

# Orange Days - 16 days of activism against gender based violence - **Zonta Says NO to Violence Against Women**

- The campaign “16 Days of Activism Against Gender Based Violence” was initiated in 1991 by Women’s Global Leadership Institute, Rutgers University. and the theme was **Violence Against Women Violates Human Rights**
- Why 25. november until 10. december
  - 25. November is The International Day for Elimination of Violence against Women
    - Based on the date in 1960 where the three Mirabal sisters, who was political activists i the Dominican Republic, were killed. In 1981 the Latin American and Caribbean Feminist Encuentros marked the day. And **in 2000 the date was official by a United Nations resolution**
  - 10. december is The International Human Rights Day
- Orange encourages positivity and optimism. Creativity, enthusiasm, sense and community. It represents the courage to embrace change.



Orange Days - 16 days of activism against gender based violence  
Putting focus at **violence against women and girls**  
25. november until 10. december

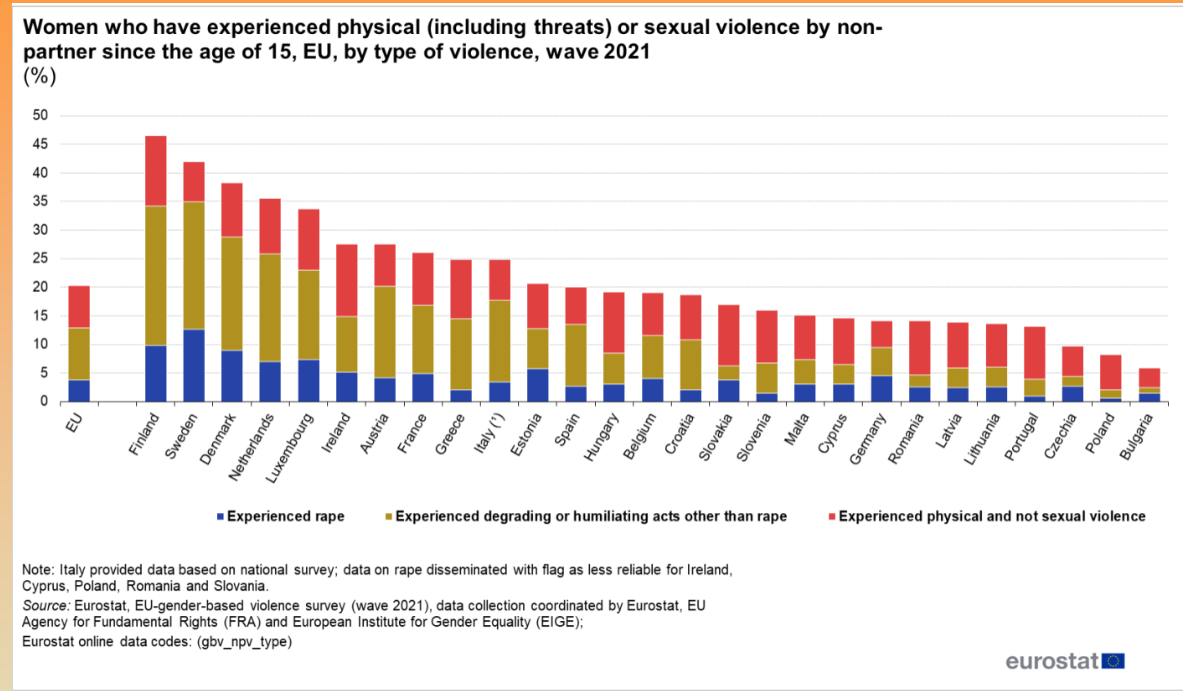
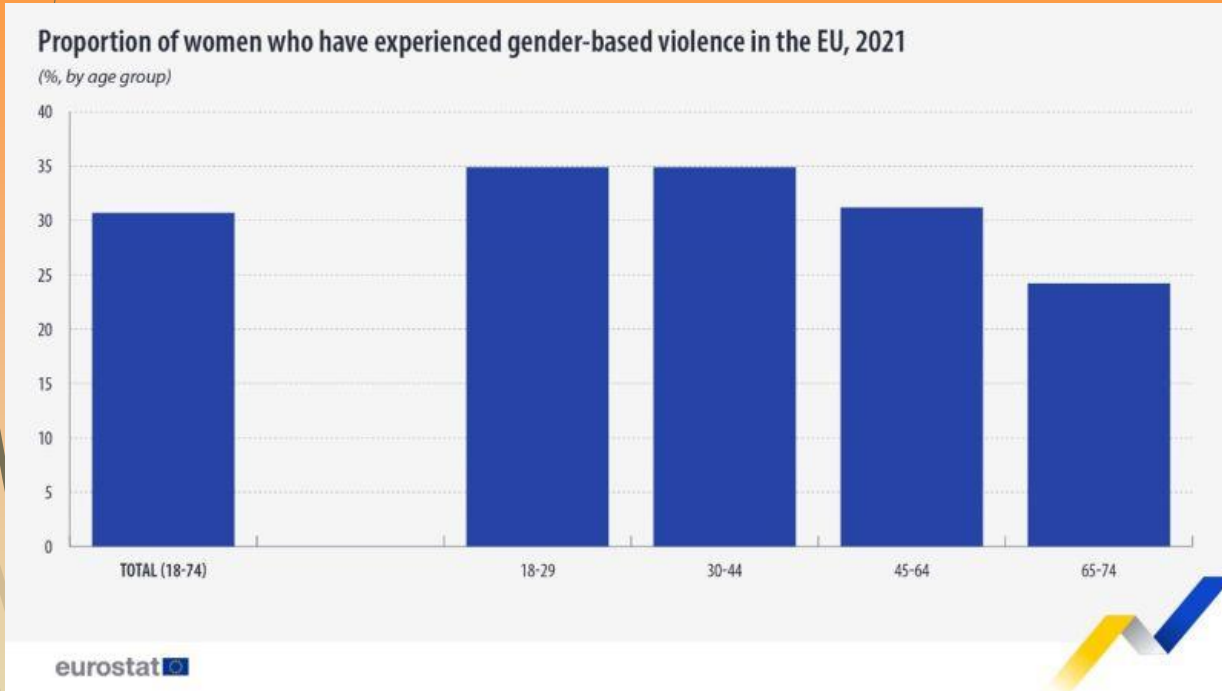
## Program for workshop

