

Human Rights Defenders Advocacy Programme 2022 (HRDAP22)

Getting the best out of HRDAP & each other

The Human Rights Defender Advocacy Programme (HRDAP) is a diverse space full of wonderful people from varied backgrounds with inspiring stories. For the programme to work best – and for each of us to feel comfortable – there are a few things we all need to keep in mind.

Respect

Listen to each other, make sure that everyone's voice is heard.

We have different ethnicities, faiths, ages and [genders](#); we have different [bodies](#), abilities, [gender pronouns](#), families, education and cultures; we speak different languages and have come from near and far. [Each of us is worthy of respect](#), even if our [backgrounds and identities](#) may seem unfamiliar.

We should not assume to know someone's background or personal situation, including who someone loves or what their personal beliefs are.

Everyone needs to feel safe at all times – don't make someone feel uncomfortable, intimidated or excluded. If something happens to you that makes you feel uncomfortable, let Hannah or someone else from ISHR know.

Enjoy & Explore

We all bring knowledge and expertise: take the chance to chat and learn from each other. And be sure to share your experience and more about yourself with the group during the course and beyond.

The course is intense – support each other and take care to engage with each other in a fun and relaxed way. It's everyone's responsibility to make sure that we all feel welcome.

We look forward to welcoming you into this great community of HRDs!