



MENTAL HEALTH EUROPE – SANTE MENTALE EUROPE aisbl
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NATIONAL FOCAL POINTS TRAINING Copenhagen, 26-27 March 2009

PROGRAMME

GENERAL INFORMATION

Time schedule:

- arrival of participants: Wednesday 25 March 2009 in the afternoon
- dinner with participants on Wednesday evening 19.30 pm
- full day training on Thursday 26 March 2009
- training continued on Friday morning 27 March until after lunch (\pm 14.00 pm)

Venue:

projekt UDENFOR
Ravnsborggade 2-4
2200 København N
Tel: 0045 3342 76 00

Contact person at the meeting venue:

Serap Erkan, E-mail: se@udenfor.dk
Tlf.: 0045 3342 7607 & 0045 6162 7850

Working language: English

Hotel accommodation:

Hotel Nora Copenhagen

Nørrebrogade 18 B
DK-2200 København N
Denmark
Tlf. +45 35372021 - Fax +45 35372621
nora@hotelnora.dk - www.hotelnora.dk

Financial issues:

- travel costs: Mental Health Europe will pay for your travel costs (if at a reasonable price: economy class flights; train 1st class).
- Please book your tickets well in advance in order to have a good rate.
- (Electronic) tickets and boarding passes must compulsory be sent to Mental Health Europe after the training.
- hotel: has been booked by projekt UDENFOR and will be paid by Mental Health Europe
- meals: will all be provided from Wednesday evening dinner to Friday lunch
- local transport: will be reimbursed by Mental Health Europe

Mental Health Europe will provide you with an expenses claim form, to be duly completed and signed, and returned to the MHE secretariat by 15 April 2009 at the latest.

The training is made possible thanks to the support of PROGRESS, the European Community Programme for Employment and Social Solidarity (2007-2013).

TRAINING PROGRAMME

Wednesday, 25 March 2009

19.30 **Dinner in the restaurant "rice market"**

Meeting in the hotel lobby at 19:15 to walk there together

Thursday, 26 March 2009

09.30 – 10.00 **Welcome**
Introduction on the Mental Health Europe Work Programme and the role of the National Focal Points
Mary Van Dievel, MHE Director

10.00 – 11.00 **Presentation of their current activities by the participants**
All

11.00 – 11.30 Break, with refreshments

11.30 – 13.00 **Introduction on the EU institutions**
Astrid Mechel, MHE Social Policy Officer

13.00 – 14.00 **Lunch**

14.00 – 15.30 **How to lobby national/local/regional authorities**
Per K. Larsen, EAPN Denmark

15.30 – 16.00 Break, with refreshments

16.00 – 17.30 **Lobbying of national Members of European Parliament in view of the European elections to take place in June 2009**
Astrid Mechel, MHE Social Policy Officer

19.00- ... **Dinner with participants in the restaurant "Den ved siden af Front Page"**
→ We will meet in the hotel lobby at 18:45 and walk there together

Friday 27 March 2009

- 09.00 – 10.00 **Media training**
Mary Van Dievel, MHE Director
Discussion of all participants
- 10.00 – 10.30 **The UN Convention on the Rights of Disabled People and
the links with mental health issues - Short introduction**
Mary Van Dievel, MHE Director
- 10.30 – 11.00 Break, with refreshments
- 11.00 – 12.00 **How to find funding for the European work of the MHE
National Focal Points?**
All participants
- 12.00 – 12.45 **Feedback session**
All participants
- 13.00 – 14.00 **Lunch and end of training**

Addresses and maps

Address and telephone number for the meeting venue:

projekt UDEFOR
Ravnsborggade 2-4
2200 København N
Tel: 0045 3342 76 00
website: www.udenfor.dk

Contact person at the meeting venue:

Serap Erkan
E-mail: se@udenfor.dk
Tlf.: 0045 3342 7607 & 0045 6162 7850

Address and telephone number for the hotel

Hotel Nora Copenhagen

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2200 København N
Denmark
Tlf. +45 35372021 - Fax +45 35372621
nora@hotelnora.dk - www.hotelnora.dk

From the hotel to the meeting venue

The map shows where the hotel is (green flag) and where the meeting venue is (red flag). Don't follow the blue line – that's for cars.

The screenshot shows the Krak.dk website interface. The top navigation bar includes 'Firma', 'Person', 'Ruteplan', 'Kort', 'Marked', and 'Krakteknik'. The 'Ruteplan' tab is active. The map displays a route from a green flag (Hotel Nora) to a red flag (meeting venue). A blue line indicates a route for cars, which the user is advised not to follow. The right sidebar shows the route details: 'Fra adresse, postnr., by eller Nørrebrogade 18B 2200', 'Til adresse, postnr., by eller Ravnsborggade 2 2200', 'Afstand ,6 km', and 'Rejsetid ca 0'. The route steps are: 0 Start på Nørrebro, 2 0,2 Drej til venstre ad 140 m, and 3 0,3 Drej til venstre ad 110 m. The Windows taskbar at the bottom shows the 'start' button and several open applications.