- Introduction to workshop (10 min).
- Presentations (35 min)
- Ideas for small events (10 min)
- Pause (10 min)
- Group Work (40 min)
- Presentation of the groups activities (10-15 min)
- Closing the workshop

## We are

- Birgit Lenhard Hansen, AD , Zonta Roskilde
- Karin Olesen, club president, Aalborg Zonta Klub
- Susanne Søndergaard Hansen, Vice AD, Zonta Aarhus I

# Statistics — Source: Eurostat (*gbv npv type*)



32811 — KVINDER TILMELDT TIL AT DELTAGE

14% — MED SYMPTOMER PÅ POSTTRAUMATISK STRESSLIDELSE

40% — HAR VÆRET UDSAT FOR VOLD

32% — ER BLEVET CHIKANERET PÅ ARBEJDSPLADSEN

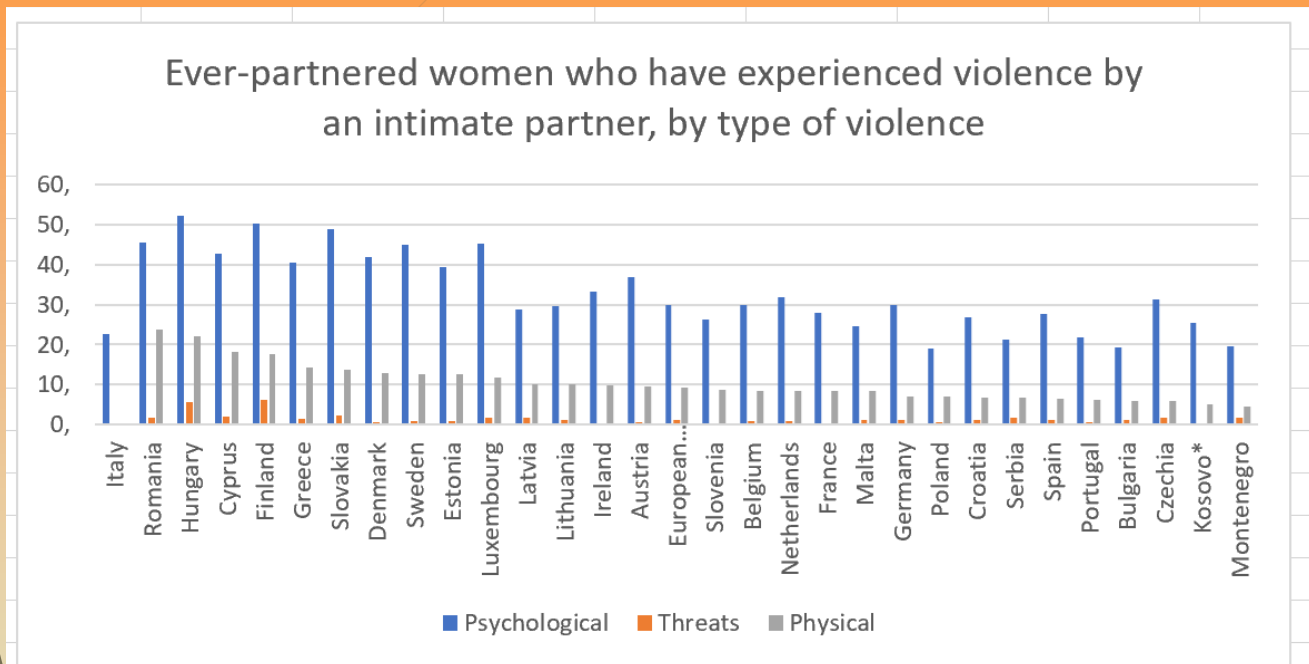
**3 out of 10 Norwegian women experience violence**

