

## Report: Participation at the CSW 63 in New York from March 18th to 22nd, 2019

The opportunity to take part in the UN World Conference on Women (CSW 63) in New York arose relatively quickly. At the working meeting of ERGOSOMA® International, the pros and cons of such a trip were discussed intensively on the basis of the following specifications: ERGOSOMA® International is the international platform for public relations for Ergosoma®. "Bringing Ergosoma® into the world", as Rommy Tajon put it, is particularly possible at UN level. The contacts with the local multipliers make it possible to bring Ergosoma® to where it is needed.

The following tasks were derived from this:

- Deepening of the contact existing since 2018
- Building new contacts
- Objective: to ensure the continuation of the UN's work in the long term
- Offer of an Ergosoma® workshop
- Support for the campaigning of the partner organization S.E.R Foundation for the "Decade for Reconciliation"

And this is how the tasks were implemented: new contacts were made in Nigeria, the existing ones with the MMS (Medical Mission Sisters; in Germany: missionary medical sisters) were made by Celine Paramunda and Cynthia Matthew. Through the multiple encounters and the cooperation with the MMS, a sustainable working basis was created.



The practical work with Ergosoma® at the CSW 62 last year was successfully continued with the introductory workshop "Ergosoma - Practical Exercises and Basic Skills". The workshop took place on the premises of the Baha'i International Center (at UN level) with the support of MMS. Each of the participants was a representative of an NGO with its own office in New York, who were interested in another event next year. Discussions were held about the possibility of expanding the work with Ergosoma® in New York, India and Germany. For example, projects such as the Elijah project, the work in Nepal or Ergosoma® Migra can be models. The work is open to all interested Ergosoma® practitioners and teachers.

With regard to possible cooperation, there was already a meeting with Celine Paramunda in 2018 with the medical missionary sisters in Duisburg, who mainly work with migrants. Another meeting (without Celine) is planned for the near future. Conceivable are u. a. voluntary on-site treatments and workshops with the option - if possible or desired - of training.

Cynthia Matthew will come to Germany in September 2019 and is looking forward to a joint meeting to also talk about possibilities for help and support from Ergosoma®.

Warm regards  
Monika Volkmer and Marion Glaser

