

ONLINE TRAINING PROPOSAL

TITLE: GLOBAL HEALTH ADVOCATES (GHA)

Coordinator(s) incl. NMO:

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Level of Online Course: *Online Workshop*

BACKGROUND

Despite their numbers and potential, young medical students remain underrepresented in global health decision-making. While opportunities exist, meaningful engagement is often limited, and many struggle to translate international policies and agendas into tangible local action.

IFMSA connects over 1.5 million students worldwide and provides pathways for youth to influence global health, yet gaps remain in areas like advocacy, stakeholder engagement, and the practical application of policy tools. Without proper guidance, youth voices risk being tokenised rather than driving real, lasting change.

The Global Health Advocates (GHA) workshop addresses this gap by equipping participants with the knowledge, skills, and confidence to engage meaningfully and effectively in external affairs, bridge global health priorities with local action, and design advocacy initiatives that create a real impact. This year's theme, "Meaningful Youth Engagement in Advocacy for Health Equity: From Global Priorities to Local Action," highlights the importance of transforming global health ambitions into sustainable local impact through empowered youth leadership.

THEMES, OVERALL TOPICS & RELATED STANDING COMMITTEES

"Meaningful Youth Engagement in advocacy for health equity: From Global Priorities to Local Action."

This theme highlights the power of youth to influence decision-making spaces, connect global health agendas with local realities, and implement advocacy initiatives that create tangible impact.

TARGET GROUP

15-20 IFMSA members and medical students who are motivated to engage in global health advocacy and external affairs.

OBJECTIVES

Objective 1: Strengthen participants' understanding of advocacy and External Affairs.

- **IoS 1.1:** 80% of participants can define advocacy and explain its relevance in global health.
- **IoS 1.2:** 70% of participants can describe the structure of IFMSA External Affairs and available engagement opportunities.

Objective 2: Equip participants with practical tools for advocacy and stakeholder engagement.

- **IoS 2.1:** 80% of participants can perform a stakeholder analysis.
- **IoS 2.2:** 80% of participants can use tools and documents in advocacy and effective stakeholder engagement.
- **IoS 2.3:** 70% of participants can create an advocacy plan for a local, national, or global issue.

Objective 3: Build knowledge on global health frameworks and IFMSA's role.

- **IoS 3.1:** 80% of participants can explain the 2030 Agenda and its SDGs.
- **IoS 3.2:** 80% of participants can link IFMSA's Global Priorities to the SDGs.
- **IoS 3.3:** 80% of participants can explain Global Health Diplomacy and identify major actors.
- **IoS 3.4:** 70% of participants can describe the UN and WHO structures and their roles in global health.

Objective 4: Apply advocacy, External Affairs, and global health knowledge through simulations and practical exercises.

- **IoS 4.1:** 80% of participants can actively engage in a simulation of an international meeting (e.g., WHA, COP, CSW).
- **IoS 4.2:** 80% of participants can draft, deliver, and negotiate position statements or resolutions within the simulation.
- **IoS 4.3:** 70% of participants can reflect on their performance in the simulation to identify strengths and areas for improvement in advocacy, diplomacy, and stakeholder engagement skills.
- **IoS 4.4:** 70% of participants can design a follow-up action plan to apply lessons from the simulation to real-world advocacy initiatives.

Objective 5: Promote meaningful youth engagement in External Affairs.

- **IoS 5.1:** 80% of participants can explain the concept of Meaningful Youth Engagement.
- **IoS 5.2:** 80% of participants can identify barriers to MYE and propose solutions.

- **IoS 5.3:** 70% of participants can develop a plan to integrate youth engagement and advocacy strategies into a post-workshop advocacy initiative.

METHODOLOGY

The **Global Health Advocates (GHA)** workshop will be delivered as a modular, interactive learning experience, combining theoretical knowledge, practical skill-building, simulations, and reflection. The workshop is structured around five main modules, with sessions progressing from foundational knowledge to applied skills and advocacy practice. The design follows Bloom's Taxonomy to ensure measurable learning outcomes, while Kolb's Experiential Learning Cycle guides simulation-based and reflective exercises.