Nearly three out of ten Norwegian women have experienced violence in some form. The most vulnerable to violence are younger persons in their twenties or thirties.

30% of women in Norway experience violence - Norway Today

Iceland — FRUMNIÐURSTÖÐUR - Áfallasaga kvenna helstu niðurstöður

# Statistics



Source: [\[gbv ipv type\] Ever-partnered women who have experienced violence by an intimate partner, by type of violence](#)

## The Nordic Paradox

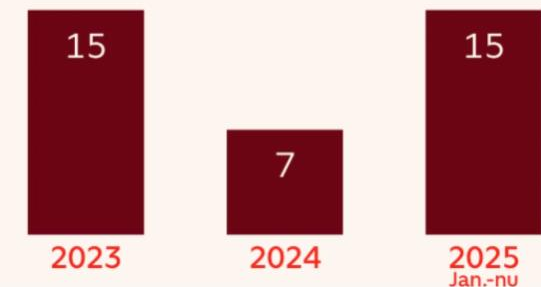
Why is Violence against women so high in Nordic countries with high gender equality?

### Explanations?

- 16 % of women report intimate partner violence in Southern Europe, in Northern Europe the number is 26 %
- Could intimate partner violence be a **reaction to female empowerment**?
- Could it be a problem if a women has **stronger economic positions than her partner**?
- Is womens empowerment going to fast**, so a partner with traditional gender norms can not change so fast?
- Can focus on gender based violence, MeToo and equality in Nordic country** increase the cases being reported?
- And does the **confidence to the police** in our country and laws of consens increase the cases reported?
- Can it be in **the culture**. That in some countries its is more accepted to hit children and wife?

### Kvindedrab i Danmark

Kilde: NSK





# 16 days of activism – Denmark "Orange dage"

Louise Kure

Advocacy committee Area 1

Kvindepolitisk udvalg






# History

- 2022 Grass root, 3 zontians took the first initiative
- 2023 + 2024 Advocay committée

Er du vidne til overfald  
Ring 1-1-2

Partnerdrab udgør omkring hvert fjerde drab i Danmark!



ZONTA INTERNATIONAL DENMARK






"16 days of activism" eller "Orange dage" – en kampagne mod vold mod kvinder!



Partnervold er et ligestillingsproblem. Og det er et samfundsproblem!

Er du vidne til vold – Ring 1-1-2



ZONTA INTERNATIONAL DENMARK

Som samfund skal vi blive langt bedre til at forstå og genkende volden. Og vi skal hjælpe langt tidligere!

DU KAN VÆRE MED TIL AT GØRE EN FORSKEL



Det er vigtigt med tidlig opsporing, og der skal handles hurtigt og effektivt. Større fokus på voldsudøveren!





# Content

- Informations about
  - Background
  - Violence against women
  - Where to find help
- Where
  - Facebook
  - Instagram



# 2025

- Work in progress...
  - Theme will be womens rights in different part of the world

# Presentation Aalborg Zonta Klub

## Orange days 2023 - first year

- Making a Group in your club for "Project Orange Days"
- Use the Goal Five Equality Event at a high school as a campaign launch
  - Use the students posters and product to decorate shops (windows) in the city center
- Focus: Visuel Orange Days
  - Orange cloth on statues
  - Orange light on buildings
  - Banner, Umbrella, flowers, ballons, T-shirts
- Opening the campaign at the Art museum, with choir and municipality representative.
- Press and SoMe
- Money from foundations
- VIDEO [Video 2023](#)



