

Emmaus International training programme

2026-2030



TRAINING CATALOGUE

ACTIVISTS FOR CHANGE

Dear readers,

The document you have in your hands is much more than just a catalogue: it is a tool to act, understand and change the world.

This catalogue is designed for all members of the Emmaus Movement - **managers, companions, employees, elected members, chairs and volunteers** - It is founded on the deep belief that **training is key for spurring collective action and promoting our values of solidarity and justice.**

Members of the Training Circle who represent the experiences and realities of the four regions of the Movement worked together to create this document.

The goal of training at Emmaus is not just to acquire skills, but also to **communicate, strengthen our practices, question, resist and collectively create** responses to injustice.

These training courses are made possible thanks to volunteers who are part of the Emmaus International training team. These members of Emmaus groups **lead and bring these modules to life while adapting them to local realities and making each training course a time to meet, share and get involved.**

The training courses offered use interactive methods to promote exchange and workshopping. They are designed to be dynamic so that everyone can learn, contribute and communicate.

They are based on the four inspirational words from the **2021-2022 World Assembly in Uruguay**:

Communicate

Commit

Resist

Exist

Four action verbs that guide our practices and remind us that our commitment is both **individual and collective.**

Training means keeping Emmaus's struggle alive.

We hope you enjoy reading and hope to see you soon in a training course.

In solidarity,

The members of the Training Circle

Identifying requirements: finding and choosing the right course

HOW DO I CHOOSE A TRAINING COURSE?



You can request a training course if you would like to:

- ✦ Gain a better understanding of the Emmaus Movement, its history and core values
- ✦ Strengthen cohesion within your group
- ✦ Understand the meaning of international solidarity
- ✦ Challenge power relations and domination
- ✦ Promote the Movement's political stance
- ✦ Get new people involved
- ✦ Learn how to manage tensions and conflict

HOW CAN I FIND WHAT I'M LOOKING FOR IN THE CATALOGUE?



There are two approaches to finding a training course in our catalogue:

- ✦ **If you want to discover what training courses are available**

You can browse the 4 categories ([p.4](#)) to explore the topics on offer.

- ✦ **Are you looking for a training course on a specific topic or theme?**

Take a look at the contents by theme page ([p.5](#)) to go straight to the relevant module.

Overview of training courses and categories

The training modules are organised into four broad categories -

Communicate, Commit, Resist, Exist. Under each word of inspiration, you'll find thematic modules that address the Movement's current challenges.



Communicate

- 🕒 Discovering the social and political heritage of Emmaus (p.8)
- 🕒 Exploring the Movement's values and its five founding texts (p.9)
- 🕒 Understanding how the Emmaus Movement works (p.10)



Commit

- 🕒 Getting involved in the Movement and taking on responsibility (p.12)
- 🕒 Fostering collective engagement and interactive approaches (p.13)
- 🕒 Getting involved in international solidarity and joint initiatives (p.14)



Resist

- 🕒 Understanding the roots of inequality to bring about change (p.16)
- 🕒 Challenging power relations (p.17)
- 🕒 Conveying the Movement's political voice (p.18)
- 🕒 Working to promote peace and universal citizenship (p.19)
- 🕒 Changing perspectives on migration (p.20)



Exist

- 🕒 Living in harmony within your group (p.22)
- 🕒 Developing visibility and group communication (p.23)

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What practical arrangements are needed to host a training course?



Venue

On your group's premises or in a communal meeting room



Course duration

3 hours



Number of participants

Between 6 and 30 people



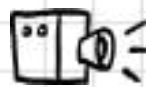
Who is it for

Everyone

Materials required:



A suitable room



Video projector



Post-its and pens



Flipchart

FINANCIAL PROCEDURES AND RULES FOR COVERING COSTS



Training courses are free. The group making the request is responsible for the travel expenses – and, if necessary, accommodation costs – incurred by the facilitators. Financial support from Emmaus International can be requested, if necessary.

Communicate

All the training modules to better understand, integrate and communicate the **founding values** of Emmaus.



Discovering the **social and political heritage** of Emmaus



As a group, we would like to learn more about our shared history in order to effectively pursue our struggles today.

This training course explores the **key moments, struggles and influential figures** in Emmaus in relation to the **Movement's current challenges**.



Discover the **history and key figures** of the Emmaus Movement. →

I understand the key moments in the development of the Movement.



