



## My Rights My Voice



### Train the Trainer on Rights:

## Summary of the 5 day training course

### The aim of the course is:

- to learn about the rights in the United Nations Convention on the Rights of Persons with Disabilities
- to learn how to become a trainer on the rights in the UNCRPD
- to practice the skills of a trainer using different methods and materials



## Course Content

### You will learn about the UNCRPD including:

- the background of the UNCRPD and its basic ideas
- human rights
- independent living and being included in the community
- respect for home and family
- education and work
- services and support
- involvement in politics and cultural life
- having a voice
- accessible information
- taking part in sport and leisure

### You will learn “how to become a trainer or a co-trainer“:

- the skills and the role of trainer and co-trainer
- the training methods
- use of materials
- the importance of communication in different training situations



## Working methods during the course:

- different presentations
- discussion in small groups and in the whole group
- different methods of group working
- time to be creative
- some role plays and videos

During the course you get a course handbook.

At the end of the course on Friday you will get a Certificate of Achievement.

After the course you will get photo minutes of the whole training week.

## Period of the course:

### Monday to Friday:

- Daily schedule: Bulgaria  
9:00 – 10:30 → course  
10:30 – 10:50 → coffee break  
10:50 – 12:30 → course  
12:30 – 13:30 → lunch  
13:30 – 15:00 → course



- Daily Schedule: Hungary
  - 9:00 – 10:30 → course
  - 10:30 – 10:50 → coffee break
  - 10:50 – 12:30 → course
  - 12:30 – 13:30 → lunch
  - 13:30 – 15:00 → course
- Daily Schedule: Germany
  - 8:00 – 9:30 → course
  - 9:30 – 9:50 → coffee break
  - 9:50 – 12:00 → course
  - 12:00 – 13:00 → lunch
  - 13:00 – 14:00 → course
- Daily Schedule: Wales
  - 9:30 – 11:00 → course
  - 11:00 – 11:20 → coffee break
  - 11:20 – 12:30 → course
  - 12:30 – 13:15 → lunch
  - 13:15 – 14:30 → course
  - 14:30 – 14:45 → tea break
  - 14:45 – 15:30 → course



## The trainers and the co-trainer of the course are:

**Stefan Ager - trainer**



**name:** Stefan Ager

**age:** 27 years

**disability:** physical impairment and learning disability

**profession:** trainer

**hobbies:** hiking, climbing, biking, fitness, playing chess, and other kinds of sports, meeting friends and giving parties. I like outdoor sports in nature, and I like to visit other countries and take my holidays there.



**Julian Kirchner – trainer**



**name:** Julian Kirchner

**age:** 22 years

**disability:** hearing impairment and learning disability

**profession:** trainer

**hobbies:** art-photography, going out, giving home parties, swimming, hiking, playing computer, play music and singing, taking siesta at midday and having a long sleep ☺

**Christiane Zimmer – co-trainer**



**name:** Christiane Zimmer

**age:** 30 years

**profession:** trainer and teacher

**hobbies:** painting watercolors and with ash and gold, making sculptures with alabaster, I love to be in the nature, meeting with friends and reading a good book