Lauren Lascher
Dr. Elisabeth Reichert

Human Rights & Social Justice
Munich is the capital and largest city of the German state of Bavaria. It is located on the River Isar north of the Bavarian Alps. Munich is the third largest city in Germany, after Berlin and Hamburg.

Today Munich is diverse and progressive, home to universities, museums and theaters. Munich boats beautiful architecture, international events, exhibits and conferences, and the famous Oktoberfest - all which attract visitors and create a high volume of tourism. Since 2006, the city's motto has been “Munchen mag dich” (“Munich loves you”) and the love of foreigners and internationalism is apparent.
After WWI, the city was the center of political unrest. Munich became a “hotbed” of extremist politics, from which Hitler and the Socialists rose to power.

The first concentration camp was created at Dachau, (10 mi) northwest of the city. Because of its importance to the rise of National Socialism, Munich was referred to as the "Capital of the Movement" (*Hauptstadt der Bewegung*). The city was bombed heavily by allies during World War II.

After US occupation in 1945, Munich was rebuilt preserving its pre-war street grid. In 1957 Munich's population increased to over 1 million. Munich was the site of the 1972 Summer Olympics, during which Israeli athletes were assassinated by Palestinian terrorists during the so called *Munich massacre*.

Today, together with Frankfurt, Munich is the most important business city in Germany and it remains one of Europe's most important centers of arts, science, learning and sports.
AGENCY VISITS
MÜNCHER AIDS-HILFE

- A non-profit agency that carries out mandates provided in Human Rights documents, in regards to those who are affected by HIV/AIDS
“Our aim is to spread knowledge about HIV and the protection front to strengthen the identity of people affected by HIV, so that they can decide for themselves and informed about their actions. We focus in primary prevention, especially on the most vulnerable in Germany of HIV groups: gay men, migrants, drug users and people in prison.”

“We want to allay fears and discrimination against people living with HIV and their families. We promote their self-help and networking of people with HIV. We advocate for the acceptance of different lifestyles and there is equity of all people, regardless of gender, sexual orientation or identity, origin, age, illness or disability, religion or belief. And we are against racism.”

“We want to ensure that all people with HIV in Munich receive optimal medical care, regardless of their country of residence or insurance status and regardless of whether they behave socially desirable.”
Purpose/Goals

- Self-help, prevention, health promotion, counseling, social and professional rehabilitation and care in relation to HIV.
- Accept persons, and lifestyles that encourage acceptance, of work towards prevention
- Spread useful and correct information about the disease
- Defend human rights of all people and gay men affected by HIV and AIDS
- Provide support and advice for people with AIDS, and those infected with HIV
The senior citizens' club is a joint institution of the Caritas Association and the city of Starnberg.

- The senior citizens' club is a contact point for people who want to stay active after the professional life.

- The club organizes a varied program of events, which values the different interests of older people.

- Together with interested "trouble-sized companies / inside facilities in Starnberg, the club developed ideas on how and where the knowledge and experience of the older generation is needed and can be put to good use. They work closely with the Coordination Centre Civic Engagement for the District of Starnberg.”
“Sure you are looking forward for a dedicated professional life to enjoying retirement, to have time to go away for his hobbies and interests, being able to divide his time freely”.

“Experience shows, however: to have a mission to raise awareness of being able to do something meaningful to contribute to a good social interaction, many is equally important. Some would thereby like to contribute their professional prior experience, some, however, begin something new.”

“The senior citizens’ club wants to give people who are looking for a post-professional engagement, a platform. He wants to support them in their search, guide and provide them the organizational framework for their willingness to become engaged. Here, we also cooperate with other organizations and institutions in Starnberg and of course with the newly established Coordination Centre Civic Engagement for the district of Starnberg (Kobe).”
ACTIVITIES

- News and updates
- Language groups
- Creative and Music
- Concerts
- Sports and Healthy activities
- Motorcycle meeting
- Excursions and trips
- Tours and sightseeing
- Discussion groups • Lectures • Cinema
- Computer Initiative
- Rounds, Social and Fun
REFUGIO Munich
Refugio Munich

- The Munich-based Refugio center, treats around 1,000 torture victims, including several hundred children a year

Photos: Courtesy of Refugio Munich
REFUGIO in Munich is the only specialized institution offering traumatized refugees aids from one source: it supports adult refugees after fleeing forced to cope with their specific life situation in exile by:

- Psychotherapy
- Social counseling
- Migration Advice
- Mother-tongue parent seminars
- Medical diagnosis and evaluation
- Training

They encourage refugee children by three tools:

- Play and art therapy in the individual therapeutic setting
- Art therapy groups at schools
- Art workshop groups in collective accommodations

Photo: Courtesy of Refugio Munich
KDFB: How is it possible that the refugees your employees open up to?

Chamber Lander: We are independent and we are not an authority. This is very important for many. For it may be that they have entered a wrong password or wrong information have made and therefore are suspicious. One must also take into account that people have different values and norms. For Afghan youth, it is difficult to tell an adult bad things.

KDFB: What is the goal of the group and individual therapy?

Chamber Lander: It's about stabilizing the people. They are very heavily loaded, the stories they have experienced, are worse than what we heard earlier. They suffer from nightmares, panic attacks, many have self-destructive and suicidal tendencies. It is important that these symptoms regress that they reasonably cope with their daily lives again, and if that goes, even to attend school. To enter the trauma stories, they must be stable. We have many applications, but the money is not available to all, it would need to be treated therapeutically.
Interview Continued

KDFB: Why did you go in therapy also the way about the art?

Chamber Lander: In adolescents who arrive new, it is difficult to agree on the language. Art provides as good access. In our photo project we get them out of the facility and they can act independently. You photograph the city or yourself. We then reflect on how they feel in their situation. In the climbing group they can work on their self-confidence and learn again to trust others.

Interview by Claudia Klement Rückel for KDFB Committed
Thank you Dr. Reichert for an experience of a lifetime that I won’t forget.

By
-Lauren Lascher
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