People Power to Make Government Work
Training Manual Global North

A training manual for a 2-day Training Course for Civil Society Organisations in the Global North, developed by FORUT for the International Center for Nonviolent Conflict (ICNC).

Trond K. Botnen
10.01.2017
Foreword

This is one of two training manuals to come out of a co-operation between the International Center for Nonviolent Conflict (Washington DC, the USA) and FORUT (Gjøvik, Norway) in 2016.

ICNC provided a grant to FORUT to co-develop the trainings, field test them, evaluate them and finally develop the training manuals.

The contents of this training manual have been field tested in a training course held 2-3 March 2016 in Oslo, Norway, with participants from Norwegian development organisations working with partners in the Global South.

I would like to thank ICNC, not only for the grant, but also for their continued support throughout the process, in particular having made their Director of Field Initiatives, Katherine Hughes-Fraitekh, participate in co-development of the curriculum and co-trainer at no extra cost for FORUT, and for providing the participants with copies of Shaazka Beyerle’s book “Curtailing Corruption: People Power for Accountability and Justice” at no extra cost to them. I would like to thank Katherine Hughes-Fraitekh for her crucial input to developing and field testing this manual.

Last, but not least, I would like to thank FORUT for having given me the space to develop these training and field test them in addition to my other work responsibilities.

Trond K. Botnen

10 January 2016
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1 Acknowledgments

This training course draws heavily on a few existing sources, and we would like to acknowledge these.

The main source for the contents is the book “Curtailing Corruption. People Power for Accountability & Justice” by Shaazka Beyerle and her accompanying creative commons handbook “Freedom from Corruption. A Curriculum for People Power Movements”. All the case studies and much of the slide contents are taken from these two publications.

Many of the slides on the theoretical framework draw heavily on the seminal work “The Politics of Nonviolent Action” by Gene Sharp from 1973, in itself a source of inspiration for most other authors within this field.

In the section on strategy, tactics and methods, we also draw heavily on the two publications by CANVAS: “Nonviolent Struggle. 50 Crucial Points” and “Canvas Core Curriculum. A Guide to Effective Nonviolent Struggle.”

Text and illustrations for slides are often taken from these sources, either directly or rewritten to better fit the presentation format.

Some illustrations and text are also taken or derived from presentations by Hardy Merriman and Jack Duvall, present and former Directors if ICNC, respectively.
2 Introduction

This training manual outlines a 2-day training course on “People Power to Make Government Work”, which is to say grassroots approaches to promoting good governance and fighting corruption through nonviolent strategies and tactics. It is targeted at development and human rights organisations in the Global North working with such issues through partners in the Global South who work on or wish to work on such issues, but may also be used by other CSOs.

This manual presents all the sessions throughout the two days. This manual is to be used together with the Draft Programme for the training course (Attachment 1) and two PowerPoint-presentations for the training course (separate files). Additionally, there are a number of handouts to the participants that should be copied and distributed to the participants.

Each trainer is different, with individual training styles, preferences and approaches. This manual is therefore not a straitjacket to be followed to the letter. It is a template which each individual trainer should treat as a starting point and feel free to modify his/her own training style, taking into account the political and cultural context of the training. We have, however, received positive feedback from the participants in the pilot training and we therefore feel that the core content and main approach are useful for northern CSOs.

The training approach is interactive and experiential, combining input from the trainer with exercises where the participants draw on their own experiences to understand and use the information given by the trainer. We strongly suggest that such an approach be maintained, to avoid a training-style focused on one-way teaching by the trainer.

When field testing the training, we had only 8-10 participants. This is a bare minimum for ensuring interactivity and experience-based session, and we would recommend having a least 12 participants if possible. However, we would not recommend having more than 25 participants, as maintaining active participation of all participants in plenary and groups would then become more difficult and time-consuming.

This training manual and its accompanying materials are all in English. This may not be appropriate for all audiences. If you intend to hold the training in a context where translation is needed, please be aware that you will either need to increase the training time by at least 50%, or reduce the contents correspondingly in order to be able to finish in three days.

We would also like to emphasise the importance of the final module in ensuring that this training does not become a one-off event, but that a network is formed with an Action Plan and a clear division of responsibility for follow-up.
3 Before the training
It is important for the success of the training that the participants’ needs are well taken care of, that they know what to expect and that they can be prepared for the training. Here is a quick checklist that will help you ensure this:

Logistics:

- Make sure that the training venue is big enough to accommodate up to 25 participants (unless you know you will have less), with sufficient space for break-out groups, either within the training hall or in adjacent rooms.
- We suggest a café table set-up of the training room, with 4-5 participants at each table.
- The room should have sufficient light (including natural light if possible), air conditioning or access to fresh air, and hold room temperature.
- There should be a PowerPoint-projector, screen, flipchart paper, pens, pencils and post-its (or similar). Loudspeakers are needed for showing videos from the computer.
- There should be one break before lunch and one break after lunch, with coffee/tea/refreshments. We also recommend having coffee/tea/refreshments ready 15 minutes before the training starts each day.
- Copy main PP-presentation (3 slides per page) and handouts in advance and have them ready to be handed out as needed during the training.

Information:

- Ensure that the invitation includes a description of the training course which avoids misunderstandings about what the training is. It is not a training on how to fight corruption internally in organisations and projects and it is not about top-down methods of promoting good governance. These are the two most common misunderstandings.
- Ensure that the targets groups are clearly defined. The training is targeted at civil society organisations and CSO staff and volunteers would normally make up the majority of the participants, although participation from media and public authorities may also be desirable, depending on local context.

Participant preparation:

- No participant preparation is required, since experience shows that many will show up unprepared anyway. However, we recommend sending out two short documents in advance, as having some participants read them in advance will save time and improve discussion.
  - 198 Methods of Nonviolent Action (Handout #1). To be sent out with a request that each participant read it and check the methods they have had personal experience with.
  - Participant Quiz (Handout #2): To be sent out with a request that they fill it in and bring it with them to the training.
# Session 1: Introductions, situation analysis & Tour of the World

**Session time:** 75 mins

**Session objectives:** At the end of the session participants will:
- Know the logistical arrangements for the workshop
- Know the facilitator(s) and basics about ICNC and any co-organisers
- Know the objectives and programme for the workshop
- Know each other’s’ names, a little of their background and expectations for the training
- Have become inspired by examples of people power approaches to combating corruption around the world and begun to understand the force of people power in context of corruption.