# Aalborg Zonta Club - Orange Days 2024

- [Video 2024](#)

Focus bigger, outsourcing, partners and repeat the good thing from 2023

## NEW

- Involving partners: women's shelter, violence prevention center, fokus (public education), jiu jitsu club, Municipality .....
- Steering committee with partners
- New logo
- Group for making poster with program
- Program with QR-code
- Collaborating with municipality and the mayor (lighting, banner, busstreaming, bill boards in city center)
- new opening
- Involving sportsclub
- t-shirts, umbrella, cap, 2 types of banner



## Orange dage i Aalborg

25. november til 10. december

Nej til vold mod kvinder og piger



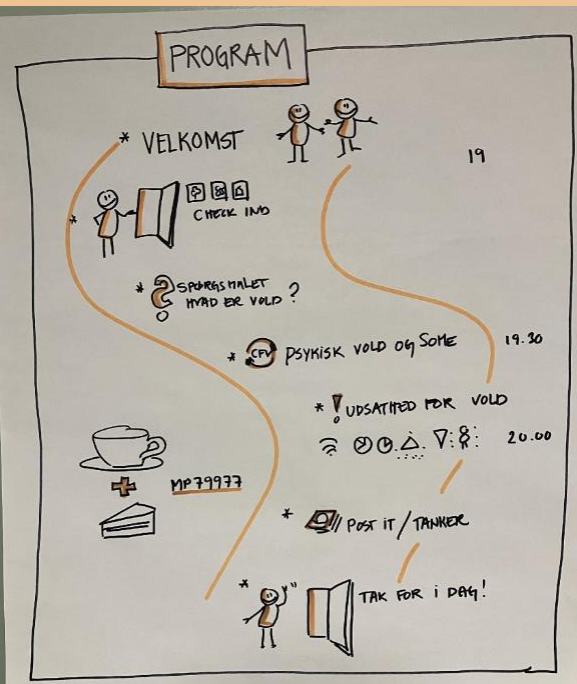
# Goal five - event at highschool





**FOKUS**  
**Orange Dage**  
**Empowerment med**  
**ca 60 deltagere**

# Arrangements



## Yoga med Maj

**Kom til Orange Dage i Aalborg Selvforsvar og Ju-Jitsu Klub**  
**Åbent hus 1. december 13-17**

**Programmet for dagen:**  
 Kl. 13 byder vi velkommen med kaffe og kage.  
 Center for Voldsforebyggelse og Foreningen Hjælp Voldsofre holder oplæg  
 Kl. 14 fortæller Det Specialiserede Team ved Nordjyllands Politi om politiets arbejde med partnervold.  
 I forbindelse med alle oplæg vil der være mulighed for spørgsmål og debat.

**Kl 14:30 har du mulighed for at prøve kræfter med forskellige træningstilbud. Du er også velkommen til at blive hængende og snakke i opholdsrummet.**

**Program for træning, fra kl 14:30:**  
 14:30 Træningspas, med Selvforsvar og Ju-Jitsu, ved Morten  
 15:20 Træningspas med fokus på gultkamp, ved Rasmus  
 16:15: Træningspas, selvforsvar i børnehøjde, ved Kathrina og Emil  
 Du er velkommen til at lave et kort drop in eller blive hængende hele dagen.  
 Døren er ÅBEN og du er inviteret.

**OBS oplæggene er ikke børnevenlige, men børn er velkomne til træningspassene fra kl 14:30**

## ORANGE DAGE I AALBORG

**ORANGE DAGE i Aalborg**  
 En kampagne mod kønsrelateret vold  
 25.11 - 10.12 2024

Kampagneåbning med deltagelse af europaminister Marie Bjørre & borgmester Lasse Frimand Jensen  
 Tid & sted: 25/11 kl. 15 i Kedehallen på Nordkraft.



# Opening and Visualising Orange Days



## ORANGE DAGE i Aalborg En kampagne mod kønsrelateret vold 25.11 – 10.12 2024



Kampagneåbning med deltagelse af europaminister Marie Bjerre & borgmester Lasse Frimand Jensen  
Tid & sted: 25/11 kl. 15 i Kedelhallen på Nordkraft.

