

Defenders'

Stockholm
2022 Days

Agenda

Stockholm
10-14 October 2022

Welcome

Civil Rights Defenders is delighted to welcome you to the sixth Defenders' Days. This unique event focuses on exceptional networking opportunities and interactive workshops designed by and for the human rights defenders facing the challenges of human rights violations.

Defenders' Days is a conference for human rights defenders from all corners of the world. During three days, we will engage in workshops held by leading experts on issues ranging from human rights, security and organisational capacity. The topics have been selected together with the participating human rights defenders and experts to address emerging and ongoing key questions. The workshops will provide a collaborative space and nurture group learning and reflections.

The conference also provides a meeting space for participants, experts, and donors to meet and interact, as requested by numerous human rights defenders following the restrictive pandemic years. This will be a place for sharing new ideas and exchanging best practices as well as for renewing commitments and empowering movements working for human rights.

Here you have the possibility to connect with fellow human rights defenders, media representatives, prominent experts, and members of Swedish and international human rights organisations. We have worked meticulously to ensure an engaging and safe environment for all of you. We hope that you will make the best of this opportunity and contribute to these conversations.

LANGUAGES

The joint conference sessions will be held in English with Russian, Spanish, and Ukrainian interpretation. The languages in the workshops are noted in the programme app.

CONNECT

Join us online by using the hashtag **#defendersdays**.

Due to privacy concerns for many of the participants, we expect everyone to obtain positive and expressed consent before photographing anyone at or around the closed part of the conference. This includes persons in the background of pictures. Likewise, you are required to obtain consent before tagging someone in a post, picture or video referring to the conference.



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Agenda

MONDAY 10 OCTOBER – ARRIVAL DAY

TIME	WHAT	WHERE
12:00	Registration Opens	
18:30 – 20:00	Relaxed Dinner (at the hotel)	<i>SQ Restaurant</i>
20:30	Evening Yoga	<i>Mannagrynskvärnen</i>

TUESDAY 11 OCTOBER – NETWORKING AND WORKSHOPS

TIME	WHAT	WHERE
07:45	Morning Yoga	<i>Mannagrynskvärnen</i>
08:30	Registration Opens	
09:00	OPENING CEREMONY Welcome and Introduction Voices from Defenders' Days Community	<i>Gyllene Salen</i>
10:30	Coffee Break	
11:00	KEYNOTE SPEECH Carlos Beristain, Comisión de la Verdad Colombia	<i>Gyllene Salen</i>
12:00	Lunch	<i>SQ Restaurant</i>
13:30 – 14:30	PARALLEL SESSIONS PART 1	
	1 Visa Framework for Human Rights Defenders	<i>Solliden</i>
	2 Foreign Agent Legislation	<i>Prins Eugenes Salong</i>
	3 Human Rights Sanctions	<i>Waldemarsudde</i>
	4 Defenders' Database (Closed Session)	<i>Stadshuset</i>
	5 Open Mic: Meet the World of Human Rights Defenders	<i>Skansen</i>

Note!
Session #3
starts at
13.00

14:30	Coffee Break or Yoga Break	<i>Mannagrynskvarken</i>
15:00	PARALLEL SESSIONS PART 1 CONTINUE All sessions continue at the same location.	
17:00	CIVIL RIGHTS DEFENDERS TURNS 40 – CELEBRATION	<i>Gyllene Salen</i>
17:45	Mingle and Dinner	<i>SQ Restaurant</i>
20:00	Film Premiere	<i>Gyllene Salen</i>

Note!
Session #5
continues
14.30

WEDNESDAY 12 OCTOBER – NETWORKING AND WORKSHOPS

TIME	WHAT	WHERE
07:45	Morning Yoga	<i>Mannagrynskvarken</i>
08:30	Registration Opens	
09:30	PARALLEL SESSIONS PART 2	
	① Digital Security: Step 1	<i>Solliden</i>
	② Burnout Prevention and Stress Management	<i>Prins Eugens Salong</i>
	③ Data Visualisation	<i>Skansen</i>
	④ Building Feminist Practice: Why, What, How...	<i>Danviken</i>
	⑤ Mindful Communication	<i>Saltsjökvamn</i>
	⑥ Understanding Pegasus	<i>Seglora</i>
	⑦ Risk Assessment as Well-Being	<i>Waldemarsudde</i>
	⑧ Wheels of Life: Mobilising Communities	<i>Mannagrynskvarken</i>
	⑨ Sustainable Leadership for Communities of Change	<i>Stadshuset</i>
10:30	Coffee Break	
11:00	PARALLEL SESSIONS PART 2 CONTINUE	
12:00	Lunch	<i>SQ Restaurant</i>