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<thead>
<tr>
<th>Description of Contents</th>
<th>Time (Mins)</th>
<th>Process (e.g. feedback from group, brainstorm, group work)</th>
<th>Expected Participation</th>
<th>Resources used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction of trainer(s), organiser(s) &amp; practicalities</td>
<td>10</td>
<td>• Trainers introduce themselves and their organisations. &lt;br&gt;• Trainers present quote of the day (PP#2) and options when confronted with oppression (#PP3) &lt;br&gt;• Trainers explain practicalities and introduce programme &lt;br&gt;• Questions from part.</td>
<td>*</td>
<td>PP #1-3 &lt;br&gt;Copy of draft programme (Attachment 1) &lt;br&gt;Copy of main PP</td>
</tr>
<tr>
<td>Introduction of participants</td>
<td>30</td>
<td>• Divide participants into pairs (PP#5) &lt;br&gt;• Plenary presentation from pairs</td>
<td>*</td>
<td>PP #4-5</td>
</tr>
<tr>
<td>Tour of the World</td>
<td>35</td>
<td>• PP presentation from trainer(s)</td>
<td>*</td>
<td>PP#6 &lt;br&gt;PP-presentation “Quick Tour of the World”</td>
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**Trainer’s notes:**

We recommend trying to start on time, but taking into consideration local culture when it comes to punctuality.

Introduction of trainer(s), ICNC and co-organiser(s) should be brief and to the point. If necessary, complement with handing out brochures that give more details.

PPs #2-3 are designed to set the stage by giving credibility to the power of nonviolent action by referring to the quote by a Nobel Peace Prize Laureate and to make clear how nonviolent action is different both from no action and violent action. Don’t talk much around these slides or take questions/discussions at this stage, there will be enough time for that later.
Typical practical information to give would include:

- Information about lunch and breaks
- Location of toilets
- Emergency exits and other safety information
- That all materials will be distributed electronically after the training

We recommend distributing the main PP-presentation and the draft training programme at this stage. Make sure to explain that as the training is interactive, the programme is only indicative and the length of sessions may change depending on the discussions in groups or plenary. Make sure to say that if anything is difficult to understand due to the language, please ask trainers to explain or repeat more slowly.

Allow questions from participants about practicalities and programme.

As there is very limited time for the introduction of participants, have strict time-keeping. Only five minutes in pairs, and then 15 minutes for presentation. This means 1 minute per person if you have 25 participants. Using a cell phone timer or other clock with a clearly heard alarm is helpful.

“Quick Tour of the World” is a separate PP-presentation, and the intention is on one hand to inspire the participants by telling what others have achieved, and on the other hand to give a frame of reference when we later talk about “people power” and “nonviolent action”. Remembering these examples will help the participant understand the theory presented later and connect it to practical experiences in the real world. Explain that this is a quick tour taken from Shaazka Beyerle’s book, and that it will be a pure presentation with no time for questions or discussions afterwards. We strongly recommend the trainer(s) browse the relevant chapters of the book in order to be able to freely and confidently talk around the PP-presentation.
5 Session 2: Theoretical framework: Power, Pillars of Support and Obedience

Session time: 120 mins (incl. 15 min break)

Session objectives: At the end of the session participants will:
- Understand the Monolithic and Pluralistic Models of Power
- Know the main Sources of Power
- Understand what Pillars of Support are and why it is important to analyse these
- Understand how obedience is linked to the power structure, and by implication, the disruptive potential of withdrawal of disobedience and consent

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<thead>
<tr>
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<tbody>
<tr>
<td>Analysis of Power</td>
<td>30</td>
<td>• Group discussions on the Discussion Question (PP#9)</td>
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<td></td>
<td></td>
<td>• Plenary discussion on the same</td>
<td>*</td>
<td>PP #7-12</td>
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<tr>
<td></td>
<td></td>
<td>• PP-presentation by trainer (PP#10-13)</td>
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<tr>
<td>Lunch</td>
<td>45</td>
<td></td>
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<tr>
<td>Pillars of Support</td>
<td>30</td>
<td>• PP-presentation by trainer (PP#14-16)</td>
<td>*</td>
<td>PP #13-16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Group work using Pillars of Support on own context</td>
<td>*</td>
<td>Flipchart paper and pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Plenary presentation of group work</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Obedience</td>
<td>45</td>
<td>• Show video about the Milgram Experiment</td>
<td>*</td>
<td>Loudspeakers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Short plenary discussion</td>
<td>*</td>
<td>PP # 17-20</td>
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<td></td>
<td></td>
<td>• PP-presentation by trainer (PP#18-21)</td>
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Trainer’s notes

This is one of the more “theory heavy” sessions, but it is crucial for being able to understand how people power can work to curb corruption. It is important that the trainer(s) not only focus on the PP-slides, but take enough time for the interactive parts of the sessions, to enable participants to “connect” with the topics discussed and deepen their understanding.

The first discussion is likely to end up with many saying that the trainer is the most powerful person in the room. Occasionally, there will also be other suggestions coming up, such as “all the
participants together”. We recommend that when facilitating the discussion, you make the following important points:

- Power is always contextual. While the trainer (arguably) may have most power in this room at this moment, others present may be much more powerful under other circumstances.
- Power is always relational. Power is a meaningless concept outside of human relations, and it is within these relationships that one is more or less powerful. It is like the “rock-paper-scissors” game, where there is no clear hierarchy of power, but one may have power over the other depending on how they interact.
- The trainer is only the most powerful person in the room as long as the participants consent to that. The moment the participants revolt against the trainer, for example through walkouts or not following rules, because they are dissatisfied with the training, the trainer is powerless to continue the training.

We recommend the trainer read Gene Sharp’s chapter on Sources of Power before presenting slide #12, or at least the “CANVAS Core Curriculum – A Guide to Effective Nonviolent Struggle”, page 37-41.