Pre-Workshop Preparation

Participants will receive pre-readings, short videos, and case studies on advocacy, global health frameworks, IFMSA External Affairs, and youth engagement. They will also complete reflection exercises to identify local or national advocacy issues of interest. This ensures a shared baseline of knowledge and enables participants to engage meaningfully from the first session.

Workshop Structure and Learning Methods

The workshop is organised into sequential modules that build on one another, progressing from knowledge acquisition to skill development and practical application. Participants will engage in a variety of learning methods, including:

- Interactive lectures and discussions: To introduce concepts, frameworks, and key global health priorities.
- Group exercises and problem-solving activities: To practice stakeholder analysis, advocacy planning, and strategic thinking.
- Simulations and role-play: To apply knowledge in realistic scenarios, develop negotiation and diplomacy skills, and practice external representation.
- Peer and facilitator feedback: To refine ideas, improve advocacy strategies, and reflect on performance.
- Reflection and action planning: To connect workshop learning to concrete post-workshop advocacy initiatives and local engagement opportunities.

Post-Workshop Engagement

Participants will be encouraged to implement advocacy initiatives, apply the tools and strategies learned, and continue collaborating with peers and mentors. Optional follow-up sessions may be offered to provide guidance, feedback, and support for ongoing projects.

This methodology ensures a progressive, engaging, and practical learning experience, fostering both knowledge and skills in global health advocacy while empowering participants to translate global priorities into meaningful local action.



Preliminary proposed agenda

EA CAMP GHA 1			
	Week 1	Week 2	Week 3
Day 1	14:00	Opening & Icebreaker	Advocacy Plan Presentations
	14:30		
	15:00	IFMSA External Affairs & Global Priorities	30 min BREAK
	15:30		
	16:00	30 min BREAK	
	16:30	Advocacy 101 & Advocacy Plans Assignment	Leadership & Team Dynamics in Advocacy
	17:00		
	17:30		Being an IFMSA delegate in External Meetings
Day 2	14:00	SDGs & 2030 Agenda	Simulation
	14:30		
	15:00	Stakeholder Analysis & Engagement + 15 min break	Global Health Diplomacy + 10 min break
	15:30		
	16:00		United Nations, WHO, and International Governance
	16:30	Digital Advocacy & Tools	Effective Communication & Public Speaking for Advocacy
	17:00		
	17:30		Closing & Reflections

TIMELINE OF PREPARING THE ONLINE COURSE

03/12/2025 - Finalising the agenda, submitting the proposal for necessary approvals

14/12/2025 - EB approval for the workshop

18/12/2025 - Preparing the call for facilitators & participants

20/12/2025 - Sharing the call for facilitators & participants

27/12/2025 - DL for the facilitators

31/12/2025 - DL for the Pax

01/01/2025 - Selection of facilitators, confirmation emails sent

04/01/2025 - Selection of participants, confirmation emails sent

05/01/2025 - 1st OLM with trainers

08/01/2026 - Sharing the pre-assessment form & pre-workshop preparation materials with participants

09/01/2026 - Finalising session outlines & presentations

10/01/2026 - First Day of GHA

11/01/2026 - Second Day of GHA

17/01/2026 - Third Day of GHA

18/01/2026 - Fourth Day of GHA

24/01/2026 - Fifth Day of GHA

25/01/2026 - Sixth Day of GHA

1 week after the Workshop - Sending out Post Evaluation Forms

TIMELINE OF CALLS FOR THE ONLINE COURSE

15/12/2025 - Sharing the call for facilitators & participants

21/12/2025 - DL for the facilitators

24/12/2025 - DL for the Pax

25/12/2025 - Selection of facilitators, confirmation emails sent

26/12/2025 - Selection of participants, confirmation emails sent

FACILITATORS SELECTION CRITERIA

As per Regulations:

2.3.1. Workshop Trainers criteria:

Either:

1. IFMSA Vice-President for External Affairs (VPE), an IFMSA Liaison Officer (LO);

Or: A trainer with both:

2. Extensive external affairs experience (at least one of the following): member of the EA IT, international policy work, previous attendance/facilitation of a Global Health Advocates workshop, national External Affairs representative, or other international external affairs experience).

