for a short period but turned into 'a museum that was never built'. In 2010 Frans joined the team of Castrum Peregrini, after a thorough reorganization the cultural foundation had just started to implement a new strategy and a new public program. Within the small team, Frans as a board member was responsible for guest programs and internal and external affairs.

**Boris Dittrich** is a Dutch human rights activist. He has been a lawyer, a judge and a member of the House of Representatives in the Dutch parliament. In 2007 he became the global advocacy director for the LGBT rights program at Human Rights Watch in New York. He left the organization in 2018 to run his election campaign for the Dutch Senate. He was elected senator as of June 2019. Dittrich wrote five fiction books. For his work on LGBT rights, he received the Dutch Jos Brink State Award in 2013 and the Dutch Living Legend Award in November 2018. (*Committee of Recommendation of Humanity in Action The Netherlands*).

**Mitchell Esajas** is co - founder and chairman of New Urban Collective, a network for students and young professionals from diverse backgrounds with a focus on the Surinamese, Caribbean and African diaspora. He is a social entrepreneur involved in various community projects in the areas of education, employment, diversity, and sustainability.

Mitchell studied Business Studies and Anthropology at the Vrije Universiteit Amsterdam. In 2016 he co-founded the Black Archives in Amsterdam, a unique collection of books, documents, and artifacts documenting the history of black people and black resistance in the Dutch context. Based on the collection, they work with artists, activists, and scholars to develop exhibitions and other public activities. In 2018 they won the Amsterdam Art Prize. (*Senior Fellow John Lewis Fellowship, 2016*).

**Mpho Tutu van Furth** is a priest, a writer, a wife, mother, an artist, a theologian, and a public speaker. From her children she has acquired a passion for girl's safety and wellbeing. She is working to create a world that is good for girls. For girls to flourish our world must be safe, our environment clean, our planet healthy. For girls to flourish their voices must be heard, their choices honored, and their right to bodily integrity affirmed. When girls flourish the whole world flourishes. Her passion is flourishing for people and our planet.

**Wassila Hachchi** is a speaker, coach, and trainer in (self) dialogue. She helps people improve their ability to connect with others, starting with the connection they have with themselves. As a Mindvalley Master Certified Trainer, Wassila contributes to the Global School for Humanity. She is an official representative and local facilitator for Mindvalley and delivers transformation workshops, seminars, and coaching. She is also an educator at The School of Life Amsterdam - a global organization dedicated to developing emotional intelligence. Wassila is a former military officer, an award-winning government official and former member of the Dutch Parliament.

**Fanny Heymann** born on 27 February 1942, fled from Germany to the Netherlands just before the beginning of the war with her mother, father, brother Alfred and sisters Esther and Bertie. In 1943, Fanny and her family were transferred to Camp Westerbork and in 1944 to Bergen-Belsen, where Fanny's father died in 1945. Just before the liberation of Bergen-Belsen, Fanny and her family were put on a train. After six long days the train stops at the small village of Farsleben, where Fanny and her family were liberated by the Americans and finally regained their freedom. Three days later, Fanny's mother died from hunger oedema and the Heymann children were put in different foster families. In recent years, Fanny Heymann has shared her personal story in schools. She wants to connect with young people and tries to show them the many aspects to a war.

**Nancy Jouwe** is a cultural historian and has worked 20+ years in the NGO sector as a managing director and curator at the crossroads of women's rights, transnational movements and art, culture and heritage. As a researcher, curator and writer she focuses on cultural & social movements in postcolonial Netherlands and lectures at several academic institutions (Willem de Kooning Academy, Amsterdam University College, University of the Arts Utrecht and CIEE).

**Angela van der Kooye** has over 15 years of experience as a senior communication professional. She graduated from Inholland University in the Netherlands in 2005 and has been a certified team leader for the Leeuwendaal institute since 2006. Angela worked for Dutch Government implementing different communication campaigns, developed exhibitions with artists, and coordinated one of the call centers for the municipality in Amsterdam. She worked for over 10 years in different communication positions at the

government in the Netherlands before relocating to Suriname in 2011. In Suriname, she worked as the head of communications & PR at multinational Suralco, after which she founded her own communication agency (AK communication Consultancy), initiated the first international communication congress in 2016 (and then in 2018) and founded the national association of communication, marketing and Public Relations.

**Fatma Koşer Kaya** was appointed Chair of the Board of Humanity in Action the Netherlands in July 2015. Humanity in Action The Netherlands has found a genuinely passionate and engaged chair in Fatma. "Practice what you preach," she says, "even if that is hard sometimes. You can't apply double standards; personal freedom means allowing others (to have) that same freedom." Fatma is alderwoman for the city of Amersfoort and member of the advisory committee for the Law Faculty at the University of Tilburg. Previously, she was a member of parliament for D66 and employed as a (labor) lawyer. (*Chair of the Board of Humanity in Action The Netherlands*).

**David Limaverde** is an Amsterdam-based, Brazilian-born art educator, performer, and researcher with experience and interests in art-activism, theatre, and participatory / community art methodologies. He holds an M.A. in Performance Studies from the University of Amsterdam and a Ph.D. in Arts and Education from the University of Barcelona. He teaches at the Master Performing Public Space at Fontys University in Tilburg, The Netherlands, and is a member of the artistic collective OT301 in Amsterdam and the founder of HoP - Home of Participation - an organization that develops, facilitates and researches Participatory Arts Methodologies for groups in conflict, at risk as well as for civic engagement.

**Fred Matser** is the founder & chairman of the Fred Foundation and a leading Dutch humanitarian. He has been active in social and ecological transformation and is the founder and co-founder of a wide range of charitable foundations that span the fields of health, environment, nature conservation, peace, and global transformation. The principles underlying these foundations are based on inspiring co - creativity, self - sufficiency, empowerment, inspiration, and harmony.

**Ambrien Moeniralam** is a 17-year-old student and currently following the Media and Design program at ROC, Amsterdam. She likes to keep herself busy by reading, she loves poetry, listening to music, spending some quality time with friends and family and spending time on activism and feminism. She is in the organization of Women's March the Netherlands and the founder of CatcallsofAms on Instagram where she is raising awareness for street-harassment. Recently, Ambrien won the 'Amsterdammertje van het jaar' prize.