Here is a short summary or talking points around them:

1. The ability to issue a command and have people submit to it. It’s built slowly and patiently, and is lost easily by engaging in hypocrisy, reneging on promises, and not delivering positive outcomes for society.
2. The strength of the organisation or ruler depends on the NUMBER of people who labour for that organisation or ruler.
3. The more trained and knowledgeable the people (human resources) in an organisation, the more efficient and capable they become.
4. The money and other assets that can be used to increase other sources of power. These resources include things such as printing capacity, office space, hardware, access to logistics planning and communications technologies, and control of other scarce resources.
5. It is actually the fear of sanctions that make this an important pillar. If an organisation can predictably punish a detractor and cause fear, then it has power. If others in society perceive the punishment as legitimate, it has even more power. In terms of a nonviolent campaign, this aspect of power relates to the ability of the organisation to credibly, persistently, and publicly show how the regime abuses basic human and civil rights. This creates a punishment (sanction) that the nonviolent movement can use against a regime’s use of illegitimate force.
6. The group of psychological, traditional, cultural, religious and sometimes ideological factors (i.e. habits, attitudes, sense of responsibility) that may induce people to obey and assist the rulers. Those factors usually owe their existence to some combination of religion and culture, or conventions, such as a tradition of obeying people in uniforms or representatives of the religious establishment.
The Pillars of Support exercise has a double function: (1) to allow participants to practice it as an analytical tool to connect to their own local context, situation, and governance, which makes the training more relevant; and (2) to link to the issue of corruption and good governance to nonviolent action so as to remind participants that this is the context within which we look at these theories and tools.

Let participants work in groups at the table where they are sitting. Ask them to choose a country setting that one or more of the participants at the table know well. Ask each group to draw the table (PP#16) on a flipchart paper and to fill it in. Let the present their chart to the plenary. Limit your own comments to pointing out similarities and differences between the groups since there is not enough time for plenary discussion beyond the presentation.

During the group work, visit each group to see how they are doing and guide them back on course if they are straying or being very slow. Sometimes, you need to remind them that Pillars of Support are always institutions (not social functions, general population groups, or concepts). Also, be aware that people from different cultures work differently in breakout groups, including the time it takes to decide on process or get started.

The Milgram Experiment video can be played from the main PP-presentation (PP#17) or separately as a video file from iTunes, Windows Media Player or similar software. Be aware that the sound quality is not optimal, so it may be difficult for participants whose English is weak to understand everything.

For PP#19 on “Why do People Obey?” we recommend that the trainer read through Gene Sharp’s chapter on this before presenting and/or reading the summary in the “CANVAS Core Curriculum – A Guide to Effective Nonviolent Struggle”, page 46- 50.

The session closes with linking obedience to the theory of power, concluding that withdrawing of support is a powerful nonviolent weapon. The reference to the NRA should be presented as them unwittingly having discovered a grain of truth. Without the consent of soldiers and policy, all the firearms in the world would be of no use to the rulers. If they refuse to fire, the arms are just a useless heap of metal.

An additional example that can be used is to ask those in the room a question: “If tomorrow, 50 % of your community refused to drive a car, go to work and school, purchase items or deposit money in the bank, would your local leader or politician be able to ignore your demands?” When most members of the group answer “no”, the trainer can explain that it is an important example of the power of disobedience and removing support for current systems of power.
6  Session 3: People Power and Nonviolent Action

Session time: 120 mins

Session objectives: At the end of the session participants will:

- Understand the basics of nonviolent action/People Power, including methods and tactics, mechanisms of change, criteria for success and what movements are
- Know the research findings and quantitative outcomes for the success of nonviolent resistance versus armed struggle historically
- Be able to distinguish nonviolent action from traditional forms of lobbying and advocacy and distinguish intra-institutional and extra-institutional approaches to change

<table>
<thead>
<tr>
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</tr>
</thead>
</table>
| Introduction to People Power and Nonviolent Action | 45 | • PP-presentation  
• Q & A | *  
* | PP #21-29 |
| Introduction cont. | 30 | • Individual reflection on knowledge of 198 methods  
• Sharing of stories in groups  
• Sharing of stories in plenary  
• PP-presentation on Movements  
• Discussion question in plenary | *  
* | Copy of Gene Sharp’s 198 methods (Handout #1)  
PP #30-33 |
| The Success Record of Nonviolent Action | 30 | • PP-presentation by trainer on Chenoweth/Stephan “Why Civil Resistance Works”  
• Q & A | *  
* | PP #34-41 |

Trainer’s notes

This is another theory heavy session, with lots of PP-presentation. This is why it has been broken up by a story-sharing exercise.

We recommend trying to finish the first PP-presentation in about 30 minutes, to allow 15 minutes for Q &A, unless there are many questions during the presentation, which inevitable will prolong it.

Some talking points for slide #25 on “Characteristics”:

- What distinguish nonviolent action from advocacy and lobbing is the use of extra-institutional strategies and tactics to mobilise people power to pressure power-holders and institutions from the outside
• Nonviolent action is not necessarily illegal, but it may be illegal, depending on the national legal framework. Sometimes it is explicitly illegal in order to challenge unjust laws (e.g. Gandhi’s salt march) and sometimes it is illegal just because legal avenues of protest have been closed. The act of breaking unjust laws is often termed “civil disobedience”. Usually, though, in democratic countries, the majority of nonviolent actions are legal.

• The distinction between without violence and against violence comes from Stellan Vinthagen. Without violence means that the activists refrain from the use of violence in their struggle. Against violence means that violent acts and structures are also the targets of the actions, which seek to eliminate or reduce the use of violence (direct, structural and cultural) by power-holders.

• Conflict is often conflated with violence, but this is an error. The majority of conflicts in the world are nonviolent, and without conflict significant reforms and structural would be impossible. Nonviolent action is a way of waging conflict without arms and violence. It escalates conflict through nonviolent methods and seeks to manage the conflict so at to avoid or minimise violence. Hence, nonviolent action seeks to separate violence from conflict and to create instead of destroy.

• Lobbying and advocacy is asking for change through institutional means. Nonviolent action builds on the Gandhian principle of being the change, or even doing the change. That is to say that it dramatizes the future we want to see, in order to provoke a counter-reaction. E.g. instead of (or in addition to) demanding an end to segregation, the Civil Rights Movement in the USA dramatized the desegregated future by sitting together in lunch counters, buses, etc.

We recommend that the trainer read Gene Sharp’s chapter on mechanisms of change before presenting slide #26, or at least the summary in the “CANVAS Core Curriculum – A Guide to Effective Nonviolent Struggle”, page 58-65. The photo is from the Orange Revolution in Ukraine.

When presenting slide #27 on methods of nonviolent action, ask participants to find the list of 198 methods which they received in advance of the training, and distribute extra copies to those who did not bring it. Use the most well-known examples from the list to illustrate the different categories. The photo is from the failed Green Revolution in Iran.

Slide #28 on sequencing refers to the “CANVAS Core Curriculum – A Guide to Effective Nonviolent Struggle”, page 71-77.

The photo on slide #29 is from the Saffron Revolution in Burma.