TIME	WHAT	WHERE
13:30 – 14:30	PARALLEL SESSIONS PART 3	
	1 Digital Security: Step 2	<i>Solliden</i>
	2 Burnout Prevention and Stress Management	<i>Styrelserummet</i>
	3 Open-Source Investigation	<i>Skansen</i>
	4 Building Feminist Practice: Why, What, How...	<i>Seglora</i>
	5 Mindful Communication	<i>Saltsjökvamn</i>
	6 Risk Assessment as Well-Being	<i>Waldemarsudde</i>
	7 Wheels of Life: Mobilising Communities	<i>Mannagrynskvärnen</i>
	8 Digital Forensics	<i>Danviken</i>
	9 Indigenous Rights and Environmental Activists (Closed)	<i>Stadshuset</i>
	10 Sustainable Leadership for Communities of Change	<i>Prins Eugens Salong</i>
14:30	Coffee Break or Yoga Break	<i>Mannagrynskvärnen</i>
15:00	PARALLEL SESSIONS PART 3 CONTINUE	
17:30	Departure for Dinner	

THURSDAY 13 OCTOBER – NETWORKING AND WORKSHOPS

TIME	WHAT	WHERE
07:45	Morning Yoga	<i>Mannagrynskvärnen</i>
08:30	Registration Opens	
09:30	PARALLEL SESSIONS PART 4	
	1 Digital Security: Step 3	<i>Solliden</i>
	2 Burnout Prevention and Stress Management	<i>Prins Eugens Salong</i>
	3 Digital Forensics	<i>Danviken</i>

	4 Building Feminist Practice: Why, What, How...	<i>Seglora</i>
	5 Mindful Communication	<i>Saltsjökvärn</i>
	6 Understanding Pegasus	<i>Skansen</i>
	7 Risk Assessment as Well-Being	<i>Waldemarsudde</i>
	8 Wheels of Life: Mobilising Communities	<i>Mannagrynskvärnen</i>
	9 Sustainable Leadership for Communities of Change	<i>Stadshuset</i>
10:30	Coffee Break	
11:00	PARALLEL SESSIONS PART 4 CONTINUE	
12:00	Lunch	<i>SQ Restaurant</i>
13:30	PARALLEL SESSIONS PART 5	
	1 Reimagining the Future We Want	<i>Skansen</i>
	2 Burnout Prevention and Stress Management	<i>Stadshuset</i>
	3 Digital Forensics	<i>Danviken</i>
	4 Building Feminist Practice: Why, What, How...	<i>Seglora</i>
	5 Mindful Communication	<i>Saltsjökvärn</i>
	6 Practical introduction to the documentation of core international crimes / grave human rights violations	<i>Solliden</i>
	7 Risk Assessment as Well-Being	<i>Waldemarsudde</i>
	8 Where We Go From Here - Values, Visions, Viable Action	<i>Mannagrynskvärnen</i>
	9 Sustainable Leadership for Communities of Change	<i>Prins Eugens Salong</i>
14:30	Coffee Break or Yoga Break	<i>Mannagrynskvärnen</i>
15:00	PARALLEL SESSIONS PART 5 CONTINUE	
17:30	CLOSING CEREMONY	<i>Gyllene Salen</i>
18:00	DINNER AND PARTY	

Workshops

Here is a summary of the workshops offered during Defenders' Days 2022.

MINDFUL COMMUNICATION

Trainer: Tina

An important step to increase our safety and security is figuring out what to avoid saying and plan what to say instead. We will practice easy-to-use communication methods for owning and controlling our information.

DIGITAL FORENSICS

Trainers: Ester Eriksson and Tord Lundström

Aggressive disinformation campaigns are organised to silence human rights defenders all across the globe. To know you have become the target is easy - but to know who your adversary is? Much more complicated. In this workshop, Ester and Tord from the Qurium team will help you navigate online based threats and decipher hacking attempts or social media powered campaigns against you.

BURNOUT PREVENTION AND STRESS MANAGEMENT

Trainer: Jolanta Armande

Your security situation is to a large extent influenced and formed by the psychosocial domain. If you or your staff are under constant stress or on the edge of burnout, it affects how, and what, decisions you make. When planning security measures, it is important that the psychosocial context, and the well-being of the staff, is considered in the risk assessment and the corresponding strategy. In this workshop, the trainer will discuss psychosocial aspects of security, as well as give hands-on advice on how it can be dealt with in an organisation. The first part of this workshop concentrates on issues/factors that affect activists' personal well-being and what they personally can do to take care of themselves. The second part addresses specific measures that the organisations could introduce/develop to support activists' well-being. This includes sharing already existing practices and experiences of those.

