

Uyghur Youth Mobilization Workshop

Transnational activism and diaspora movements play a crucial role in the Uyghur cause. Despite the unique challenges and limited resources, a growing number of young Uyghur activists are emerging and engaging in human rights advocacy in increasingly creative and inclusive ways. Recognizing the need for a space where young activists can connect and learn from each other, the Human Rights Foundation (HRF) organizes this workshop to assist young activists in navigating potential challenges they might encounter in their advocacy journey, developing professional and creative capacities, fostering international coalition building, and strengthening their well-being to address the emotional impact inherent in their advocacy.

Program Schedule

Day 1

Thursday, February 1, 2024

	Time	Topic
01	8:00 - 11:00 EST (14:00 - 17:00 CET)	Organizational Advocacy Organizational and fundamental campaigning strategies
02	11:20 - 13:20 EST (17:20 - 19:20 CET)	International Advocacy Coalition building and building partnership across borders

Day 2

Friday, February 2, 2024

	Time	Topic
01	8:00 - 10:00 EST (14:00 - 16:00 CET)	Creative Advocacy in Times of Crisis Creative production for effective advocacy during time of crisis
02	10:20 - 12:20 EST (16:20 - 18:20 CET)	Wellness Tools and Mental Health for Activists Dealing with mental health as an activist

Program Facilitators



Tenzin Myinle

International Grassroots Director, Students for a Free Tibet

Myinle serves as the Grassroots Director of Students for a Free Tibet, an international network of youth activists who work in solidarity with the Tibetan people in their fight for freedom from Chinese occupation. On the grassroots team, she has played a central role in organizing critical programs such as the Annual Youth for Tibet in Europe, the Tibet Climate Crisis regional talk tour, and SFT's flagship International Cross Movement Action Camp. Through education, grassroots organizing, and nonviolent direct action, SFT campaigns for the fundamental right of Tibetans to self-determination.



Joey Siu

Hong Kong Activist

Siu is a Human Rights Foundation Freedom Fellow, a program associate at the National Democratic Institute, and Asia Pacific coordinator at World Liberty Congress. She played a vital role during 2019 Hong Kong pro-democracy protests as a student leader, organizing on-campus and city-wide large-scale protests. She also co-founded a student coalition that led a cohesive effort in international advocacy for Hong Kong.



Mukaddas Mijit

Uyghur Artist/Scholar

Mukaddas is a professional pianist, dancer, filmmaker, and ethnomusicologist. Currently serving as a postdoctoral fellow at the Université Libre de Bruxelles, she has spearheaded various artistic projects centered around the Uyghur experience. Her creations span different mediums, including film, podcasts, exhibitions, immersive journalism experiences, and more.



Dr. Vanina Kala Waizmann, PhD., MS, Spec.

Mental Health Expert

Dr. Waizmann is a psychologist and trauma-informed therapist. As the founder and director of Living with Totality, she brings over 20 years of research and clinical expertise working worldwide with individuals and groups. In the last years, Dr. Waizmann has honed her focus on trauma and activism, undertaking a mission to provide support to democracy activists, in order to take care of their mental health and wellness when campaigning.