Recognise our **current struggles** by understanding our **heritage**. →

I am able to support our struggles more effectively.



Assess the **impact** of our **struggles** today. →

I feel capable of assessing the impact of my actions and how they help bring about social change.

HISTORY

VALUES

STRUGGLES

Exploring the Movement's values and its five founding texts



We would like to better align the Movement's values, its founding texts and our group's daily activities.

This training course explores the **development** of the **Movement's key ideas** by examining its **five founding texts**.



Discover how the **Movement's thinking has evolved**.



I am familiar with the main ideas of the five founding texts.



Pinpoint **key ideas and meaningful texts** that shape our **identity**.



I know how to relate the texts to the meaning behind our collective work.



Reaffirm Emmaus's **shared values**.



I feel able to put our values into practice.

VALUES

SHARED IDENTITY

MEANING

Understanding how the Emmaus Movement works



How the Movement functions is complex, and we need guidelines to know how to bring it to life, at grassroots, and up to the international level.

The training course helps you to understand how Emmaus International is **structured, coordinated and funded**.



Understand **everyone's role** in the **principles of decentralisation**.



I understand my role, and the role of others, in the Movement.



Identify how our **governing bodies and decision-making** work.



I am able to identify where and how decisions are made.



Analyse Emmaus International's **funding** and how **each member contributes**.



I feel capable of recognising different modes of funding.

FUNCTIONING

DECISION-MAKING

GROUP MANAGEMENT

Commit

All the training modules to **encourage people**, especially younger generations, to get **involved in collective life and take on responsibility** within the Movement and in their group.



Getting involved in the Movement and taking on responsibility



Some members of our group would like to know how to get involved and take responsibility within Emmaus International.

The training course will enable you to **explore different ways to get involved and take on responsibility** within Emmaus International.



Understand the **different ways** to get involved and **take on responsibility**.



I know about different roles and opportunities to get involved.



Identify **representative** and **decision-making spaces**.



I am able to identify representative bodies and decision-making spaces.



Develop **leadership** and **activism skills**.



I feel confident and motivated to put my skills to work for the Movement.

DECISION-MAKING

INVOLVEMENT

RESPONSIBILITY

Fostering **collective engagement** and **interactive approaches**



We want to encourage more people to participate in our meetings and group discussions.

This training course is intended for people who **lead group meetings**. It explores grassroots education tools to **encourage inclusion, active involvement and enable everyone to contribute** to the group's activities and meetings.



Understand **participatory methods** and how they help to **promote everyone's involvement**.



I understand the principles and power of grassroots education.



Try out **collaborative tools** to **encourage involvement**.



I am able to put into practice participatory and inclusive facilitation methods.



Adapt **facilitation methods** according to the **meeting format and target audience**.



I feel capable of using facilitation methods that are tailored to the meetings I run.

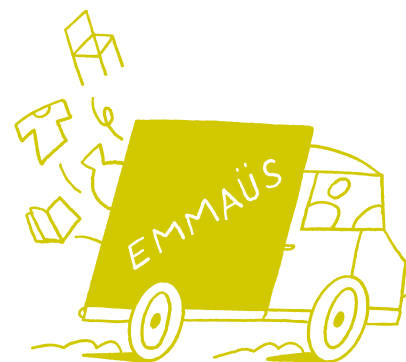
GROUP MANAGEMENT

TOOLS

INCLUSION

RESPONSIBILITY

Getting involved in international solidarity work and joint initiatives



Our group would like to become more involved in international solidarity and put it into practice more effectively.

This training course will help you to understand the **main principles of international solidarity** and discover the **different ways that you can get involved**.



Understand the **importance of pooling resources** and **international solidarity** at Emmaus.



I understand the main principles of international solidarity.



Discover the **different ways that you can get involved** in solidarity programmes and **joint initiatives**.



I feel empowered to get actively involved in pooling resources and solidarity initiatives.



Implement **solidarity initiatives** within my group.



I feel able to link international solidarity actions to a project promoting social change.

INTERNATIONAL SOLIDARITY

JOINT INITIATIVES

MEANING

INVOLVEMENT

Resist

All the political training modules to **sharpen our analyses, understand the causes of poverty, and collectively move our struggles forward.**



Understanding the roots of inequality to bring about change



We want to understand the root causes of inequality and how we are tackling this at Emmaus.

