



Information Package for Applicants

Childbirth Educator Training Program

Project 3P+

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Call for Participants

Are you passionate about education and want to change the culture surrounding maternity care in your community? Do you have an entrepreneurial spirit? Do you want to become a part of a new, vibrant community of childbirth educators in Croatia and Slovenia? Read on!

Roda from Croatia, Indo Anai from Slovenia and Aperio from the Czech Republic are currently running an Erasmus+ project. The project is developing a curriculum for childbirth educators who will run antenatal courses in their communities. A multi-disciplinary team from all three countries worked hard on the project, this is the first time it will be offered. We don't know if we will offer it again in the next year, so this is a unique opportunity.

Our goal is to create a vibrant community of childbirth educators throughout Croatia and Slovenia who will do everything they can to help each other succeed. This will be a community of women committed to life-long learning and changing. Their mission is to help women get the information they need to make informed choices, without judgment.

We are offering you a free training program developed for this region (without copying foreign programs) women from this region. Experienced teachers will help you gain skills you need to hold successful childbirth education classes in your community.

We are giving a lot, but are also asking a lot. Participants will have to work hard, stick to deadlines, be committed and bring their most positive self forward to help us test our curriculum.

If you're still reading this and are nodding your head thinking – Yes! These are my people! – then keep reading to learn more about the program and the application process.

Mission, Vision and Values

Our Mission

To provide evidence-based education opportunities to pregnant families throughout Central and Eastern Europe by training and nurturing a community of childbirth educators.

Our Vision

A vibrant community of childbirth educators providing information and support pregnant families need to make their own informed choices.

Our Values

- We facilitate a pregnant family's personal process in pregnancy, childbirth and postpartum; each experience is unique and there is no right way.
- We value the dignity and worth of every person and family, no matter how they define themselves, and provide them with equal access to support and information.
- We value the normal, physiological processes of pregnancy, birth and breastfeeding.
- We value our community of childbirth educators and work to lift each other up.
- We value collaboration above competition, among colleagues and in our communities.
- Giving back to our local communities is a core part of our work.

About the Program

Roda's Childbirth Educator Program is the first childbirth education program developed for Central and Eastern Europe. It takes into account the maternity systems and needs of pregnant families in the region. The program's authors are a group of experienced organisations from the [Czech Republic](#), [Croatia](#) and [Slovenia](#).

The training is a four-step process:

- 1) Self-study in the comfort of your own home
- 2) Mandatory, four-day in-person training
- 3) Self-study project, submitted for review to mentors
- 4) Delivering a pilot course in your community

Once participants complete all the modules of the training, they will be awarded the Roda Childbirth Educator Certificate (valid for two years).

Your teachers will be experts including midwives, psychologists, doulas, parents, advocates and adult educators. You will learn how to design classes that engage adults and make your classes active and interesting.

Once you have completed the training, you are free to run courses in your own community, independently.

Our goal is to train the first group of childbirth educators from Croatia and Slovenia. We also want to create a community of women who will run prenatal courses in their communities. The program includes mentorship and supervision when completed. Finally, we will provide quality continuing-education opportunities for program graduates after the initial training is over.

Geographic diversity is very important to us. We especially welcome applications from diverse regions of Croatia and Slovenia. We also welcome applications from women with disabilities, minorities and women who face hardships.

Expectations

Participants must be open-minded, ready to learn, have love people and be passionate about maternity care. You must also agree to comply with the [Vision and Values](#) discussed at the beginning of this document.

Participants accepted into the program will receive a **free, high-quality childbirth educator training program** adapted to the needs of childbirth educators and parents in Croatia and Slovenia that will begin in June 2018.

Between June and September 2018 participants must choose and read four books from a required reading list. Of these four books, participants must chose two and write a 500-word reflection paper on each.

A **mandatory in-person training** will be held in Slovenia from 26 to 29 September 2018; details on expenses covered can be found below under “Costs”.

Once the in-person training has been completed, participants must complete a final project and submit it to their mentors by November 30th. Once the project has been approved, participants must hold a test childbirth education course in their community (at least five participants). This test course must be free of charge for expectant parents and must be held by 30 March 2019. Once the test course is completed, the parents in attendance will provide feedback for project purposes. Once that is completed, childbirth educators are free to organise their courses by themselves, calling themselves “Certified Roda Childbirth Educators”.

