

## Summer Retreat 2024

### Restorative Healing

**Date:** 22-25 August 2024 (arrival on 22 August, departure 25 August afternoon)

**Location:** Austria (TBC)

Our Network is at the heart of ENAR's work, and it is one of our strategic objectives to create and sustain diverse safer spaces for members. We want to nurture our Network, and care for the activists and organisations paving the way for radical systemic change in Europe.

ENAR is organising its annual Summer Retreat in 2023 to create a space to centre healing, wellbeing, joy, and liberation in our practice. We will come together and work to undo harm, build solidarity and heal in an atmosphere free from interpersonal and structural violence.

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In the current digital age, the omnipresence of social media has brought the harsh realities of genocides and systemic violence to the forefront of our daily lives. Anti-racist activists, in particular, are confronted with a steady stream of traumatic images, stories, and news that can evoke a range of intense emotions. Witnessing such atrocities can lead to feelings of powerlessness, deep-seated guilt, and a pervasive sense of being lost in the face of overwhelming injustice. These emotions can take a toll on the mental and emotional well-being of human rights defenders, potentially impacting their ability to sustain their advocacy and support for affected communities.

Recognising the urgent need to address these emotional challenges, this restorative healing activity aims to support anti-racist activists in their journey towards healing, empowerment, and sustained advocacy by providing space for them to process their feelings, find solace in community, and explore tools for resisting oppression.

We want to:

- Provide a safer and supportive space for anti-racist activists to **share and process their emotions** in response to witnessing violence and injustices through the news and on social media.
- Cultivate a sense of community and solidarity by actively listening to and validating each other's experiences, fostering a **supportive environment for healing and growth**.
- Offer guided meditation and dialogue sessions to help participants navigate feelings of powerlessness and **explore strategies for self-care and emotional restoration**.

- Empower participants with tools and resources to channel their emotions into meaningful advocacy and action, reinforcing their commitment to the anti-racist cause and **promoting sustainable engagement**.
- Encourage participants to reflect on their personal experiences and set intentions for moving forward, **promoting a sense of renewed purpose** and resilience in the face of ongoing challenges.

## Registration

Apply through Glue Up till **25 May 2024**. Please get in touch with [pia@enar-eu.org](mailto:pia@enar-eu.org) with any questions.

Please make sure that the membership fee for your organisation is paid in order to participate in the Summer Retreat.

**Please do not purchase any tickets before receiving an official email from the ENAR secretariat with an Infosheet.**

**We especially encourage young anti-racist activists to join us.**

With the support of the Citizens, Equality, Rights and Values Programme of the European Union, the Open Society Foundations, and the Sigrid Rausing Trust.

**FUNDED BY**



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