Scan og tilmeld

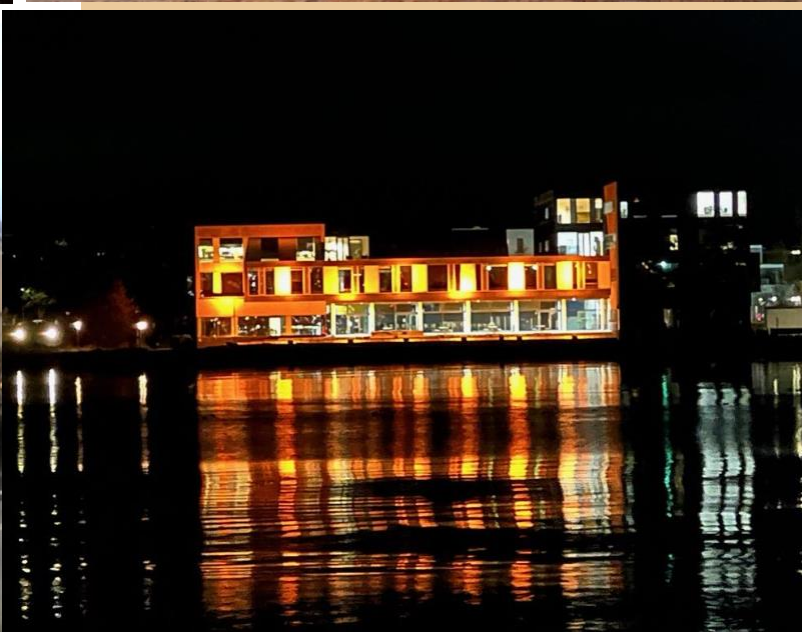
- |  |   |
|--|---|
| <p><b>23/11 Workshops x 2</b><br/>Kreativ Workshop for voldsudsatte kvinder v. Olivia Kamradt<br/><b>Sted:</b> Center for Voldsforebyggelse Nord, Valdemarsgade 34, Aalborg kl. 11-14.<br/>Orange Glasur, en keramikworkshop på tværs af generationer.<br/><b>Sted:</b> Keramikken, Strandvejen 19, Aalborg kl. 16.00-17.30.</p>                     | <p><b>02/12 kl. 19-20:30 Ung kvinde uden frygt</b><br/>Foredrag og samtale for 16-25-årige v. Sara Bang &amp; Iben S. Andersen.<br/><b>Sted:</b> Fokus, Strandvejen 19, Aalborg</p>   |
| <p><b>25/11 kl. 19-20:30 Krisecentret en sikker havn</b><br/>Foredrag v. Susanne V. Dönder<br/><b>Sted:</b> Create, AAU, Rendsburggade 14, Aalborg</p>   | <p><b>03/12 kl. 19-20:45 Foredrag om prostitution</b><br/>Prostitution, menneskehandel og opsøgende arbejde på massageklinikker v. Dorte Gammelholm, AmiAmi.<br/><b>Sted:</b> Create, AAU, Rendsburggade 14, Aalborg</p>            |
| <p><b>26/11 kl. 19-20:30 Vold mod kvinder, forstå faresignalerne</b><br/>Foredrag v. Iben S. Andersen.<br/><b>Sted:</b> Kunsten, Museum of Modern Art</p>  | <p><b>04/12 kl. 16 Happening, et teatrisk gruppeforløb</b><br/>v. Center for Voldsforebyggelse Nord<br/><b>Sted:</b> John F. Kennedys Plads</p>   |
| <p><b>27/11 kl. 17-19 Foredrag og paneldebat</b><br/>Forebyggelse af partnervold og kvindedrab. Hvad siger forskningen, og hvordan gør vi i Nordjylland?<br/>Deltagelse af Katrine Amalie Keller, Maja Torp, Denise Bakholm, Anne Marie Roum Svendsen, Martin Bossen og Charlotte Rorth.<br/><b>Sted:</b> Create, AAU, Rendsburggade 14, Aalborg</p> | <p><b>04/12 kl. 17-18 Stærk kvinde, stærk bækkenbund</b><br/>Workshop v. Mette Villadsen.<br/><b>Sted:</b> Pilates Aalborg, Skelagervej 375a, Aalborg</p>   |
| <p><b>28/11 kl. 10:30-13 Reden Aalborgs 10års jubilæumsfest</b><br/>For samarbejdspartnere, brugere og venner af huset.<br/><b>Sted:</b> Reden, Vesterbro 91, 2.th., Aalborg</p>   | <p><b>06/12 kl. 16:15-17 Meditation</b><br/>For voldsramte kvinder v. Benedikte Baggesgaard &amp; J. Ellekilde.<br/><b>Sted:</b> Klosterkirken</p>  |
| <p><b>29/11 kl. 18-20 Cafémøde</b><br/>Bydelsmodrene Skalborg inviterer til Cafémøde. Oplæg v. Agnete Røgild fra Aalborg Zontaklub.<br/><b>Sted:</b> Multihuset på Skelagervej</p>   | <p><b>07/12 kl. 10-12 Crossdance - gi' den gas!</b><br/>Bodytoning, cardio og balance.<br/><b>Sted:</b> Skansen, Lerumbakken, Nørresundby</p>   |
| <p><b>30/11 kl. 12 Happening, et teatrisk gruppeforløb</b><br/>v. Center for Voldsforebyggelse Nord.<br/><b>Sted:</b> Havnen v. Aalborg Centrum, Create AAU</p>  | <p><b>08/12 kl. 14-16 Paneldebat: Stemmer mod vold</b><br/>Om kønsrelateret vold, "den glemte gruppe", og sociale medier.<br/><b>Sted:</b> Det Hem'lige Teater, Kjellerupsgade, Aalborg</p>   |
| <p><b>30/11 kl. 13:30 "Vold i kærlighedens navn"</b><br/>Med intro af filmens instruktør Christina Rosendahl.<br/><b>Sted:</b> Biffen</p>  | <p><b>09/12 kl. 18-21 Empowerment</b><br/>Om at stå stærkt i modstand. Workshop med foredrag og øvelser v. Iben S. Andersen. Yoga v/Maj Ingemann-Molden.<br/><b>Sted:</b> Fokus, Strandvejen 19, Aalborg</p>                        |
| <p><b>01/12 kl. 13-17 Aalborg Selvforsvar &amp; Ju-jitsu Klub</b><br/>Åbent hus med oplæg, træning og debat.<br/><b>Sted:</b> Skydebanevej 1, Aalborg</p>  | <p><b>10/12 kl. 18-19:30 Nøglen til at spotte en kræmper</b><br/>Temaaften om forebyggelse for fagpersoner, pårørende og andre interesserede v. Cecilie Kramer og Trine Cramer.<br/><b>Sted:</b> Fokus, Strandvejen 19, Aalborg</p> |



