



Co-funded by  
the European Union



# MIGRANT WOMEN EMPOWERMENT

## KRAKOW "WOMEN 'S RIGHTS IN ACTION: EMPOWERMENT AND EQUALITY"

Krakow  
Video report Script

Welcome to the Migrant Women Empowerment Project! In this occasion we will show you how was developed Migrant Women's Rights and Empowerment in Poland, it was a transformative gathering, women came together to amplify their voices, learn more about their rights and promote gender equality.

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.

During the morning of 22 of April 2023, the second workshop of Migrant Women Empowerment Project took place at Best Western Plus Krakow Old Town. During the workshop, we witnessed these incredible migrant and local women immerse themselves in a journey of self-discovery, empowerment, and solidarity. The session covered a wide range of topics, addressing the challenges faced by migrant women and promoting their rights.

The Migrant Women Empowerment project has achieved significant results in its aim to empower and educate migrant women. Check out [women-power.eu](https://women-power.eu) for all the essential resources you need to organize and lead your very own 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 how women are seeing in society, cultural differences, stereotypes, struggles of women through history, why inclusion, empathy and diversity matters for all, and how we can change the stories made until now.



Co-funded by  
the European Union



MOVE to Be You







# MIGRANT WOMEN EMPOWERMENT

The workshop aimed to create a safe space for migrant women to discuss their unique challenges, share experiences, and develop strategies to enhance their empowerment and advocate for their rights.

The key objectives of workshop 2 were addressed and achieved, the aim was to know international & local rights, the development of women in leadership through history and current challenges. We wanted to emphasize the importance of education and awareness about women's rights, gap in equality in different areas and how to be more inclusive .

Our workshop started with an icebreaker that look for create a positive and inclusive environment that fostered engagement, communication, and a sense of belonging. Using platform Menti.com created a couple of questions for our participants to answer, on main screen we saw results and the group took into discussion and reflect that we constantly used same questions and answers when we introduce to someone, the group reflected that in order to be more engaged, we need to go beyond and ask meaningful questions without barriers and judgements. Participants went back to partner and ask again another questions, we provided printed cards with questions that could help them in case need, each participant like the idea and took a couple of cards and re-engage and have a talk again.

Is important to mention that this kind of simple icebreaker is effective when dealing with migrant women as most of them are coming from diverse backgrounds and may initially feel shy or hesitant to interact with others due to cultural or language barriers, plus communication is vital in any workshop, and migrant women may benefit from improving their language skills and expressing themselves effectively, feeling valued and listened.

With this icebreaker we encourage participants to appreciate and embrace each other's differences. By celebrating diversity, culture and ideas of everyone, the icebreaker settled the tone for open-mindedness and understanding throughout the workshop.

We got our participants ready to explore the main topics of workshop, facilitator guided women into reflections and examples of how and why looking for and creating awareness of Women full and equal participation in all facets of society is a fundamental human right, despite of that what actually we still have around the world, lot of cases and situations were women and girls are largely underrepresented; was shown through history how has been evolving women rights and inclusion and how in some countries women and girls does not have a guarantee of her human rights.





# MIGRANT WOMEN EMPOWERMENT

The women at workshop were so actively participating giving examples, agreeing with facilitator and sharing experiences. Participants came out of their shells and actively engage in the workshop, boosting their confidence and willingness to participate in subsequent activities.

Next coordinators decided to focused on discovering women's strengths and capabilities, as is essential an inclusive, engaging, and conducive to self-discovery and empowerment activity. Facilitator started with the activity asking What are strengths? as an open question, we heard the different answers and follow up with the definition of it, then facilitator conducted the self-reflection of discover strengths, participants were instructed that will have categories and that they need to write down in the notepad provided 2-3 strengths that are important for them accordingly to what coach will describe.

The activity began with a reflection of Personal strengths, in this they discover as a strength in their hobbies, dreams, values, or even personal attributes. The next category was Social strengths followed by the Good times category was developed to recall good moments that help women to feel positive and motivated. Next one Coping skills strengths developed when face adversity and the challenges life. The Spiritual strengths had a variety as usually is thought or confused as religious as it can also be about growth, meaning, and purpose in life. When continue the reflection on Cultural strengths we overlook the strengths of the groups to which we belong and how we grow and embrace our culture, finally finish with Positive settings addressing formal and informal areas where we are safe and grow.

At the end of this self-reflection we had a common work, a discussion of this strengths recently discovered for some; this activity lead and encourage group talks where women shared their strengths and learned from each other's experiences and discoveries ;in this stage we created a safe and supportive space for women to share stories of resilience found in strength, triumphs, and challenges of self-discovering what was not aware as a strength.





Co-funded by  
the European Union



# MIGRANT WOMEN EMPOWERMENT

It is crucial to remember that the activity should be culturally sensitive and adaptable to the participants' backgrounds and preferences. Creating an atmosphere of trust, respect, and celebration of diversity will further enhance the impact of the workshop.

By incorporating these activity, migrant women can discover and embrace their strengths, capabilities, and potential to make a positive difference in their lives and communities where they are adapting and integrating.

To further enrich the workshop experience, in order to create a positive and integrative supporting closure, we looked for a way to share phrases between participants, coordinator give to everyone an image printed in cardboard in black and white, the instruction for the activity named Color & Share was that each women should put words of advice, inspirational, motivational, cultural saying whatever decided to say to any other woman; at end and when finish they should exchange the carboard with the person that less interacted during the workshop and tell to her the phrase and why is important to be said.

Ending with this activity was very meaningful as sharing words helped participants realize that they are not alone in their struggles. It provides a sense of validation and belonging as they discovered common experiences and challenges shared by other migrant women.

During our workshop in Krakow, women found that the environment provided to them to speak up, all mention at a time feeling in a supportive group and that facilitators boosted participants' confidence and self-esteem, also allows them to recognize the value of their experiences and perspectives, contributing to their personal growth.

As you approach the end of the workshop made in Krakow, it's important to gather reflections from the participants regarding what they enjoyed and found valuable during the session. This feedback helps to understand perspectives and further improve future workshops. We encourage participants to share their thoughts, insights, and any specific aspects they found particularly beneficial or memorable.

As host of workshop, we want to create the awareness of how powerful is to develop a space to share words as it empowers participants to voice their opinions, concerns, and aspirations. It gives them a platform to advocate for their rights and needs, fostering a sense of empowerment.

Thank you for watching! See you in the next workshop of Migrant Women Empowerment Project  
nr 2021-2-PL01-KA210-ADU-000050955



Co-funded by  
the European Union



MOVE to Be You

