



*Habari Yako?  
Wie geht's dir?*

# #EXCHANGEFOREQUALITY

## WHAT IS THIS PROJECT ABOUT?

#ExchangeForEquality is an international youth encounter between young people from Berlin/Germany and Nairobi/Kenya.

The focus of the project is on SDG5: achieve gender equality and empower all women and girls. Through joint online workshops and 16-day visits of Nairobi and Berlin respectively, the participants from Berlin and Nairobi together explore the realities of girls and women in both countries and will learn about the issues faced by girls and women today - in politics, in the home and in education, for example.

By way of creating digital stories about their encounters, the participants share their experiences on SDG5 as part of the UN 16 Days of Action Against Gender-Based Violence Campaign 2022, to let the world know that girls' and women's issues worldwide matter!

The project provides an opportunity for vibrant young people from both countries to take active part in furthering the achievement of SDG5 milestones as part of the 2030 Development Agenda.

Would you like to join us?



# #EXCHANGEFOREQUALITY

## KENYAN-GERMAN YOUTH EXCHANGE ACTIVITIES 2022

|                         |  |
|-------------------------|--|
| <b>JANUARY 15</b>       | ----> Online workshop on SDG5 "gender equality" with expert trainer                      |
| <b>JANUARY 25</b>       | ----> Online workshop on international travel, emergency plan and etiquette              |
| <b>FEBRUARY 12</b>      | ----> Online workshop on digital storytelling with expert trainer                        |
| <b>MARCH 12</b>         | ----> Online intercultural sensitivity training with two expert trainers                 |
| <b>APRIL 18 - MAY 2</b> | ----> EXCHANGE VISIT TO NAIROBI: learn about SDG5 from within Kenyan culture             |
| <b>MAY X</b>            | ----> Online reflection meetup   |
| <b>JUNE X</b>           | ----> Online workshop on SDG5 in the news  |
| <b>AUGUST 1 - 16</b>    | ----> EXCHANGE VISIT TO BERLIN: learn about SDG5 from within German culture              |
| <b>SEPTEMBER X</b>      | ----> Online reflection meetup   |
| <b>NOVEMBER X</b>       | ----> Participation in UN 16 Days of Activism: presentation of project's digital stories |
| <b>DECEMBER X</b>       | ----> Online Christmas celebration   |



LUDWIG WOLKER



# #EXCHANGEFOREQUALITY

## EXCHANGE VISIT TO KENYA

### WHEN?

Our scheduled dates are 18.04. - 02.05.2022.

### WHERE?

We will be staying in Nairobi Karen at Subiaco Retreat Center: [www.subiacoretreatcentre.com](http://www.subiacoretreatcentre.com)

### WHAT WILL WE BE DOING?

- We will go on a sightseeing tour through Nairobi, a nature excursion to Karura Forest and a visit to Maasai market.
- We will visit local NGOs to explore work on SDG5, for example "Boxgirls Kenya", who provide a safe space for girls and women to train sports and learn about female empowerment and social change.
- We will do street quiz interviews on SDG5 with the local community, for example at a church visit.
- We will visit family homes, share local meals together, and learn about family traditions.
- We will share our knowledge about SDG5 with the pupils at a local girls' school.
- We will meet with a Kenyan female politician to discuss women in politics and in the public sphere.
- We will, of course, also have some free time to enjoy Nairobi and Kenyan culture!

### WHAT IS OUR GOAL?

We want to learn about girls' and women's life realities in Nairobi and explore the topic of gender equality, in particular the issue of violence against women and girls and ways to female empowerment. Our group will create digital stories to capture our experiences and share as part of the UN Days of Action Against Gender-Based Violence Campaign 2022.



# #EXCHANGEFOREQUALITY

## EXCHANGE VISIT TO GERMANY

### WHEN?

Our scheduled dates are 01.08. - 16.08.2022.

### WHERE?

We will be staying in Berlin Friedrichshain at Jugendherberge Ostkreuz: [www.jugendherbergeberlinostkreuz.de](http://www.jugendherbergeberlinostkreuz.de)

### WHAT WILL WE BE DOING?

- We will go on a sightseeing tour through Berlin, see Brandenburg gate and the Berlin Wall, and go on a nature excursion to Müggelsee.
- We will visit local NGOs to explore work on SDG5, for example "Boxgirls Berlin e.V.", the sister organisation of Boxgirls Kenya, and see how they work with the community in Berlin Kreuzberg.
- We will do street quiz interviews on SDG5 with the local community, for example at a youth center.
- We will visit two family homes, share local meals together, and learn about family traditions.
- We will travel to Christian-Schreiber-Haus in Alt-Buchhorst for a church visit and outing on the nearby lake.
- We will visit the German Parliament and discuss women in politics and in the public sphere.
- We will, of course, also have some free time to enjoy Berlin and German culture!

### WHAT IS OUR GOAL?

We want to learn about girls' and women's life realities in Berlin and explore the topic of gender equality, in particular the issue of violence against women and girls and ways to female empowerment. Our group will create digital stories to capture our experiences and share as part of the UN Days of Action Against Gender-Based Violence Campaign 2022.

