



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Demonstrate Knowledge Of The Foundations Of Human Rights And Democracy Training

Human and Social Studies / Public Policy, Politics and Democratic Citizenship

Unit Standard 119661 · NQF Level 4 · 7 Credits · 4 Days

COURSE OVERVIEW

This course equips learners with a foundational understanding of human rights and democracy, focusing on their historical development, key principles, and application in South Africa. It aims to foster respect for diversity and active citizenship within the workplace and society.

Category	Human and Social Studies
Subfield	Public Policy, Politics and Democratic Citizenship
Unit Standard	119661
Accreditation	SAQA Accredited · NQF Level 4 · 7 Credits
Duration	4 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Explain the historical development and key concepts of human rights and democracy.
- Analyze the relationship between human rights, democracy, and social justice in the South African context.
- Apply the principles of the South African Constitution and Bill of Rights to workplace scenarios.
- Demonstrate respect for diversity and the rights of others in professional and community settings.
- Evaluate the role of key institutions (e.g., Human Rights Commission) in protecting and promoting human rights.
- Implement strategies to address human rights violations and promote democratic participation.

WHO SHOULD ATTEND

- This course is designed for employees, supervisors, and managers across all sectors who need to understand the principles of human rights and democracy to promote inclusive practices and compliance with South African legislation.

COURSE OUTLINE

Day 1: Introduction to Human Rights and Democracy

- What are human rights? Core concepts and classifications.
- Democracy: principles, types, and features.
- Historical overview: apartheid and the struggle for rights.
- The South African Constitution and Bill of Rights.
- Universal Declaration of Human Rights and African Charter on Human and Peoples' Rights.
- Link between human rights and democratic governance.

Day 2: Legal Framework and Institutions Supporting Rights

- The Constitution as supreme law: structure and key provisions.
- The Bill of Rights: rights and limitations.
- Role of the Constitutional Court in upholding rights.
- Chapter 9 institutions: SAHRC, Public Protector, Commission for Gender Equality.
- International and regional human rights mechanisms.
- Case studies on landmark court decisions.

Day 3: Application of Human Rights in Everyday Life

- Human rights in the workplace: equality, dignity, and fair labour practices.
- Democracy in action: participation, voting, and civic engagement.
- Addressing discrimination, hate speech, and inequality.
- Rights of vulnerable groups: children, persons with disabilities, LGBTI+.
- Practical exercises: case studies and role-plays.
- Developing a personal action plan for rights promotion.

Day 4: Advanced Integration and Practical Implementation

- Integrating human rights into organisational culture and policy.
- Advocacy and activism: tools and strategies.
- Monitoring and reporting human rights violations.
- The role of civil society and media in democracy.
- Group project: creating a rights-based campaign.
- Reflective practice and ethical responsibilities.
- Assessment and certification.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **7 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 20,500.00	R 20,500.00
1	In-House	R 26,600.00	R 26,600.00
1	On-Campus (Pretoria)	R 30,800.00	R 30,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
10 Aug 2026	13 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Mauritius
18 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
18 Aug 2026	21 Aug 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

- 1. Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 119661) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
- 2. Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
- 3. Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
- 4. Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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