**Marc Mussaeus** is a lecturer, educational designer and trainer. He works for educational institutes and organizations that focus on commemoration. Previously, he held various management and leadership positions in the high tech industry. After a technical education, he increasingly focused on leadership, and the coaching of people and organizations. He was involved in the development of educational programs regarding commemoration. He is particularly passionate about the meaning of commemoration for the present and the future. Marc Mussaeus is married; he has two children (11 and 14) and lives in 's-Hertogenbosch.

**Nawal Mustafa** has an undergraduate degree in International & European Law and an LLM Master in International Law and the Law of International Organizations with specializations in Human Rights Law from the Rijksuniversiteit Groningen (The Netherlands). Currently, Nawal is a Ph.D. candidate at the Vrije Universiteit in Amsterdam. Her Ph.D. research focuses on the historical regulation of interracialized relationships in the U.K. in 1950-1970. Before her Ph.D., Nawal worked for Amnesty International, Humanity in Action, and Critical Mass. She is also active as a board member for Bureau Clara Wichman which is a legal feminist fund and De GoedeZaak, a campaign platform for socioeconomic issues. Last year together with three other activists Nawal initiated SPEAK, a platform for Muslim women and their fight against racism, Islamophobia and sexism. Although an immense inequality currently characterizes the world, Nawal hopes that her efforts, as small as they may be, can contribute to the redistribution of power and help create a more just world. (*Senior Fellow Amsterdam Fellowship, 2014*).

**Eduard Nazarski** was born on 27 April 1953 in Limburg, the Netherlands. He has been the director of Amnesty International Nederland since early 2006. Previously, he worked at the National Voluntary Service Centre and for sixteen years at the Dutch Council for Refugees, the last six years of which as director.

**Madeleijn van den Nieuwenhuizen** is the founder of the media - critical Instagram account @Zeikschrift. There she gives sharp but constructive feedback on Dutch media publications, 'from body shaming and racism to elitist bullshit.' She obtained her master's degree at Columbia University in New York in political history and constitutional law. She places discussions



about inequality in a broader context. She writes opinion pieces, is a columnist for VOGUE and works as a legal researcher. Madeleijn lives in Amsterdam and New York.

**Faiza Oulahsen**, as program director for climate and energy at Greenpeace, fights climate change in many ways. Often in the background by lobbying, following international climate conferences, organizing public campaigns and conducting negotiations on climate policy. Sometimes on the forefront, with T.V. appearances and high-profile actions. In 2013, the fight against oil drilling in the Arctic temporarily cost her her freedom. After an action at a drilling platform of Russian oil and gas company Gazprom, she was locked up in a Russian cell for two months. Faiza joined Greenpeace in 2011 as one of the youngest campaign leaders of the international organization ever. Before that, she studied political science and international relations.

**Tugba Öztemir** is a human rights activist and a teacher at the Amsterdam University of applied sciences. Both in her activism and her role as a teacher, she discusses critical topics, such as Islamophobia, homophobia, homo-nationalism, microaggressions, and (climate) racism concerning green economics. As a human rights activist, she can combine her passion for teaching with the discussion of pressing social issues with her pupils. Debating and promoting further thinking among pupils is a source of great satisfaction for her. (*Intern Amsterdam Fellowship, 2015*).

**Naomie Pieter** is a queer and anti-racist activist and a performance artist, whose work centers on making space for the intersections of those communities. She is the co-founder of 'Black Queer & Trans Resistance NL,' where she is currently setting up a Black Queer Archive



to make stories visible that are missing in narratives of the history of the Netherlands. Pieter advocates for pleasure activism within the BIPOC LGBTQI+ community, through her queer dancehall party Pon Di Pride. She is a member of the anti-racist group: Kick Out Zwart Piet, has participated in different political actions, and organized demonstrations.

**Cihan Tekeli** holds degrees in philosophy and Islamic studies from the University of Leiden. Cihan is a Humanity in Action Senior Fellow (Amsterdam, 2008). After finishing a Fellowship at the U.S. House Committee on Foreign Affairs in Washington DC in 2009, he started working in his current position as a project leader at the Department of Education of the Anne Frank Foundation. In 2015 he was a visiting fellow at the Southern Poverty Law Centre in Montgomery, Alabama. Currently, he works with educators, inmates, and police on educational programs related to awareness on the issues of equal treatment and diversity. (*Senior Fellow Amsterdam Fellowship, 2008, Lantos Congressional Fellowship, 2009, and interim national director Humanity in Action The Netherlands*).

**Jennifer Tosch** is a cultural heritage historian, founder of Black Heritage Tours in Amsterdam, the Netherlands, and New York State, and co-author of three books on Dutch colonial history and member of the Mapping Slavery Project in the Netherlands. Jennifer was born in Brooklyn, New York to Surinamese, parents, who immigrated to the USA in the 1960s from Suriname, the former Dutch colony in South America. The Amsterdam tour, which started in 2013, travels through the main canals exploring the 'hidden history' and traces of the Black presence, colonial products, investors, and enslavers, that are still visible on canal houses, national monuments and in the museums.

**Frederiek de Vlaming** PhD is a criminologist specialized in international criminal law and transitional justice. De Vlaming has a background in human rights, development studies and international refugee law and policy. She is a researcher and lecturer at the Law Faculty of the University of Amsterdam where she also heads the War Reparations Center. De Vlaming worked for UNHCR, Amnesty International, and several international human rights and development agencies in different parts of the world (Philippines, Hong Kong, U.K., Switzerland). De Vlaming is the co-founder of the Foundation Lawyers for Lawyers. Since 2012, de Vlaming is the director of the Nuhanovic Foundation (N.F.), which is an independent non-profit organization for the assistance of victims of violations of international humanitarian law who seek a remedy in the form of reparation, restitution, and compensation

**Carolien Zimmermann** was born and raised in West-Berlin. She came to Utrecht to study at the Utrecht School of the Arts. She has been living and working in Utrecht since 1991. She did not witness the war, but is the daughter of parents who experienced the war as children, and grandchild of a German Nazi and a Dutch resistance fighter. This unusual combination is presented in two of her theatre performances 'Ik ben niet de oorlog' (I am not the war) and Mauerfrei (Wall free). Her performances also contain images from her experience witnessing the fall of the Berlin wall. Carolien has delivered past lectures on the fall of the Berlin wall in cooperation with the Duitsland Instituut Amsterdam. Carolien Zimmerman works as a trainer, coach, and actress.

