

Migrant Women Empowerment Project

Krakow "Dissemination Event."

Video report

Welcome to the Dissemination Event of Migrant Women Empowerment Project! : In a world where borders blur, cultures intertwine, and dreams converge, the journey of a migrant woman is one of resilience, strength, and empowerment. During our Project we embarked on a transformative exploration of migrant women's integration, their journey to empowerment, how to cope with stress and emotion balance with and the importance of building inclusive communities in a new country.

Our intention is to make the process easier for you and enhance your learning experience. Please note that the support received from the European Commission for the production of this publication does not imply endorsement of the contents. The views expressed in this video solely represent those of the authors, and the Commission cannot be held accountable for any use of the information provided.

Imagine arriving in a new land, leaving behind everything you know. The challenges may seem insurmountable, but for the women who join to the Migrant Women Empowerment Project, the journey was about finding their voice, reclaiming their rights, pursuing equality & empowerment, becoming a leader and discovering strategies for their wellbeing.

Integration is the cornerstone of empowering migrant women. Following unexpected challenges in their lives, all women experience a series of events that cause them to question whether they are on the right track and whether they made the right decisions. Many of them face a lack of information or confusing data about women's issues, struggle to meet new people and friends, and limit themselves with their own beliefs and self-doubt about their full potential.

The Migrant Women Empowerment Project brought together three organizations from three different countries to collaborate on four workshops for women empowerment over the course of 18 months. Project dedicated to migrant women in their new country.

In these workshops, a network of support blossomed, where women from different backgrounds shared their stories and form lasting bonds. Guided by mentors and experts coaches, they embarked on a transformative path towards self-discovery & adaptation.

This is what coordinators of project presented to the audience at Rubinstein Hotel at Szeroka street Krakow, Poland on April 22th. We presented the inspiration behind the project to raise awareness about the support needs and barriers faced by migrant women in a new country, highlighting these issues and bringing them to the forefront of public consciousness, the three organizations hope to foster a more inclusive and equitable society that supports and uplifts women with our initiative.

Coordinators introduce each one of the organizations involved in project and reason behind it; Move To Be You, Austrian NGO consisting of international educators and trainers, who develops projects using movement, sport and physical activity for self- and community development, mindfulness, leadership, stress reduction, inclusion to support the creation of a mentally and physically healthy and active inclusive society. Our second partner Art Smart from Riga, Latvia who is an SME having an international experience in

providing management consultations, research and training to public and private organizations, whose main fields of expertise are business development (Entrepreneurship) consulting, project proposal development, E-learning course development, business plans, evaluation of business plans and monitoring of business plan implementation. And Fundacja One World One Heart from Krakow, Poland that develops focused on the mission of building a society sensitive to diversity, committed to integrate, educate & support with a tolerant environment to open and trust into building relationships with migrants & locals in their city, whose motto is "Diversity is a fact. Inclusion is a choice. Respect is a must."

The Migrant Women Empowerment project has achieved significant results in its aim to empower and educate migrant women. Check out women-power.eu for all the essential resources you need to organize and lead your very own Women Leadership and Initiative workshop. The website provides access to presentation materials, scripts, and engaging activities, making the workshop organization process much simpler for you. Furthermore, feel free to revisit our webpage anytime to rewatch this informative video.

We highly encourage you to take full advantage of the materials provided, as they offer numerous benefits. The presentations offer a comprehensive overview of the significant challenges faced by migrant women, addressing topics such as the importance of belonging, the challenges of being part of a group, language barriers to communicate and understand others even at same situation, the power of networks and how small initiatives can lead to big changes. The scripts provide detailed, step-by-step guidance on how to effectively conduct these workshops, including facilitating meaningful discussions, engaging activities, and purposeful exercises.

The activities included in the workshops materials are designed to be interactive and hands-on, fostering active participation and engagement among the women involved. These activities focus on nurturing confidence, developing practical skills to become a leader, and promoting self-empowerment. By utilizing these materials, you can create a dynamic and empowering learning environment for all participants.

As said this developer explained the objective of every workshop, the main topics discussed as well the results of some of them, we shared what learned and saw success of stories of empowered migrant women making a positive impact in their new community, how they engage, what we learned of their resilience and determination inspired to change and challenge stereotypes, proving that unity and diversity go hand in hand.

A panel of experts that attended gave their opinion on the importance of workshops made for migrant women, contributed to ideas and congratulate for the initiatives taken, as a result organizations and participants agreed that empowering migrant women is not just about individual growth; it's about the progress of society as a whole. By giving them the tools to succeed, we unlock a wealth of potential that fuels community development.

These workshops serve as a safe space for women to explore their talents, passions, and skills. We've seen the transformative power of confidence and self-belief, leading to innovative solutions and positive change. The impact of these workshops extends beyond the present, as seeds of progress are sown for future development in any country. Armed with newfound knowledge and skills, these empowered women that have attended to our workshops became agents of change. They influence policies, advocate for women's rights, and promote gender equality, thus fostering a more inclusive and equitable society. Through integration, we see the power of unity in diversity. As migrant women rise, they build bridges between cultures, strengthen social cohesion, and create a sense of belonging in their new homeland.

On this Dissemination event, we celebrate the journey of empowerment, where we look for to provide to every migrant women find their place in a new country, shaping a brighter future for all. Let us embrace diversity, promote inclusion, and empower every woman to unleash her full potential. Together, we create a world where equality reigns, and women's rights are cherished.

We hope to hear from you and join us to collaborate in future spaces and development of new projects together.

Thank you for watching! Feel free to check out results and latest information about Migrant Women Empowerment Project nr KA210-ADU-185721EC and the partners of project, we will be glad work together creating a platform for ongoing dialogue and collaboration, where individuals and organizations can share ideas and promote gender equality, inclusion and empower women in their communities.