



Džemma Sudraba,
Women Standup



The story DZEMMA told us begins in the 8th of March of 2014, when a Latvian poetess, Inga Gaile, decided to transform her deception for the lack of initiatives on Women's Day into something useful. For her that was an important day, a day to remember the social, economic, and political achievements, the discrimination and the violence of which women have been, and still are subject to in every corner of the world. That was a day when women had to stand up! And so she decided to organize something herself, to make that day even more special and meaningful. She organized an event in which five women had to stand on a stage and simply tell their stories, freely, without any specific reason or aim. The event was attended by a lot of people, and the performance was largely appreciated. Latvia is a small country,

<https://www.facebook.com/SieviesuStendaps>



“It’s great to see that more and more young women start to be part of our public and participants, to see that they don’t take traditional and conservative values for granted, that they don’t take the shit anymore. This is the kind of change I want to see.”

- DZEMMA SUDRABA

and if you are into a topic it is likely that you will know of the people that work on it. This is precisely what happened to Dzemmas; when she heard about this project she was immediately captured by it, and she decided to support the idea and to contribute to its realization and expansion. And so it started - Women Standup! Thanks to this project a larger and larger group of Latvian women started to meet twice a week to learn to tell their

stories. The main activity consists of training acting techniques, with the difference that, for the most part, actresses play fictional roles, while the women of Woman Standup put their personal story on stage. According to Dzemmas, these activities change the perception that women have of themselves, making them more confident and aware of their value. The aim of Women Standup is twofold, on one hand it enhances women’s awareness, on the other it transmits to the public what it means to be a woman, today, in Latvia, with all its difficulties and all its pleasures.