## 6. Fellow Bluebook



| **Gabriella Boffy**  
Sciences Po Bordeaux

Born in Oman, Gabriella lived in different countries (Portugal, Jordan, Brazil) and has been living in France for the past 12 years.

She is currently enrolled in a Masters of International Politics in Sciences Po Bordeaux. Before coming to Bordeaux, she was studying law in Lyon (for two years) and pursued studying law through a distance education course at the Sorbonne University. Next year, she'll be moving to Sherbrooke (Canada) to complete a double-degree of International Law and International Politics.

She is very interested in human rights: this is why she chose this program. After an internship in an association that defends and promotes human rights internationally, she found what she wanted to be involved in. In her spare time, she is part of her master's association in Bordeaux, organizing conferences within the University and seeking funds for the master's trip to Geneva.



| Johan Cavert  
Oberlin College

Johan is a Junior at Oberlin College studying public policy, economics, and Spanish. Born and raised in Minnesota, Johan has a strong connection with the outdoors and is a life - long environmentalist.

He has worked in the offices of U.S. Senator Amy Klobuchar, Representative Keith Ellison, the Institute for Agriculture and Trade Policy, and The Advocates for Human Rights. He serves as sustainability liaison for Oberlin's Student Senate, where he has championed local green initiatives and major proposals to reduce the college's carbon footprint.

He enjoys teaching Spanish in elementary schools and hosting a roundtable radio show and podcast about local and national news.



| **Anand Chukka**  
Washington University

Born in Boston and raised in San Jose, Anand is a recent graduate of Washington University in St. Louis with a double major in Biochemistry and American Culture Studies. In college, Anand sought to understand how the criminal justice system unjustly criminalizes poverty and how to reduce the health impacts of the criminal justice system.

At WashU, Anand led GlobeMed, a community health non-profit that supports community health initiatives in Eastern Uganda, served as a tutor with WashU's Prison Education Project and was selected as a Gephardt Institute Civic Scholar. He also interned with Boston Healthcare for the Homeless, an integrated social services and healthcare provider for homeless folks and individuals affected by the substance-use disorder.

Anand believes strongly in the power of narratives in creating policy change and hopes to pursue an M.D./PhD in Social Epidemiology, studying the criminal justice system as a social determinant of health.



| **Lecyca Curiel**  
Erasmus University College

Building bridges between the corporate world and her generation, Lecyca currently works as a Generation Z keynote speaker for international think tank WHETSTON.

This year she has started her academic career at Erasmus University College, which led her to aspire a bachelor in Cultural Anthropology in 2019. On Sundays, she teaches children from underprivileged neighborhoods at the IMC Weekendschool. In 2016, Lecyca was offered a scholarship for the Women2Women conference in Boston, where she has been an annual intern thereafter.

Lecyca has Indonesian and Dutch Caribbean roots. Her connection to her ancestral history translates into her current practices as she continuously strives for cultural diversity and mutual understanding.

Lecyca is passionate about hip hop culture, documentary filmmaking, spirituality, and indigenous culture. She uses education, film, and public speaking to contribute to a more inclusive society, create an all-encompassing narrative, and limber up reference frameworks.



| **Laura Kok**  
Utrecht University

From a young age, Laura showed an eagerness for learning, and at University, this curiosity only grew. During her bachelor in Media and Culture, she was introduced to the field of Gender Studies, and it was love at first sight. Her area of interest is Queer Theory and Trans Studies. She is currently working hard to finish her research master in Gender Studies.

Laura is part of the organization of TranScreen, the Amsterdam Transgender Filmfestival, which unites her background in critical theory with her love for film. For this year's edition, she works on programming for the youth. She is very dedicated to nurturing queer and trans\* youth and helping them grow and flourish.

When Laura is not working on her academics or for TranScreen, she spends her time teaching the children at her children's choir, for which she also has a big passion.



## | Ivana (Ivi) Kulić

University of Banjaluka

Ivana was born in Banjaluka, Bosnia and Herzegovina. Upon graduating from Grammar school, she has started her civil engagement in an environmental organization 'Centre for Environment' where she became a member of an activist group, of which she is currently a coordinator. At the same organization, she is leading a campaign which is focused on the protection of our food system.

Ivana focuses on addressing social issues which caused the destruction of nature while also pointing out the impacts these disasters have on specific marginalized groups. She is a European representative in a working group for 'gender justice and dismantling of patriarchy' for the organization Friends of the Earth International.

She has facilitated several workshops and presentations, from events based locally in Bosnia and Herzegovina to public presentations in Chiapas, Mexico. Currently, she is in her last year of Philosophy studies where she is obtaining her Bachelor degree with a thesis on bioethics.





| Valerie van  
Lanschot  
Utrecht University

Valerie believes in an inclusive society in which every voice matters. This can be seen during both her studies and in her professional career. She has a bachelor's degree in history and a master's degree in international relations from a historical perspective. As part of her master's thesis, she researched the influence of the Dutch Refugee Council during the times of former Yugoslav refugees. She also completed an internship at the Dutch embassy in Suriname.

Valerie now works at NewBees as a coordinator in Amsterdam. NewBees helps newcomers participate in Dutch communities as soon as they arrive by connecting them to rewarding traineeship opportunities by match each newcomer's specific background, skills, passions, and experience with local employees.

In the future, Valerie hopes to continue to contribute to an inclusive society.



## | Tess Luttikhuis

University College  
Maastricht

Born in Utrecht, with a high-school diploma from a tiny Norwegian village, Tess now studies Liberal Arts and Sciences in Maastricht. She focuses on public policy and human rights with a minor in psychology and has a particular interest in children's rights.

