

*SDGs in Action!*



# Feminist Futures: A Self-Care Event for Young Activists

Are you a young activist striving to promote feminist values and navigate in a stressful world? Join us for **Feminist Futures**, a half-day event designed to equip you with self-care knowledge and techniques, reflect on personal stressors and meet like-minded people in a safe and stress-free environment. Through interactive discussions, creative activities and moments of reflection, we'll explore ways to navigate stress and strengthen our well-being. The workshop is done in collaboration with Women Against Violence Europe (WAVE) and is based on the Toolkit on Feminist Self-Care for Young Activists issued by WAVE.

**What to expect at the event?** 4 hours-event will include interactive discussions and exercises on self-care, collaging group exercise and opportunity for networking accompanied with delicious vegetarian snacks and a lunch.

**When?** May 16th, 10 am - 14 pm, doors open at 9:30 am

**Location:** Atelier Analog, Reindorfgasse 44, 1150 Wien

**Who can join?** The event is open to all young activists, professionals and people with a general interest in the subject, aged 18-30, of all genders, who are passionate about feminism and are willing to meet like-minded people.

**Register via the QR-Code:**

Places are limited to 15 participants. The language of the event is English.



**REGISTRATION  
FORM**

## SDGs in Action!

From gender equality and partnership to promoting well-being, the 17 global Sustainable Development Goals (SDGs) stand for a better future for all. By combining them with networking and stress-relieving exercises, we'll bring them to life, create a safe space for sharing and put people's well-being first.

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