BUILDING FEMINIST PRACTICE: WHY, WHAT, HOW...

Trainers: Khumo Ketshabile and Dawn Cavanagh

This session is intended to explore the why, the what and how human rights defenders can infuse and integrate a feminist analysis into their organisational governance and their programming. It is rooted in the principle that the personal is political and hence, space for reflecting on and applying feminist ideas to our personal lives is created. The session is based on the "Building Feminist Practice" Pocketbook. We will use conversation as the approach and incorporate practical exercises to apply and play with some foundational feminist ideas.

UNDERSTANDING PEGASUS

Trainers: John Scott-Railton and Bill Marczak

Protection from sophisticated hacking attacks is essential for the work of human rights defenders in many countries. Activists, journalists, opposition politicians have been proven to be targeted by Pegasus spyware. Digital security research organisation Citizen Lab has unearthed the many different ways these exploits attack devices and steal data, while staying hidden and reporting back to the authoritarian regimes that use them. During this workshop, Citizen Lab staff will assist in identifying whether your devices have been targeted by these programs, how to purge them, and what to do to stay safe in the future.

REIMAGINING THE FUTURE WE WANT

Trainers: Jessica Corredor Villamil and Manuela Neu

Human rights defenders and social changemakers all over the world are battling complex challenges: greater closure of civic spaces, increasing inequalities, climate crisis and the effects of the pandemic. On a personal level the emotional repercussions of this context have led us to a kind of collective distress. In this session we'll have the opportunity to collectively envision future scenarios to recover hope, exercise well-being and become active agents in building the future we want and need.

RISK ASSESSMENT AS WELL-BEING

Trainers: Gillo Cutrupi and Loreto Bravo

Defending human rights demands a high understanding on how to identify, assess and mitigate risks. Most know that risk related uncertainties add to stress, which in turn may have a negative impact on individuals, organisations and outcomes of our joint human rights work. In this workshop, you will explore constructive approaches to assessing risks related to the work you do - but also find strategies to increase well-being within your organisations.

PRACTICAL INTRODUCTION TO THE DOCUMENTATION OF CORE INTERNATIONAL CRIMES / GRAVE HUMAN RIGHTS VIOLATIONS

Trainer: Carrie Comer

This session will provide a “taster” for individuals and non-governmental organisations interested in or currently undertaking fact-finding and documentation of grave human rights violations and core international crimes (for example genocide, crimes against humanity, and war crimes). The short course will cover the basics of planning fact-finding exercises, core principles and standards related to gathering information (including interviews, documents, and digital information), and how to report on findings in a manner that demonstrates credibility and generates impact. The session will also highlight gender integration in investigation planning, including documentation of sexual and gender based violence. Although this session is limited to introductory material, additional resources will be provided for participants who wish to explore the guidance more deeply.

DATA VISUALISATION

Trainers: Bronwen Robertson, Michael Brenner and Stina Bäcker

You don't need to be a mathematician to turn statistics into stories! In this hands-on workshop with Data4Change you'll discover patterns in data through rapid 'visual prototyping'. Combining data, design and storytelling skills, you'll draft a data story from scratch. You'll connect with other defenders to explore a showcase of data-led projects. And you'll share ideas on how data could transform your future work.

OPEN SOURCE INVESTIGATION

Trainer: Hadi Al-Khatib

Hadi Al-Khatib (Mnemonic) will guide participants through the basics of Open Source Investigation. Participants will learn how to identify open sources, how to search social media platforms, and how to collect, preserve and verify information. Participants will also learn how to use information gathered through open sources in investigations of, for example, core international crimes or human rights violations. This session is for those who have limited experience of open source investigation.

SUSTAINABLE LEADERSHIP FOR COMMUNITIES OF CHANGE

Trainer: Cheekay Cinco

Leaders of movements, thought leaders or drivers of change. Human rights defenders at the forefront of change-making often take on a leading position in communities and organisations. However, change takes time and creates pressure on many parts of human rights defenders and the broader human rights communities. This workshop focuses on identifying capacities and competencies needed to increase the sustainability of our joint struggles.

WHEELS OF LIFE: MOBILISING COMMUNITIES

Trainer: Ax Mina

Working in human rights requires so much of us, and it's been a particularly difficult few years. In a series of small group activities, participants will be invited to draw a "wheel of life" to identify areas of opportunity to find balance in their lives, share strategies and resources with each other in their personal journeys. This will be a hands-on workshop, with paper, markers, and other materials — get ready for grown-up arts and crafts and soothing music.

