

Migrant Women Empowerment Project

Krakow "Raising Up: building better communities."

Video report

Welcome to the Migrant Women Empowerment Project! In a world where borders are no longer barriers and cultures converge, the journey of migration for women takes on a unique significance. In workshop number 3 of our project, we delve into inspiring stories, shared challenges and mutual understanding of migrant women who, bound and had same goal; to forge and build powerful networks to create a strong sense of community in their new homeland. Join us in **Raising Up: building better communities** as we explore the profound impact of integration through this remarkable workshop made in Krakow, Poland.

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.

The workshop 3: Raising Up: building better communities was held on 23 April in 2023 at Best Western Plus Krakow Old Town. The event aimed to address the challenges faced by migrant women and explore ways to create supportive networks and communities for their empowerment, well-being & growth.

For many migrant women, stepping foot into a new country is both a brave leap and a daunting endeavor. The initial days are rife with uncertainty and unfamiliarity, but these women that participate at our workshop want to go beyond, grow and embark on a transformative journey to build better communities in this new home.

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 workshop 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.

The workshop aimed in search of strengthening women's connections - networking and connection building between migrant women & locals to support each other's, creating new initiatives and solving problems together.

In the context of a migrant women workshop, ice breaker activity can play a pivotal role in empowering women, facilitating networking opportunities, and encouraging cross-cultural understanding and support, that is why our workshop started with an icebreaker looking to facilitate networking opportunities encouraging cross-cultural understanding and support, as well to discover in others that might have same passion or hobby and, in this case, make easier connections between participants.

In this case coordinator created an activity called *Colorful Confession* creating in which she provided to every player a candy, they could choose from different color or shapes a piece or two, once all candies are distributed, coach displayed open ended questions matching with a color provided in candies, after this each person should answer out loud the color-question shown, here to mention some questions as: "What was the worst haircut you ever had?" "What was your least favorite food as a child? Do you still hate it or do you love it now?" "What was the worst job you ever had?"; as participants introduce themselves, answered questions & share their experiences, they found a common ground, helping to build rapport and a sense of camaraderie among them.

This Icebreaker acted as a "warm-up" for the main content, allowed participants to relax and become more receptive to the workshop's objectives. It was an enjoyable activity, encouraged participants to come out of their shells and actively engage in the workshop.

Attendees were more than ready to explore into workshop topics so it started with a lot of excitement; facilitator provided activities aligned with the workshop's goals and themes, she ensured a smooth transition into the main content and discussions, first was to take into mind that there is a hidden power in each of us to build a team that looks for same or similar goals, with an open subject named "The power of the pack" making mention how nature give us examples of female leaders, that We have been taught to be competitive with one another and because of it We need to reverse the stereotype that women don't support other women.

Amidst the challenges, migrant women discovered that they were not alone. Finding solace in their shared experiences, they began to build connections and bridges, embracing the beauty of diversity and unity in their new community during the discussions at workshop, as well we had several opinions about the different kind of challenges that any women can face once they decide to build a connection or network.

After all this despite we were so deep into topics and all were actively participating, we had a small coffee break, during it women engaged in casual conversations, shared their thoughts on the workshop topics, and collaborated on potential initiatives or projects related to building a community. This open dialogue enhanced communication skills and established a conducive environment for cooperation and mutual support.

As the break time finished the was the moment to follow next activity proposed by facilitators, a Bingo game with a twist; cards, pens and markers where distributed among participants, their task was to search the room for 1 woman who match the descriptions listed on their bingo card. When they found a match, asked them to put their signature in that box. Coaches asked to search carefully though, as they can only have each woman sign ONE box, and that there was a prize for winner who finish shouting "*Women!*". The conversations between participants in this activity was looking for to establish connections with others who share similar

experiences or aspirations and was truly empowering. The interactions made between our participants from different cultural backgrounds promoted cultural understanding, empathy, and appreciation for diversity, fostered harmonious community relations. Another important point to highlight is that this activity allowed migrant women to practice language and vocabulary different from native language in real-life scenarios or situations according to the description on each bingo box on card, improving their language skills and facilitating communication with the broader community.

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 built a community and network in Poland as a new country providing valuable support systems. Migrant women shared experiences, received guidance, found new way to adapt and discover new hobbies and discovered resources to overcome challenges they may encounter meanwhile they were filling their cards and participating in activity.

To further enrich the workshop experience and strength the bond of network recently created, coach provided an activity to collaborate in teams, it was focus on building networks and fostering teamwork to create better communities, by emphasizing the importance of teamwork for a common goal, using the skills of each of the team members, looking with the reflections an effect positive change in how we engage with a community. We propose 5 teams looking for a winner; the one that will finish the task first and gave an envelope with materials and instructions to each team, only one team had full materials to achieve instructions given, the rest of them had difficulties/limitations as were not having enough materials, instructions were in a foreign language, should not speak or even must only use one hand to full fill the activity, eventually we have the faster team and winner; the one that had full materials and no limitations.

Once all teams finished, we had the discussion and reflection time in which we emphasize that in our organizations, our workplaces, daily life and communities we come in many different sizes, races and ability levels but we have a great task ahead of us to honor our and each other's identities, affirm each other's successes, and to be more mindful and inclusive as we go forward together creating better understanding lead to be able to build better communities, offering help, supporting each other's, cooperating with locals in activities or ideas to facilitate each other lives, be open minded to persons and in case look in to see what can be changed or improved in our own homes.

How has this activity influenced you going forward?

Ending with this activity was very meaningful as women said they felt influenced to go forward and make changes, look for opportunities and engage to make a better place.

During our workshop in Krakow, women found that the environment provided to them to open themselves, all mention at a time that One World One Heart facilitators provided a platform to showcase their skills and leadership potential, paving the way for become active leaders within their communities. The topics discussed helped also to challenge stereotypes and break down barriers that may lead to discrimination. Women felt integrated into their new community, they were more likely to establish long-term roots, contributing to social cohesion and stability.

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 will help you understand their perspectives and further improve our future workshops. We encourage participants to share their thoughts, insights, and any specific aspects they found particularly beneficial or memorable. To gather a more detailed and comprehensive report, you can send out a survey to all participants. This survey will delve deeper into their workshop experience, covering topics such as their overall satisfaction, the effectiveness of specific activities, and suggestions for improvement.

As host of workshop, we want to create the awareness of how powerful is to develop a space for migrant women to create connections and networks, our activities focused on integration, community-building, and establishing a network in a new country play a vital role in empowering migrant women to thrive in their new environment. These activities promote social inclusion, enhance language and cultural understanding, and create a supportive community that fosters mutual respect and cooperation. By investing in integration activities, societies can harness the diverse talents and perspectives of migrant women, fostering a more inclusive and vibrant community for all.

Thank you for watching! See you in the next workshop of Migrant Women Empowerment Project nr KA210-ADU-185721EC.