



## TRAINING COURSE

### “Human rights – Our rights”

Training course organised by **Association of citizens “Oštra Nula” Banja Luka**  
in cooperation with the Youth Department of the Council of Europe  
within the [Youth for Democracy programme](#)

Banja Luka  
14 -17 September 2023

## Programme

### Thursday, 14 September 2023

Arrival of participants

11:30 Registration and welcome

12:30 Opening with introduction,  
Intro of aims & objectives of the training course / Expectations & programme

14:00 Lunch break

15:00 Introduction to human rights

16:30 Break

17:00 Council of Europe introduction  
Human rights in Bosnia and Herzegovina short overview

18:00 Reflection time

18:30 Dinner

## **Friday, 15 September 2023**

10:00 Human rights in Bosnia and Herzegovina, context, need for action  
*Milica Pralica, President of Association "Ostra Nula"*

11:30 Break

12:00 Sharing local realities and mapping the needs

13:30 Lunch break

14:30 Make a step forward – human rights for all

16:00 Break

16:30 Introduction to human rights education and Compass manual

17:30 Reflection time

18:30 Dinner  
Free time

## **Saturday, 16 September 2023**

10:00 Identity and human rights  
Experiences in working with young people on human rights protection,  
personal stories  
*Zoran Catic, media worker and educator*

11:30 Break

12:00 Human rights protection and promotion in media  
*Zoran Catic, media worker and educator*

13:30 Lunch break

14:30 Parallel workshops (media, campaigning, HRE) part I

16:00 Break

16:30 Parallel workshops (media, campaigning, HRE) part II

17:30 Reflection time

18:30 Dinner  
Free time

## **Sunday, 17 September 2023**

09:00 Cooperation with different actors on local level – Making links

10:30 Break

11:00 Promotion of activism for human rights in local communities (video making)

12:30 Lunch

13:30 Follow up activities  
Informal networking

15:00 Break

15:30 Evaluation, certificates

17:00 Departure

### **Aim and objectives of the training course**

Aim: Education of youth activists and potential youth activists (students, young people from local communities motivated and recognized) about human and citizens' rights and obligations in order to empower promotion and protection of human rights in local communities.

#### **Objectives:**

- Knowledge of basics of human rights, terminology, values behind, sensitization of young people, activists, and students towards human rights;
- To get the information and share the experiences about youth activism in Bosnia and Herzegovina at local level;
- Presentation and active use of the platform on the website of the Citizens' Association "Oštra Nula" for writing and creating media content on the topic of human rights.
- Acquaintance with the Human Rights Education approach and Compass manual and tools that the participants will use in further work with young people;
- Support of an informal network of young people who are ready to advocate the results of these training courses, particularly from young people from unrepresented areas
- Implementation of acquired knowledge in local communities and areas where our participants are engaged through planned follow up activities;