As an events-coordinator of ImpactLab in Maastricht, Tess aims to help societally engaged students by organizing skills-workshops for them. She also helps young students with a migration background acquire the Dutch language.

In summer, Tess enjoys helping out at a summer camp for Dutch families below the poverty line. This year, she helped set up an effective altruism committee in Maastricht, aiming to show students an evidence-based approach to helping others.

As a grateful graduate from an idealistic and international United World College school, Tess helps out with their promotion and selection of new students. In her free time, Tess loves to sing and make theatre.



## | Julianne McShane

New York University

Julianne is a journalist and a 2017 graduate of New York University, where she majored in Global Liberal Studies with a concentration in Contemporary Culture and Creative Production and spent her full third year studying abroad in Paris.

Since graduating NYU, Julianne has worked as a local journalist, covering seven neighborhoods in southern Brooklyn for The Brooklyn Paper. She is also a freelance reporter for The New York Times and The Guardian, where she has written stories on historic and modern-day manifestations of gendered and racial inequalities. In the fall, she will begin graduate school in gender studies in the U.K. (as of this writing, she has not yet decided where!).

She is interested in using her journalism to highlight contemporary manifestations of gendered inequalities and cultivate deeper understandings about the social forces and policies that shape, unite, and divide us based on gender.



| **Loïc Michels**  
Leiden University College  
The Hague

For his entire life, Loïc has lived in the Netherlands. Raised in the small town of Deventer but has lived in the urban west for the past few years.

In The Hague, he finished his bachelor Liberal Arts and Sciences, but Loïc now lives in Rotterdam, trying to make it as a freelance journalist. His major in college was in 'Human Diversity,' which is also the topic that he is investigating in his journalism: how different cultures relate to one another in society, with a particular focus on Islam.

Although Loïc feels very comfortable in the Netherlands, he holds great interest for the Western Balkans and Turkey, having spent a semester in Istanbul. The proudest takeaway from that time: Loïc can name ten consecutive Ottoman sultans in chronological order.



## | Topaz Mukulu

Mount Holyoke College  
(South-Hadley)

Topaz graduated from Mount Holyoke College in 2018 with a major in Economics, minor in Political Science, and a certificate in Public Policy and Human Rights.

Born and raised in Nairobi (Kenya), she currently resides in Washington, D.C. where she works as a Program Assistant at the Brookings Institution.

Before graduating, she spent her junior spring semester at Maastricht University in the Netherlands and volunteered for UNICEF's student group. Previous internships have centered around refugee resettlement and human-trafficking research.

Topaz plans to pursue an M.Sc. in International Development, focusing on equitable and inclusive development for her home region of East Africa.

In her spare time, she watches re-runs of 'The Office' and uses the skills she learned from years of competitive swimming to provide free swim lessons to children.



| **Tereza Mytakou**  
Trinity College (Dublin)

Tereza Mytakou was born in Thessaloniki, Greece. She holds a B.A. Honors degree in English Language and Literature from the School of English, the Aristotle University of Thessaloniki, from which she graduated cum laude. She also holds an M.Phil. in English Language Teaching from Trinity College, Dublin in Ireland. She graduated from this with a Distinction for her overall performance and her dissertation on gender in English Language teaching.

Her research interests revolve around issues of gender and ethnicity in literature and education, as well as inclusive education. She has experience teaching English in Greece, the U.K., and Ireland. Furthermore, she has voluntarily taught linguistic and ethnic minorities in Ireland (teaching English to adult migrants and children), as well as in Greece (teaching children at a Roma population settlement).

She is passionate about learning foreign languages and, apart from English, she can speak Spanish, German, Russian, and is currently learning Arabic.



## | Marilou Niedda

Sciences po Lyon

Marilou is a graduate student at Sciences po Lyon, with a specialization in international relations. In 2016, she spent an exchange year at the University of Edinburgh, where she took sociology and philosophy courses.

Coming back to France, she decided to take a year off from Sciences Po to develop filmmaking skills. While studying philosophy at Nanterre University, she started interning for organizations dedicated to social justice in the Paris region. She worked for the documentary charity, 'L'yeux Ouverts.' She also campaigned for the right to housing with the French organization Droit au Logement. In both of these organizations, she used her skills as a video maker to create short documentaries and interviews of stakeholders and experts in their fields.

In the near future, Marilou wants to develop a research project in political and social philosophy, focusing on critical theories and gender studies.



## | Lisa Nussy

Vrije Universiteit  
Amsterdam

Lisa was born and raised in Castricum, the Netherlands. She studied Public Administration & Organization Sciences at V.U. University in Amsterdam went abroad for a semester in Istanbul and took two years in between studies to work and travel solo throughout Central America.

Two years ago, she started the Master Culture, Organization & Management at the V.U. again, and she went to Central Java, Indonesia, for her master's research on Ecofeminism in the Batik industry.

Since several years she volunteers for Amnesty International and has a passion for activism in anti-racism and gender equality. Recently she started volunteering for Bij1 - a newly found political party which stands for radical equality and economic justice. Bij1 is lead by Sylvana Simons, a black woman, an inspiration to Lisa.

She also joined the Decolonization Network Former Dutch-Indies and learns a lot about her Javanese-Moluccan roots and how to decolonize the world.





| Merisa (Meri)  
Okanović  
University of Tuzla

Born and raised in Bosnia and Herzegovina. Merisa is an undergraduate at the University of Tuzla, Behavioral Disorders Department.

As an activist, she is involved in encouraging youth in decision-making processes. She has been analyzing gender issues for three years and engaged herself in facilitating workshops in the field of gender and gender-based violence.

As she began to build professional integrity, she established the Center for resocialization of juvenile delinquents and post-penal care. In addition to that, Merisa was an active participant of the 3rd International Student Congress with the paper 'Posttreatment Care in Bosnia and Herzegovina.'

Through her activist engagement, she conducted the School of Feminism, and lead erasmus+ project named 'Build the Resistance: Responding to Nationalism and the Far Right with Street-art and Community Organizing. After her undergraduate studies, Merisa plans to apply for the European Regional MA Program in Democracy and Human Rights.



