



THE RAIN WORKERS
Let women rise!

TRAIN THE TRAINER ONLINE COURSE

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



THE RAIN WORKERS hosts a 24-hour online training course with trainers from both the Global South and North, covering theory and practical insights.

- 6 units over 2 consecutive weeks
- Wednesday to Friday
- 10 am to 3 pm CET
- via Zoom
- conducted in English
- limited to 15 participants
- next date: autumn 2025

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.

Who we are?

THE RAIN WORKERS, 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.

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.

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 do you receive?

- ✓ "Knowledge as a Chance" training manual in English (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, French or Swahili covering essential topics
- ✓ A "Let Women Rise" bag
- ✓ Certificate

Costs

- THE RAIN WORKERS members € 280,-
- Private people € 320,-
- Organizations/institutions € 450,-
- Global South NGOs: Three stipends available

You are interested in a online course by THE RAIN WORKERS ?Please contact Dr. Ines Kohl, Executive Director: ines@therainworkers.org



www.therainworkers.org

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