

## **Title: Human Rights Training**

**Type of event:** Interactive workshop with pre-preparation and digital follow-up

**Target group:** Educators, Young people, Trainers

### **Short description of the training:**

The workshop introduces participants in an interactive way to key human rights documents and concepts, encourages understanding of different social perspectives, and strengthens awareness of one's own position in society. Through a combination of preparatory digital activities, role-play, group discussion, and digital follow-up, participants develop empathy, critical thinking, and ideas on how to contribute to a more inclusive and respectful world. The programme also includes practical tools for continued learning and networking after the event.

### **Framework (structure)**

#### **Before the training**

- **Interactive pre-survey (Google Forms / Typeform):**  
Gathering participants' initial understanding of human rights, their interests, expectations, and familiarity with digital tools.
- **Digital welcome package (interactive PDF or Padlet):**
  - Short video about facilitators
  - Key human rights documents
  - Short quiz or Kahoot! on global human rights challenges
- **Online icebreaker (Slido or Mentimeter):** Word cloud on the topic "What does human rights mean to me in one word?"

#### **During the training**

1. **Welcome and introduction (5 min)**
2. **Presentation of the organisation and facilitators.**
3. **Human Rights Bingo (20 min)**
4. **Participants search for conversation partners and answer quiz questions, aiming to fill all boxes. The goal is to encourage interaction and introduce the topic.**
5. **Input on human rights (10 min)**
6. **Presentation of key documents:**
  - **Universal Declaration of Human Rights**
  - **European Convention on Human Rights**
  - **Short history and overview of who protects human rights**



- Activity “Take a Step Forward” (25 min)
- Participants take on random social roles, listen to a list of statements, and step forward when a statement applies to them. The activity encourages reflection on inequalities and privileges, followed by a group debrief.
- Group discussion: How to contribute to a more inclusive world? (25 min)
- In small groups, participants discuss:
  - Individual contributions
  - Needed legislative changes
  - How to ensure peace and respect for human rights for all
  - Ideas are collected in Mentimeter.
- Short evaluation (5 min)
- Two quick questions in Mentimeter.

#### After the training:

- Extended reflection and action pledge
  - Additional question: “One thing I will do to support human rights is...”
  - Option for short video reflections (Flipgrid or Loom)
  - Group digital postcard (Canva or Padlet) with key takeaways
- Resource library
  - Summary slides, digital toolkit, links to key documents
  - Invitation to a shared document or forum for continued exchange
- Peer connection
  - WhatsApp/Telegram group or Discord channel for ongoing discussion
  - Optional “digital buddy” pairs for peer support

