



HUMAN IN YOU-NITY
National Training Course in Human Rights Education
Łódź, Poland 22 – 26 May 2023

Agenda

Monday, 22 May

- 9:00 Introduction to the training course and round of participants / trainers
- 9:40 Introduction to the programme and methodology
- 10:00 Participants' expectations
- 10:30 Break
- 11:00 Getting to know each other (Flower Power activity from Compass)
- 13:00 Lunch
- 14:00 What are human rights for me? – Opening Council
- 15:30 Daily evaluation / reflection
- 16:00 End

Tuesday, 23 May

- 9:00 Intro to the day
- 9:10 Introduction to human rights (including an activity from Compass)
- 10:30 Break
- 11:00 Map of dreams – exploring own values and connecting them to human rights
- 13:00 Lunch
- 14:00 Human rights issues and values: Take a step forward
- 15:30 Daily evaluation / reflection
- 16:00 End

Wednesday, 24 May

- 9:00 Intro to the day
- 9:15 Introduction to Joanna Macy's method "The work that Reconnects"
- 9:40 From recognition to action – Macy's method in practice (identifying human rights violations with focus on environmental rights)
- 10:30 Break



11:00 From recognition to action – cont.

13:00 Lunch

14:00 From recognition to action – exploring own potential to act for human rights

15:30 Daily evaluation / reflection

16:00 End

Thursday, 25 May

9:00 Intro to the day

9:10 Tools for action: connections and networking (Making links)

10:30 Break

11:00 Non-violent communication as a tool in HRE

13:00 Lunch

14:00 Summary: Approaches in human rights education – presentation and activity from Compass

15:30 Daily evaluation / reflection

Friday, 26 May

9:00 Intro to the day

9:10 The Council of Europe and its work in HR / HRE (incl. educational resources and the European youth Foundation)

10:00 Planning mini projects in HRE

10:30 Break

11:00 Planning mini projects in HRE and the presentation of the projects

13:00 Lunch

14:00 Evaluation and Closing Council

16:00 End