Tak til Folkeuniversitetet, Kunsten og Biffen.

Støttet af donationer fra Lykkebo Fonden, Melsen Fonden og Spar Nord Fonden

# Light



# Aalborg Zonta Club - Orange Days 2025

Focus bigger, outsourcing, partners and repeat the good things from 2023 and 2024

## NEW

- Open Workshop invitation for joining Orange Days 2025
  - United Nation North of Jutland with Lecture about street harassment, SongPower, Speaker, "Rap over nallerne"
  - Amnesty International, cultural centers, book café, pop up performance, university, Healthy youth about invisible violence
- New Opening
- Maybe a March
- Sell og give stickers and/or buttons
- Focus: Involving/reaching young people and minority groups
- Program until now - already 20 activities for the program



# Inspiration for small events

- Statues
- Benches
- Orange the women
- Orange shoes and statements
- Light
- Stickers
- Orange the environment
- Orange Ladies
- Trees
- Orange Caps
- Get help from AI for inspiration
- Other ideas
- Button or symbol
- Goodie bags
- Udstilling (library, shops)
- SoMe (instagram, Facebook, website)
- Posters
- Banner
- March

# Inspiration for small events

## ■ Orange statues



## ■ Benches



Rathaus Umschau - muenchen.de  
Erste Sitzbank in Orange: Schutz vo...



Nürnberger Nachrichten  
Herzogenaurach: Plakatives Signal ...



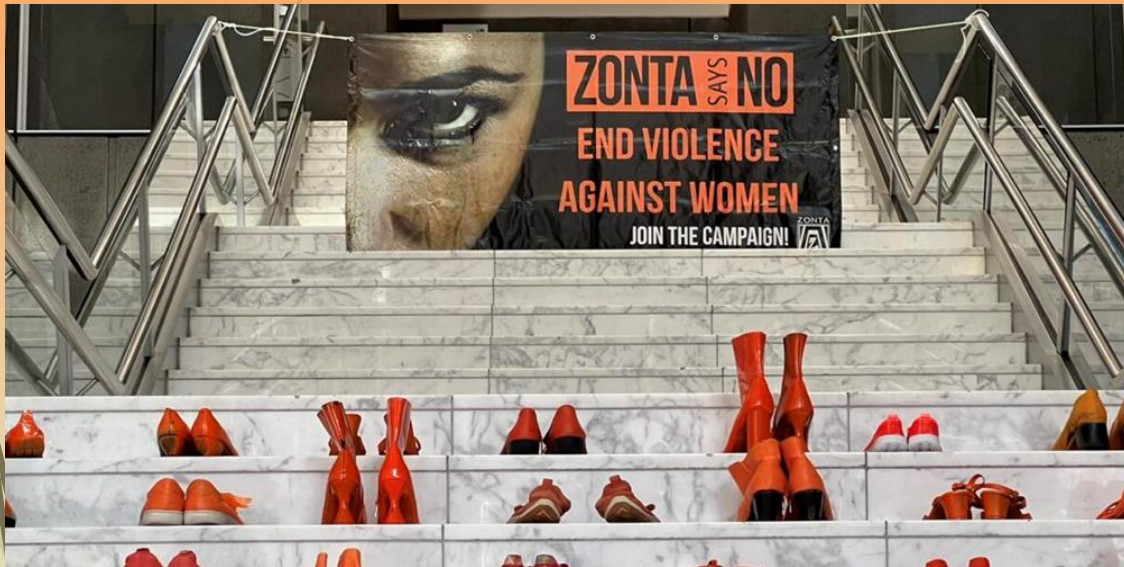
Zonta Club Wetzlar  
Spende Altstadt-Sitzbank und Zonta-Rosen