The exercise on the 198 methods will be faster and better if participants have actually looked at the list in advance and thought through their own knowledge of and experience with the methods, but this is not a requirement and normally a significant fraction of the participants have not read it or done their homework. You should therefore set aside about 30 minutes for this exercise to first give everyone a chance to look at the list individually, although those who have not done so before will not have time to look through all of it. Give about 5-10 minutes for this individual reflection.
Then give 10-15 minutes for the group work, enough time for each person to share one story and for the group to choose one story to choose in the plenary session. This should give about 10 minutes for sharing 4-5 stories in plenary – or about 2-2.5 minutes per story.

The two slides (#31-32) on movements are quite straightforward and should be covered in five minutes, leaving 10 minutes for the plenary discussion question. The question is designed to allow the trainer to assess how much participants have understood of the characteristics the distinguish people power, and thereby also repeating the main points of the session.

The slides #34-41 are self-explanatory, but it is an advantage if the trainer has familiarised himself or herself a bit with the work of Stephan/Chenoweth and the Freedom House report in advance. Presentation should aim form 20-25 minutes, leaving 5-10 minutes for Q&A.

Slide #40 summarises the “why” of the success rate in slides #34-39. The photo is from the “Cochabamba Water War” in Bolivia.

Slide #41 is one of the most important of the whole presentation, and this should be emphasised. The trainer should therefore also be well familiarised with the three main points in advance. The photo is from the fall of the Berlin Wall in 1989.
7  Session 4: People Power, Corruption & Good Governance

Session time: 120 mins

Session objectives: At the end of the session participants will:
- Know different ways of defining corruption
- Know some of the factors that may make people rise up against corruption and demand better governance
- Know how to identify and target specific corruption-related problems using people power and to create a vision related to good governance
- Know how to formulate goals and demands in a campaign and how to separate between them

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<tbody>
<tr>
<td>Introduction to corruption</td>
<td>20</td>
<td>• PP-presentation by trainer</td>
<td>*</td>
<td>PP # 42-47</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Q &amp; A</td>
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</tr>
<tr>
<td>People power against corruption</td>
<td>40</td>
<td>• PP-presentation by trainer</td>
<td>*</td>
<td>PP # 48-51</td>
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<tr>
<td></td>
<td></td>
<td>• Group work on societal currents in their country</td>
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<td>PP # 52</td>
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<tr>
<td></td>
<td></td>
<td>• Plenary presentation and discussion</td>
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<td>Flipchart paper</td>
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<td>Pencils</td>
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<tr>
<td>Break</td>
<td>15</td>
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<tr>
<td>Problem identification and vision</td>
<td>30</td>
<td>• PP-presentation by trainer</td>
<td>*</td>
<td>PP # 53-54</td>
</tr>
<tr>
<td>(Evaluation and End of Day 1)</td>
<td>15</td>
<td>(in the draft programme there is space for summary and evaluation of Day 1 here)</td>
<td>*</td>
<td>PP # 55</td>
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<td>Paper &amp; pencils</td>
</tr>
<tr>
<td>Opening of Day 2</td>
<td>5</td>
<td>• Quote of the Day</td>
<td>*</td>
<td>PP # 59-60</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Video summary</td>
<td>*</td>
<td>PP # 61</td>
</tr>
<tr>
<td>Goals and demands</td>
<td>25</td>
<td>• PP-presentation by trainer</td>
<td>*</td>
<td>PP # 62-63</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Plenary exercise on distinguishing goals and demands</td>
<td>*</td>
<td>PP # 64-65</td>
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Trainer’s notes

This session provides the bridge from what participants already will have learnt about nonviolent action and people power and how to use this to fight corruption and promote good governance. It also prepares the stage for the next session on strategies, tactics, etc. by introducing concepts such as problem identification, vision, goals and demands.

The first part of the session introduces corruption by referring to and comparing two definitions and by referring to a couple of quotes on the effects of corruption. The important focus here is that the TI definition is too simple and limited and that corruption is not an abstract problem but an evil
which has tangible negative effects, in particular on those who are already poor and marginalised. We recommend spending 15 minutes on presenting the slides, leaving 5 mins for Q & A. The photo in Slide 43 is from the 5th Pillar anti-corruption campaign in India.

The second part of the session links people power to corruption by asking when and why people rise up against it. When introducing the five societal currents in slide #49 you may emphasise that the order is not random. Often one will see a development from the first to the last. However, it is not always so (as the later exercise is likely to reveal). Therefore they are not numbered or strictly causally linked in the figure. This is also a good time to emphasise the difference between top-down and bottom-up strategies to fight corruption and promote good governance, and slide #50 does so.

We strongly recommend emphasising that there is no “either-or”, but rather a “both-and”, that the two approaches are complementary and may strengthen each other. However, in practice, top-down approaches are often overemphasised by international donors and other agencies. This is also a good time to ask the participants whether current “top-down” approaches (the normal approach used) are working. If so, then there is no need for the current training and knowledge of “bottom-up” approaches to fight corruption. If not, they are in the right place to learn more about how to effectively battle corruption and build good governance.

Slide #51 is intended as a reminder of how people power works, repeating what has been said before with other words, and providing the opportunity to mention how it can be used to deprive a corrupt system of its legitimacy, increase the costs of maintaining it, and thereby undermining the endurance of the system itself. The presentation should take no more than 10-15 minutes.

The group work is intended to deepen the understanding of when and why people rise up against corruption, and making it relevant to the context of the participants. They should get 15 minutes in the groups they are already at as they are sitting at their tables. We recommend that the trainer makes a table at the flipchart with one line for each societal current and one column for the “votes” from each group. When the groups report, fill in the table and calculate the average to fill in the last column.

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
<th>Group 4</th>
<th>Average score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common grievances</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beyond atomisation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shared awareness</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reduction of fear or apathy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organising</td>
<td></td>
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</tbody>
</table>

Then facilitate a quick 10-minute discussion about what these findings tell us about the potential for rising up against corruption in the country the participants work in. Normally, the participants’ score of each societal current will be decreasing from the first (common grievances) to the last.
(organising), but there will often also be anomalies (not a straight, decreasing line). Use these findings when facilitating the discussion, for example by asking what can be done to increase the lowest scores and thereby increasing the potential for use of people power.

The part on problem identification and vision has only two slides and should be covered in 5-10 minutes giving some examples from the trainer’s own knowledge and/or asking participants for examples. Use the problem identification slide (#53) to link to the five societal currents and thereby the importance of choosing a problem that resonates with these currents. Use the vision slide (#54) to link to good governance and the importance of inspiring hope and belief in a better society in order to mobilise people.