3. Facilitation experience: Being a Trainer in the trainers' pool who has facilitated at least 1 international workshop or has at least 20 training hours in their portfolio.

2.3.2. At least one of the trainers must be :

1. IFMSA VPE

2. IFMSA LO

3. A trainer who has attended at least 1 external meeting

4. A trainer who facilitated a GHA at least once before with one of the above-mentioned.

3-4 facilitators will be selected during an open call based on:

- Motivation to participate in the workshop as a trainer;
- Experience with the workshop topics;
- Plans for the workshop implementation and follow-up;
- Submission of a draft session outline demonstrating their approach to delivering the content.

No. of facilitators: 4 (incl. WCOs).

PARTICIPANTS SELECTION CRITERIA

- Demonstrated motivation to participate in the workshop;
- Expectations for what they hope to gain from the workshop if selected;
- Follow-up plan: how they intend to apply the knowledge and skills gained from the workshop in their personal, academic, or NMO-related context.

FOLLOW-UP PLAN

The Global Health Advocates (GHA) workshop aims not only to provide participants with knowledge and skills during the online sessions but also to ensure sustained growth, application, and mentorship for six months post-training. The follow-up plan is designed to reinforce learning, support practical implementation, and monitor participants' development as youth advocates in global health.

1. Ongoing Mentorship and Support



- Assigned Mentors: Each participant will be paired with one of the workshop facilitators or experienced External Affairs trainers for the 6-month period.
- Monthly Check-Ins: Mentors will schedule 1-hour virtual meetings with their mentees as needed, but no more than once per month, to:
 - Discuss ongoing advocacy projects or initiatives;
 - Provide feedback on challenges and successes;
 - Offer guidance on networking, stakeholder engagement, and strategic planning.
- Ad Hoc Support: Participants can reach out to mentors as needed via email, messaging platforms, or short online calls for timely guidance.

2. Learning Materials and Resources

- Participants will receive:
 - Workshop materials;
 - IFMSA toolkits for advocacy, policy analysis, and stakeholder engagement;
 - Updated IFMSA policy documents and templates for advocacy plans;
 - Recommended readings and online resources related to global health diplomacy, SDGs, and international governance.
- Resource Library: All materials will be hosted on a shared online platform, accessible throughout the follow-up period.

3. Practical Application and Projects

- Implementation of Advocacy Plans: Participants will be encouraged to apply their workshop learning by developing or continuing an advocacy initiative at local, national, or international levels.
- Peer Collaboration: Small peer groups will be formed to allow participants to exchange ideas, provide feedback on each other's advocacy efforts, and collaborate on joint initiatives.

4. Graduation and Recognition

- Final Graduation Session (6 months after the workshop): A virtual session where participants:
 - Present the results of their advocacy initiatives or progress made
 - Reflect on skills gained and lessons learned
- Receive a GHA Certificate of Completion, recognising their engagement and achievements
- Showcasing Achievements: Outstanding advocacy initiatives may be highlighted through IFMSA communication channels, newsletters, or social media, giving participants visibility and recognition.



5. Monitoring and Evaluation of Growth

- Pre- and Post-Workshop Assessments: Participants will have completed a baseline assessment before the workshop and a post-workshop assessment immediately after to measure knowledge and skills acquired.
- Ongoing Tracking: Mentors will use monthly updates and check-ins to track the implementation of advocacy plans, engagement in IFMSA External Affairs, and other activities.
- Feedback Surveys: Participants will complete an end-point survey (6 months after the workshop) to evaluate the effectiveness of the follow-up support, mentorship, and materials.
- Long-Term Impact Documentation: Data collected will contribute to a report on the effectiveness of GHA in building youth advocacy capacity and inform improvements for future editions of the workshop.