

## Training reflections: Gender Equality as a Space for Growth

**Date:** May 6th to May 12th, 2024

**Location:** Puerto de la Cruz de Tenerife, Spain

The Center for Innovation and Development INOS had the privilege of participating in the "Gender Equality as a Space of Growth" training course, funded by the Erasmus+ Program. Held from May 6th to May 12th, 2024, in Puerto de la Cruz, Spain, this course was instrumental in advancing our commitment to promoting gender equality within our organization and beyond.



During the training, INOS made significant strides towards achieving the outlined objectives:

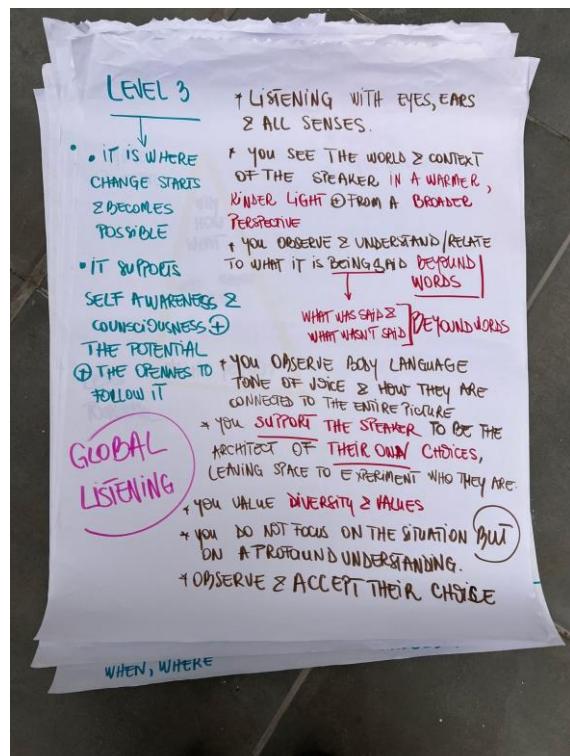
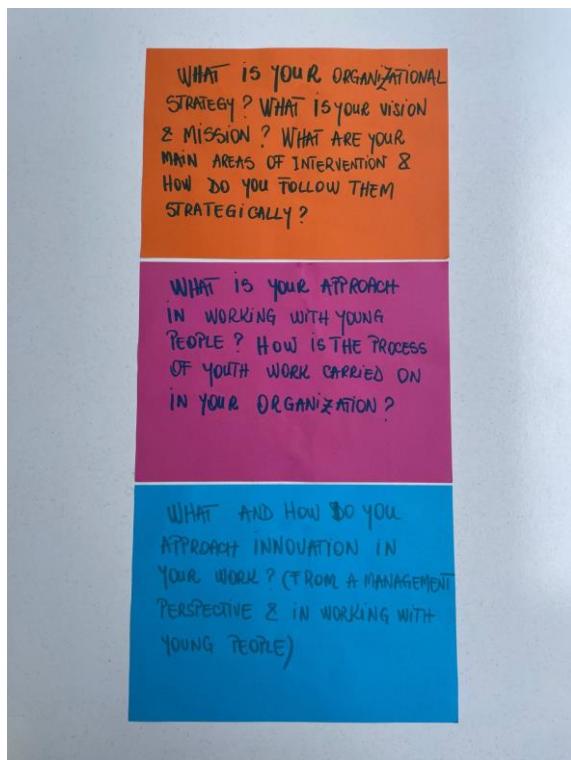
- **Capacity building:** The training equipped INOS and other participating organizations with the knowledge and tools necessary to integrate gender dimensions into their practices and procedures effectively.
- **Enhanced learning through non-formal education:** Our representative deepened the expertise in promoting gender equality through non-formal education methods, contributing to our organizational growth and development.
- **Development of gender-sensitive approaches:** INOS emerged with a strengthened understanding of and commitment to developing gender-sensitive approaches within our organization, fostering inclusivity and equity.



The training sessions were both enlightening and enriching. Participants engaged in self-awareness exercises and reflective discussions, recognizing the importance of personal growth and addressing biases in creating gender-inclusive spaces. Through in-depth conversations and practical

examples, participants explored the intersectionality of gender, human rights, and discrimination, gaining valuable insights into effective practices. INOS benefited from tailored learning experiences designed to address the specific needs of our organization, empowering us to develop gender-sensitive policies and practices effectively.

We found the training profoundly impactful and inspiring. It provided us with practical strategies and tools that we are eager to implement within our organization. The emphasis on self-awareness, inclusive practices, and organizational development has equipped us with the knowledge and confidence to advocate for gender equality in all aspects of our work.



Additionally, this training served as an invaluable platform for networking and collaboration. For our organization, it presented an extraordinary opportunity to connect with like-minded individuals and organizations dedicated to advancing gender equality. Through engaging discussions, collaborative activities, and informal interactions, participants forged meaningful connections and built lasting relationships. These networking opportunities not only expanded our professional network but also provided avenues for future collaboration and knowledge exchange. By learning from the experiences and best practices of others, our organization gained fresh insights and perspectives, enriching our approach to promoting gender equality. Furthermore, the diverse backgrounds and expertise of participants contributed to a dynamic learning environment, fostering innovation and creativity in our collective efforts towards gender equality. Thus, beyond the formal training sessions, the networking aspect of the course proved to be equally enriching and rewarding, reinforcing the importance of collaboration and collective action in achieving our shared goals.



The "Gender Equality as a Space of Growth" training course was a resounding success, thanks to the dedication of the organizers, the expertise of the trainers, and the active participation of all involved. INOS is committed to applying the knowledge gained to foster a more equitable and inclusive environment within our organization and the broader community.

INOS extends our sincere gratitude to the organizers, trainers, and fellow participants for their contributions to this invaluable learning experience. Special thanks to the Erasmus+ Program for their support in facilitating this transformative training opportunity.