

Bridges of Hope Training

Inspiring Healthy Lives



Training, Materials and Consultancy
to enhance the impact of
health education programs

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Products and Services

Tailored participatory training packages

We work collaboratively to create tailored participatory training programs for different issues, contexts and groups. We also enhance the impact of existing programs by integrating multi-sensory, experiential learning activities and SBCC (social and behaviour change communication) techniques.

The 24 activities in this toolkit are used with adolescent, faith-based and community groups to address HIV prevention, stigma, eMTCT, treatment adherence, SRHR, drugs and alcohol and gender based violence.



Facilitator / Trainer / Peer Educator Training Workshops

3 to 5-day interactive workshops build knowledge, skills and confidence to facilitate effective and high impact interactive training sessions using the Bridges methodology and toolkits (such as the one above.)

'Off the shelf' Training Models & Kits

- Female/receptive & male ejaculating models
- 'Complete condom training kit' with both models + condom negotiation activities
- VMMC training / demand creation kit



Community practice session during a Facilitator training workshop. In this activity, participants avoiding sharks and crocodiles (threats and challenges) by balancing on narrow 'bridges' (positive choices and health seeking behaviours), to reach the 'island' (their goals and aspirations.)



The participant wearing the 'ARV' mask has just suppressed 'HIV', allowing 'White Blood Cell' to recover and expel the two 'Infections' from 'the body'. Participants experience (metaphorically) HIV mutation and treatment failure and this activity strongly motivates treatment adherence.

"The activities break down very complicated explanations to convey a message in a way that is clear and unforgettable."
Prosperine Zulu, Anti AIDS Association, Zambia

"The participants had fun and games while at the same time undergoing life-changing experiences."

Dawne Jackson, Wellness Coordinator,
Nelson Mandela Bay Municipality, South Africa