

Seventy Women Electoral Candidates in Costa Rica Begin Intensive Course Ahead of the 2026 Elections

- *Candidates for elected office from different political parties are taking part in the 4th national and 27th regional editions of the Course for Women Electoral Candidates.*
- *During three days of intensive training, the participants will receive tools in leadership, political communication, electoral financing with a gender approach, digital security, and campaign organization.*
- *The initiative is organized by the Supreme Electoral Court of Costa Rica (TSE), the Inter-American Commission of Women (CIM), and the OAS School of Government, with the sponsorship of the Ministry for Europe and Foreign Affairs of France and the support of the UNDP office in Costa Rica.*

San José, Costa Rica, November 17, 2025. Seventy women electoral candidates from all over the country began this Monday in San José an intensive training in electoral leadership, political communication, and parity democracy, as part of the 4th edition in Costa Rica and the 27th regional edition of the *Course for Women Electoral Candidates*.

The training, organized by the Inter-American Commission of Women (CIM), the School of Government of the Organization of American States (OAS) and the Supreme Electoral Court of Costa Rica (TSE), with the sponsorship of the Ministry for Europe and Foreign Affairs of France and the support of the UNDP office in Costa Rica, is being held from November 17 to 19, as part of the support to women candidates in the run-up to the February 2026 elections.

The course was inaugurated by Eugenia Zamora, President of TSE; Alejandra Mora Mora Mora, Executive Secretary of the CIM/OAS; Sandra Sosa Cárcamo, Resident Representative of the United Nations Development Programme (UNDP) in Costa Rica; María Fernanda Trigo, Director of the Department for Effective Public Management and the OAS School of Government; and Céline Giusti, Permanent Observer Ambassador of France to the OAS.

For three days, the women electoral candidates will participate in conferences and practical workshops on women's leadership, strengthening democracy and the agenda for equality; violence against women in politics; simulation of interviews and electoral debates; political communication and public speaking; positioning of the campaign message; strategic use of social networks and techniques for accessing electoral financing with a gender perspective. The participants will also learn how to organize the campaign and incorporate digital security as a central part of their strategies.

The course also includes a mentoring session with the former Minister of Chile, Paula Narváez, facilitated by the Executive Secretary of the CIM/OAS, in which participants will be able to discuss the challenges of women's political participation and strategies for sustaining women's leadership in complex contexts.

***INFORMATION FOR JOURNALISTS**

About the Course for Women Electoral Candidates

The Course for Women Electoral Candidates of the Inter-American Commission of Women (CIM) of the OAS aims to strengthen the capacities of women who aspire to elected office. Since 2018, the course has trained more than 2,000 women across 13 countries in the region.

About the CIM/OAS

The Inter-American Commission of Women (CIM) of the Organization of American States (OAS) is the principal hemispheric forum dedicated to the promotion and protection of women's human rights and gender equality. Founded in 1928, the CIM has been a pioneer in identifying the barriers faced by women across the social, economic, and political spheres and in formulating policies and programs to overcome them. CIM works in collaboration with OAS Member States, civil society organizations, and other key actors to advance the gender equality agenda in the Americas.

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