



Activity Plan for a three months stay in a Shelter City

This activity plan is inspired by the work of the [Shelter City in The Hague](#).

In 2012, [Justice & Peace Netherlands](#), initiated the first Shelter City. Right now, there are 21 Shelter Cities in the Netherlands, Georgia, Tanzania, Benin, Costa Rica, Nepal, and the United Kingdom. Shelter City has grown to become a global movement that offers safe and inspiring spaces to human rights defenders (HRD) at risk where they can re-energize, receive tailor-made support and engage with allies in order to reinforce their local actions for change.

Instructions:

You are part of the support staff at a Shelter City. Your Shelter provides a safe and inspiring stay for a period of three months. In the Shelter HRDs can rest, engage with local allies, develop their skills and gain new knowledge and experience. Support is tailored to the customer's needs. The shelter works in a network with governmental, non-governmental and private organizations to provide maximum protection and support.

You have several newcomers in your shelter. Your task is to make a three month activity plan for them.

- 1.** Go through the [Toolbox for Shelter City Support Staff](#) for inspiration
- 2.** Fill in table 1 "CATEGORIES OF ACTIVITIES". Think about different activities (for example: under education, language classes, international law, organizing campaigns)
- 3.** Fill in table 2 "SOCIAL SERVICES PROVIDERS IN MY CITY/ COUNTRY" (government programs exist to support groups in risk in your country; non-governmental organizations in your city/country that are active in the field of human rights protection.)
- 4.** Fill in the Three Months Activity Plan.



CATEGORIES OF ACTIVITIES

Table 1

Education	
Technical skills	
Mental health support	
Networking	
Physical activities	
Cultural/Social Events	
Free time	

SOCIAL SERVICES PROVIDERS IN MY CITY/ COUNTRY

Table 2

Governmental programs	
NGOs	
Privet clubs/schools	



Play for Human Rights Toolkit

MONTH / YEAR/ SHELTER CITY NAME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 1						
notes						
WEEK 2						
notes						
WEEK 3						
notes						
WEEK 4						
notes						
WEEK 5						
notes						



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