

# ADVANCED INTERNATIONAL TRAINING PROGRAMME (ITP)



## ITP300

### **Sexual and Reproductive Health and Rights 22,5 credit course at Lund University**

March 2019 – May 2020

Phase II in Malmö, Sweden, April 29 – May 24, 2019

Phase IV in a participating country, November 25 – 30, 2019



## Dear reader

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The International Training Programme in Sexual and Reproductive Health and Rights (SRHR) is designed for individuals holding positions in organizations in the area of SRHR and who are qualified to participate in reform processes at various levels. The programme offers participants the training necessary to help their organizations define and achieve both short- and long-term goals. Participants will discuss the latest developments in their field with colleagues and experts, develop a network of colleagues from other countries and acquire enhanced knowledge and practical skills in working methods in the SRHR area. Participation in the programme assumes your organization wishes to carry out changes and invest its resources in the process.

Sexual and Reproductive Health and Rights has long been on the Swedish development agenda because it concerns the fundamental ability of human beings to exercise control over their sexuality, reproduction, and personal development. SRHR covers a wide range of issues critical to personal health and survival, including youth sexual health, maternal and neonatal health, family planning, sexually transmitted infections (STIs) and HIV/AIDS, gender equality, sexual education, and sexual rights. SRHR plays an important role in social and economic advancement, both of which depend on an individual's health and safety. The importance of adequate SRHR for milestones like the Millennium Development Goals is well established.

Sexual and Reproductive Health and Rights is in many contexts a sensitive and controversial issue. Information and services may be limited or withheld, particularly from vulnerable groups including young people, women, and sexual minorities. As a result, unsafe abortions and sexually transmitted infections including HIV/AIDS constitute major causes of disease and death among women and men of reproductive age around the world. Every day 500,000 young people, most of them women, are infected with an STI (not counting HIV). Most have a very limited knowledge of these infections and are reluctant to seek health services. At least 200 million women worldwide do not have access to safe and effective family planning because they lack information, services, or support from their husbands, partners, and communities.

The Swedish International Development Cooperation Agency (Sida) has commissioned Lund University (LU) to carry out an advanced training programme in SRHR between 2014 and 2018. We are seeking participants who are able to promote sustainable and equitable development in their countries through their positions in governmental organizations, teaching hospitals, medical facilities, civil society organizations, and the private sector. Sida and LU invite you to nominate such candidates.



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## Programme objectives

The long-term objective of the programme is to contribute to the improvement of the living conditions of poor women, children, youth and men by:

- Increasing their access to adequate sexual and reproductive health care
- Promoting sexual education
- Increasing the awareness and demand for SRHR services

The programme aims to initiate an organizational change where the participants will become “agents of change” by using new knowledge and tools acquired through the programme, thus contributing to the long-term objectives described above.

The immediate goals of participants will be to:

- Develop and implement a change project in the field of SRHR within their organization
- Develop a sustainability plan of the project
- Develop an action plan for continued work on the project within the organization

### BENEFITS

- › **Increased knowledge and understanding of SRHR, its main components and related concepts**
- › **Increased knowledge and understanding of experience, methods and tools for initiating and supporting a process of organizational change**
- › **Expanded international and national networks in the field of SRHR**

## Contents

The guiding principles of the programme are its four pillars: 1) human rights values, 2) a context-based approach, 3) participatory learning, and 4) national and international networking, which form the programme’s educational framework.

Using a rights-based approach to sexual and reproductive health, it will cover:

- Youth sexual health
- Maternal and neonatal health, including fertility and abortion
- STIs, HIV/AIDS and cervical cancer
- Sexual identity
- Sexual coercion and violence

The programme will also focus on leadership, management, and policy change in SRHR. Participants will strengthen these skills through the use of information and communications technologies. Each participant will be provided with tools to facilitate their learning process, such as access to an online learning platform and a tablet computer for the duration of the programme.

### CHANGE PROJECT

The central component of the programme will be the participants’ change projects. These will address problems that are within the scope of the training programme and of particular interest to the participant’s respective organizations. For example, a project might involve testing a new care or treatment procedure, implementing youth-friendly services, task-shifting a procedure from one professional group to another, adding sexual health in school curricula or formulating a new policy, related to any of the areas mentioned above.

