

STRONGER TOGETHER

Young women aged 18-24!
We are starting a program
to learn together,
explore our potential,
and understand our rights.



Sen+1 (You+1) is a 10-week, closed-group empowerment program designed for young women aged 18-24. Our mission is to foster rights-awareness, empower through the lens of gender equality, and build a foundation of collective solidarity.

The program is rooted in feminist pedagogy, facilitated through a blend of knowledge exchange, shared experiences, discussions, and practical applications. Our core principles are privacy, equivalence, and inclusivity.

The program draws on the extensive experience of the Women for Women's Human Rights (WWHR), specifically WWHR's long-standing Women's Human Rights Training Program (HREP) and other feminist consciousness-raising initiatives. In Sen+1, participants don't just acquire information; they think, question, learn, and grow stronger together.



Program Framework and Collective Flow

- Duration: 10 weeks
- Session Duration: 3 hours, once a week
- Methodology: Closed group, face-to-face, participatory, and interactive

What to expect in every session:

- **Welcome & Last Week's Recap:** A brief look back at what we covered.
- **Being in the now:** A moment for breathing and grounding.
- **Opening Circle:** A space to share how we are and the feelings we carry into the room.
- **Session Roadmap:** An overview of our flow (with playful activities used as transitions).
- **Closing Circle:** Wrapping up with our shared feelings, thoughts, and feedback.

This structure ensures that the process is predictable, safe, and participatory.