

## Training Session Plan

### **Puzzling with Human Rights** **Introducing participants and the subject**



## **The International Federation of Health and Human Rights Organisations (IFHHRO)**

*IFHHRO forms a unique network of active organisations committed to the protection and promotion of health related human rights. Members and observers are human rights groups which address health-related rights violations, medical associations involved in human rights work, and organisations that have been created specifically to mobilize health workers for human rights protection.*

*For more information visit our website: [www.ifhhro.org](http://www.ifhhro.org)*

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Cover: pictures related to health and human rights issues cut into half



## Learning Objectives

- To introduce participants and facilitators to one another
- To gain insight in how participants view the relationship between health and human rights



## Target Group

Participants and facilitators of the training or workshop



## Duration

Depending on the number of participants, up to 60 minutes for a group of 30 participants



## Materials

- Pictures from internet or glossy magazines showing health related human rights issues. This can be very broad and general or more focused on the theme of the training. For examples see training Aid 1.  
Calculate the number of definitions needed with the following formula:  
number of participants + facilitators + others who need an introduction divided by 2



## Training Aids

1. Examples of definitions



## Session Plan

*This exercise provides a quick scan of the level of human rights awareness and expertise among participant and might already raise issues for discussion during later sessions. More sessions can be found online in the IFHHRO Training Manual 'Human Rights for Health Workers' at [www.ifhhro-training-manual.org](http://www.ifhhro-training-manual.org)*

### Preparation

Print enough pictures, cut each picture into two, shuffle them and put them in a bag.

### Step 1 Introduction and explanation (5 minutes)

Welcome all participants to the training and invite all persons, including facilitators, technician and/or translator, to participate in an activity to get to know each other. Walk around the room and ask everyone to take one item out of the bag.

Explain that everyone has to look for the matching part. When a match is found participants should introduce themselves to each other and together answer the following question: what do you think of when looking at the picture and how does this relate to health and human rights?

### Step 2 Puzzling (5 minutes)

Ask everyone to stand up and walk around to look for the other half of their picture, introduce themselves to the other person by mentioning their name, organisation and position and discuss their picture.

### Step 3 Introduction in pairs (time depends on number of pairs)

After about 5 minutes each member of a pair introduces the other to the rest of the group, followed by showing the picture and sharing their interpretation of the picture with the others. When all persons are introduced thank everyone for their contributions.

**Training Aid 1 – Examples for pictures**

The examples below are an indication for suitable pictures to be used during an introduction of a general training on health and human rights. The pictures vary from underlying determinants to a UN building to a specific situation related to health.

Select the set carefully to ensure that a diverse range of aspects are covered, including gender issues, health status, underlying determinant and ethnicity.

