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Access to Justice and Alternative Dispute Resolution (ADR) movements have influenced both legal thinking of civil procedure and policymaking on the functioning and role of the courts. Both movements have uncovered weaknesses and malfunctions of the traditional court system and civil procedure, and both have offered solutions to improve and develop the systems. The two movements were born in the late 1960s and early 1970s. They both offer a criticism of civil procedure based on practical, ideological and academic knowledge and insights. In this text, the relationship between Access to Justice and ADR will be explored. To start, the two movements will be introduced. Both movements argue that settlements and procedures outside of the courts might be a solution under some circumstances. Then a short presentation of the discussion on the advantages and disadvantages of settlements and different methods of dispute resolution in both movements follows. The ideas of the ADR movement have been partly embraced and implemented by the legislator. The legislators have, however, only taken some limited parts of the ideas of the ADR movement; therefore, the way court-connected ADR is practised is often far from the original ideas and ideals.

After the general discussion on the developments of the two movements, the way ADR can both enhance and hinder access to justice is discussed. Finally, the way ADR can be used to increase access to justice will be analysed.

**ACCESS TO JUSTICE**

The Access to Justice movement is based on the idea that the civil procedure system and legal rules should be equally accessible to every citizen. The movement has provided insights on how legal and societal structures and institutions influence the function of the courts and how the actual access to justice often is weak for many social groups. A criticism of the traditional purely normative approach to civil 2 procedure is one of the cornerstones of the movement. It is both a reform movement for societal change and a theoretical approach, based on interdisciplinary research, for analysing the problems in civil procedure. Three “waves” of the movement have been identified: the first wave focused on the cost of litigation and the need for legal aid, the second wave focused on collective and fragmented claims and making use of class or group actions and the third wave focused on using ADR to provide an alternative way to solve disputes .These waves are based on a broad international analysis and do not necessarily fit the Nordic context.