

BOK CORPUS

This corpus is made up of by the knowledge of all the persons who came to share their knowledge inside BOK.

BOK Abattoir September-November 2020

Hasni	The occupation of the Somali embassy (by an undocumented rights activist, himself undocumented) in the 1980s
Ola & Benson	Moshood Abiola: A life story and the strive for democracy in Nigeria
Hocine	Learning, between school knowledge and street knowledge
Chaïmaa, Alisa, Oumayma	A conversation on violence and aggression, and what to do when you're a witness
Ola	The importance of creating one's own style
Martin	Stereotypes in sports and how to play with them
Ali	The Heyvaert Oasis: how to create green spaces in Cureghem
Smaïn	Healing yourself with plants when you live in the city
Shadia	The right of working in a non-toxic environment, also when you are young
Jean-Bernard	Learning to look through drawing
Said	How learning a technical skill helped me leave Irak and discover Europe
Jacques	The Black Panthers Football Club: the history of the African-Caraïban-Pacific team in Brussels
Ndack	Surviving and living with little money
Ophélie	How can school teach us to discover who we are
Lamarana	Learning through helping others: stories from a teenager
Mouhamadou	Dealing with structural discrimination
Rqia & Maria	For a more economical and ecological daily use of water
Ouzna	From mother to daughter, healing yourself with plants in Algeria
Jean-Baptiste	Love with a big L and how to practice it
Kader	Squatting to survive in the city
Aissa	Between information and engagement: how to go fight against prejudice as a journalist

BOK Résistance - February 2021

Mustafa	The Homeless Cup: football as an anchor point of life
Mel	Meditating in your daily life
Sérigne	Boldness as a tool for resilience
Taoufik	Multiplying your sources for better information
Clara	Passing on family values from father to daughter, without speaking
Hanane	Defending our atypical child against educational institutions, as a mother
Yasmine	How to get out of a toxic relationship with social media?
Thibaut	How to inhabit empty spaces: the example of the old Atlas Brewery

BOK Josaphat March-June 2021

Marie-Rose	Kikongo, the mother tongue as a way to reconnect with the past
Samia	For the good mental health of our institutions
Otman	How to "systemize" yourself as a newcomer (owning your mistakes)
Claudia	Fighting poverty through the collective
Soumaya	Being part of an extended family (and how to keep nurturing it)
Déborah	The pandemic as an opportunity to construct one's agency
Fanny	Defending your visually impaired child against educational institutions
Katrien	Leaving the world's noise behind and finding yourself through walking
Alice	Listening and learning from your friends to fight everyday discrimination (practicing allyship)
Georgia	For an inclusive discovery of the world (for people with and without disabilities)
Rqia	It is endurance and courage that lead us to our independence
Saidou	Mauritania, the country of 6 communities and 1000 poets
Evariste	Africa, a customs officer's perspective
Céline	Accessing the inaccessible: the voices of prisoners in closed centers
Maud	The female body caught in patriarchy: the example of endometriosis
Fée-niks	Dancing to free your body and society
Taoufik	The "Green March": the last decolonial struggle of Morocco in Western Sahara
Aicha	Caring for your body and your autonomy through breathing: a daily practice
Akissi	Akissi, a name to remember the Baule-Ashanti people
Philippe	Ornithology and wildlife at Parc Josaphat
Jolein	The wild pollinators of the Friche Josaphat
Anouchka	Love as a tool for activism
Sanaë	Born in the junk of the Marolles
Castélie	Forming a collective, pooling resources, rekindling desire
Valéria	Polyamorous living
Gabriel	Learning from your grandmothers: the oral transmission of memory
Lien	A different rhythm than the others: living with chronic fatigue
Pierre	Working with- and not against nature: making space for biodiversity
Souhaila	Hijabi and future teacher: teaching different history, differently
Katherine	Things are not how they seem, reality is different (living in El Salvador)
Jean-Baptiste	The Radical Fairies: a sanctuary for queer people
Drissia	Slamming your young misfit voice "out of the box"
Avril	Regaining sensation after rape

BOK Telephone May 2021

Sarah	My family history (why I can't go to a Catholic school)
Mina	How to cope with a bad day?
Christelle	Why to love yourself
Marine	The technique of the white rabbit (dare to socialise)
Cassandra	How to stop police violence
Zion	What life chooses for you
Lucasz	Acceptance, the biggest time saver
Swi	Happiness is...
Patrick	Introduction into the Manga industry

