

DEMOCRACY FITNESS

In a democracy, we humans are the most crucial element. Democracy requires our participation, care for each other, our society, and our involvement in developing it. Democracy is not a given! Our democratic form needs to be trained and maintained, just like we train the rest of our body. Hence, Democracy Fitness has identified 10 democratic muscles that only take 30 min. to train. These muscles include for example disagreement, active listening, mobilization, and empathy. The concept is aimed at enhancing citizen's democratic confidence and participation in society.

10 DEMOCRACY MUSCLES

10 muscles have been identified and developed and are essential to train to strengthen our democratic participation. New muscles are continuously being identified and new training sessions developed - in line with the target groups and contexts. It is therefore continuously possible to develop new muscles in new countries and contexts. On the last page you have an overview of the 10 democracy muscles.

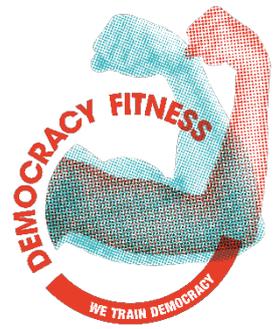
CONCEPT AND LEARNING DESIGN

Democracy Fitness is a training concept that challenges the traditional learning approach to democratic participation and active citizenship. Democracy Fitness is based on a learning approach where we need to activate ourselves to create change. At the same time, Democracy Fitness is based on a learning approach where training should be challenging, fun, social and meaningful for the participants.

In Democracy Fitness, different democratic values and skills are trained individually. Each training session lasts 30 minutes and is based on one muscle.

The training sessions are structured according to an effective training approach:

- 1. Motivate and explain the relevance (5% of the time)
- 2. Instruct/review the training (10% of the time)
- 3. Train and practice (70% of the time)
- 4. Relate to own everyday life and behavior (15% of the time)



During the training session participants become aware of democracy as a way of life, relate the muscle being trained to participants own life and everyday life, and train participants behavior when practicing their muscle with others. All 30 minutes are high intensity and high energy.

DEMOCRACY FITNESS TRAINER

To conduct a training, one must be a certified Democracy Fitness Trainer at a Democracy Fitness Camp. On the camp, participants gain an understanding of Democracy Fitness as a concept, learning style, and method. Democracy Fitness has been internationally tested with great success, experiencing positive outcomes across different age groups from 15 to 80 years old, and in both large and small scales, ranging from 2 to 600 people in a single training session.





DEMOCRACY FITNESS

Which democracy muscles have you trained today?



EMPATHY
In a democracy, there is room for everyone. You need to accept individual diversity and be empathetic towards others.



ACTIVE LISTENING
In a democracy, everyone has a voice. You must be able to listen without prejudice and learn from others.



OPINION
In a democracy, differing opinions are allowed. In order to shape your opinion, you need to be able to voice it and listen to the opinions of others.



VERBAL CONFIDENCE
In a democracy, we all have a voice. You need to get to know your own voice in order to use it meaningfully.



DISAGREEMENT
In a democracy, we often disagree. You must be able to accept disagreement, as it makes us all the more wiser about one another.



COMPROMISE
In a democracy, there is room for diversity. You must know how to compromise so everyone feels they are getting more than they are giving.



MOBILISATION
In a democracy, a sense of community is needed. Making room for other people's ideas strengthens the collective.



ACTIVIST
In a democracy, you can actively engage with whatever you are passionate about. See it take off!



CURIOSITY
In a democracy, we need to learn from each other. You must poke around and leave no stone unturned.



COURAGE
In a democracy, participation is important. You should find the courage to come as you are. You already have the guts to do it.

Democracy Fitness is a training concept which challenges the traditional understanding of democracy. Democracy is something one needs to train - and it should be fun, challenging and meaningful all at the same time.

Learn more at www.demokratifitness.dk/en

