



THE RAIN WORKERS

Let women rise!

Train-the-Trainer

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



Trainer Margaret, Kenya, prepares trainees for group work.

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 two consecutive weeks
- Wednesday to Friday
- 10 am to 2 pm CET
- via Zoom
- conducted in English
- limited to 15 participants
- Next date: 2024

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.

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" training 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

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

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

www.therainworkers.org

[therainworkers](https://www.youtube.com/therainworkers)

[@therainworkers](https://www.facebook.com/therainworkers)