Noemy	What do you do with all your imagination?
Janne	Burlesque: a dance where the men don't have the power
Rafael	How I was happy in life in Belgium and Ecuador
Rania	Stopping to "overthink"
Ismaël	How to defend yourself, physically?
Mathias	How skateboarding changed my life
Klara Lièn	New Year in the Chinese tradition, and other family rituals
Elias	How to raise your children to become loving human beings
India	Positive Thinking
Sara	Why did I become vegetarian?
Gisele	How to resist the abuse of power?
Victoriane	How to have more empathy
Laura	Evolving in your identity and your style
Raphé	How to educate people through music, without telling them what to do
Kasia	Being a witch in modern times
Arta	Something beautiful is hidden behind ordeal, a lesson in patience
Célia	Learning to have dreams and to guide them
Zayn	Speaking from the wisdom of my 22 years
Léa	How to get through the "during" and the "after" bullying at school?
Nathan	Filling the void with more imagination
Margaux	Questions about childbirth
Oscar	Opening up to other understandings of the world through Gore
Beyza	How to argue well: the example of free sanitary pads

BOK Jacques Brel September-December 2021

Akissi	Wisdom as a tool for justice in the Baoulé tradition
Daoud	The struggle of a shepherd's son, from Djibouti to Belgium
Nicolas	Dealing with chronic pain (the rare example of cluster headaches)
Pia	Against food waste and for benevolence: l'Epicerie Libre
Tiziana	The union of needs and wants, or how to turn money into trust
Mél	Meditatie om naar jezelf en de wereld te luisteren
Sonia	Obtaining the recognition of paternity: a Congolese Belgian story
Marine	Returning to the source with Chinese medicine (the path to balance)
Chantal	Saga of a happy borderline person
Taslim	Ten years of struggle of an undocumented person
Beyza	Why sanitary pads should be free (A feminist rhetoric)
Fée-Niks	Circle to share dreams, and to stretch your imagination
Collectif Y'EN A MARRE	How to accompany an undocumented person through administrative processes
Amel	How to rethink 'work' when you have no financial security
Isabel	Taking control of your own health with essential oils
Flaka & Talu	Unlearning patriarchy in activism: the example of squats
Mathias	Practising listening when you are used to being in the centre
Ednan	Transforming the structural injustices we are born into a story from Kurdistan
Fadila	Breaking down prejudices to get closer to your neighbours (the experiment of Café Solidaire in the Cité Volta)
Kasia	Daring to express yourself: the explorations of a young witch
Juliana	Reinforcing our connection to ourselves and to the earth (energetic healing)

Şeref & Gamze	"Is the rose rose?": Singing multilingual music as political/cultural activism
Aïcha & Nisrine	The 'Mam's de l'espoir' (moms of hope), the 5 blocks and their homework school
Valéria	Polyamory, or how to live love without hierarchies
Boris	Deconstructing a heterosexual norm with male thermal contraception
Awatif	Fighting (without subsidies) for solidarity with homeless women: the example of 'Job Dignity'
bodies of knowledge	Claiming public space for the exchange of non-dominant knowledge (in a tent)
Zapatistas	Learning in indigenous, autonomous municipalities in rural Mexico: listening to Zapatista's voices on education
Mam's de l'espoir	Fighting structural injustices in mainstream education – as mothers
Kim	How to pursue your life as an adopted by reconnecting with your roots (in Korea)
Maria	Knowing or re-knowing your unconscious heritage as an adoptee: the story of a weaver and her Bolivian origins
Arife	The central place of women in the Kurdish liberation movement
Sarah & Marie	Drawing courage from the revolution in Rojava: the experience of internationalist women
Sarah	Opening your ears with 'anarchic listening': concert by and for everyone (with crash course)
Sarah	Learning to speak the languages of the immigration: the commitment of a self-taught Instagrammer
Sylvie	Creating a utopia of solidarity in the city: the example of the La Poudrière community
Cintia	Sport as an anchor in the storm: some practices to take care of yourself as a resilient woman
Zeynep	Uniting international forces to counter sexist violence: the example of the Istanbul Convention
Aziouz	Testimony of a journalist on the situation of democracy in Algeria in the 1990s
Valéria + invité·e·s	Discover medicinal plants to learn about self-care and how to heal yourself
BOK	Reading of extraordinary tales for young and old
Ruth	Singing together as a source of joy: small choir for every-one
Kaouthar	Telling the History by deconstructing racist prejudices: Tunisia from antiquity to the present day
Nathalie	Writing to exist in the storm: a mother's story by her adopted daughter
Max	Self-management of menstrual flow is possible
Luisa	How to guard one's own limits in the "service" or "care" professions
Agnes	Solidarity as a way to emancipate from dependencies
Ingrid	Psychiatry vs. isolation: some intimate thoughts on the need for alternatives
Le collectif des Madres	How to fight police violence in our neighbourhoods
Amine	Europe as an illusion of a new El Dorado: the immigration of a "lost" generation
Jamil	Coexistence and reconciliation in Jammu and Kashmir: informing yourself and spreading the word
Rim	The occupation of Gécamines: resisting the violence of the colonial system through collective emancipation

