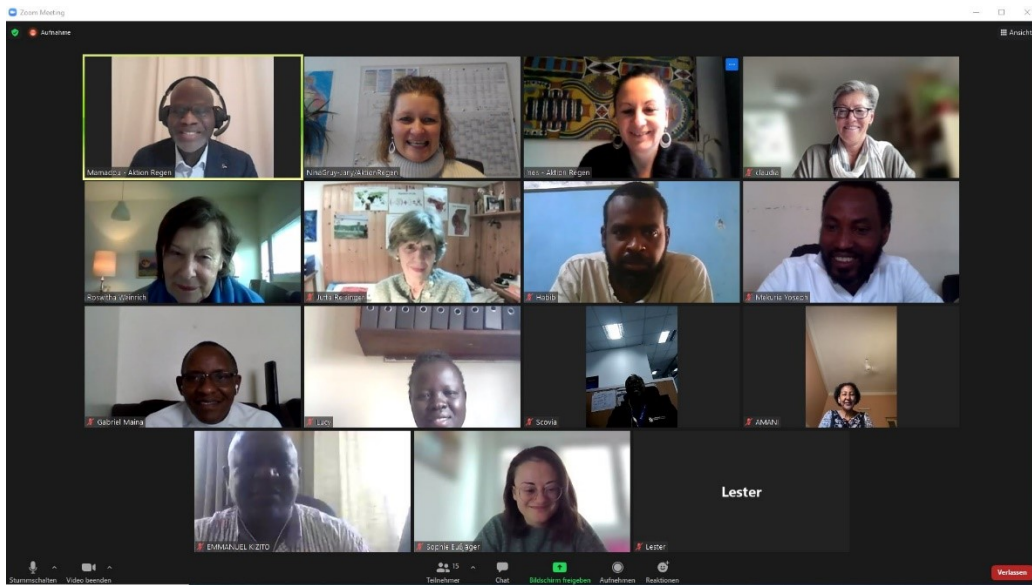


Train-the-Trainer Program for Family Planning and Sexual and Reproductive Health and Rights



AKTION REGEN offers an online training-course, where theoretical knowledge and practical relevance are conveyed, and trainers from the Global South and the Global North share their experience with us!

6 Units à 4 hours (24 hours)

Wed, Thu, Fr 14th, 15th, 16th, and

Wed, Thu, Fr 21st, 22nd, 23rd of June 2023

10 am – 2 pm CET (Central European time)

per Zoom

Language: English



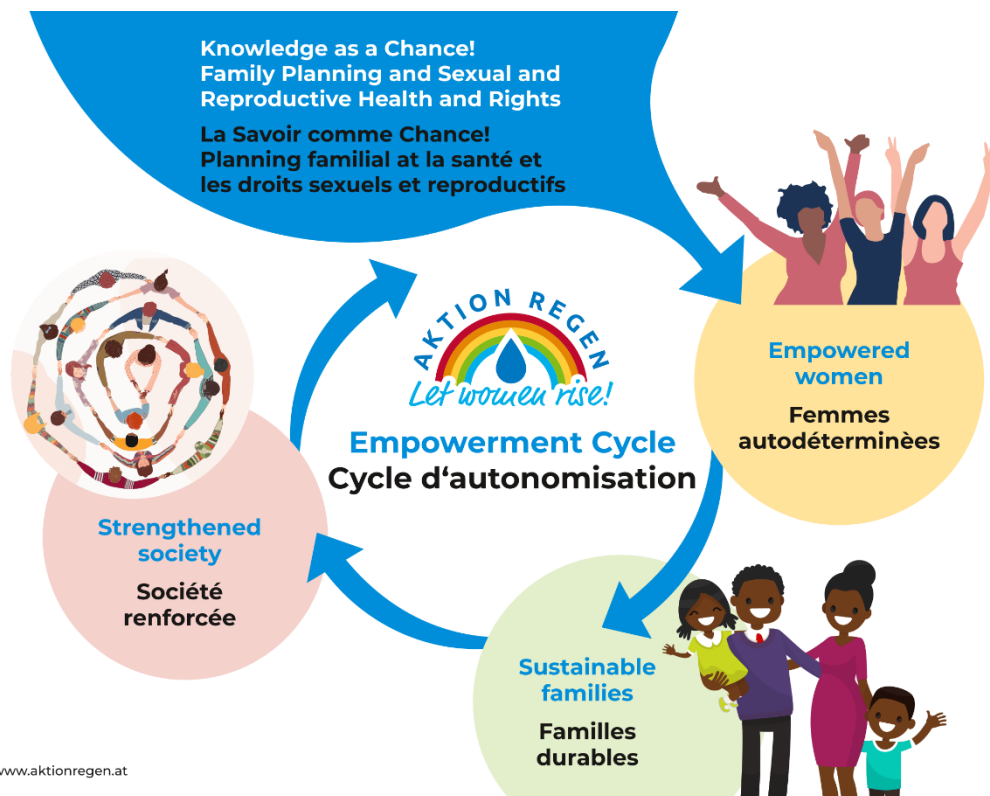
WHO WE ARE?

