



# International Federation of Red Cross and Red Crescent Societies

## Roadmap to Resilience (R2R): Training of Trainers Agenda

Time <sup>1</sup>	Session
<b>DAY 1: Intro, R2R Orientation and Stage 1 (17<sup>th</sup> April 2018, Tuesday)</b>	
8:30 – 9:00	Meet & Greet
9:00 – 9:30	Welcome, Introduction, housekeeping, <b>objectives and expectations</b>
9:30 – 9:45	Agenda, Approach, Warm-Up: Images of resilience
9:45 – 10:15	<b>Resilience in RCRC</b>
10:15 – 10:45	<i>Break</i>
10:45 – 11:15	Introduction to <b>Asia Pacific Disaster Resilience Centre (APDRC)</b>
11:15 – 11:45	Developing as R2R Facilitators: Participant workbook and Role Playing
11:45 – 12:30	<b>Stage 0: R2R Orientation</b> (presentation, Q&A)
12:30 – 13:30	<i>Lunch</i>
13:30 – 15:00	<b>Stage 1: Engaging &amp; Connecting</b> (presentation, Q&A, <b>Step 1</b> applications, reflections)
15:00 – 15:30	<i>Break</i>
15:30 – 16:00	<b>Stage 1: Engaging &amp; Connecting/Steps 2 and 3</b> (journey-check, Q&A, application)
16:00 – 17:00	<b>Stage 1: Engaging &amp; Connecting/Step 5</b> (journey-check, Q&A, application)
Evening	<i>Reading time for participants; planning time for facilitators and small group leads</i>
<b>DAY 2: R2R Stage 2 (18<sup>th</sup> April 2018, Wednesday)</b>	
8:30 – 9:00	<i>Recap of Day 1</i>
9:00 – 10:30	<b>Stage 2: Understanding R&amp;R</b> (presentation, Q&A, <b>Steps 1/2</b> applications, reflections)
10:30 – 11:00	<i>Break</i>
11:00 – 13:00	<b>Stage 2: Understanding R&amp;R Steps 4/5</b> (presentation, Q&A, applications, reflections)
13:00 – 14:00	<i>Lunch</i>
14:00 – 16:00	<b>Stage 2: Understanding R&amp;R Steps 8/9</b> (presentation, Q&A, applications, reflections)
16:00 – 16:30	<i>Break</i>
16:30 – 17:00	Round Up
<b>DAY 3: R2R Stages 3 and 4, Regional/NS Plans (19<sup>th</sup> April 2018, Thursday)</b>	
08:30 – 9:00	<i>Recap of Day 2</i>
9:00 – 10:30	<b>Stage 3: Taking Action for Resilience</b> (presentation, Q&A, applications, reflections)
10:30 – 11:00	<i>Break</i>
11:00 – 12:30	<b>Stage 4: Learning</b> (presentation, Q&A, applications, reflections)
12:30 – 13:30	<i>Lunch</i>
13:30 – 14:30	<b>R2R: Building on what we have already and Our Regional Plan</b>
14:30 – 15:00	<b>My NS community resilience roll out plan</b>
15:00 – 15:30	<i>Break</i>
15:30 – 17:00	Closure and certificates

<sup>1</sup> Times are suggested--to be varied as needed