Course Content and Style

The course will be intensive, creative and participatory, with opportunities for field visits and experiences in the schools. The course will consist of interactive group sessions. Participants will be expected to attend the course full-time between 9 a.m. and 5 p.m. which will include scheduled periods for individual and group tasks. Homework may be assigned.

Preparatory Tasks
Prior to the start of the course, participants will be sent reading materials to provide background information on topics that will be covered in the course. As the course will be intensive, it is very important that participants prepare themselves by reading these materials. One month before the course, participants will also be requested to complete a training needs assessment, which will contribute to effective course planning.

How to Apply
Please send us your curriculum vitae, with an accompanying letter indicating why you wish to attend the course. Early application is recommended, as places in the course are limited. You are encouraged to send in your application by November 30th 2005. Please e-mail or address your application to:

Farah Babul, Programme Officer
Child-to-Child Trust
20 Bedford Way
London WC1H OAL
mail to:ccenquiries@ioe.ac.uk

Tuition Fees and Funding
The course fee is £1100.00 which includes accommodation, meals and resource materials. The fee will be payable upon receipt of confirmation to participate in the course.

Agencies such as UNICEF, Plan, Save the Children, the Department for International Development (DFID) and the Aga Khan Foundation may be willing to offer financial support. Neither the Child-to-Child Trust nor the Aga Khan University’s Institute for Educational Development can provide any financial assistance.

Accommodation in Pakistan
Single rooms will be booked for the participants at the Hotel Mehran in Karachi and meals are included in the two-week rate. The hotel has air-conditioned rooms with telephone and T.V. facilities in each room. Alternative accommodation, such as bed and breakfast establishments and hotels, may be found in Karachi.

About Child-to-Child
The Child-to-Child movement was launched twenty-six years ago as a means of helping to mobilize the world’s children in the struggle to promote better health and well being for all citizens. It does not own, finance or organize programmes. Rather it seeks to enhance current programmes around the world by encouraging them to link education and health and to involve children as partners in health promotion. It encourages the widespread sharing of expertise and materials which, as far as possible, remain copyright free. Many government organisations, most major international agencies (e.g. WHO, UNICEF and UNESCO) and many major non-government organisations (e.g. Save the Children, Plan International and the Aga Khan Foundation) use the approach and materials to some degree in their programmes. Child-to-Child is a partner organization in the international FRESH initiative.

Child-to-Child Trust

Child-to-Child: A FRESH Approach to School Health Promotion

February 1st – 15th 2006

Aga Khan University
Institute for Educational Development (AKU-IED)

Karachi, Pakistan
Child-to-Child Trust and its Partners

The UK Trust is a registered charity closely linked with both the Institute of Child Health and the Institute of Education at the University of London. In 1991 the Child-to-Child Trust was awarded UNICEF’s annual international prize, the Maurice Pate Award. Formerly the coordinating centre for initiating and sharing ideas and distributing information regarding programmes worldwide, the Trust is now one of a number of resource centres worldwide, others being in Kenya, Lebanon, India and Pakistan, with more planned in other regions. All centres aim to publish high-quality health education materials, provide training, identify and describe materials good practice, and act as resource and information bases.

In this and subsequent years, courses will be held in collaboration with Child-to-Child partners worldwide in recognition of their expanding roles and increasing expertise in the area of children’s health and community development. This will help to:

- Provide exposure to a wider and more relevant range of issues, solutions and experiences.
- Reduce the course fee.
- Bring the course and its practical assignments closer to the lived reality of communities in the developing world.
- Increase the potential for networking.

This year’s course is being offered in collaboration with the Aga Khan University’s Institute for Educational Development. The Aga Khan University’s Institute for Educational Development (AKU-IED) works for the development of education systems in the developing countries of the world, particularly Pakistan. Its major focus is on improving the performance of teachers and other stakeholders through professional development.

About the Course

The overall aim of the course is to prepare participants to introduce health promotion in and beyond classrooms into schools and communities. The course will also be practical and include field visits in schools.

The course will be facilitated by a team of experienced national and international experts in the field of school health promotion. Sadia Bhutta, a national faculty at AKU-IED, will be the Course Director. The facilitation team will also include Dr. Hugh Hawes and Dr. Tashmin Khamis who have vast international experience in the area of health promotion in schools. Dr. Hawes is a co-founder of the Child-to-Child Trust London. Dr. Tashmin Khamis is the Chief Executive Officer of the Child-to-Child Trust, London. Dr. Shabnam Ahmed, an instructor in Health Education at AKU-IED, will also be part of the facilitation team.

The duration of the course is two weeks and it will be held at the Aga Khan University’s Institute for Educational Development in Karachi, Pakistan.

Who is the Course for?

There are many hundreds of programmes that use the Child-to-Child approach in 70 countries worldwide. This course is designed for those who are interested in school health promotion and is therefore suited to those who have experiences, qualifications or interest in the areas of health, education and development. Professionals in children’s health and education and in community development programmes derive inspiration through international short courses such as this, which catalyze and strengthen Child-to-Child and other health and development initiatives worldwide.

Course Objectives

By the end of the course, as a group we will have:

- Explored and debated key concepts and theories related to the idea of school health.
- Understood the key concepts and ideas that inform health promotion in schools in light of the FRESH (Focusing Resources on Effective School Health) initiative of UNESCO, UNICEF, the World Bank, WHO and others including the Child-to-trust.
- Explored core FRESH components (school health policies, the environment, health education and health services) and important school health themes for health promotion programmes.
- Reflected on professional practice, curricula and policies of involving children to promote health within and beyond the school.
- Illuminated practical issues regarding children’s participation in health promotion with theoretical insight.
- Developed skills in the planning of school health content both in individual schools and as part of a regional or national team.
- Practiced using Child-to-Child materials and approaches in school settings to promote health.
- Developed skills to promote health in schools in our own context with a view to planning and delivering an integrated programme which will lead to an improvement in the quality of learning and life of the whole school.
- Appreciated the use of action research to improve practice.
- Enjoyed ourselves while working hard and sharing our experiences!