Language Requirements

Due to the international nature of the project and the reading materials, **the training will be in English**, so a good knowledge of English is required for all participants. Although readings and trainings are in English, any materials the participants produce (e.g. reflection papers and final project) can be written in Croatian or Slovenian.

Babies and Young Children at the In-Person Training

The in-person training is intense and requires participants' active participation. At the same time, we encourage women with babies and young children to apply.

Participants with babies who are not yet mobile (up to 8 months old approximately) are welcome to have their babies in arms. Participants whose babies are mobile (crawling or walking) or have high needs are also welcome, but are requested to have a support person with them who can help share the baby's care and bring him/her to mum on breaks. In either case, we expect that participants with babies will take care to make sure all of their babies' needs are met so that all participants can fully engage in the activities.

There will be accommodations available on-site for support persons and/or young children. More information will be available to participants accepted into the program.

Fees

The costs of the program are covered by the Erasmus+ program, the training is free for all selected participants. If you are selected for the program, you are responsible for sourcing the books required for self-study yourself, although we will make copies available from our lending library as well.

There will be scholarships available to cover travel expenses to attend the mandatory in-person training (based on current funding and needs) in Slovenia. The location will be accessible by public transit. The full cost of accommodation for the in-person training will be covered for all participants who complete their assignments. **Please note that women with disabilities will have their full travel expenses covered, as well as the expenses of an accompanying person, if needed.**

After the participants have completed their final project, they are required to test their childbirth education curriculum in their communities by holding a full course, free of charge, to interested pregnant parents. After providing feedback about the course to the project team, they can organise their own courses as they choose.

Future courses, if they are offered, may not have funding to cover the costs of attending the in-person training, so this really is a unique opportunity.

Continuing Education

Having a certification means that you will have to complete continuing education credits and re-certify every two years. This means you will remain on top of new developments and ideas in the profession, and is very important for the quality of the certification and your courses. We will work hard to provide excellent continuing education opportunities throughout the two years, so you can tailor them to your own needs.

It's not always easy to travel to get continuing education credits, so online and distance study options will be available for you to complete your requirements. More details will be available as time progresses.

Next Cohort Training Dates

We can only accept a limited number of participants in each cohort, and depending on the number of qualified candidates who apply we may run another training in the first months of 2019. If you are not selected for this cohort, you may be offered a place in the second cohort.

Dates and deadlines

2018

June 5th – Publication of Call for Applications

June 18th – Deadline to [submit application form](#)

June 18th – 22nd – Online Interviews

June 30th – Notification regarding acceptance to the program

June 30th – September 20th – period in which you must complete four self-study readings

September 20th – Deadline to submit two self-study reflection papers

September 26 to 29 – In-person training

Please note, all four days of the training are mandatory. Plan the day before and the day after for travel.

November 30th – Deadline to submit final assignment

2019

March 30th – Deadline for pilot training in your community and feedback

May – Childbirth Educators' Conference in Zagreb and meeting for final feedback

How to Apply

In order to apply for the program, potential participants must complete [this online form](#), which includes a 500-word letter of motivation (which can be written in English, Croatian or Slovenian). The letter of motivation will help us choose which candidates would most benefit from program and ensure we are covering areas throughout Croatia and Slovenia.

The focus of your letter of motivation should be your motivation and passion for the program. Use examples from your personal and professional life to explain why this education would be a good fit for you. You can also discuss why childbirth education courses are needed in **your** community, and what barriers and challenges pregnant women in your community face.

Make sure to tell us what sets you apart from other people and what you can offer to pregnant families. Most of all, tell us about what you will bring to the program and to our new community of childbirth educators.

These are just ideas, feel free to add more or less. There are also lots of ideas on the internet about how to write a letter of motivation, from [Europa Youth](#) or this [Dutch website](#) or this other [Dutch website](#) with some great tips and examples of letters of motivation.

We also need some type of proof of your English proficiency – this can be a certificate of some sort, information about your experience or a short talk with one of the members of the participant selection committee. Please explain in your online form what you would prefer.

Reach out to us if you have any questions – porod@roda.hr.

We look forward to receiving [your application!](#)