

**Curriculum Vitae of Sif Holst –  
Nominated to the UN Committee on the  
Rights of Persons with Disabilities by Denmark**

**Nationality:** Danish

**Born:** March 27 1975, Denmark

**Email address:** [sho@handicap.dk](mailto:sho@handicap.dk)

**Website:** [www.sifholst.dk](http://www.sifholst.dk)

**United Nations working languages:** English (fluent),  
French (basic)



**Current position/function:**

- Vice-chair Disabled People's Organisation Denmark (DPOD), since 2015
- Boardmember The Danish Institute for Human Rights, since 2021
- Member Nordic Council Disability Council, since 2013
- Member (previously Alternate) European Economic and Social Committee, since 2013
- Chair at the 'Foreningen God Adgang' (Accessibility Scheme), since 2018
- Vice-chair 'Videnscenter om handicap' (Center of knowledge on disabled people), since 2019
- Chair 'Handicappuljens bevillingsudvalg' (DPOD's grant committee for the programme for development work), since 2014
- Boardmember 'Behandlingsrådet' (The Danish Health Technology Council), since 2021
- Board Member 'Socialt Udviklingscenter' (Social Development Center), since 2021

**Other main activities on the rights of persons with disabilities:**

- Development consultant Danish Association for the Physically Disabled, managed projects in Ghana, 2005-2008;
- Organizational consultant SUMH (Association of Youths With Disabilities), managed projects in Uganda and volunteer work in Denmark, 2008-2012
- Health Political Consultant Danish Fibromyalgia Association, right to health, 2012-2020
- A disability movements activist since 2001. Serving on a large number of volunteer boards, committees and steering committees, for example on universal design, technology leaving no one behind; member of the national aviation disability council, advisor to ministry of labour market on inclusive through movement, advisor to the department of health on Multi Illness, Unequal Health.
- For more information see <https://www.linkedin.com/in/sif-holst-54a7ba5/>

**Educational background, in particular on the rights of persons with disabilities:**

- Exchange student, Indonesia 1992-93;
- International Baccalaureate, 1993-94;
- Basic education on Adult Learning 1996-1997;
- Facilitator (Danish Youth Council), 2004;
- Conflict resolution studies, Danish Centre for Conflict Resolution, 2005

- Extensive experience and training on advocacy and project management concerning persons with disabilities.

**Please indicate whether you identify yourself as a person with disability or elaborate on your lived experience related to persons with disabilities.**

I was born with the connective tissue disorder Ehlers-Danlos Syndrome and I suffer from chronic pain as a result of this. I am also a cancer survivor. I am a (power) wheelchair-user and have a personal assistant to help me achieve independent living.

**Relevant expertise on the rights of persons with disabilities**

My expertise comes from having a disability, having a big national and international network among persons with disability and by working and volunteering with disability organizations for many decades.

I recognize the UN CRPD convention as one of the most significant tools (together with the Sustainable Development Goals) at our disposal.

I have a particular interest in empowering persons with disabilities (especially women) to live active lives, including focus on reproductive rights and health services, rehabilitation, education, access to employment, universal design, personal mobility, living independently, participation in public life, and raising awareness about the fact that persons with disabilities are important contributors to society.

**List of most recent publications in the field of rights of persons with disabilities:**

- Book (translated title: Let us talk about pain), on the need for a public debate and dialogue on chronic pain and the rights of those living with pain (2020)
- Article (translated title: The Blind Spot of the World) (2018)
- Blog: Disability inclusive education (2018)  
<https://www.worldpulse.com/community/users/sif-holst/posts/83996>
- Contribution to Anthology (translated title: Children and youth in development work), on children and youth with disability and CRPD-convention (2006)

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