## | Georgeta Pintilie

University of Amsterdam

Georgeta is from Romania, where she has finished her studies in Engineering and Economics. In 2018, she graduated from the University of Amsterdam - Research Master Program in International Development Studies.

Previously, she was working in various governmental institutions and non-governmental organizations in North Macedonia, Sweden, Romania, and the Netherlands on minority right, with a special focus on Roma community.

Currently, she is working in an Amsterdam based non-governmental organization, Radio La Benevolencija, into a project about the impact of the Genocide of the Roma during WWII on building the Roma identity and self-empowerment, across Europe.

Apart from this, Georgeta is interested in trust-building dialogue, truth and reconciliation, and community building processes.



**| Zoe Robbin**  
Emory College (Atlanta)

Zoe Robbin is a graduate of Emory College with a double major in Quantitative Sciences and Arabic. At Emory, Zoe has explored the intersection between global health and culture, with an eye towards human rights. Zoe studied abroad in Morocco, where she researched diabetes prevention in a rural village. Her work received the Distinguished Paper Award in Middle Eastern Studies for its consideration of social norms around disease prevention.

In 2018, Zoe was named an Emory Global Health Field Scholar to research sexual harassment at a Jordanian University, as part of her senior thesis. Her research analyzed the power of tribal networks in sexual harassment sanctioning and was awarded Highest Honors for its conceptualization of power.

Following the Humanity in Action Amsterdam program, Zoe will serve as an English teacher in France through the TAPIF Program. She plans to partner with members of her new community to develop her Action Project.



## | Christophe Romein

Leiden University

Hi, my name is Christophe Romein. I am twenty years old and currently studying psychology at the University of Leiden. I was born and raised in Dordrecht, the Netherlands.

The first semester of this academic year, I was on exchange in the U.S. at the University of Vermont. In Vermont, I took some courses in anthropology, gender studies, and history.

In my free time, I tutor in maths and physics to high school students. Every week I play field hockey in a team at my student association. After I have completed my Bachelor degree, I plan to pursue a master's degree in clinical neuropsychology.

I am excited to participate in the HIA summer program and looking forward to meeting the other participants



## | Efthymia (Fay) Tsigarida

Metropolitan College  
(Athens)

Fay was born and raised in Greece, currently living in Athens. She completed her bachelor studies in Psychology, in the Panteion University of Athens and she also spent a semester in Wroclaw (Poland) with the Erasmus Program. Now she is preparing her thesis for her Master in Clinical & Community Psychology (UEL University). At the same time, she is getting educated in the psychotherapeutic method of Psychodrama.

Also, she is involved in the field of Drug Addiction, Eating Disorders, and Mental Health and had completed internships for gaining practical experience. She was volunteered in various organizations, mainly for helping refugee and immigrant children, and she is trying to be constantly active in the sector of Psychology.

In the future, Fay pictures herself as a psychotherapist who can help people develop themselves, communicate, and experience life in the best way they can



## | Mirte van Tulder

Vrije Universiteit  
Amsterdam

From a young age on Mirte has been fascinated by people and their stories. Due to her curious nature, she is interested in exploring why people behave the way they do. Studying anthropology, therefore, suited her well.

During her studies, Mirte was challenged to see from different perspectives, and she further developed her critical thinking skills and a sense of empathy. She believes empathy is key to understanding and tolerance and thinks these are necessary to live together harmoniously in a diverse society.

She enjoys working on projects with social impact and discovered that building on an inclusive society is what she is most passionate about. As a connector, Mirte likes to use her creativity, enthusiasm, and hands-on mentality to contribute to a society where everybody can participate and has a sense of belonging.



| Adinda van de  
Walle

Utrecht University

Adinda just finished her Bachelor of Law at Utrecht University. During her studies, she was the chairwoman of the Rechtswinkel: a student-run free legal aid center. She also spent a semester abroad to learn Mandarin Chinese at the Tsinghua University in Beijing. This year she interned at a law firm and the Public Interest Litigation Project of the Dutch section of the International Committee of Jurists (ICJ).

The past year Adinda was also involved in The West Wing Think Tank, which consists of students and young professionals that provide the Dutch Ministry of Foreign Affairs with innovative and strategic policy advice.

Rosa is born and raised in a small town near Utrecht, the Netherlands. She is a second-year B.A. student in Arts & Culture in Maastricht. Her specialization is Political Culture, focusing on ideologies, challenges of democracy, and cultural plurality within Western societies.

In her spare time, Rosa likes reading, writing, cooking, analog photography, listening to music, traveling, and playing sports. Also: she's a big coffee addict!



## 7. Staff



### | Raissa Biekman

Program Manager

Raissa specializes in International Relations. She holds a bachelor's and a master's degree in Political Science, and a master's degree in Public Administration.

After her graduation in 2013, Raissa worked in higher education in Surinam as a lecturer and education coordinator. Her passion for international social issues has always been a common thread in her career.

In the past, Raissa also served as a moderator for local political events, delegation visits from international organizations, such as the International Monetary Fund, and international conferences. In addition, she worked as a consultant and political analyst for local media (STVS) and international organizations.



## | Chiara Daniore

Fellowship Intern

Chiara was born in Milan, Italy. At the age of two years old, she moved to the United States where she spent her childhood. She was raised in an international upbringing with her Italian father and Italian / French / Tunisian mother. She is currently pursuing her bachelor's degree from Amsterdam University College in Liberal Arts Social Sciences. She is passionate about learning about contemporary problems and is motivated to improve the world of tomorrow.

Chiara is an avid traveler, admires learning about different cultures around the world and loves playing squash in her free time.



## | Zwaan Duinker

Programs &  
Communications Intern

Zwaan specializes in gender and social inequality and is currently pursuing a Master's degree in Gender studies. During her time as a bachelor student (B.A. International Relations), she was actively involved in the Student Association for International Relations and Amnesty International as a committee member. There, she dedicated herself to promoting human rights and fostering engagement with - and awareness of social issues.

Zwaan is passionate about inclusivity and aims to use her knowledge to make society a more sustainable and habitable place for all.



| **Laura Lasance**  
National Director

Laura is a strong advocate for the empowerment of youth to contribute to positive change and sustainable development.