A supervisor will provide support to each team including online meetings and a country visit.

# Programme structure

## PHASES

The training programme is divided into five phases:

### *Phase 1 – Preparatory period (2 months)*

The preparatory phase will take place in the participant's home country.

### *Phase 2 – Scheduled programme in Sweden (4 weeks)*

The second phase will take place in Sweden. It will concentrate on the theoretical and practical aspects of SRHR, related international policy instruments, leadership and results-based management, and information and communications technologies. Study visits to Swedish institutions, including youth-friendly and maternal health service providers, will be scheduled. During this phase, participants will plan and design a change project with the assistance of an assigned supervisor.

### *Phase 3 – Interim period (6 months)*

After returning to their home counties, participants will establish and implement their respective change projects. Supervisors will provide regular support, including an on-site visit to each country.

### *Phase 4 – Regional follow-up (1 week)*

The fourth phase will consist of a regional workshop in one of the countries represented. All participants will come together to present their change projects, discuss the progress they have made, and receive feedback from programme leaders and their co-participants. The workshop will include scheduled local study visits.

### *Phase 5 – Continuation of the change projects (6 months)*

During the fifth phase, participants will adjust and finalize their change projects and present their results to Lund University and the respective Ministry of Health, and, where appropriate,

their country's Ministry of Education. Those participants who complete the course with a passing grade will be awarded a certificate of 22,5 university credits from Lund University. All participants who complete the programme will also receive a Sida diploma.

## METHODOLOGY

The programme utilizes various pedagogical methods to stimulate and optimize learning outcomes such as team-based learning, interactive lectures, case study seminars, simulation and value exercises, internet-based group seminars, forum discussions, peer-reviewed assignments and study visits. The participatory design of the programme requires active participation, and everyone is encouraged to share his or her experiences in the field of SRHR. Literature related to the curriculum will be provided.

## MANAGEMENT AND STAFF

The training programme is offered by Lund University in Sweden and managed by the Division of Social Medicine and Global Health (SMGH) at the Department of Clinical Sciences in Malmö, Sweden. The programme facilitators are highly qualified professionals with many years of experience in the field of SRHR, through clinical work, education, research and project management projects.

## ACCOMMODATIONS

In Sweden, all participants will be given hotel accommodations in single rooms equipped with lavatory, shower, and kitchenette, including refrigerator, cooking facilities, and storage space. During Phase 4, accommodations will be provided at a three- or four-star hotel. Due to the nature of the programme, family members are not permitted to accompany participants to Sweden or to the regional workshop.

## TIMETABLE

### WHERE:

Phases 1, 3, and 5 will be carried out in each participant's home countries. Phase 2 will be conducted in Malmö, Sweden. Phase 4, the regional workshop, will be scheduled in one of the participating countries, location to be announced.

### WHEN:

The programme will run for 15 months, beginning in March 2019 and ending in May 2020. The phase in Sweden will take place from April 29–May 24, 2019.

Phase 4 will be held from November 25–30, 2019.

## APPLICATION PROCESS

Applications submitted after **October 1, 2018** deadline will not be considered. The application should be filled out and submitted through the online application system at [www.med.lu.se/itpsrhr](http://www.med.lu.se/itpsrhr), where the following required documents should be uploaded: a letter of motivation, a change project idea, academic degree certification, English language certification when necessary, and a scan of the paper application form containing a recent photograph, and all required signatures.

Applicants experiencing difficulties with the online application should submit the paper application to the nearest Swedish embassy or consulate. If there is no Swedish embassy or consulate in the applicant's country, the application should be submitted by e-mail to the ITP SRHR administration.

## Admission requirements

### INVITED COUNTRIES

The following countries are invited to nominate candidates: *Liberia, South Sudan, Sudan, Uganda and Zimbabwe.*

### TARGET GROUP

The programme encourages applicants to apply as ‘country teams’, that is, they may come together from single organizations, such as those shown below, and join to work on a mutual challenge. Please note that even in the case of team applications each individual must fill out a separate application.

