



# Train-the-Trainer

ONLINE-TRAINING ON FAMILY PLANNING, SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS.



Trainer Catherin Nyongesa, Kenya, prepares trainees for group work.

**AKTION REGEN** hosts a 24-hour online training course with trainers from both the Global South and North, covering theory and practical insights.

- 6 units over two consecutive weeks
- Wednesday to Friday
- 10 am to 2 pm CET
- via Zoom
- conducted in English
- limited to 15 participants
- Next date: 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> and 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> April 2024

## Who we are?

Aktion Regen, an Austrian NGO since 1989, trains organizations and institutions across West, East, and Southern Africa. Our distinctive teaching materials simplify complex topics. Our units are led by experienced trainers from various countries, sharing their expertise in community and school engagement.

## Who do we offer this training for?

For employees, volunteers, and individuals already familiar with family planning, sexual and reproductive health, and interested in becoming Aktion Regen co-trainers.

## WHY this training is useful for your organization?

Understanding family planning and sexual/reproductive health is essential for FeMale empowerment. It strengthens individuals, supports stable families, and boosts society.

## Content of the training

- ✓ The holistic Aktion Regen approach based on Human Rights and Sustainable Development Goals
- ✓ Fertility, population, and poverty
- ✓ Puberty, menstruation, Teenage pregnancy
- ✓ Fertility awareness, reproductive systems
- ✓ Gender-based violence, child and forced marriage
- ✓ Contraception
- ✓ Safe motherhood
- ✓ HIV/STDs
- ✓ Female Genital Mutilation
- ✓ Outreach sessions in schools and communities with persuasive arguments



## What do you receive?

- ✓ "Knowledge as a Chance" workshop manual in English, French, Arabic, or Amharic (72 pages)
- ✓ Big 5 Teaching Tools:
  - CYCLE TOOL „Baby Necklace“
  - WHY FAMILY PLANNING TOOL “Stop Hand”
  - UTERUS TOOL “Little Mom”
  - CLITORIS TOOL
  - BIRTH SPACING TOOL
- ✓ A set of six water- and sun-resistant, A3 posters in English/ French or Swahili covering essential topics
- ✓ A "Let Women Rise" bag
- ✓ Certificate

## Costs

- Aktion Regen members € 280,-
- Private people € 320,-
- Organizations/institutions € 450,-
- Global South NGOs: Three stipends available

**You are interested in a training cycle by Aktion Regen? Please contact Dr. Ines Kohl, Executive Director: [ines.kohl@aktionregen.at](mailto:ines.kohl@aktionregen.at)**