Then give the groups (preferably still the groups people already are sitting in) 15 minutes to identify a problem and define a vision for it (slide #55), and ask them to present it within a 90 second time limit. Encourage them to use visuals and/or creative presentation techniques in order to strengthen their case. When they present, the trainer should be very strict on time and interrupt the presentation if it goes over time. This is necessary to make participants understand the importance of presenting their message clearly and briefly.

The third part of the session– at least if the draft programme is followed and it starts and the beginning of Day 2 – should start with a couple of slides to summarise Day 1. Slide #60 is a quote which summarises the power of disobedience, and slide #61 is a short video which summarises the power of nonviolent action. The video should be stopped after 1 minutes and 15 seconds as the rest is not so relevant, it is information about a specific online training course.

The last part of the session is dedicated to introducing goals and demands and distinguishing between them. As in the previous session there are only two slides (#62-63), but it is here even more important to make the theory understandable by giving examples, so the trainer may use 10 minutes talking around the slides. The main point to be made – and repeated – regarding the difference between goals and demands, is that demands must always have a specific addressee – you demand a specific action from a specific person or institution related to a specific time and/or place. Goals are broader and more general, while demands are more specific.

The final exercise (slide #64-65) is designed to enabling participants to be better at distinguishing the two, and at the same time help them remember some of the case studies from the Tour of the World on Day 1. The seven examples should be covered in 15 minutes. Read each statement and ask in plenary what they are. You will hear if the majority say “goal” or if they say “demand”. Spend more time on discussing the examples where participants disagree, or where a majority suggest something you disagree with. Here are some aspects of each:

- Mexico: This is a demand addressed to legislators, that they pay tax on Xmas bonuses
- Italy: This is a goal – to weaken the mafia (and also a description of the method)
- Afghanistan: This is a goal – that projects are carried out according to plans
- Brazil: This is a demand to the Members of Congress – to pass the Clean Record bill
- Kenya: This is a demand to the authorities (not well specified which authorities) – to invalidate the sale of land, etc.
- Mexico: This is a goal – to challenge impunity and corruption
• Afghanistan: This is a **demand** to the implementing authorities – that they rectify problems found.

You may encourage participants to criticise the goals and demands where they are not very specific, how can they be made clearer?
8 Session 5: Strategy, tactics and methods

Session time: 135 mins (incl. 15 min break)

Session objectives: At the end of the session participants will:

- Know different ways of defining corruption
- Know some of the factors that may make people rise up against corruption and demand better governance
- Know how to identify and target specific corruption-related problems using people power and to create a vision related to good governance
- Know how to formulate goals and demands in a campaign and how to separate between them

<table>
<thead>
<tr>
<th>Description of Contents</th>
<th>Time (Mins)</th>
<th>Process (e.g. feedback from group, brainstorm, group work)</th>
<th>Expected Participation</th>
<th>Resources used</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUHURI case study</td>
<td>30</td>
<td>• Show MUHURI video (17 min)</td>
<td>*</td>
<td>PP # 66-67, separate video file or YouTube</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• PP-presentation by trainer</td>
<td></td>
<td>Loudspeakers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Q &amp; A, discussion</td>
<td>*</td>
<td>PP # 68</td>
</tr>
<tr>
<td>Strategy, tactics &amp; methods</td>
<td>45</td>
<td>• PP-presentation by trainer, including two short videos</td>
<td>*</td>
<td>PP #69-87 (or separate video files)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Q &amp; A</td>
<td></td>
<td>Loudspeakers</td>
</tr>
<tr>
<td>Break</td>
<td>15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scenarios</td>
<td>45</td>
<td>• Group work</td>
<td>*</td>
<td>PP # 88</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Plenary presentations</td>
<td></td>
<td>People Power scenarios (Handout #4)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Flipchart paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pencils</td>
</tr>
</tbody>
</table>

**Trainer’s notes**

This is the longest module, and it is also quite presentation-heavy. Make sure that time which is set aside for group work and Q&A is reserved for this and not taken up by trainer presentations taking too much time.

For all videos, there are three options. The simplest is to just show it from the main PP-presentation. If, however, your projector screen is small and you would like to show it full-screen, you may either use the separate video file or show it from YouTube. We suggest testing showing the video on the screen beforehand to see if this will be necessary or if it is ok to show directly from the PP.
We show the MUHURI case study first (now available in English, Chinese, French, and Spanish https://www.nonviolent-conflict.org/resource/money-wheres-gone/), so that we have a common example which can be used later in the PP-presentation. The six steps of the social audit method are presented as part of the video, but it is good to repeat if afterwards (slide #68). This should be done quickly, leaving about 10 minutes for Q&A and discussion about the case story. It is always useful to ask the participants if they have any experience with social audit or similar method and/or if they think it would be applicable in their country and the contexts they work in.

The trainer should view the video beforehand and list many of the types of tactics/methods that are used, some of which have been discussed in previous sessions. This way the trainer helps highlight practical examples of how nonviolent tactics look in action. These include:

- catchy messaging and using media to enhance a campaign
- humour and fun to increase numbers of people engaged
- shaming local leaders
- using culture, music and art
- local involvement
- diverse members of campaigns (men/women, young/old, rich/poor, urban/rural, abled/disabled)
- building unity
- building local capacity and other important aspects of nonviolent movement building

The session on strategy, tactics and methods is a very long PP-presentation that covers a lot of ground. Slide #69-73 cover the different levels of strategy, campaigns, tactics, etc. This is only one way of dividing them, and it is taken from “CANVAS Core Curriculum – A Guide to Effective Nonviolent Struggle”, page 84-85. It deviates slightly from for example Gene Sharp’s categories (grand strategy, strategy, campaign, methods & tactics), but the important issue here is not the exact categories, but that one must start planning from the top (strategy) and move downwards to the bottom level, methods/tactics. Slides #75-76 are taken from "Nonviolent Struggle, 50 Crucial Points", also by CANVAS, and is a good checklist for strategic planning and a presentation of the three main resources for campaigners, respectively. The three main resources are described on page 85 of the book.

Slides #77-78 are a list of tactics that have been used against corruption and impunity, and thus seeks to highlight some of the most relevant methods among the long list of 198 from Gene Sharp. It should be gone through quite quickly. Slides are taken from a presentation by Hardy Merriman, ICNC. Slide #79 summarises this sub-section and it taken from the CANVAS Core Curriculum, page 90.

