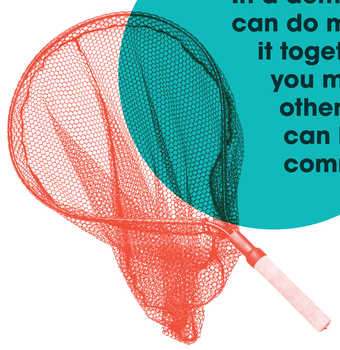
DEMOCRACY™ FITNESS

Which democracy muscles have you trained today?



EMPATHY

In a democracy, we have different perspectives. If we put ourselves in each other's shoes, we create mutual understanding.



MOBILISATION

In a democracy, we can do more, if we do it together. When you make room for others, your idea can become a common cause.



ACTION

In a democracy, you can act on what you believe is important. Find your spark and get going!

DISAGREEMENT

In a democracy, disagreement is natural, but it can feel uncomfortable. If you disagree with respect, the discomfort turns into knowledge.





ACTIVE LISTENING

In a democracy, everyone has the right to speak. Being heard requires that others listen actively.



COURAGE

Democracy is all of us. Find the courage to challenge yourself and cheer on others. Be brave.

OPINION

In a democracy, you have the right to have opinions - and to change them. When we share them with each other, they are challenged and take shape.





VERBAL CONFIDENCE

In a democracy, we all have a voice. If you do voicework, you can use it to make an impact.



CURIOSITY

In a democracy, we have the right to ask. When we are open and creative, we discover new possibilities.

COMPROMISE

In a democracy, we find solutions together. If we make room for different approaches, more people can accept the decisions.



Democracy Fitness is a training concept that expands traditional ideas of what democracy is. Democracy can be trained – in a fun, active and challenging way. Each democracy muscle has its own 30-minute training. Trainings are always led by a certified Democracy Fitness Trainer. You can become a trainer at a two-day Trainer Camp.

Read more at democracyfitness.org

Invented in Denmark in 2017 by Zakia Elvang and Kathrine Krone Laurent. Spread globally through the association Democracy Fitness Global.

DEMOCRACY FITNESS

WE TRAIN DEMOCRACY