



THE RAIN WORKERS
Let women rise!

RAIN WORKER TRAINING

TRAINING IN FAMILY PLANNING AND SEXUAL AND REPRODUCTIVE HEALTH RIGHTS (SRHR)



„Knowledge as a Chance“

Knowledge about one's own body and informed decisions about it are the basis for participation in social, political and economic life. We teach this in our training courses, which are aimed at NGO employees, social workers, teachers and people from the health sector.

The RAIN WORKERS we train and certify have been proven to bring about positive changes in attitude and behaviour.

- ✓ People understand the connection between the lack of family planning, limited resources, and poverty.
- ✓ Couples start talking about contraception, endorse and decide together for modern methods.
- ✓ Teenager pregnancies significantly decrease.

More than 900 RAIN WORKERS make knowledge rain and empower WoMen! Together, we let women rise!

Our approach

We adopt a holistic approach encompassing social, medical, and economic aspects, while promoting Human Rights and Sustainable Development Goals.

We address women AND men, discuss WHY before we explain HOW, and initiate an empowerment cycle by strengthening women as they are the basis of the family. If women are empowered, families become more sustainable, and subsequently the whole society profits.

We are unique for our materials and BIG 5 TEACHING TOOLS, which are straightforward, taboo-breaking aids.

The training cycle we offer

We offer customized training by local trainers with deep socio-cultural knowledge, held at partner facilities.

The program includes two five-days trainings, a probation period for in-depth learning, close mentorship in specialized areas during an advanced training, and a certification exam. Successful completion results in the prestigious title RAIN WORKER.



Every certified RAIN WORKER receives:

- ✓ Knowledge as a Chance" Trainings Manual (74 pages)
- ✓ BIG 5 TEACHING TOOLS:
 - CYCLE TOOL "Baby Necklace"
 - FAMILY PLANNING TOOL "Stop hand"
 - UTERUS TOOL "Little Mom"
 - CLITORIS TOOL
 - SAFE MOTHERHOOD TOOL
- ✓ A set of six water- and sun-resistant, A3 posters in English, or Swahili covering essential topics
- ✓ A "Let women rise" bag
- ✓ RAIN WORKER T-Shirt
- ✓ RAIN WORKER certificate after passing the exam



[therainworkers](https://www.therainworkers.org)

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Since 1989 we were known as Aktion Regen. In 2024 we have changed our name!

What is our training all about:

- ✓ Fundamentals (Sustainable Development Goals, Gender Equality, Population Development and Fertility)
- ✓ Family Planning
- ✓ Human Rights (Needs of a Child, Gender Based Violence, Child Marriage, Teenage Pregnancy)
- ✓ Reproductive System and Fertility (Male and Female Reproductive Organs, Puberty, Female Cycle, Fertilization and Ovulation, Menopause)
- ✓ Contraception
- ✓ Safe Motherhood
- ✓ Sexually Transmitted Diseases (HIV/AIDS)
- ✓ Harmful Practices (FGM)
- ✓ Practical implementation (Guidelines for Field Outreach, Practical Examples)

What can you achieve from the training?

By integrating the RAIN WORKERS training into your work, you can foster enhanced knowledge, shift attitudes, and ultimately drive behavior change in FeMale empowerment, including:

- ✓ Informed decision-making
- ✓ Reducing teenage pregnancies
- ✓ Reducing harmful practices: Female Genital Mutilation, forced/child marriage
- ✓ Increasing use of modern contraceptives
- ✓ Enhanced perception of women's and children's rights
- ✓ Empowerment through the involvement of all genders

COOPERATION OFFERS & COSTS

Training cycle "Knowledge as a chance"

We offer an individual RAIN WORKER training and train your staff and volunteers with two qualified local trainers in several African countries (Kenya, Tanzania, Uganda, Ethiopia, South-Sudan, Zambia, Niger). Other countries we can offer according to demand. All trainers have been working as RAIN WORKERS before and therefore know the specific needs.

- ✓ Minimum number of participants: 10
- ✓ Requirement: both women and men take part
- ✓ Training fee including training materials: € 370,- per person
- ✓ Every additional person: € 200,-
- ✓ Transport, accommodation and catering for the trainers, workshop venue, lunch for participants: to be covered by the partner



THE RAIN WORKERS

Let women rise!



View our 20-minute mini-documentary on our YouTube Channel showcasing THE RAIN WORKERS transformative trainings and their impact in Kenya: <https://www.youtube.com/watch?v=Ve1pjqrki3w>

You are interested in a training cycle by THE RAIN WORKERS?

We will be happy to design the training according to your needs!

Please contact Dr. Ines Kohl, Executive Director: ines@therainworkers.org



Certified RAIN WORKERS of WAJAMAMA, the First Holistic Health-Care-Center of Zanzibar.



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