After slide #79 it is good to stop and take Q&A before moving on the specifics of backfire and dilemma actions. Otherwise the presentation would be too long an uninterrupted.

Slides #80-82 introduce the concepts and tactics of backfire or political ju-jitsu, which are basically the same, but Brian Martin and Gene Sharp terminology. Illustrate the concept with examples from your own experience/knowledge. Slides #83-84 introduce dilemma actions. The video is just a couple of minutes long and can also be played from a separate video file.
Slide #85 is important and summarises many of the strategic and tactical dilemmas people power activist will have to face. Here are some talking points:

- Acts of commission and omission refer back to slide #29 on the first day, as a reminder of those two classes of actions. Commission is doing something you’re not supposed to do based on culture, tradition, religion, norms or laws. Omission in not doing something you’re supposed to do based on culture, tradition, religion, norms or laws.
- Concentration or decentralisation of forces is connected to risk management and how to deal with repression. How to best use your resources while avoiding repression? They are also important knowledge for strategists using diverse and innovative tactics/methods to keep their opponents guessing and off-balance, as well as to engage different populations.
- Windows of opportunity has to do with flexibility and the ability to act quickly when opportunity presents itself.
- Sequencing of tactics is about having a grand strategy which informs your decisions about what to do when, while at the same time having space for tactical innovation and creativity within that grand strategy.
- Finding roles for everyone has to do with getting the most out of your human resources and engaging diverse members of the community or society, while recognising that people are different and can/will contribute in different ways, including being willing and able to engage in more high risk or low risk activities. Mobilisation capacity is a main reason why people power is effective, but this requires that people can contribute in different ways.

Spend some time on slide #86 as it introduces a practical and useful tool which the participants will have to practise using afterwards. Mention that the Pillars of Support tool for analysis is focused on building a broad strategy while the Spectrum of Allies is especially useful for building a campaign and deciding on tactics/methods to address certain specific audiences. Underline the fact that “conversion” (ref. Mechanisms of Change) is rare and that it is much more realistic just to shift individuals/groups and institution one or two sectors to the left.

The 2 minute video with Hardy Merriman (slide #87) serves as a summary of what has already been said, and as a break with the PP-presentation. It can also be played from a separate video file.

Make sure that there are a few minutes left for Q&A after the video and before the break.

After a lot of input from the trainers and videos there is a need to digest this through working groups, and the group works on the two scenarios is therefore given some time. We suggest breaking into different groups as well, for a group of 24 people four groups of six will work fine. Distribute Handout #4, give the groups half an hour to prepare and tell them that they should use flipchart for the Spectrum of Allies analysis, but that there is no need to make a flipchart presentation of the answers to the questions. For the presentation we suggest that instead of asking each group to present, the trainer should go through each question from each scenario and vary which group will answer each question. This saves time, and makes the presentation a bit different from the usual group presentations.
9 Session 6: Discourse and Messaging

Session time: 135 mins (incl. 45 mins lunch)

Session objectives: At the end of the session participants will:
- Know the basics of discourse and messaging
- Be familiar with some examples of anti-corruption messaging and have considered what kind of messaging could be implied in their own context/country
- Be able to connect the topics of Session 5 and Session 6, and have applied this to anti-corruption case scenarios

<table>
<thead>
<tr>
<th>Description of Contents</th>
<th>Time (Mins)</th>
<th>Process (e.g. feedback from group, brainstorm, group work)</th>
<th>Expected Participation</th>
<th>Resources used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to discourse &amp; messaging</td>
<td>15</td>
<td>• PP-presentation</td>
<td>1</td>
<td>PP # 89-94</td>
</tr>
<tr>
<td>Applied discourse &amp; messaging</td>
<td>30</td>
<td>• Show four videos of anti-corruption messaging</td>
<td>1, 2</td>
<td>PP # 95-98 Loudspeakers Pen &amp; paper Flipchart</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Group work on ranking the videos</td>
<td>3, 4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Plenary discussion</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Linkage of strategy planning and discourse &amp; messaging</td>
<td>45</td>
<td>• Group work on scenarios</td>
<td>1, 2</td>
<td>PP # 99 Turkey and Indonesia scenarios (Handout # 5) Pen &amp; paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Presentation of group work</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Group work and plenary presentation</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>

Trainer’s notes

The introductory PP-presentation is fairly straightforward and should be completed in about 12-15 mins.

The three videos will take about 8 minutes to watch. There is no need to give the groups too much time to discuss and rank them, so with another 10-12 minutes there will be 20 minutes left for presentation and discussion. When asking the groups to report, don’t just ask for the ranking; ask them to explain the reasons for their ranking as well. We suggest recording the groups’ votes on the flipchart, with one line for each video and one column for each group vote, and a last column to summarise the rankings of the groups to arrive at a ranking for all the participants. Trainer should comment on similarities and differences between the group rankings before moving on to slide #108 and the plenary discussion based on that.

The intention of the working groups is to summarise and practice what the participants have learnt from Sessions 5 and 6. We suggest dividing into new groups, 5-6 in each group (i.e. four groups of six if there are 24 participants). They should get about 5 minutes to read the scenarios and then 25 minutes to work in groups. The trainer should circulate among the groups, answer any questions and assure that they are on track timewise and that they stay on topic. As in Session 5, we suggest that
instead of traditional group presentation, the trainer takes on scenario at a time, and alternates between asking the questions to each group working on that scenario.
10  Session 7: Support from External Actors + Summary

Session time: 60 mins

Session objectives: At the end of the session participants will:
- Know which categories of external actors may support a struggle and the different ways they can support it.
- Be aware of some of the dilemmas concerning receiving external support
- Be familiar with some guiding principles for external support
- Be able to understand the "big picture" of the training contents

<table>
<thead>
<tr>
<th>Description of Contents</th>
<th>Time (Mins)</th>
<th>Process (e.g. feedback from group, brainstorm, group work)</th>
<th>Expected Participation</th>
<th>Resources used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to support from external actors</td>
<td>30</td>
<td>• PP-presentation from trainer</td>
<td>*</td>
<td>PP # 100-106</td>
</tr>
<tr>
<td>Dilemmas of external support</td>
<td>15</td>
<td>• Plenary discussion</td>
<td>*</td>
<td>PP # 107</td>
</tr>
<tr>
<td>Summary</td>
<td>15</td>
<td>• PP-presentation from trainer</td>
<td>*</td>
<td>PP # 108-110</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Discussion, Q&amp;A</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Trainer’s notes**

The PP-presentation draws heavily on “Freedom from corruption. A Curriculum for People Power Movements, Campaigns and Civic Initiatives” by Shaazka Beyerle, and we recommend reading page 79-84 before presenting the slides. The slides need not take more than 30 minutes.

