

Promoting Community Wellbeing: A Hands-On Training Course



Impact of Tostan's Community Empowerment Program (CEP)

- **8,400+** communities in eight countries have participated in public declarations expressing their intention to abandon FGC and child/forced marriage.
- **2,400+** democratically functioning Community Management Committees have been created through Tostan's Community Empowerment Program (CEP) and many have become officially registered Community Based Organizations (CBO). Women form a majority leadership in these CBOs.

Tostan is a US 501 (c) (3) registered non-profit organization based in Dakar, Senegal. Founded in 1991, our mission is to empower African communities to bring about sustainable development and positive social transformation based on respect for human rights. Our vision is a world where everyone is treated equally and respectfully; where they are able to live a life free from harm; where they are empowered to make choices and take actions to bring about community and individual wellbeing.



Building a Global Movement for Community-Led Development

Over the past 25 years, Tostan has witnessed positive social transformation in thousands of communities in eight African countries. We are now offering individuals and organizations the opportunity to learn from our decades of experience. This course is designed to provide the theoretical and practical backing that people working in community development can use to reflect upon their own practices and better realize their communities' aspirations.



Tostan Training Center (TTC) in Thiès, Senegal

Over the years, Tostan has received numerous requests from individuals, organizations, philanthropists and universities to share its model for community-led development.

As a result, in 2015, Tostan started offering 10-day training courses at its Tostan Training Center (TTC) in Thiès, Senegal. The TTC offers meeting rooms, accommodation, and a restaurant in a spacious environment particularly suited for interaction and knowledge sharing in a participatory manner. Each training cohort includes 22 participants coming from different countries around the world. More than 300 NGO leaders, students, teachers, journalists, philanthropists and UN staff from 45 different countries have attended courses at the TTC since 2015.

What to Expect:

The Tostan ten-day course, “Promoting Community Wellbeing”, provides a comprehensive overview of Tostan’s non-formal, human rights-based education program which has been implemented in thousands of rural communities in West and East Africa over the past 28 years.

As a Participant in the Course You Will:

- **Be introduced** to an overview of Tostan’s unique model
- **Connect** Tostan practices to relevant development theories, including social norm theory
- **Experience key** Tostan classes and visit at least two villages that have participated in the Tostan Community Empowerment Program (CEP)
- **Explore** monitoring & evaluation practices for a holistic, integrated program
- **Interact and learn** from other development activists

Essential Information:

Course Title	Time	Cost
“Promoting Community Wellbeing”	10 full days (arrive the day before, depart the day after)	US \$3500 (including course materials, room + board, two field visits, day-off excursion to Gorée Island, transfer to/ from Dakar airport)*

*Scholarships are available for representatives of small to medium-sized organizations with limited resources, generally from a developing country.

Course Content:

The Tostan course runs for 10 full days and includes participatory activities, group work, presentations/ discussions on theoretical and practical content, village visits for exchanges with community leaders.

Tostan Program Content	<ul style="list-style-type: none"> • Introduction to the Tostan Community Empowerment Program (CEP) • Individual sessions from the CEP curriculum
Theories	<ul style="list-style-type: none"> • Tostan's Theory of Change • The Theory of Wellbeing • Understanding Social Norms • The Capacity to Aspire
Methodology	<ul style="list-style-type: none"> • Participatory activities • African cultural methods of learning: song, dance, theater, poetry
Organizational Practices	<ul style="list-style-type: none"> • Monitoring & evaluation • Communication strategies that take into account an understanding of social norms
Interaction with Community Participants	<ul style="list-style-type: none"> • Two field visits to Tostan partner communities • Roundtable with representatives of Community Management Committees (CMC) • Q&A with Social Mobilization Agents

Profile of Course Participants:

- Individuals working in programming and implementation or in a leadership position at a NGO (non-governmental organizations)
- Trainers/teachers/influential leaders who are engaged in social and international development projects
- Officials from government agencies in charge of local development programs
- Representatives from foundations or multilateral organizations that invest in community development



Course participants during a human rights activity

What the Participants Said about the Course:

“The things I have learnt in 10 days I couldn’t have learned them in 10 years.”

“[My expectations] were beyond met! This training changed my life, my perception on development (community-led transformation) and my approach to problem solving. This is what should be taught at school and at home. The Tostan world is a better world.”

94.7% of survey respondents said that the training course will definitely or mostly be useful to their work.

“I gained confidence and knowledge [in the training] to take back to my community to end harmful cultural practices and teach young girls to realize their dreams.”

“The training was great experience, a rare and critical opportunity to reflect and focus on doing community led empowerment programming authentically.”

100% of survey respondents would recommend the training course to others.

“I gained new knowledge and skills on how to build or bring about social change to supporting communities holistically through capacity building.”

“Potential young leaders, advocates, policy and law makers, including community and religious leaders — the Tostan program will help you widen your capacity and understanding in development-led programs, learn how to make positive changes in societies and communities and also realize human right approaches and dignity for all.”



Course participants dancing during a field visit to Keur Simbara, Senegal.

To register please visit www.tostan.org



Quartier Silmang, Route de Tassette, BP 326 Thies, Senegal
+221 33 952 04 36