Big BOK Multiplication 13.03.2022 (EN + FR)

Céline	"Accessing the inaccessible: the voices of prisoners in closed centres"
Ednan	Is geography destiny? Privileges and injustices we were born with: a story from Kurdistan
Jamil	Coexistence and reconciliation in Jammu and Kashmir: informing yourself and spreading the word
Juliana	Reinforcing our connection to ourselves and to the earth (energetic healing)
Lien	Een ander ritme dan de anderen: leven met chronische vermoeidheid
Yasmine	Hoe uit een toxiche relatie met sociale media geraken?
Gamze & Şeref	Is the rose pink between "Can" and "Jan": Reimagining belonging through multilingual music
Gabriel	Learning from your grandmothers: the oral transmission of memory
Ingrid	Psychiatrie vs. isolement : réflexions intimes sur le besoin d'alternatives
Taslim	Dix ans de combat et d'expériences d'un sans-papiers
Philippe	Apprendre à voir et à entendre les oiseaux des villes
Sanaë	Marolles, moi qui suis née dans ton brol
Nathalie	Ecrire pour exister dans la tempête: récit d'une mère par la fille adoptive
Maria	(Re)connaître son héritage inconscient en tant qu'adopté.e : l'histoire d'une tisseuse et ses origines boliviennes
Marie & Sarah	Puier du courage dans la révolution au Rojava: l'expérience des femmes internationalistes
Collectif Y'EN A MARRE	Comment accompagner une personne sans papiers dans ses démarches administratives
Beyza	Défendre la gratuité des serviettes hygiéniques (une rhétorique féministe)
Fadila	Casser les préjugés pour se rapprocher de ses voisin.e.s (l'expérience de Café Solidaire à la Cité Volta)
Nicolas	Cheminer avec la douleur chronique (l'exemple rare de l'algie vasculaire)
Drissia	Slammer sa voie.x en tant que jeune "incassable"
Akissi	La sagesse comme instrument de Justice dans la tradition Baoulé
Chantal	Comment l'astrologie a décapé ma vie
Sonia	Obtenir la reconnaissance de paternité: une histoire congo-belge
Pia	Un esprit de bienveillance: la récup' à l'Epicerie Libre
Kasia	Comment oser s'exprimer: les explorations d'une jeune sorcière
Ali	L'oasis Heyvaert: comment créer des espaces verts à Cureghem
Rim	L'occupation de Gécamines: sortir de la violence du système capitaliste par l'émancipation collective
Rqia	Pour une gestion plus écologique et économique de l'eau
Isabel	Les huiles essentielles : une façon naturelle de prendre en main votre santé et bien-être
Taoufik	La "Marche verte": le dernier combat décolonial du Maroc au Sahara
Collectif des Madres	Comment lutter contre les violences policières dans nos quartiers
Clara	Transmettre sans parler : les valeurs familiales de père en fille
Aziouz	Témoignage d'un journaliste sur l'impasse démocratique dans l'Algérie des années 90
Sarah	Ouvrir ses oreilles avec "l'écoute anarchique": concert par et pour tous.tes (avec formation éclair)
Amel	Comment repenser le « travail » quand on a pas de sécurité financière

Margarita	“La mort est pour les vivants”: rituels mexicains du réconfort et d’exploration du deuil
Amine	L'Europe comme l'illusion d'un nouvel Eldorado: l'immigration d'une génération "perdue"
Valéria	Découvrir les plantes médicinales pour apprendre à se soigner soi-même
Chérine & Samira	Gentrification dans les quartiers populaires: passer du trauma à la thérapie à l'avenue Stalingrad
Luisa	Comment respecter ses limites dans les métiers du "service" ou du "soin" en tant que femme
Avril	Retrouver ses sensations après des viols
Porn Process	Autogestion et autoformation pour une pornographie qui libère

BOK Tenace 14.09.2022

Hussein & Yassine	How to find the strength to survive as you are looking to obtain your papers
Sarah	Learning from the everyday life at Allée du Kaai as a female person of colour and socio-cultural worker
Céline	Practical information for people in exile and those who want to support them: exchange with an activist from Brussels

BOK Bergen April - June 2021 (EN / NO)