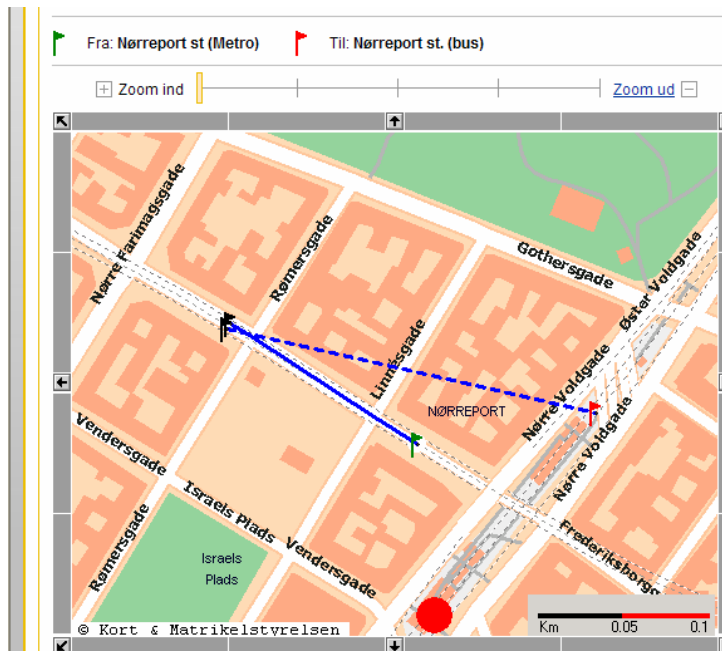
From the airport to the hotel

It is expensive to take a taxi in Denmark so public transport is the best and from the airport it's easy. With the taxi the price will be around 250 DKK and maybe take 30 minutes. You can pay with credit card. **Please note that MHE cannot re-imburse taxi costs.**

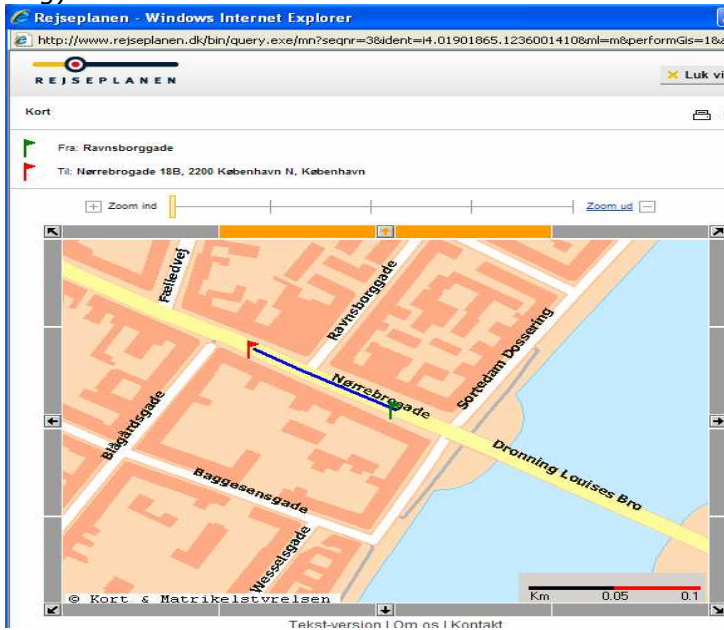
Public transport: There are 3 zones from the airport to the hotel. A single 3 zones ticket for an adult (voksen, 3 zoners billet) costs around 31.5 DKK. If you are more than two people it will therefore be cheaper to buy a 3 zone 10-trip card ("3 zoners klippekort"), which costs 170 DKK. You can use the card on the way back too and in the city as well. Close to the metro staircase in the airport you can find machines where you can use your credit card to buy the tickets/10-trip card

The easiest way from the airport to the hotel is with the metro. You can take the underground/Metro to Nørreport Station (14 minutes) and from there bus number 5A to the hotel. You have to get off the bus just after the bridge called "Dronning Louises bro" and the hotel is just in front of you on the same side of the road called "Nørrebrogade" where the bus stops. It is a short bus-trip from the metro to the hotel – about 2 minutes.

The map shows where the metro steps are at Nørreport Station (green flag) and where you catch bus 5A (red flag):



The map shows where to get off the bus 5A (green flag) and where the hotel is (red flag):



Address and telephone number for the dinner restaurant Wednesday at 19:30 o'clock

The rice market
 Hausergade 38
 ved kultorget
 1128 København K
 TLF: 0045 35 35 75 30

Walking distance – We will meet in the hotel lobby with Serap Erkan at 19:15 and walk there together.

The map shows the hotel (green flag) and where the restaurant "The rice market" (red flag):



Lunch Thursday:
Will take place at projekt UDENFOR

Address and telephone number for the dinner restaurant Thursday at 19 o'clock
Restauranten - Den ved siden af Front Page
Sortedam Dossering 21, kld.
2200 København N
TLF: 0045 35 37 38 29

We will walk there together (meeting in the hotel lobby at 18:45).

The map shows where the hotel is (green flag) and where the restaurant is (red flag). You don't have to follow the blue line which is for cars. The meeting venue is where it says "Ryesgade" on the map. Ryesgade is the continuation of Ravensborggade:



Address and telephone number for the lunch café Friday at 13 o'clock
Floras Kaffebar
Blågårdsgade 27
2200 København N,
Tlf: 35 39 00 18

The map shows where the hotel is (green flag) and where the lunch café is (red flag). You don't have to follow the blue line which is for cars:

