

equitas

IH RTP

2026

INTERNATIONAL HUMAN RIGHTS
TRAINING PROGRAM

43rd Edition



Information document



Location

Chiang Mai, Thailand



Online activities

October 1- 30, 2026
(self-paced, 12-15 hours)



In-person training session

October 9-21, 2026



After the in-person training session

Implementation of *Pathways to Action* strategy, follow-up assessment and access to self-paced online courses for continuous learning and networking.



About Equitas

Since 1967, Equitas has been an influential Canadian human rights organization working with individuals, communities, institutions, and organizations in Canada and around the world to address growing threats to democratic rights and values. Through education, Equitas empowers people to understand, claim, and exercise their rights.

Equitas' international programming has been built upon the experience of its annual International Human Rights Training Program (IH RTP) in Montreal. Since its inception in 1980, over 4,000 human rights defenders from more than 140 countries have attended the program.

For the first time in its history, Equitas marks a major milestone by organizing the IH RTP outside of Canada.

Program Goal

The goal of the International Human Rights Training Program (IH RTP) is to contribute to universal respect of human rights through strengthening the capacity of a global pool of human rights educators and defenders.

Program Objectives

By the end of the IH RTP, participants should be able to:

- Use internationally recognized human rights standards, principles and values;
- Integrate human rights, participatory and gender-transformative approaches into their work;
- Identify human rights educational and advocacy tools and techniques that can increase the impact of their work;
- Develop critical thinking and analysis of the local and global context of human rights;
- Evaluate the results of their human rights education and advocacy work;
- Integrate Global South, local and non-dominant perspectives in human rights education and advocacy work;
- Create opportunities for networking to advance human rights and gender equality;
- Put into practice their learnings for a better impact in their community;

Our Educational Approach

Innovative elements of Equitas' approach to human rights education include:

- Promotion of a Human Rights-Based Approach to address challenges related to human rights violations, sustainable development, democratic governance and conflict situations;
- Human Rights Education focused on building knowledge, developing skills and positive values;
- Participatory learning approach and methodologies;
- Follow-up and support for practical implementation of learning
- Continuous program and impact evaluation
- Committed partnerships and networking that include systematic sharing of experience and methodologies.

Program Content

The IH RTP is an intermediate-level program focusing on international and regional human rights standards, emerging issues and tailored human rights education strategies. By combining the exploration of human rights principles and mechanisms with critical reflection and the sharing of experiences, the program strengthens the empowerment of human rights defenders. It equips them to lead effective advocacy and educational actions, promote equality and human dignity, and thus become true catalysts for social change within their communities.

The International Human Rights Training Program (IH RTP) is comprised of three components:



An online introductory component with a limited number of activities



September 1st to 30, 2026

In the weeks preceding the in-person training, selected participants will engage in a preparatory learning path designed to optimize the program's impact. These online activities serve to harmonize foundational knowledge in human rights education (HRE) and to anchor the program in the participants' specific field realities. They are self-paced and represent **an involvement by the participant of 12 to 15 hours over a five-week period.**

Introductory activities involve:



Completing and submitting a pre-training assignment



Completing of the 10-hour online course *Put The World to Rights* to learn more about human rights



Participating in online discussion groups with other selected participants.





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An 11-day in-person training in Chiang Mai, Thailand from October 9 - 21, 2026



October 9 to 21, 2026

Week 1



Week 1 lays the groundwork for the program by encouraging inviting participants to articulate their needs and experiences in human rights education and advocacy, while introducing a participatory approach and the “learning spiral.”

Participants deepen their understanding of human rights issues in their local contexts by situating them within broader societal and global contexts perspectives.

The week also introduces key human rights concepts, with the *Universal Declaration of Human Rights* serving as a central reference for nurturing a culture of dignity and respect. Participants explore how their personal values, cultural diversity, and perceptions inform and influence their human rights practice and engagement while highlighting the importance of critical reflection and the recognition of differences in building inclusive.

The week concludes with a shift toward action.

Participants examine the United Nations and regional human rights systems, instruments, and mechanisms, reflecting together on a human rights-based approach, aligned with the Sustainable Development Goals, can support positive social change and strengthen the protection and promotion of human rights worldwide.

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An 11-day in-person training in Chiang Mai, Thailand from October 9 - 21, 2026



October 9 to 21, 2026

Week 2



Week 2 is dedicated to developing practical skills for human rights education and advocacy. The focus is on designing and implementing initiatives for community-level change, notably through mobilization tools. It emphasizes awareness-raising regarding human rights violations as a lever for cultural, social, and legal transformation.

Evaluation is approached as a strategic lever for assessing objectives, pedagogical tools, and induced social change. Participants reflect and develop evaluation strategies to capture evidence of change at individual, organizational, and societal levels, demonstrating the tangible impact of human rights education on the respect for human rights.

The week also focuses on concrete action planning. Participants translate their learning and gains from the IH RTP into actionable and structured strategies tailored to their local realities. By designing strategies that drive social change, participants are empowered to create meaningful and sustainable impact within their communities.



Implementation of the *Pathways to Action* plan, monitoring and evaluation, and access to self-paced online courses for continuing education and networking



As part of the Program, each participant is required to develop an individual Action Plan to apply their learning in a practical way once the Program concludes. This plan helps participants identify how the content can be adapted to their specific contexts, enabling them to design realistic and achievable social change initiatives to implement within their respective communities.

In the months following the in-person session, participants will be invited to engage in brief evaluation and follow-up activities, such as online questionnaires, in order to document and analyze their progress and challenges, and to share their updates.

Participants will also benefit from ongoing learning opportunities through the Equitas Online Community. This platform provides IH RTP alumni access to online courses and a networking space to exchange experiences and best practices with peers from previous IH RTP sessions and regional training programs.

Curriculum Model

The participatory curriculum model of the IH RTP is based on principles of adult experiential learning:

- The IH RTP methodology is rooted in the principle of co-construction of knowledge: the program provides a framework to transform participants' expertise and experiences into actionable learning and concrete levers for action
- Participants and facilitators engage in a dynamics of mutual learning.
- The emphasis is on practical application and on the development of strategies for action.
- Continued reflection and evaluation are central to the learning process.
- Participants work in groups of about 15 people, led by two experienced facilitators whose support them in achieving the learning objectives.
- Facilitators have a solid experience in adult education, a thorough command of human rights issues, and experience working in intercultural contexts and with diverse groups.
- Internationally recognized human rights experts are also invited to contribute to the program through presentations and thematic panel discussions.



Organization and Participant Profile

The International Human Rights Training Program is aimed at human rights educators and human rights defenders :



Human rights educators are individuals or members of organizations dedicated to educating and promoting human rights principles. They work to increase awareness and understanding of human rights standards, principles, and values. Their efforts often include developing educational materials, conducting training sessions, advocacy and activism, and collaborating with communities to build a culture of human rights.



Human rights defenders are persons who, individually or with others, act peacefully to promote or protect human rights in accordance with the United Nations Declaration on Human Rights Defenders. Activism and advocacy are often their main tools.



Learners can either be :



Individuals affiliated with an organization (formal or informal) or an institution (civil society organisation, national human rights institution, government) for at least 2 years or;



Individuals without affiliation to an organization but have demonstrated a sustained commitment to the defense and promotion of human rights and social justice, and manifest a clear capacity for influence and mobilization within their communities

Other requirements :



Learners should be in a position to **directly apply their learning to their work and both should be in a position to have an impact on the human rights situation in their communities.**



Learners must be **18 years and over.**



Learners must be proficient in **speaking, reading and writing** in French or English.

Applying as a human rights educator / human rights defender affiliated with an organization:

A human rights educator or defender that is “affiliated” with an organization is an individual who is currently working for an organization (formal or informal) or institution (civil society organisation, national human rights institution, government).

Candidates affiliated with an organization must:

- be active employees/volunteers with their organizations for at least two years
- be in a position to influence the human rights education or advocacy work of their organization
- submit 2 letters of recommendation from recognized organizations or institutions that promote human rights or social justice (through the application form)
- submit 3 concrete examples of how their work engages with, influences, and/or advocates for human rights (through the application form)
- have some knowledge of human rights principles and major international instruments
- be committed to applying the knowledge and skills gained during the Program through a follow-up action that promotes human rights in their community
- be sensitive to the issues which arise when working in multicultural groups, and be respectful of diversity
- be fluent in French or English

Applying as a human rights educator / human rights defender not affiliated with an organization:

A human rights educator or defender who is “not affiliated” with an organization is an individual who is not currently working for an organization (formal or informal) or institution but has demonstrated their commitment to influencing, engaging with and advocating for the promotion of human rights and social justice.

Candidates not affiliated with an organization must:

- be actively engaged in their human rights or social justice education or advocacy work for at least two years
- submit 2 letters of recommendation from recognized organizations or institutions that promote human rights or social justice (through the application form)
- submit 3 concrete examples of how their work engages with, influences, and/or advocates for human rights (through the application form)
- be in a position to influence the human rights or social justice education work of others
- be committed to applying the knowledge and skills gained during the Program through a follow-up action that promotes human rights in their community
- be sensitive to the issues which arise when working in multicultural groups, and be respectful of diversity
- be fluent in French or English

Selection Process

A Selection Committee will review all applications based on the eligibility criteria outlined above. Given the high volume of applications and limited space available (maximum of 90 participants this year), we encourage all applicants to submit a complete and well-prepared application.

Beyond the eligibility criteria, the selection committee will ensure the coherence and richness of the cohort by drawing on the following pillars:

- **Gender parity and balance** to ensure a diverse, inclusive and representative cohort.
- **Geographic representativeness** to foster interregional and dialogue and highlight a broad range of regional perspectives.
- **Thematic diversity**, ensuring the inclusion of leaders working on critical human rights issues, including gender equality, LGBTQI+ rights, the rights of persons with disabilities, climate justice, children's rights, and other emerging human rights challenges.



Venue

H RTP 2026 will be held in
Chiang Mai, Thailand

The exact venue will be announced at
a later date.



Participation Fee

The IH RTP participation fee is **\$9,180 CAD**. This amount covers:

- Training fees
- Program materials
- Accommodation
- Meals
- Emergency medical insurance

Participants are responsible for their international transportation, any costs associated with obtaining a Thai visa, and all personal expenses not covered by the program, including leisure activities and meals taken outside the training venue.

Bursaries

Equitas offers a limited number of partial and full bursaries for selected candidates. A full scholarship covers all participation fees, including accommodation and meals, as well as travel costs.

Bursaries decisions are made by the selection committee, which assesses eligible applications against the criteria specific to each scholarship. Given the limited number of bursaries available, funding cannot be guaranteed.

We strongly encourage all applicants to begin exploring alternative funding sources as soon as possible.

How to Apply

- 1 Complete the online application form
- 2 When completing the form, please ensure that you also upload the necessary accompanying documents:
 - The Memorandum of Agreement signed
 - Two letters of recommendation from national and/or international human rights organizations (other than the candidate's) that are familiar with your work and/or the work of your organization
 - **For applicants affiliated with an organization :** A brochure and/or mission statement describing your organization



Application Deadlines

The completed application must be submitted using the online application form by **June 8, 2026**.

Please note that no applications will be accepted after this date.

*If you haven't received an email confirming that we received your application by **June 15, 2026**, please contact us immediately at pjfdh-ihrtip@equitas.org.*



Informations

For further information about Equitas and its activities, please visit our website equitas.org.

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**Equitas acknowledges that its office is located on
unceded Kanien'kehá:ka (Mohawk) land.*



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