Howaida	Enhancing Identity - in our children and ourselves
Hermon	Judging a book by its cover - lessons from a 5-year long journey
Olav	Accepting Dissonance - on embracing differences and navigating chaos
Marie	About taking chances on passion, and pushing through from early on: the life-learnings of a young graffiti artist
Mona	To belong to several places: my life between Somalia - Ethiopia and Norway
Lamija	About fighting, martial arts and growing strong as a woman "outside the norm"
Merete	About questioning our values and bringing awareness as social worker to the youth
Benedicte	Seed harvesting - what we can do for more independence from industrial agriculture
Ifeaanu	Sickle cell disease - on navigating an invisible medical condition in Nigeria and Norway
Philipp	On discovering my biological heritage as an adoptee from Ethiopia
Carol	"Do we hear the same thing when we say the same word?": what being a foreigner teaches about listening better
Deka & Mohamed	How to support self-organization strategies by people with special needs in Somalia and more broadly on the African continent
Lotte	As a mother, how to support your children with neurodiversity through the school and medical system
Silje	How to navigate shame and body dysmorphia through self-care
Øystein	Strategies from the youth to navigate anger and frustration when failed by social support systems
Will	How to create a life without absolutely! no! legal! papers!
Gio & Sonia	Polyamory: a model of non-normative relationships

Hermon	Strategies to be active in your community as a person with refugee experience and a new local
Marie	Leaving your mark in public space - an introduction to the moral code and practice of graffiti art
Anna	Reclaiming pleasure after abuse - by learning about the nervous system
Djili	How to cross barriers of borders and language with football and music
Bjarte	"From punk to yogi": how to confront addiction through self-care
Michal	How I "came out" of the heteronormative system and post-war Poland and changed my life
Zarak	In pursuit for belonging - relocating across borders as a person from Pakistan
BOK Team - Brussels & Bergen	"bodies of knowledge": a nomadic classroom from Brussels to Bergen and beyond... (closing session)

BOK NT Ghent x Etcetera - 12.06.2022 (NL and FR)

Lien	Een ander ritme dan de anderen: leven met chronische vermoeidheid
Giu	Prendre soin des personnes qui connaissent des troubles dissociatifs

BOK Munich - 09.07.2022

Maron	Invisible racism in Munich and starting to speak out
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BOK Learning Days Ghent - March 2023

Victoria	How to live and survive on your own as a young Venezuelan woman
Marcia	Music as a support to learn and to overcome obstacles in life
Zahra	Patience is a process
Liesel	Feeling the fungi love
Melika	"Amagi": freedom as returning to mother, story of a Belgian Iranian activist
Chiara	Redistributing living spaces so that there is for everyone
Mark	How to approach each other: learning from Surinamese conviviality
Pierre	Make room for humanity in an overcrowded prison
Mohannad	Refu Interim or how local organizations and newcomers can learn from their mutual experience
Mohammed	"Me and him"
Jean Begy	How I reached my goal to become a cook, and my way out of addiction
Priyanka	How to raise your child who laughs a lot but doesn't speak
Jolien	Young and chronically sick, my body my truth
Avin	Being an artist as a Kurdish woman

BOK Learning Days Ixelles September-October 2023

Aminata	When you are a stateless Black woman
Mohammed	Solidarity is in our DNA
Rabah	8 years as a streetworker around the South Station
Edoardo	Working towards balance and harmony: a way out of addiction
Deborah	My experience as a volunteer accompanying people in prostitution
Bruno	My poetic cosmology through colours, crazy is something to dance to
Juhyun	How to be "yellow", an artist and a mother in Brussels?

Alberto	My drive for the struggle of the Sans Papiers comes from camaraderie
Carlos	Listening to the spirits of the mountain to enhance my political engagement
Mounira	I wear a headscarf, so what?
Mouna	"Life design": resources to find out who I am
Lova	How I realised that I am Black
Manon	From victim to survivor, it takes only one step: knowing oneself
Andy	The struggle of Delhaizians: 7 months of strike, and still not tired!
Sultan Ana	Moms of Kurdistan: transforming persecution into revolt
Thomas	How I experience inclusivity, then and now.
Céline	My two early pregnancy losses
Eva	My ripples, your pleasure

BOK Learning Days Kortrijk - May 2024

"Marcel"	Glass in lead
Lidiia	New life for old clothes
Lieven	Marathon as a (life) philosophy
Amirah	Self-love in motion: a dance to inner freedom
Simon	Rewilding our way of moving
Alaa	I am Alaa, I am myself
Jürgen & Martha	Love beyond borders
Sabreen	How to be a dreamer in Gaza (from a woman's perspective)
Phil & Delphine	To live as a society, before we forget
Tom	"Chicken talk" or how to connect with nature
Sam-Luan	Against bullying
Trui & Fleur	"Allez vous faire aimer" (go let yourself be loved)
Stephanie	Life as it is with a congenital heart defect
Halima	How to connect different cultures
Sam-Luan	Poems from the mind of a teenager
Kenzo	Getting out. More difficult than getting used (drugs)