Die Rheinpfalz  
Vandalismus: Slogan auf Sitzbänke

# Inspiration for small events

- Orange shoes og statements



- Orange women og statements



# Inspiration for small events

- Orange light



- Stickers - sell or give it to shops so they can visualise the support of the theme



- Orange the city →



# Inspiration for small events

- Orange the environments



Photos from The REDress Project Website

- A button like the one from Norway  
Sell it or give it away



# Orange Ladies

Orange Ladies are built with local businesses who put them in public or in windows to take a stand against Violence against women.

<https://zontadistrict22.org/wp-content/uploads/Zonta-Orange-Ladies.pdf>

[Zonta International District 22 | » ZSN – Orange ladies template](#)



Some examples



The Orange Lady - Australia



Matilda - Germany



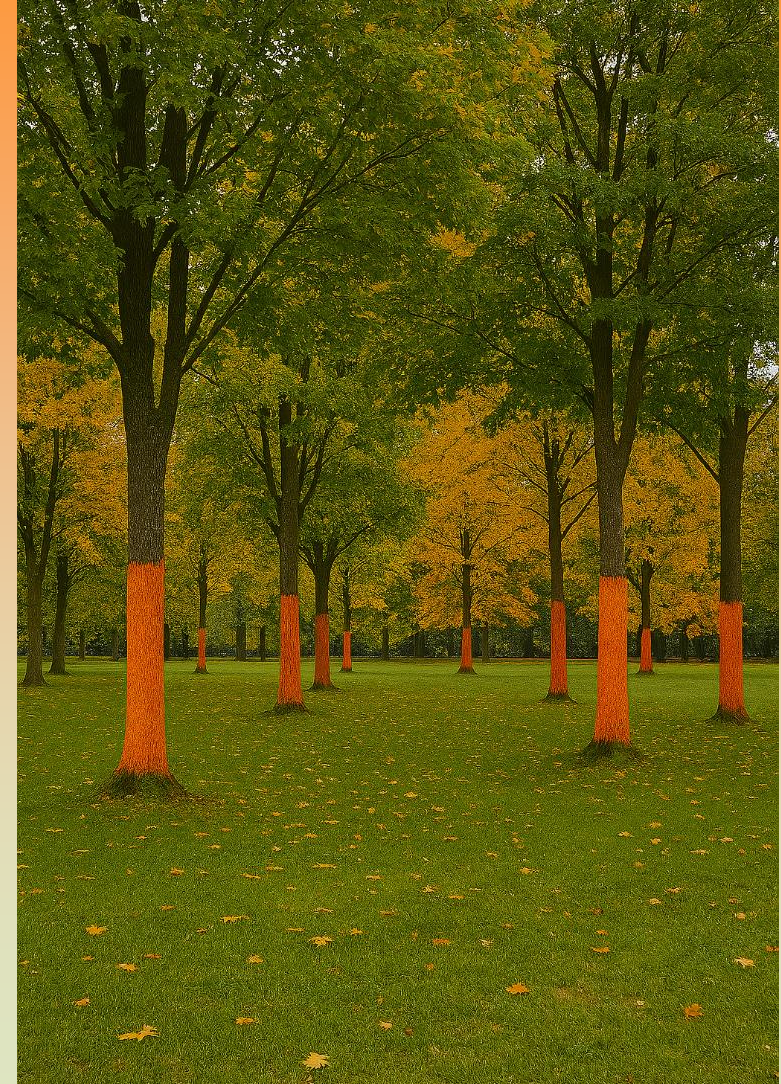
Card holder



QR-code

# Inspiration for small events

- Orange the trees



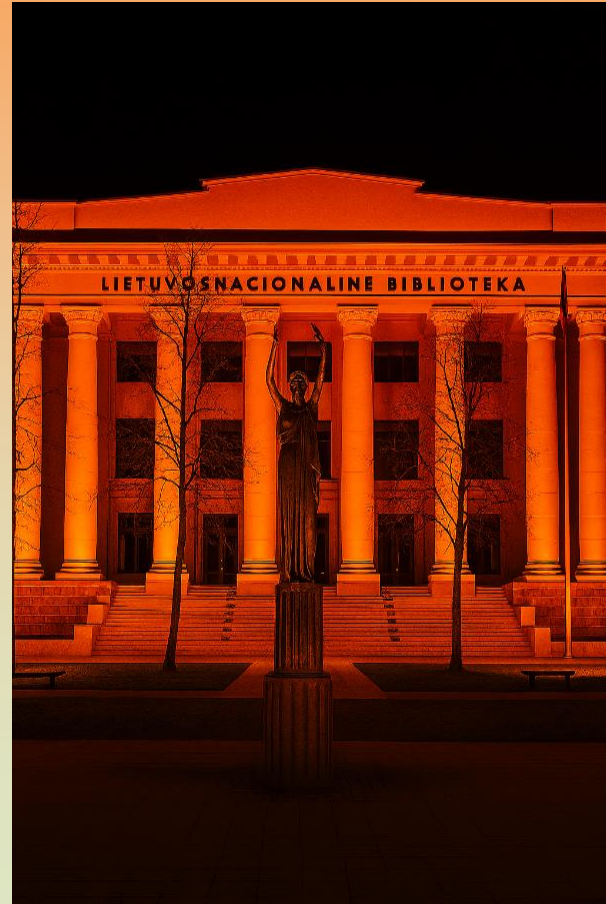


# Lots of Ideas

- Arrange a March
- Ask a recycling store to decorate windows with orange clothes
- Host a book club with focus on gender-based violence or women's empowerment
