

**Open Call for Ethiopian Journalism Schools to  
Adapt and Implement: Managing Stress and Trauma in  
Journalism course Deadline: 25 June 2025**

Fojo Media Institute at Linnaeus University invites journalism schools in Ethiopia to participate in the AGILE project, an EU funded global consortium initiative aimed at strengthening journalism education worldwide. Under this framework, Fojo Media Institute will support journalism education in 13 countries, including Ethiopia.

**About the Project**

*Journalism schools to adapt and implement an extracurricular course titled: Managing Stress and Trauma in Journalism.*

This pilot initiative aims to explore how journalism education can better prepare and equip students to manage stress and trauma—both when reporting the trauma of others and managing their own stress. An extracurricular course will be adapted and tested in collaboration with journalism schools in nine countries across the world and tailored to fit local realities.

The current Ethiopian context presents a range of challenges for journalists—from reporting on armed conflict and human rights violations to specific safety threats such as intimidation and online harassment. Despite these challenges, mental health and emotional preparedness are rarely addressed in journalism training. This course seeks to fill that gap by building resilience and offering practical tools for both reporting and.

**Course Objectives**

The course will help students:

- Understand trauma and its effects—on sources, victims, and themselves;
- Apply ethical and effective practices for trauma and stress reporting;
- Learn to manage stress and build personal resilience.

**Suggested format and delivery:**

- Structure: 6 sessions x 2 hours
- Setting: classroom-based, delivered either as an extracurricular module or integrated into existing coursework
- Approach: co-developed with Fojo and other journalism educators, combining academic instruction, industry insights, and practical tools
- Customisation: Journalism schools are encouraged to adapt the course to fit their local and institutional context
- Implementation period: 2025-2027

**Fojo Media Institute will provide:**

- Facilitation guidance and draft course structure
- A digital toolbox on stress and trauma for educators



- Access to expert guest lecturers (journalists, psychologists, etc.)
- A grant of **€2,500 per year for two years** (2026–2027) to support course delivery
- Capacity building opportunities with other universities in Ethiopia
- Opportunities to participate in learnings events to further improve and develop the course annually

**Expectations from Participating Schools:**

- Adapt and implement the course locally
- Collaborate with Fojo and educators in other countries, roles and responsibilities will be outlined in a separate agreement.
- Provide feedback on course content and delivery
- Submit narrative and financial reports

**Eligibility Criteria:**

Open to Ethiopian journalism schools offering journalism programs—preferably First Generation Journalism Schools with strong staff capacity. The school/university must have a commitment to curricula development and innovation and capacity to manage international funding and reporting requirements

**How to apply:**

Submit your application (maximum 2 pages) in English by **25 June 2025** to [elham.mehammed@lnu.se](mailto:elham.mehammed@lnu.se) It should include:

- Motivation for joining the project
- Description of relevant experience on stress and trauma
- Expected contributions and benefits from the collaboration

Selected schools will receive further information on grant management and a tentative timeline for implementation. For further enquiries, contact: [sofie.gullberg@lnu.se](mailto:sofie.gullberg@lnu.se)