15 minutes are set aside for the four discussion questions. If the discussion is slow in starting, give participants 2-3 minutes in buzz-groups (pairs) before asking again.

The last session starts with two PP-slides (#108-110), which quote one of the organisers from the CICAK campaign in Indonesia. In a very nice way, it summarises both why people power approaches are necessary and legitimate also in democracies, and why both top-down and bottom-up approaches are needed. After presenting the slides, let the floor be open for any comments regarding the contents of the 2 ½ days of training that have passed so far. This is the chance for participants to bring up any issue which has been “parked” earlier on or which is as yet unanswered, before turning to practical more practical issues the remaining half day.
11 Session 8: From Learning to Doing

Session time: 90 mins

Session objectives: At the end of the session participants will:

- Have practised designing a campaign on a relevant corruption-related topic in their context
- Have created a collaborative Plan of Action on how they would like to follow-up the training
- Divided responsibilities among themselves for implementing the Plan of Action

<table>
<thead>
<tr>
<th>Description of Contents</th>
<th>Time (Mins)</th>
<th>Process (e.g. feedback from group, brainstrom, group work)</th>
<th>Expected Participation</th>
<th>Resources used</th>
</tr>
</thead>
</table>
| Practice campaign planning | 50 | • Plenary selection of most popular topics  
• Working groups on planning campaigns on these topics.  
• Presentations from groups | * | PP #111-113  
Flipchart paper  
Pencils |
| Individual roadmaps | 15 | • Individual generation of roadmaps on flipchart paper | * | PP #114-115  
Flipchart paper  
Pencils |
| Adopt Plan of Action | 25 | • Plenary facilitation of Plan of Action adoption | * | PP #116  
Flipchart, pencils |

Trainer’s notes

This is a session with a high degree of interactivity and thus tests the trainer’s facilitation skills more than presentation skills. Good facilitation of this session is crucial for achieving consensus on how to follow-up the workshop. The first part of the session is focused on giving the participants some practice in campaign planning, and also to create ideas that may perhaps be used in practice later on. The second and third part focuses on creating specific output from the training that will enable the participants to follow-up the training within their own organisations and as a group.

Slide #112 refers back to the situation analysis of the first day where participants have come up with the most important corruption and good governance related problems in their countries. This list may be augmented by other issues that have come up during the training, if this has happened. The idea is to assess which topics most participants are interested in working with and to form working groups around that. Depending on number of participants and the distribution of interest among topics, normally 3-5 groups should be formed. If many participants are interested in the same topic, it is possible to have two groups working on the same topics. It should be avoided having more than six participants in one group, as some of them may not be actively engaged. Three participants should be the absolute minimum for a group, but four is better. If necessary, participants may be nudged toward shifting to second priority topic in order to keep group sizes between 3-4 and 6.
The group work itself lasts 30 minutes, which is a bit short to develop a campaign from scratch, so the groups should not be expected to be able to complete the work. The trainer should visit each group regularly – albeit not all the time, as that would interfere too much in the process – to see if they are on track with the work, offer assistance or answer questions.

This should normally leave some 15 minutes for presentation of the campaigns, or 3-5 minutes per group. After each presentation, offer short remarks about their campaign plans, emphasising positive aspects as it is important that the participants enter the next session with a sense of empowerment and being able to do something. Instead of negative comments, you may ask a question or two which enables the group to improve on weak points.

The idea with the individual roadmap exercise is to encourage everyone to think about how they can use what they have learnt in their own organisation, and to a certain extent commit themselves to keep working on this. The exercise is fairly straightforward; just introduce the question and the idea that they should draw it. The trainer could illustrate this on the flipchart, drawing a winding road form “now” to the “goal” (2-3 years ahead) and explain how key activities and milestones could be placed along the road. There is neither need nor time for everyone to present their roadmaps afterwards, they are for the participants to bring home and keep with them as a reminder of what they want to do. 15 mins should be enough for this individual exercise.

The final session (slide #116) starts out a simple plenary discussion based on the three questions (at the same time, not one by one) on the slide, and building on the individual roadmaps. As ideas for common initiatives come up, not them down on the flipchart and check if there is consensus on any of them. If so, enter them into a simple Plan of Action format, for example like this:

<table>
<thead>
<tr>
<th>#</th>
<th>Action</th>
<th>Deadline</th>
<th>Responsible</th>
</tr>
</thead>
</table>

Finally, if there are important follow-up points that have not been suggested, the trainer may suggest them and see if there is agreement on adding (some of) them to the PoA. Some such ideas may be, but are not limited to:

- Forming a network of participants, perhaps supported by Facebook or Google group (or similar) and/or an email list
- Agreeing to have a follow-up meeting to discuss future actions
- Share contents of the training within their own organisations
- Organise a training for the staff of the organisations to attend together
- Research other groups or coalitions that are specialists in nonviolent action or movement building and make sure there is no duplication and that others are asked to join efforts.
- Organise a training which partners will be invited to

When the Plan of Action is finished, it may be a good idea to ask for it to be adopted by acclamation or similar method, in order to increase the commitment to implementing it.
12 End of Day Evaluations

Session time: 15 mins at the end of each day

Session objectives: At the end of the session participants will:
- Have reflected on what they have done and learnt that day
- Have had the possibility to communicate this to the trainer and give advice for improvements

<table>
<thead>
<tr>
<th>Description of Contents</th>
<th>Time (Mins)</th>
<th>Process (e.g. feedback from group, brainstorm, group work)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>15</td>
<td>• Groups of four</td>
<td>*</td>
<td>PP # 56-57</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Feedback in plenary</td>
<td>1 2 3 4 5</td>
<td></td>
</tr>
<tr>
<td>Day 2</td>
<td>15</td>
<td>• Individual reflection</td>
<td>*</td>
<td>PP # 117-118</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Feedback in plenary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>End of Training</td>
<td>5</td>
<td>• Final quote</td>
<td>*</td>
<td>PP # 119</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Information about follow-up, including online evaluation</td>
<td></td>
<td>PP # 120</td>
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<tr>
<td></td>
<td></td>
<td>• Thanking participants and local organisers</td>
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<td></td>
</tr>
<tr>
<td>Online evaluation</td>
<td>N/A</td>
<td>• Send out after the training</td>
<td>*</td>
<td>Attachment 2: Evaluation form</td>
</tr>
</tbody>
</table>

Trainer’s notes

The evaluation at the end of Day 1 covers pedagogical approach and contents – in order to be able to make changes already from Day 2 if necessary. Divide the participants into groups of 4-5, and give half the groups topic one (pedagogy) and the other half topic 2 (contents), and after about half the time ask them to report back. The trainer should acknowledge positive feedback and when met with negative feedback and/or constructive criticism endeavour to respond, indicating adjustments that could be made from the second day. If someone calls for drastic changes, it would be good to ask the plenary their opinion, as changes should not be made based on report from a pair of participants if their opinion does not represent consensus or a clear majority of the participants.