- Make appointments with local book shops or music places and ask them to put focus on literature and music about the theme.
- Make a panel debate or interview with local police, politicians, influencers

# Get help from AI - to decide

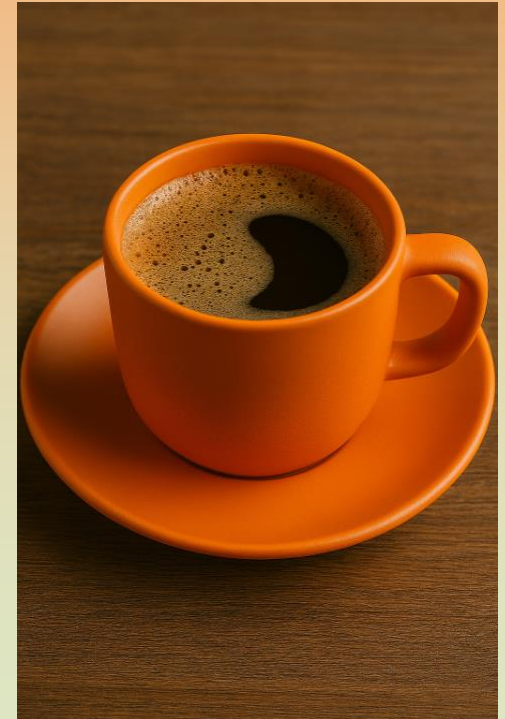
- Orange the statues or buildings



Pause - 10 min.

A result of goalfive event after 1 hour. A number of Maria Key performed by students where the girls and boys change roles.

[goalfive 2024 music](#)



# Workshop- 40 min

The groups are:

1: Lithuania :

2: Iceland:

3: Norway/Denmark:

Asta, Neringa, Rasa, Rima, Rolanda, Rūta

Agnes, Ella Birgitta, Gudrun Augusta, Inga Sigridur

Jane, Thrine, Gytte, Marie-Louise, Mette

- Begin with a brainstorm. Which activities do you dream of in your club/city. Use the Paper and Markers.
- Plan at least one specific activity in detail (march, social media event, lighting, dressing statues, .....
  - Identify the necessary resources (costs, persons involved, time, ....)
  - Consider which partners should be involved
  - When will the activity take place and where

# Presentation of the groups events

- Summary (10-15 min)
  - Every group present their 3 best ideas of activities and briefly describes their planned activity
- Conclusions - follow up
  - Questions?