Over the last decade, she has gained comprehensive experience in managing organizations and projects in the fields of human rights advocacy and youth across the globe. She has expertise in fostering leadership among highly diverse teams of youth and young professionals.

Laura worked at the Centre for Conflict Studies (Utrecht University), at the Ministry of Foreign Affairs of The Netherlands, and served as Executive Director of CHOICE for Youth and Sexuality. She successfully developed the collective advocacy platform of the International Children's Peace Prize winners. Laura serves as Supervisory Board member of dance4life international and is Chair to the board of the United Network of Young Peacebuilders.

Laura has a Master's degree (cum laude) in Conflict Studies and Human Rights (Utrecht University).

## 8. Founder Humanity in Action



### | Judith Goldstein

Founder and Executive  
Director

Judith S. Goldstein founded Humanity in Action in 1997 and has served as its Executive Director ever since. Under Judith's leadership, Humanity in Action has organized educational programs on international affairs, diversity and human rights in Bosnia and Herzegovina, Denmark, France, Germany, Poland, the Netherlands and the United States. She received her PhD in history from Columbia University and was a Woodrow Wilson Scholar for her MA studies. Judith has written several books and articles about European and American history, art and landscape architecture. She is a member of the Council on Foreign Relations and several boards and advisory groups. Judith grew up in Great Neck, Long Island.

## 9. Beyond the Fellowship

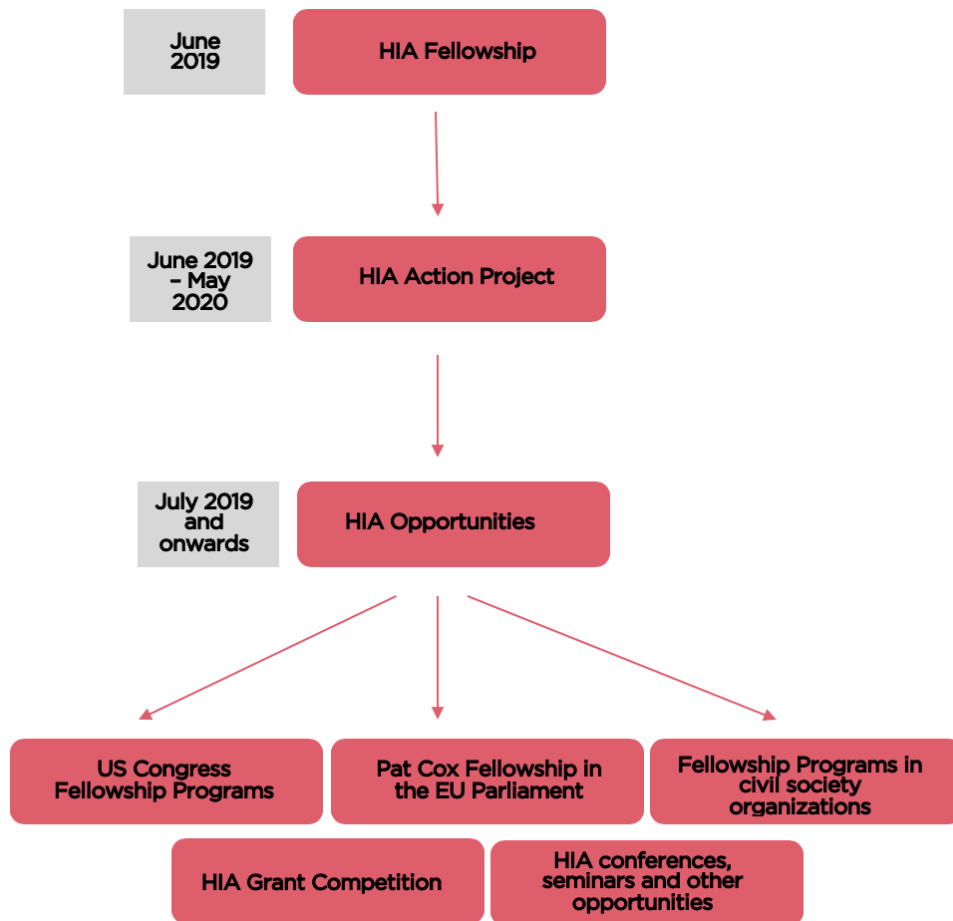
### A life - long engagement

The Humanity in Action Amsterdam Fellowship may only last for one month; a Fellows' engagement in the Humanity in Action network lasts for much longer.

The 2019 Humanity in Action Fellowship is your entryway into a global network of people dedicated to promoting human rights, diversity and inclusion, democracy and the rule of law.

Our Senior Fellows are ambassadors of active citizenship around the world. There are many ways to engage in this vibrant and diverse network.

The diagram below shows each Fellow's progression through Humanity in Action, starting with the Fellowship, the planning and execution of the Action Project, and the Senior Fellow opportunities available to them afterwards.



## Action Projects: Turning Knowledge into Action

As a Humanity in Action Fellow, you get the opportunity to enrich yourself and get empowered through the Fellowship program, the other Fellows and the network as a whole. Applying and spreading your acquired knowledge and skills in an Action Project is a core element of the Fellowship experience; it allows each Fellow to put theory into practice and act for an inclusive society.

To become a Senior Fellow you must plan and implement an Action Project: a hands-on initiative inspired by your Fellowship experience. Action Projects give you the opportunity to apply what you have learned during the Fellowship and address real-life issues in your own communities.

The projects reflect each Fellow's unique experience and interests. Action Projects may take many different forms, including community service, public advocacy, art projects, lectures, conferences and social entrepreneurship.

During the 2019 Amsterdam Fellowship, you will get all the information and guidance you need to get prepared and ready to act!

## **Professional Fellowships**

### **Lantos Humanity in Action Fellowship**

The Lantos- Fellowship is a four-month professional fellowship at the U.S. Congress in Washington D.C.

Fellows will work in the offices of a United States Representative or Congressional Committee for five days a week. In these roles, Fellows take part in a mix of administrative and substantial, policy - based work. During the program, Fellows will have the opportunity to explore a variety of topics concerning contemporary policies and politics from leading experts in Washington, DC.