The end of training evaluation comes at a time when no more changes can be made to this training, and therefore focuses on advice that can be useful for future trainings. It only uses individual reflection, because since it is at the very end of the training one should give space for all those who want to say something, show gratitude or thank the trainer and organiser to do so without having to go through group work.

This also provides immediate feedback to the trainer on whether some, most, or all of the participants have enjoyed and gained relevant information from the training. Evaluations can be given out immediately while impressions are fresh in people’s minds and/or sent later to allow for more reflection time and in-depth response online. Experience has shown that almost 100% respond to a brief evaluation on-site while 75% is a good response rate if an evaluation is sent later online.
However, sometimes answers are more detailed with an online response and using the same form for several trainings allows comparison of feedback, so both may be helpful. Also, if people have already filled in a form on site, it may often reduce the response rate for the later online survey as some feel they have already done their evaluation duty.

The closing of the training can be done by showing the quote by Oscar Wilde as a reminder of the importance of nonviolent disobedience, and to give information about follow-up by the trainer after the training. At least the following should be included:

• Online evaluation form will be sent out within a couple of days, with a one-week deadline for filling in – and that it is highly appreciated if all participants will take the time to fill it in.
• PowerPoint presentation and other training materials will be sent out by email within a week after the training
• Participants should feel free to contact the trainer with questions or request for further training if they would like to do so

At the very end, the trainer should thank the participants for their active participation over the three days and wish them luck with the follow-up work, thank the local organisers for having made the training possible, and add any additional thanks that are appropriate in the context, for example to assistants.
13 Follow-up

The most important follow-up is what is planned by the participants during the Plan of Action session and what they commit to individually and as a network, but there are some important things the trainer should do in order to maintain momentum, ensure participant satisfaction and facilitate their follow-up work.

1. The online evaluation form should be sent out as soon as possible after the training (and it can be combined with sending out the main PP-presentation). It should only be a day or two after the training, and it should have a deadline of about a week for submission of the forms. The questions used in Attachment 1 are a starting point and can be amended to fit the preferences of the trainer. Use any online questionnaire service, one good and free one is www.surveymonkey.com. In order to get enough participants to respond, it will usually be necessary with one or two reminders during the week. In order to make the reminders nicer it can be combined with sending out more reading materials (see #2 below). Normally, one can get up to around 75% response rates with a couple of reminders. If there are less responds by the deadline, the trainer could also consider one deadline extension of a couple of days or so.

2. The trainer should send out training materials to the participants, and divide them into several emails so that no email is bigger than 10 MB as that is a common maximum for many email servers. Alternatively, flash drives can be used to store the material and distribute to participants. The following materials should/could be sent out:
   - List of participants with email addresses (sometimes local organisers will do this)
   - The main PP-presentation (in order to reduce its size to an email attachment, manually delete all videos before sending it out)
   - The extra PP-presentations on “Tour of the World”
   - Gene Sharp’s list of 198 methods
   - Other optional reading materials, such as:
     - The “Freedom from Corruption” Core Curriculum this training is based on
     - The available free chapter from Shaazka Beyerle’s book this training is based on
     - Other relevant articles or case studies available to the trainer

3. The trainer can also send out information about ICNC and recommend subscribing to their weekly news digest to follow nonviolent movements around the world.
14 References

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Note: Selected chapters of this book are freely downloadable.
Note: There is also a Pashto translation that is downloadable.

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Tagalog, Turkish, Urdu, and Xhosa

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CANVAS, Belgrade.
Note: This curriculum is available in Arabic, Chinese, English, Farsi, and Slovak

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& Slobodan Djinovic, Belgrade.
Note: This book is available in Arabic, Chinese, English, French, Serbian, and Spanish


Attachment 1: Draft Programme - detailed

Day 1

0845  Tea, coffee & registration
0900  Module I: Introductions
0940  Module I: Tour of the World
1015  Module II: Analysis of Power
1045  Break
1100  Module II: Pillars of Support
1130  Module II: Obedience
1215  Lunch
1300  Module III: Introduction to People Power and Nonviolent Action
1430  Module III: The Success Record of Nonviolent Action
1500  Break
1515  Module IV: People Power, Corruption & Good Governance
1615  Module IV: Problem identification and Vision
1645  Summary and evaluation Day 1
1700  End of Day 1
Day 2

0845  Tea & Coffee
0900  Module IV: Goals and demands
0930  Module V: MUHURI case study
1000  Module V: Strategy, tactics and methods
1045  Break
1100  Module V: Group work on scenarios
1145  Module VI: Discourse and Messaging
1230  Lunch
1315  Module V + VI: Group work
1400  Module VII: Support from External Actors + Summary
1500  Break
1515  Module VIII: From Learning to Doing
1615  Module VIII: Where Do We Go From Here?
1645  Summary & evaluation
1700  End of Training
Attachment 2: Online Evaluation Form

1. **How satisfied are you with (on a scale from 1 to 5 where 1 is poor and 5 is excellent):**
   - The training in total, considering your expectations
   - The contents of the training
   - The facilitation by the trainer/s
   - Working methods, including plenary sessions and break-out groups
   - Your own participation/contribution
   - Practicalities, including food, room and general environment
   - The information you received prior to the training
   - The usefulness of the training for networking

   Comments:

2. **What are the most important things you learnt?**

3. **How do you plan to follow-up the training in your own organisation or individually, with partners and/or other activities you are involved in?**

4. **If we were to give this training again, in your country or other countries in the Global North, how could we improve it?**

5. **Do you know of any specific organisations/campaigns/movements in your country that would be interested in trainings on this topic (who did not participate in the current training)?**

6. **How could education and training in people power approaches to fighting corruption and promoting good governance be provided to citizens and your partner organisations in the Global South?**

7. **Other comments and feedback:**