This training course offers a better understanding of the **causes of inequality around the world** and reaffirms Emmaus's role as a key player in **tackling the causes of poverty**.



Understanding the **roots of inequality**.



I understand that inequalities have deep-rooted structural causes.



Analyse the Movement's position on **tackling the causes of poverty**.



I know how to position Emmaus International as a key player in these struggles.



Embrace the struggles of Emmaus International.



I feel able to link my group's actions to Emmaus International's struggles.

INEQUALITIES

CAUSES

STRUGGLES

INVOLVEMENT

Challenging power relations



We want our group to be aware of power relations so that we are better equipped to tackle discrimination.

This training course will help you learn to **recognise privilege, discrimination and gender inequality**, and think about **tangible actions** to promote **inclusion in your group**.



Understand **gender** and **power relations**.

I understand key concepts related to gender and power relations, and know how to communicate them.



Try out tools to identify forms of **discrimination**.

I am able to identify situations of privilege and discrimination.



Commit to **taking action** to promote **inclusion**.

I feel capable of putting forward initiatives to make my group more inclusive and egalitarian.

INCLUSION

STRUGGLES

INEQUALITIES

GENDER

Convey the Movement's political voice



As a group, we want to contribute to the Movement's political stance and make our voice heard more clearly.

This training course provides an **understanding of how the Movement's political stance is developed and collectively promoted** at different levels.



Identify the **links** between my **group's work and our political stance**.



I understand the link between our work and political advocacy, with real examples at the local and broader levels.



Know how to **develop a strategy** and **local advocacy campaigns** on the Movement's key issues.



I am able to develop advocacy initiatives and rally support to meet specific objectives.



Get involved in **collective spaces and initiatives** that promote a **common political stance**.



I feel capable of contributing to advocacy campaigns and communicating the issues at the local level.

POLITICAL STANCE

JOINT INITIATIVES

INTERNATIONAL SOLIDARITY

COMMUNICATION

Working to promote peace and universal citizenship



We would like to find practical ways to promote peace and universal citizenship.

This training course will help you understand the **challenges involved in achieving world peace** and promote **tangible actions** to raise awareness about peace and universal citizenship within your group.



Understand the concepts of peace and universal citizenship.



I know how to explain these concepts in simple terms.



Discover and identify the actions taken by groups internationally to **build peace**.



I am aware of specific actions taken by groups and can draw inspiration from these ideas.



Draw inspiration from the actions taken by **groups around the world**.



I feel capable of proposing a specific initiative to be implemented by my group.

CONFLICT

PEACE

UNIVERSAL CITIZENSHIP

FREEDOM

Changing perspectives on migration



As a group, we aim to promote a different perspective on migration, advocate freedom of movement, and make our voice heard on this issue.

This training course will help you **identify prejudices** about migration and **take on board the Movement's political stance** in favour of freedom of **movement and settlement**.



Learn more about Emmaus International's **struggle** related to **international migration**.



I understand Emmaus International's commitment to freedom of movement and settlement.



Debunk preconceptions about migration.



I am able to respond to misconceptions in a well-reasoned manner.



Gain a better understanding of **migration journeys and challenges** to **strengthen our commitment**.



I feel empowered to speak more knowledgeably and passionately about the realities of migration.

FREEDOM

MIGRATION

UNIVERSAL CITIZENSHIP

STRUGGLES

Exist

All the training modules to **strengthen our collective existence and self-sufficiency** among the groups.



Living in **harmony** within **your group**



We would like to ease tensions and resolve conflicts within our group in order to promote respectful communication.

This training course offers you the opportunity to try out **tools for non-violent communication** and conflict prevention in order to **strengthen cohesion** within a group or governing body.



Understand the **basics** of respectful communication.



I am familiar with the principles of Non-Violent Communication (NVC).



Practise **preventing and defusing** conflicts.



I am able to listen better, engage in dialogue and manage disagreements.



Take a **stance and adopt practices** that promote cohesion.



I feel confident that I can contribute to creating a harmonious atmosphere within my group.

KINDNESS

COMMUNICATION

CONFLICT

TOOLS

Developing **visibility** and **group communication**



We feel the need to raise our profile locally.

This training course will show you how to develop a simple and **effective communication strategy** for your group, using **available tools and creating effective communication materials** to promote its activities.



Understand the **principles** of **effective communication** for a group.



I recognise the importance of clear and well-structured communication.



