



**EMPOWERING  
TOMORROW**

**Højskolerne**

# What is it like to live in a Nordic country as a young Ukrainian right now?

A Nordic Democracy Seminar for Young Ukrainians – Feb. 14-17, 2025

## Шановна молодь

How can you communicate about the situation in your homeland? And in which ways can you help make a change? These are some of the questions that will be discussed on the upcoming seminar “Empowering Tomorrow”.

## What do you achieve by participating?

- An opportunity to learn from experts and peers about the principles and practices of democracy and freedom of speech.
- The chance to share your experiences and challenges living abroad with fellow young Ukrainians staying in different Scandinavian regions.
- Expand your network of peers in the Scandinavian countries and explore ways to collaborate and amplify your voices in the public sphere.

We have the utmost honor of working together with some of the biggest Nordic and Ukrainian organizations such as the Ukrainian Danish Youth House, Nordic Ukraine Forum, Ukraine House in Denmark and Building Ukraine Together who will participate in the seminar and facilitate various workshops, talks and social events. We look forward to seeing you at

the seminar and hearing your perspectives on how to empower the youth and foster democracy and freedom of speech in Ukraine and beyond.

## When & where

February 14-17, 2025, at Nansen Academy in Lillehammer, Norway.

The seminar is **FREE of charge** including all travel expenses.

## Who & how

You need to have Ukrainian citizenship. Be staying, studying, living, or working in a Nordic country. Have an age between 18 and 25. Be able to speak Ukrainian and English. Send a motivated application.

**Deadline for application:** December 1, 2024

**More info:** [www.danishfolkhighschools.com/empoweringtomorrow](http://www.danishfolkhighschools.com/empoweringtomorrow)

Apply here:



**Program**



# EMPOWERING TOMORROW



Oksana Nykytyuk  
will be your host  
for all four days.

## Program

### DAY 1 FRIDAY 14TH

Check in from 14.00

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15.00 Presentations: partners and workshops

16.00 Village walk

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18.00-19.00 Dinner

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19.30-21.00 Social evening program

### DAY 2 SATURDAY 15TH

8.00-8.45 Breakfast

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9.00 Morning assembly

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10.00-11.00 Ukrainian resilience \*

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11.30 Workshops round 1

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12.30 Lunch

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13.30 Workshops round 1 continued

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15.00 Break

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15.30 Workshops round 2

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18.00-19.00 Dinner

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19.30 Group debriefing of today's program

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20.00-21.00 Social evening program

### DAY 3 SUNDAY 16TH

8.00-8.45 Breakfast

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9.00 Morning assembly

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10.00 The Nordic democratic traditions \*

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11.30 Workshops round 3

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12.30 Lunch

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13.30 Workshops round 3 continued

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15.00 Break

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15.30 Workshops round 4

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18.00-19.00 Dinner

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19.30 Group debriefing of today's program

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20.00-21.00 Social evening program

### DAY 4 MONDAY 17TH

8.00 Breakfast

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9.00 Morning assembly

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9.15 Take aways, bridge to further  
engagement

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12.00 Lunch-packet and goodbyes

#### **\*) Lectures:**

##### Ukrainian resilience

Covers the evolution of civil society in Ukraine, key historic moments behind Ukrainian democracy, and influential cultural figures shaping Ukrainian identity. By Nataliya, Ukraine House in Denmark.

##### The Nordic Democratic Traditions

The workshop explores the Nordic Democratic traditions in terms of freedom of expression, and the various dilemmas concerning freedom of expression. By Nansen Academy.

#### **Workshops**



# Workshops



## TO BE HEARD ONE CANNOT BE SILENT

Dialogue for young people. The workshop highlights the importance of dialogue in building understanding and respect among youth, providing tools for clear expression and active listening to foster effective communication across diverse settings.

*Kira Okhrimenko & Dmytro Tomenko, Ukrainian Danish Youth House.*



## PROJECT MANAGEMENT IN A HUMAN-CENTERED APPROACH

Identifying social problems, analyzing causes and consequences, targeting specific audiences, and generating innovative solutions. Participants will enhance teamwork, communication, and decision-making skills. Teams can receive post-workshop mentoring from BUR to implement their ideas.

*Anastasiia Drachuk, Building Ukraine Together*



Your host will be Oksana Nykytyuk, and Magne Ekker and Heidrun Sørlie Røhr, both teachers at Nansen Academy, will make sure you are comfortable and feel at home during the weekend.



## WORKSHOP ON ADVOCACY

You will learn about tools for conducting events and demonstrations at a national level. Through an introduction to the work of Nordic Ukraine Forum and how they are a key player in the civil society in Sweden, you will discuss how to engage people in activities, where

to start, and what can be done.

*Alina Zubkovich, Nordic Ukraine Forum*



## COUNTERING RUSSIAN DISINFORMATION: MY ROLE

Covers the most pressing threats of Russian disinformation worldwide and the role of Ukrainians globally in addressing it.

*Nataliya Popovych, Ukraine House in Denmark*

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**NORDISK FOLKEHØJSKOLERÅD**  
THE NORDIC FOLK HIGH SCHOOL COUNCIL



UKRAINE  
HOUSE  
IN DENMARK  
UKRAINE



Funded by the  
Nordic Council  
of Ministers

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