## Pat Cox Humanity in Action Fellowship

The Pat Cox Fellowship is a three-month professional Fellowship in the European Parliament and Brussels-based NGOs.

Participants in this program spend four days a week in the office of a Member of the European Parliament (MEP) or a Brussels-based NGO, and one day on lectures and site visits. The program was founded in 2005 and has helped nearly 100 young people gain invaluable work experience at the European Parliament or with a Brussels-based NGO.

## Keep up with Humanity in Action

Humanity in Action The Netherlands invites all Fellows to keep up to date with the programs and activities of Humanity in Action.

### **The Netherlands**

Twitter

@HIA\_NL

Instagram

@HumanityinActionNL

Facebook

@Humanity in Action Nederland

### **International**

Twitter

@HumanityAction

Instagram

@Humanityaction

Facebook

@Humanity in Action

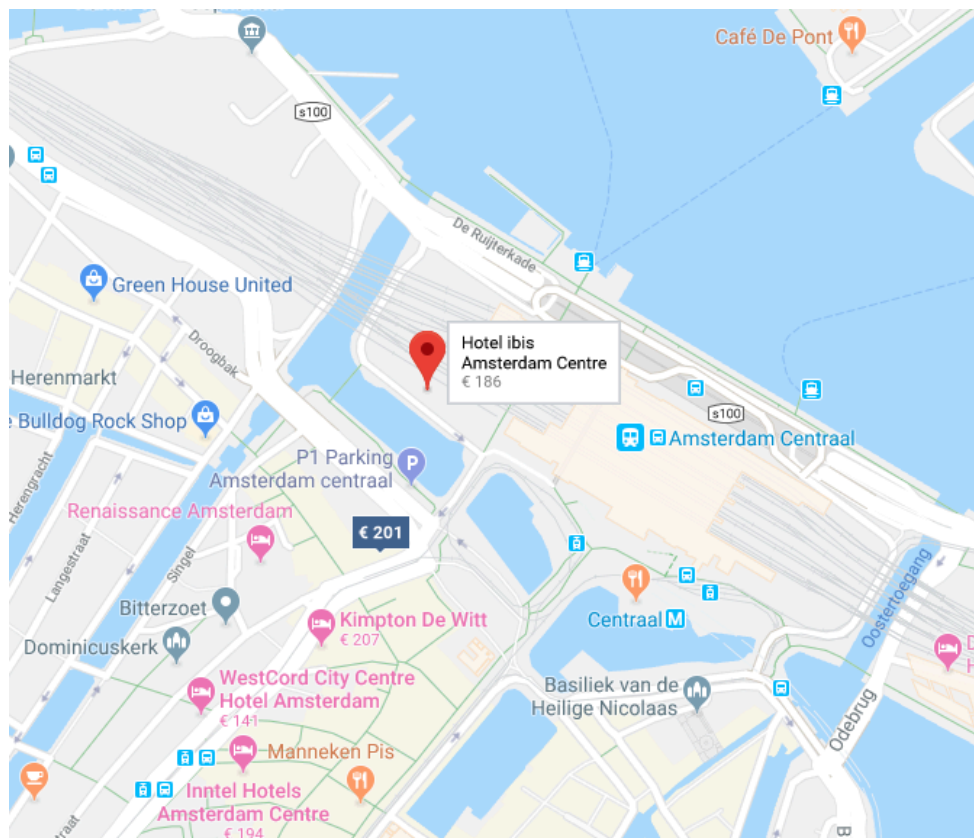
#HumanityInAction

#HIA2019

#2019Fellows

## Map 1 - Hotel Ibis Amsterdam Centre

Hotel Ibis Amsterdam Centre  
Stationsplein 49  
1012AB Amsterdam

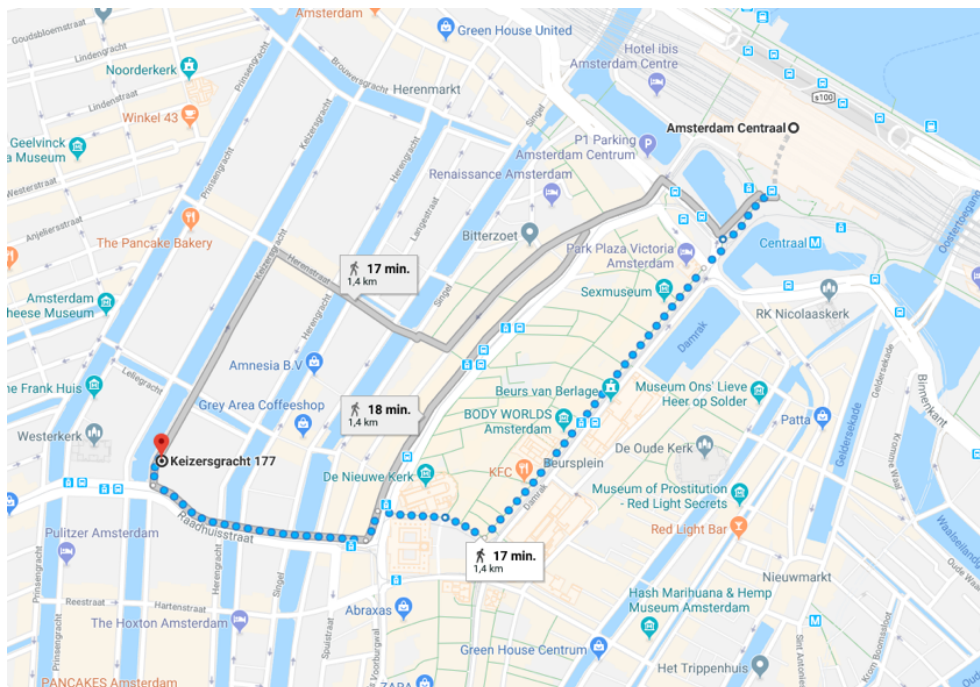


**Walking directions:** When exiting the main entrance of Amsterdam Central Station (centre side), turn immediately to the right, follow the building and cross the bordering street. Stay to the right of the bicycle parking lot and follow the street going along. You will find the hotel to your right.