AKTION REGEN is an Austrian trainings-NGO for women empowerment and has been active in the field of family planning and the sexual/reproductive health and rights for 33 years. Our aim is empowering women and reducing poverty. Our unique teaching materials support the training and make the complex topics easy to explain and understand.

WHO DO WE OFFER THIS TRAINING FOR?

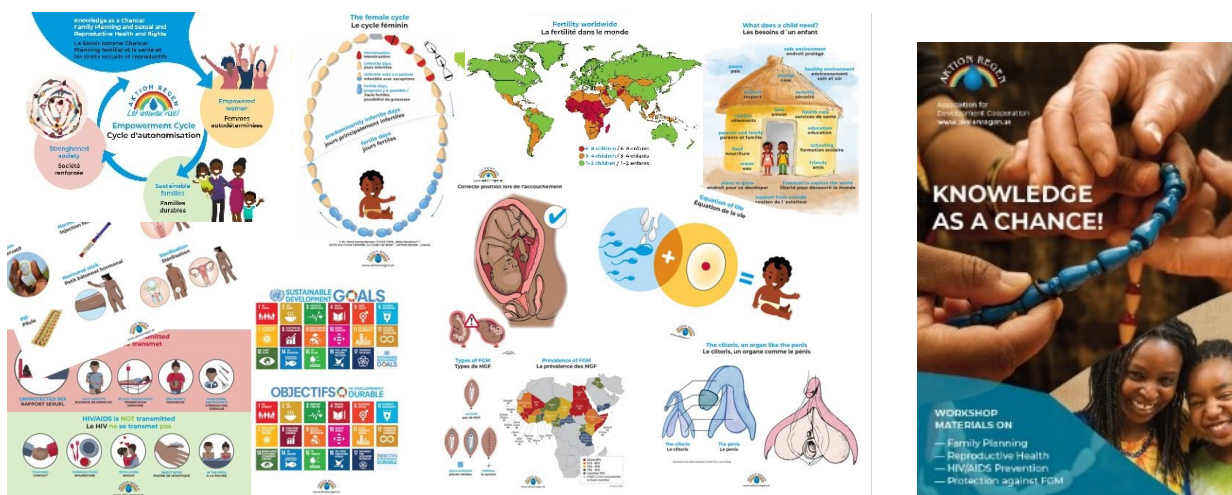
- For employees and volunteers of organizations and institutions, who want to use, implement, and spread knowledge about family planning and sexual and reproductive health and rights in their projects.
- For private people who are interested in these topics and want to become Aktion Regen co-trainers.

Knowledge of family planning, sexual/reproductive health and rights empowers women, creates sustainable families, and thus strengthens the whole society!



COSTS INCLUDING ALL TEACHING MATERIALS

- Workshop manual „Knowledge as a Chance“ 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 “Mother´s Health Clock”
- Weather-resistant **poster set** in A3 displaying the most important topics (6 pieces) in English/French or in Swahili
- Let women rise-**bag**



€ 280,- for Aktion Regen members*

€ 320,- for private people

€ 450,- for organizations

* apply for membership via office@aktionregen.at



CONTENT OF THE TRAINING

- + The Aktion Regen approach
- + The nexus of fertility, population growth and poverty
- + Puberty in girls and boys, menstruation
- + Fertility awareness, male and female reproductive system, female cycle
- + Gender Based Violence (including child marriage, forced marriage)
- + Human rights in the context of sexual and reproductive health
- + Contraception methods
- + Safe motherhood
- + HIV/AIDS and sexually transmitted diseases
- + Female Genital Mutilation (FGM)
- + Planning outreach sessions and generating convincing arguments

THE TRAINERS

The units are held by AKTION REGEN trainers from different countries referring to their specific experience and expertise:

- Mamadou Koné, instructor and moderator, Mali/Austria
- Ines Kohl, executive director, moderator, Austria
- Margaret Bachlechner, social worker and FGM activist, Kenya/Austria
- Eduardo Kapapelo, human rights expert, Angola/South Africa
- Emmanuel Kizito, human rights officer, Kenya
- Amani Aziz, executive director of BIDAR, Sudan
- Doris Kreimel, medical doctor, Austria
- Habib Attifa, program manager of AMTO, Niger
- Doris Pieber, gynecologist, Austria
- Sita Weinrich, HIV/AIDS counselor, Austria

REGISTRATION DETAILS

- Number of participants: minimum 10, maximum 15
- [For Global South NGOs who are not able to pay the fees we offer stipends – please contact us! We will find a suitable solution! 😊](#)
- Please register until May 15, 2023 per email to office@aktionregen.at
- Kindly pay the training fees immediately after receiving the receipt
- We kindly ask you to collect the teaching materials at the AKTION REGEN head office in Vienna. When shipping, the amount is increased by the postage. We will find a suitable solution 😊
- Timely before the training you will receive the detailed program.

We are looking forward to your registration!
office@aktionregen.at