Preference will be given to country teams consisting of 4 to 6 (maximum) participants who represent a range of professions listed below. Individual applications are also welcome. Ideally, participants will be individuals working in the field of SRHR on the following levels:

- **Local** Midwives, nurse/midwives, and obstetricians who are able to influence decision making in their respective clinical settings
- **Intermediate** Professionals responsible for education, training, or other project activities in the field of SRHR at the district or provincial level
- **Central** Policy makers in Ministry of Health or Ministry of Education and SRHR professionals at national teaching institutions

The programme is also open to national NGO staff members and to individuals from the private sector working in the field of SRHR. Applicants from INGOs and UN bodies are not prioritized.

### PREREQUISITES

- At least five years of working experience in a field related to SRHR
- A Bachelor’s degree or equivalent
- Computer literacy, including word processing skills and regular access to e-mail and the Internet. Further knowledge in ICT is preferable.

Teams should preferably be balanced in gender and age composition. Since the training of a future generation of SRHR practitioners is a key aspect of the programme, we encourage teams to include younger professionals at the beginning or in the middle phases of their careers. All applications must be endorsed by the applicant’s organization.

### LANGUAGE REQUIREMENTS

The training programme, including all lectures, will be conducted in English. Candidates from countries where English is not an official language *must present a language test from an official body* in their home country, unless other documentation to support her/his ability can be provided.

### HEALTH REQUIREMENTS

As the programme entails international travel and work away from home in a new environment, good health and full working capacity are required of each participant. It is, therefore, recommended that candidates undergo a medical examination before completing the medical statement in the application.

### OTHER REQUIREMENTS

If selected, a participant will be required to attend all phases of the programme. The nominating organization must sign a letter of commitment before the start of the programme.

### COSTS

Sida will cover the costs related to:

- Participation in the programme, literature, study tours, and scheduled activities
  - Hotel accommodations
  - A meal allowance to cover self-sustained cooked meals
  - International travel to and from Sweden
  - International travel to and from the regional seminar
- Each participant is responsible for travel costs to (and from) the international airport nearest their home, visa costs, and all personal expenses other than those indicated above.

### SELECTION PROCESS

Candidates will be notified of their acceptance by e-mail by December 15, 2018. Once selected, candidates and their supervisor/head must confirm their participation in the programme. An invitation letter for visa purposes will be sent after the confirmation letter and a copy of the passport has been received.

### VISA

Participants are responsible for obtaining all visas and paying visa fees for their visit to Sweden and to the country selected for the Phase IV seminar. The visa should be valid for the entire period of the programme in Sweden, and the passport should be valid for at least three months after the date of entry.

Closing date for applications:

› **October 1, 2018**

### INSURANCE

All participants will be covered by a group insurance policy while in Sweden and on organised tours during the programme, including the regional seminar. This insurance includes medical care in the event of an accident or acute illness. Medical and dental check-ups are not included.

As part of Sida's work with capacity and institutional development Sida offers international training programmes (ITP) for participants from low- and middle-income countries in priority areas. The programmes cover areas of strategic importance to the social, environmental and economic development of co-operating countries and are based on identified priorities and needs. In the long-term perspective, the programmes shall contribute to institutional strengthening and capacity development in the co-operating countries.

### ORGANISER AND PARTNERS



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**Lund University** was founded in 1666 and is situated in southern Sweden in the province of Scania. Lund University's eight faculties has 47 000 students at three campuses, of which one is in the city of Malmö. It is ranked as a top 100 university in the world and is Sweden's strongest comprehensive research university.

**Social Medicine and Global Health (SMGH)** is a division at the Faculty of Medicine. The Division of Social Medicine and Global Health is engaged in research and education in the areas of sexual and reproductive health and rights; maternal, child, youth, and mental health; social capital; health policy; marginalized populations; violence and substance abuse; non-communicable diseases; and environmental stress. The primary goal is to provide expertise for interventions that improve health systems and public health outcomes. SMGH collaborates with research teams and organizations in low- and middle-income countries in Africa and Southeast Asia, and we maintain large data bases that are a unique resource in the field of social epidemiology.

Cover photo: A girl at Kalinga Linga Health Unit in Lusaka, Zambia, attends an HIV/AIDS counseling session with her mother who is receiving postnatal care (PNC).  
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