## Location office

The Fellows shall be spending a substantial part of the program at the Humanity in Action The Netherlands office in Amsterdam.

**Humanity in Action The Netherlands**  
**Keizersgracht 177**  
**1016 DR Amsterdam**  
**Phone office: 0031 - 20 334 6945**



## **Walking directions** from Amsterdam Central Station to the Humanity in Action office:

Facing away from Amsterdam Central Station, follow the road called *Damrak*, until you reach the *Dam* plaza in front of the royal palace. Facing the Royal Palace, pass it on the right side and follow the road between the palace and de Nieuwe Kerk. Behind these buildings you will have to cross the street and turn left, just to turn right on the next possible street, onto *Raadhuisstraat*. Continue going straight until you have crossed two bridges. Just before the third one, take a right and walk straight for twenty metres. On your right you will find the Amnesty International building.

**Directions by tram** If you plan to take the tram to the office, we recommend that you take one of the following: 13 (in direction of Geuzenveld), 14 (in direction of Sloterveer) or 17 (in direction of Osdorp Dijkgraafplein) and get off at Westersingel station.

## **House Rules Amnesty International Building**

The Humanity in Action office is located at the headquarters of Amnesty International. Besides Amnesty International and Humanity in Action, several other NGOs are located in this building. Here, over 100 people work within the realm of human rights and democracy on a daily basis.

It is important that during the Fellowship our Fellows, as well as other parties who work in the building, are able to enjoy the facilities and maintain a good work environment. Here are some of the most important House Rules of the Amnesty International Building.

## **Alcohol and drugs**

The use of alcohol and drugs during Fellowship programming and within the Amnesty International building is strictly prohibited.

Exceptions to the rule are the after office hours drinks, specifically organized by the Humanity in Action staff.

## **Check - in and check - out**

Due to safety regulations, all irregular visitors are required to register and de - register upon entering and exiting the Amnesty International building.

The Humanity in Action staff will make sure that every day a registration form is available at the foyer. Upon entering the building in the morning, please do not forget to register. Before leaving the building at the end of the day, you de - register.

## **Lunch**

During the program Humanity in Action The Netherlands will provide the Fellows with lunch. Our restaurant is located on the ground floor in the Martin Ennals room. Lunch will be served here from 12.30 - 13.30. Getting lunch from the restaurant outside of this timeslot is not permitted.

Depending on the programming, the Humanity in Action staff will at times provide lunch packages for the Fellows or arrange lunch at an external location.

## **In the office**

To ensure a pleasant work environment, and not cause any disturbance to the many organizations located in the Amnesty International building, we ask of the Fellows that they stay relatively quiet in the halls. We also ask that they do not wander around the building, but instead stay within the rooms designated by Humanity in Action staff as much as possible.

## **Smoking**

It is prohibited to smoke inside the Amnesty International building. Smoking is only allowed in certain designated areas, such as the garden or in front of the building.

## 11. Contact & Emergency Information

| Raissa Biekman

| Laura Lasance

| Zwaan Duinker

**In case of emergency (ambulance, police, fire department) ring 112.**

Less urgent cases - call: **0900 8844** (National Police Number).

**Please note: Laura and Raissa have a safety, security and first aid certificate. Please ALWAYS notify them in case of an emergency.**



## 12. Going Dutch: A Mini Guide

There are many wonderful places to visit in the Netherlands such as Amsterdam (A'dam), Venice of the North, or 'Damsco' as some locals call it, but also big cities such as The Hague and Rotterdam are worth a visit. Although it might be overwhelming to go to all of the places mentioned here, we will list some out for you either way. Try and see how far you get!

Some great areas you can visit in Amsterdam are:

- De Jordaan - one of the oldest neighborhoods in the city. Locals say this is where you can immerse yourself in the 'real' Amsterdam.
- The Canal Belt (de 9 straatjes) - enjoy the beautiful architecture by hopping on a canal cruise or take a stroll with your friends.
- Het Westerpark, situated next to the Westergasfabriek - a vibrant area full of café's, wine breweries, cinema's and a farmers market.
- Museumplein
  - Rijksmuseum
  - Stedelijk Museum
  - Van Gogh Museum
  - Moco Museum
- De Pijp - find out what the Dutch mean by 'gezellig' by visiting this neighborhood. It is home to many different boutiques, the Albert Cuyp market and close to yet another park!

- Amsterdam Noord / North - take a free 15 minute ferry ride and enjoy the rough, yet hip atmosphere of this up - and - coming part of town. Visit the Eye Film museum and go for drinks (or a bite to eat!) at 'Pllek', a popular restaurant / café built inside an old shipping container.

**You might or might not be surprised to know that the Dutch are:**

- Direct. They are very honest and will speak their mind. Many foreigners find this behavior rude, unmannerly, or insulting. However, to the Dutch it is simply an illustration of their sincerity, and a way to communicate efficiently.
- Proud of their English proficiency, being that it is *not* an official language in the Netherlands. But did you know the country *does* have a second official language apart from Nederlands (Dutch) ? It is called 'Fries' (Frisian) and is mostly spoken in Friesland, one of the Northern provinces.
- Stingy, frugal people. Have you ever heard of the expression 'going Dutch' ? It means to pay for your individual portion of the bill. It is one of the few stereotypes about the Dutch that, most people would say, actually rings true.
- Simple when it comes to food. Dutch people are quick and efficient, and usually eat for the calories, not for the taste. This is reflected in the lack of an extensive food tradition, and their considering two pieces of toast with a slice of cheese a proper meal.

- Not very spontaneous. Knocking on their door unannounced will most likely not be appreciated. Dutch people like things to be planned out in advance and are very deliberate with their scheduling. To the Dutch, this is a matter of showing respect for each other's time.
- Fond of their bikes. Dutch people are used to - and enjoy - riding their bikes *everywhere*, no matter the weather conditions, time of day, or occasion. Many people even prefer it to walking!  
*Fun fact: The Netherlands is home to more bikes (18 mil) than people (17.3 mil) !*

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[www.humanityinaction.org/netherlands](http://www.humanityinaction.org/netherlands)