



## CALL FOR PARTICIPANTS FOR A NORDIC RISE UP! -SEMINAR

**13-16 November 2025 in Helsinki, Finland**

We are looking for participants from Finland, Norway and Sweden to attend the **Nordic RiseUp! seminar** which will be organized in **Helsinki, Finland on 13-16 November 2025**. [RiseUp!](#) is a feminist leadership programme for girls and young women in all their diversity. RiseUp! was developed with and for young people by World YWCA. The seminar is organised by YWCA of Finland, YWCA-YMCA of Sweden and YMCA-YWCA of Norway.

The seminar will bring girls and young women together from Finland, Norway and Sweden to discuss feminist leadership in the Nordic countries and to design a longer RiseUp! -leadership programme to the Nordic context. The training programme will start in 2026.

Each country will have six (6) seats in the seminar. The age range for participants is 16-25. We are looking for participants who are interested in value-based leadership, the feminist movement and engaging in their own community. Previous experience in the YMCA/YWCA movement and their training programmes is a plus.

The event is funded through a grant from the Nordic Culture Fund and therefore travel, meals and lodging will be covered by the organisers. The event will take place in **Hotel Helka** ([www.hotelhelka.com](http://www.hotelhelka.com)) in central Helsinki. All participants will be accommodated in single rooms.

### **Preliminary programme**

#### Thursday, 13 November

by 13.00	Arrival of participants
13.00– 14.30	Lunch & getting to know each other
15.00	Visit to the Parliament of Finland
17.00	Walking tour in Helsinki
18.30	Dinner

#### Friday, 14 November

9.00	Start of the day
9.15	Keynote: the status of women in the Nordics

Ms. Silla Kakkola, The Coalition of Finnish Women's Associations NYTKIS  
Discussion

10.45	Coffee break
11.15	Workshop 1: The RiseUp! programme Dr. Suchi Gaur, World YWCA
12.30	Lunch
13.30	Workshop continued
15.30	Break
16.00	Workshop 3: The RiseUp! programme in the Nordics Funding presented by the Finnish NA of the Erasmus + programme (TBC)
17.30	End of working day
18.00	Dinner

#### Saturday, 15 November

9.30	Start of the day
10.00	Workshop 4: The RiseUp! programme in the Nordics The programme elements in the Nordics
12.00	Lunch
13.00	Workshop 5: The RiseUp! programme in the Nordics Designing the programme to fit the Erasmus+ application requirements
14.30	Break
15.00	Recap of the seminar: what would the RiseUp! training programme look like in the Nordics.
16.30	Break
17.00	Evaluation & closing
18.00	Dinner

#### Sunday, 16 November

Departures

### **What is RiseUp?**

[Together we RiseUp!- This is what Transformative Leadership looks like](#)

RiseUp! Is a training programme for transformative leadership, developed for and with young women by the World YWCA. The training programme consists of five themes and they are the following:

## **1. LEADERSHIP**

- Leadership and learning
- Transformative leadership: YWCA's approach to young women's transformative leadership
- What makes this leadership transformative?

## **2. HUMAN RIGHTS**

- What are human rights?
- Who is responsible for upholding human rights?
- What does the United Nations have to do with human rights?
- Who are "rights holders"? And who are "duty bearers"?
- Why is awareness-raising about human rights important for (and to) girls and young women?
- What is a human rights based approach (HRBA)?
- How can a HRBA support activism?
- So, what does all of this mean for girls, young women and women?
- Protecting women's human rights defenders

## **3. FEMINIST VALUES + PRINCIPLES**

- Equity + Equality
- Intersectional + Intergenerational
- Diversity + Inclusivity

## **4. SKILLS-BUILDING**

- Creating safe spaces
- Staying safe online
- Understanding and finding reliable evidence and research
- Advocating and influencing policy change
- Networking and managing partnerships
- Advocacy strategy, communications and monitoring
- Mobilizing resources and fundraising
- Prioritising and celebrating diversity
- Navigating leadership challenges

## **5. YOUNG WOMEN'S RIGHTS ARE HUMAN RIGHTS: UNDERSTANDING THE ISSUES**

- Sexual and Reproductive Health and Rights (SRHR)
- Economic Empowerment
- Peace and Justice
- Climate Emergency
- Mental Health
- Sexual and Gender Based Violence (SGBV)
- Faith + Feminism