

# RAIN WORKER TRAINING

Training in Family Planning and Sexual and Reproductive Health Rights (SRHR)



**THE RAIN WORKERS**  
Network for sexual and reproductive health

## “Knowledge as a Chance”

THE RAIN WORKERS Training equips NGO employees, social workers, teachers and health professionals with comprehensive knowledge and practical tools in SRHR and Family Planning. Certified RAIN WORKERS act as community-based multipliers, transferring this knowledge in a culturally sensitive way, adapted to the realities of their communities.



## Why train your staff to become RAIN WORKERS?

By integrating the RAIN WORKERS training into your work, you can

- build increased confidence and SRHR knowledge among your staff
- shift attitudes and change behaviours towards increased Gender Equality
- reduce teenage pregnancies, harmful practices, Female Genital Mutilation, and child marriage

## Our Approach

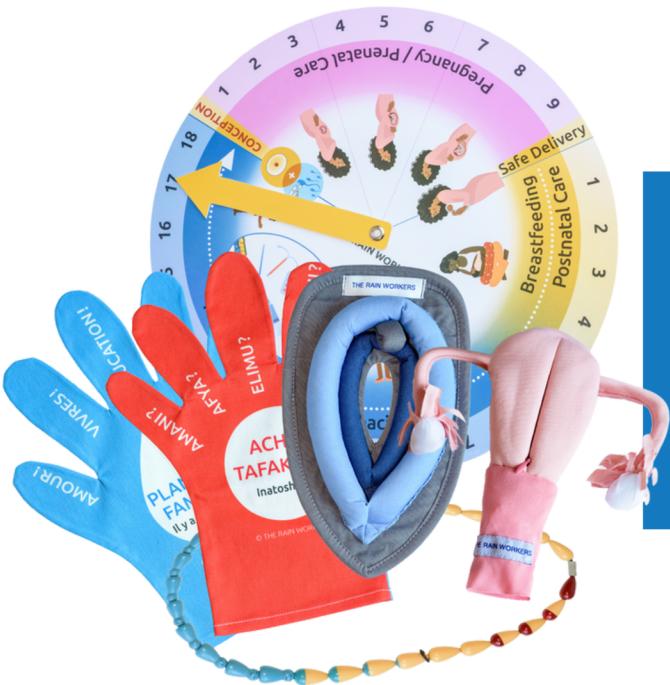
We adopt a holistic approach, integrating social, medical, and economic aspects. The comprehensive SRHR Training content includes:

- Fundamentals: SDGs, Human Rights, Gender Equality, Population Development and Fertility, Family Planning as Life Planning
- Reproductive Health: Reproductive Health and Fertility, Modern Contraceptive Methods, Safe Motherhood, Sexually Transmitted Diseases
- Protection and Prevention: Gender Based Violence, Child Marriage, Teenage Pregnancy, Harmful Practices, FGM/C

## Our Training

The program consists of two five-days trainings and a probation period for in-depth learning. Each certified RAIN WORKER receives a comprehensive Trainings Manual, teaching posters and our BIG 5 TEACHING TOOLS.





## Our BIG 5 TEACHING TOOLS

We are unique for our BIG 5 TEACHING TOOLS: simple, visual and participatory tools designed to enable open, taboo-breaking discussions, even in low-literacy or sensitive settings. They support effective learning and facilitate dialogue at community level.

## Requirements

- Minimum number of participants: 10
- Maximum number of participants: 25
- Participation of both women and men

## Costs

- Training fee (including teaching materials): **€ 410,- per person (up to 10 participants)**
- Every additional participant: **€ 200,-**
- Be aware: transport, accommodation and catering for the trainers, venue costs, and lunch for the participants need to be covered by the partner organization!

## Why THE RAIN WORKERS?

- Over 35 years of expertise in SRHR education
- Multi-professional trainer teams with experience in diverse African contexts
- Participatory, field-tested teaching methodology
- Strong grassroots focus and practical, down-to-earth approach
- Continuous review and updating of training content to ensure highest quality

## Interested in a RAIN WORKER Training for your Organization?

We are happy to tailor the training to your needs!



## Contact

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