

## **Female\* Travelers Defense Course at the USC for Staff Members (Leiden)**

In spite of the many conquests that the feminist movement has achieved in the past few decades in both the Global North and the Global South, the reality of many female fieldwork researchers representing Leiden University in different parts of the world is that they are faced with situations that directly involve local gendered perspectives. These challenges include a wide spectrum of complexity, from micro-violent practices to outright physical aggression.

In this context, Leiden University is offering a course for staff members who are disadvantaged or vulnerable according to gendered norms within their fieldwork/research settings. The aim of this training is to first enhance the confidence of participants before, during, and after their interactions with local stakeholders. Then, it will focus on strengthening and developing a specific set of skills to prevent, recognize, manage, and solve- when possible- potentially risky situations.

Each class is divided in two parts; the first part is mainly theoretical and will target self-confidence building, using discussions and experiences to explore these topics. The second part is focused on physical self-defense and consists of learning practical skills that may be used to prevent, de-escalate, and solve situations, or to place boundaries. No prior experience in self-defense courses is necessary.

### **Requirements:**

- You are a staff member of Leiden University (including PhDs, Assistant/Guest Researchers, and Postdocs).
- You are female, female presenting, or belong to a disadvantaged or vulnerable group according to gendered norms.
- Those who conduct fieldwork or travel for their research will be prioritized.

### **Description:**

- The course is 4 sessions and will take place on the **Tuesdays: March 28<sup>th</sup>, April 4<sup>th</sup>, April 11<sup>th</sup>, and April 18<sup>th</sup>; from 17:15 until 18:45 at the University Sports Center.**
- Participants can optionally join for a group dinner afterward at the USC sportscafé.
- There is a maximum of 12 participants for this course, and the course is funded by Leiden University.

**If you are interested in enrolling, please complete the form below and send an email to [sportcentrum@usc.leidenuniv.nl](mailto:sportcentrum@usc.leidenuniv.nl) as soon as possible.**

\*This is a pilot project that stemmed from the reports of female researchers facing challenging situations in the field, this project may be later extended to other focus groups who also face difficulties drawing from their identity.

**Female Travelers Defense Course at the USC for Staff Members (Leiden)**

**Name:**

**Position at the University:**

- 1. Do you conduct fieldwork or research in situations in which you feel vulnerable or discriminated against based on your gender? Where do you carry out your fieldwork?**
  
- 2. Are there any specific situations that you would appreciate having advice on or learning how to better prepare for? These may be situations that you yourself have experienced, or hypothetical.**
  
- 3. This course will be taught by two males who are experienced in providing this type of training. A member of staff who identifies as female will additionally be present, we inform you of this in case this is of issue.**
  
- 4. Are there any situations or topics and themes that cause triggers, or would make you uncomfortable? We will tailor the course to avoid these topics, and additionally have a third party present to provide assistance if needed.**
  
- 5. Will you be able to attend all of the sessions?**
  
- 6. Will you be joining the dinners, and do you have any dietary requirements/preferences?**

\*this form is confidential, and the data from this will not be kept.