

Migrant Women Empowerment Project

Krakow "Women 's rights in action: Empowerment and equality"

Video report

Welcome to the Migrant Women Empowerment Project! In this occasion we will show you how was developed the workshop 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.

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.

During the morning of 22 of April 2023, the second workshop of the Migrant Women Empowerment Project, it took place at Best Western Plus Krakow Old Town, Poland. Throughout 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 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 how women are seeing in society, cultural differences, stereotypes, struggles of women throughout history, why inclusion, empathy and diversity matters for all, and how we can change the stories made until now. 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 & strengths, and promoting self-empowerment as awareness in this topics. By utilizing these materials, you can create a dynamic and empowering learning environment for all participants.

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 throughout history and current challenges as well how and why is important to take into consideration and act with inclusion, empathy & equality. We wanted to emphasize the importance of education and awareness about women's rights, gap in equality in different areas, how to be more inclusive and which is the reality that everyone is facing day to day.

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 but first we gave 5 mins to by pair decide to meet each other and introduce themselves to a person that never has meet before. Later our participants used a code provided and enter to Mentimeter, we had answers on main screen and the group took into discussion and reflect about the questions previously answered, once all realized 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. In order to that we gave our participants 8 more minutes to go 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. As example of the questions in cards provided were “What is one superstition you have?”, “What is your greatest skill?”, etc.

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’s full and equal participation in all facets of society is a fundamental human right, despite of that actually we still have around the world, lots 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. 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.

But first, we decided to have a small coffee break to enhance integration among migrant women. This break allows participants to relax, socialize, and strength a positive atmosphere. As organizers during this break were able to hear participants still talking and sharing thoughts of previous talks, giving each other new ideas and sharing their understanding of common facing problems.

Finishing the break time, we needed to go back and immersed in the next topic of our workshop, we 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 each one strength, 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 and question on each phase or category and gave between 5 to 8 mins in each category for self-reflection.

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 (e.g., relationships, family, and friends) and how it contributes to own development or other ones too. The Good times category was developed to recall good moments that help women to feel positive and motivated. Following by 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, women took their five top strengths and they put them on a post it block that was provided by coordinators to each one, later on participants put them in a board at center of room meanwhile we were having a discussion of each one and one by one stand up to put the strengths were considering relevant in the topic and what was discovered.

All this activity lead and encourage group discussions where women shared their strengths and learned from each other's experiences and discoveries.

One of the open questions taken was "What conclusion do you have when you see that people have similar strengths but also they are different?"; in this stage we created a safe and supportive space for women to share their personal stories of resilience found in strength, triumphs, and challenges of self-discovering what was not aware as a strength.

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 activity, we looked for a way to share Words or phrases between participants of a migrant women workshop, coordinator give to every participant 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. The person that received the paper should color it and say if want how feels to received this words and if has an impact in them.

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 and 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 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 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 KA210-ADU-185721EC.