Use **communication tools** (social media, posters, videos, etc.) to **promote your group's activities**.



I am able to produce effective communication materials.



Tailor communication materials to the group's **needs** and **specific characteristics**.



I feel capable of communicating in a creative and consistent manner.

COMMUNICATION

VISIBILITY

TOOLS

How do I request a training session?

3

EASY STEPS



STEP 1

Find a venue for the training session

Find a good time and place for the training session. This could be a group meeting, a meeting between a number of groups, a regional assembly, a board meeting or forum, etc.



STEP 2

Complete the online form

Fill out the **online questionnaire**, specifying the training course(s) you are interested in, your requirements, the target audience and the setting in which the session will take place.



STEP 3

You will be contacted by the training team

Emmaus International's training team will contact you to arrange the course and put you in touch with the facilitators who will run the session.

What it's like to take a training course

Discover, understand, share... Training is an opportunity to better understand the Movement and the meaning of our daily actions by getting some perspective and working on your personal development at your own pace.



The activities were eye-opening, and I feel much more confident in handling difficult conversations now.

Selva, Florence Home Foundation (FHF) India – participant



I discovered and learned so much. Rereading the five founding texts reminded us of everything we support and stand for.

Evelyne Hayet, Emmaus Toulouse, France – participant

Training is a time for collective learning, in which everyone's experience is an asset and essential contribution.

Rogelio, Emmaus Aportes Uruguay – training facilitator



Training is always useful and it ensures that people change continuously.

Mamadou Diouhé, Emmaus Le Mans France – participant

It is always invaluable to remember where we come from and why we act.

Pierryck, Emmaus Nieppe France – participant



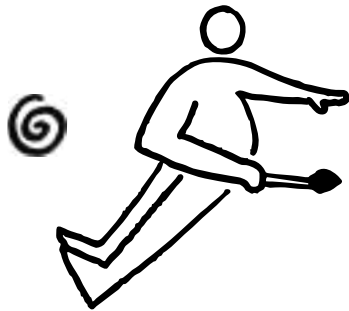
A network of trainers is ready to step in.

About 30 members of the Movement in the 4 regions of Emmaus have been trained to lead training sessions. They will work in their respective countries or regions to share tools, methods and experiences relevant to local needs.

Coordinating the Movement and our collective efforts

Sharing points of view and ideas, exchanging, building together...

Training strengthens connections and expands the Movement from the local to the international level.



In these training sessions people can speak openly, come together in a new way, and strengthen collective work.

Camille, Association d'entraide professionnelle (AEP)
Liban _ training facilitator

Training is a time to share experiences and daily life so that we can learn from each other. These exchanges help strengthen the capacities of other members of the Movement.

Aïcha, Pag-La-Yiri Burkina Faso _ training facilitator

This training course allowed participants to meet outside of their daily lives, to see each other in a new light, to talk about difficulties they've faced and to start creating solutions together.

Lionel, Friend's Committee of Roanne Mably, France _ training facilitator

This training has created a positive change in my thinking, and I would truly like to adopt these learnings in my daily life, my work, and within my community.

Poppy John Xavier, Kudumbam India _ training participant

These training courses are important for increasing knowledge and ensuring the continuity of the Movement and experience sharing between groups.

Tânia, Emaús Igualdade Brazil _ training facilitator

Several hundred people have already participated in training sessions during different meetings in the four regions.



EMMAUS INTERNATIONAL

47 avenue de la Résistance
93104 Montreuil Cedex _ France
Tel. +33 (0)1 48 18 79 88

formation@emmaus-international.org

www.emmaus-international.org

THE TRAINING PROGRAMME

Emmaus International, 2026

WITH THE SUPPORT OF

The Training Circle. Members include Camille Chedid, Rogelio Coitiño, Tony Ferrier, Cat Gordon, Anaïs Gournay, Nathalie Jobert, Anaclet Katumbulu, Emmanuelle Larcher, Filippo Lo Bello, Julien Martin-Delozanne, Nathalie Martz, Juan Melquiades, Hélène Perrot and Emmanuel Siambo

Also with contribution from Kadija el Goufi and Maelys Orellana

ILLUSTRATIONS

Sandra Muller

DESIGN

Sandra Muller and Jessica Ganis

EDITORS

Hélène Perrot and Nathalie Jobert

TRANSLATION AND ACCESSIBILITY

Charlotte Hardy and Elena Martínez Suárez





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