WHERE WE GO FROM HERE — VALUES, VISIONS, VIABLE ACTIONS

Trainer: Ax Mina

What will we take away from Defenders' Days? In this closing session, Wheel of Life participants will be invited to create a collective vision board, articulating what they learned from the conference, affirmations from other participants, strategies, and next steps. This will be a hands-on workshop — get ready for grown-up arts and crafts and soothing music.

DIGITAL SECURITY STEP 1, 2 AND 3

Trainers: Bárbara Paes and Paola Mosso

Since the pandemic began, many human rights defenders have increased their reliance on digital technologies. This has brought many challenges, including a heightened need for protection against digital attacks as government surveillance, internet shutdowns and online harassment affect defenders' wellbeing and security everyday. This three-session workshop will focus on daily digital security practices for human rights defenders to improve the protection and security of both individuals and organisations, and inspire longer term strategies.

Step 1: Recognising the digital streets

An introduction to relevant digital context for security strategy development and to risk assessment, a walkthrough of a holistic and wellbeing approach to digital security looks like, and a basic set of tools and strategies.

Step 2: Protecting your organisational data and devices

A walkthrough of how to map and take care of sensitive data being produced, collected and shared, along with protocols and tools to protect data and the devices that hold it, such as password management and device access security.

Step 3: Digital security for organising and communicating online

Strategies and tools to communicate and collaborate with your communities safely online, while taking care of data in-transit. We'll also reflect on how to select context-relevant, justice-based technology tools that improve your protection, while also aligning with your organisational values.

This workshop is sponsored by the Embassy of Canada in Sweden.

Trainers

Here is a summary of the trainers attending Defenders' Days 2022.



AX MINA

Creative Consultant and Wellness Coach



BÁRBARA PAES

*Community Engagement Manager,
The Engine Room*



BILL MARCZAK

Senior Researcher, Citizen Lab



BRONWEN ROBERTSON

Director and Co-founder, Data4Change



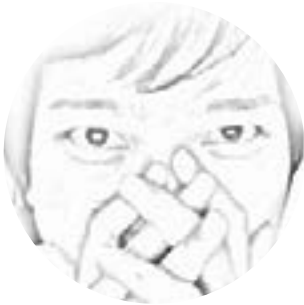
CARLOS BERISTAIN

*Medical Professional and Doctor of Psychology,
Investigator of Human Rights Violations in
Latin America and Other Regions in the World*



CARRIE COMER

*International Investigator with a Focus on Justice and
Accountability, United Nations Assistance Mission for Iraq
(UNAMI) in Baghdad as a Team Leader/Human Rights Officer*



CHEEKAY CINCO

Feminist Activist and Facilitator



DAWN CAVANAGH

Director, Mosu Collective



ESTER ERIKSSON

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GILLO CUTRUPI

Information Security Specialist



JAVIER ROURA BLANCO

*Senior Coordinator, ProtectDefenders.eu -
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JESSICA CORREDOR VILLAMIL

International Area Director, Dejusticia



JOHN SCOTT-RAILTON

Senior Researcher, Citizen Lab



JOLANTA ARMANDE

*Master of Psychology, International Consultant,
Expert, and Trainer*



KHUMO KETSHABILE
Project Manager, Mosu Collective



LORETO BRAVO
Integral Feminist Protection Consultant



MANUELA NEU
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MICHAEL BRENNER
Head of Design, Data4Change



HADI AL-KHATIB
*Executive Director of Mnemonic and
Founder of the Syrian Archive*



NICK ROBINSON

Senior Legal Advisor at the International Center for Not-for-Profit Law (ICNL)



PAOLA MOSSO

Co-Deputy Director, The Engine Room



STINA BÄCKER

Head of Operations, Co-founder, Data4Change



TORD LUNDSTRÖM

Qurium



TINA

Security Expert and Lawyer



TINATIN TSERTSVADZE

Senior Policy Analyst on EU Foreign Policy at the Open Society Foundations Europe and Eurasia Programme



YLVA LENNARTSSON HARTMANN

Human Rights Lawyer, PhD Candidate in International Law at Stockholm University



I don't want another conference where human rights defenders don't have the opportunity to share our challenges and how we overcome them.

A theory workshops without consideration of the context isn't useful. Therefore, I want enough spaces and time to talk with other human rights defenders about strategies and collaborations.

– Human rights defender from the agenda input survey

SUPPORTING THE WORLD'S BRAVEST PEOPLE

Civil Rights Defenders is a politically and religiously independent international human rights organisation. The organisation defends people's civil and political rights and supports human rights defenders at risk. Civil Rights Defenders operates in Sweden and in the countries of the world where respect for human rights is at its weakest. We engage in advocacy activities and legal processes, and provide information on the situation with regards to human rights globally.

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