



Example of good practise

Vest-Lofoten Damekor

A ladies' choir in Lofoten

Norway 2023



Social inclusion and diversity

TOOL SUMMARY

Name	Vest-Lofoten
Hame	Damekor
Summary description of idea and activities	A ladies' choir that has members from all over the western part of Lofoten. Many of them are immigrants
	from other countries
Country observed	Norway
Year observed	2023
Programme area (Social inclusion/ Active Citizenship/Environmental sustainability)	Social inclusion and diversity
Specific topic	In general, attract ladies who like to sing together, and also let them take part in the added value that comes with it. But a specific topic is inclusion of immigrants
Beneficiaries of the activities	Ladies who like to sing together, including immigrants
Can these activities be applied to other beneficiaries: yes/no	Yes
What type of beneficiaries: ALL, or specific ones?	All, but especially immigrants
If specific ones, which?	Immigrants. E.g. refugees from Ukraine.

Full description

About:

Vest-Lofoten Damekor is a ladies' choir that has members from all over the western part of Lofoten. Many of them are immigrants from other countries, e.g. from Ukraine. This choir has always opened its doors to other cultures, and had conductors from Switzerland, Norway, Poland and Moldova.

Good practice examples of added values:

Vest-Lofoten Damekor (VLD) is concerned that music is a resource in itself, which offers community and closeness to each other. By singing and playing, you use the emotional language, which is perhaps one of the most important languages we have. For some, just being present may be enough. Singing and playing offer community and closeness, and use the important emotional language.

The 4 Ukrainian youngsters have mostly been at all the exercises. The young people were eager to learn Norwegian and the choir used volunteer choir members, outside of the choir rehearsals, to practice text pronunciation The choir had an interpreter available so that the content of the songs was translated. They joined and sang at the Christmas concert on 11 December 2022, and the 8 March event 2023. These were concerts that brought a great sense of mastery, according to the young people themselves. Young immigrants from other countries can also take part in Norwegian citizenship in a choir.

Regards green values, digital sheet music should have been a goal, but the choir doesn't have that. Remains of food/fruit are taken home in compost.

For more resources and information

Contact person



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