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Migrant Women Empowerment Project

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

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About the project

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 project Migrant Women Empowerment aims to promote inclusion, gender equality, non-discrimination, women's rights, and other important values among migrant women, women refugees, and other relevant stakeholders.

The project is a collaboration between ArtSmart (Latvia), MOVE to Be You (Austria) and Fundacja One World One Heart (Poland).

During the project's period, 4 different workshops will be held in Latvia, Poland, and Austria to achieve the project's objectives.



Features



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1. The Key Topics

- Inclusion, promoting equality and non-discrimination.
- Promoting gender equality, women's rights, and women's education.
- Reception and integration of refugees and migrants.
- To give the "new women in town" the confidence to believe in themselves and believe that they can add value to the local community.

2. The Target Groups

- Migrant women
- Women refugees
- Adult educators and social workers working with migrant women
- Organisations working with and for migrant women
- Local government offices that assist migrants

3. The Erasmus Priorities

- **Inclusion and diversity**- Empowering women, specially migrant women that feel lost and excluded from new society.
- Improving the competences of adult educators.
- Promoting Erasmus+ among all citizens and showing the programs support for disadvantage groups and for migrants.
- Inclusion.



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Workshops

Each workshop features three hours of engaging discussions, activities, and interactions as well as a place for networking and integration. Coffee and snacks are served during the workshop, along with some free time for socializing.

Women Leadership and Initiative

Riga, Latvia

The goal of the workshop is to teach women skills for creating concepts and to increase their awareness of the power of action. The event focuses on empowering women to start new projects and share their ideas. Women left the workshop feeling empowered and ready to shape their future.



Women's Rights in Action

Kraków, Poland



The "Women's Rights" workshop educates women about local rights and how to function in local society. Women was informed about localities where they can expand their network and try new activities.



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Workshops

Raising Up: Building Better Communities

Kraków, Poland

Women learned how to establish a better society, support other women, and solve problems together in the "Raising Up" workshop. Through interactive sessions and experiential learning, participants gained a deeper understanding of their personal strengths and abilities, and how to leverage them to effect positive change in their communities.



Be Yourself

Vienna, Austria



"Be yourself: mental women wellbeing" workshop focuses on stress and emotion balance, taking into account reasons that may cause migrant women to feel lost and depressed in a new country, particularly in countries where societies are still not that open minded. The workshop provide strategies for dealing with this and finding inner inspiration.



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Krakow "Women's rights in action: Empowerment and equality" workshop 2

During the morning of 22 of April 2023, the second workshop of the project took place at Best Western Plus Krakow Old Town.

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.

During the participation of attendants the main topics discussed were :

- 1.Awareness about the specific challenges faced by migrant women.
- 2.The importance of empower migrant women by providing them with tools and resources to assert their rights hand to hand with local women, creating new connections.
- 3.The vision to promote gender equality and inclusivity in society and continuing innovating and looking for this change.

In the following pages will be described the Workshop proceedings as well instructions and details of performance.

Activities



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Icebreaker Menti.com

The workshop began with an opening session of an icebreaker to make participants feel comfortable.

This report aims to highlight the significance of incorporating icebreakers as a crucial component of a migrant women workshop. Icebreakers serve as a means to foster connections, build rapport, and create a comfortable environment for participants to engage with one another.

Instructions:

- Give 5 mins to by pair decide to meet each other and introduce themselves to a person that never has meet before.
- Using phone and code answer the mentimeter questions
- Discussion about it in group and importance for knowing each other this day and let them ask more questions given on a printed card. Let them integrate by themselves
- Play the slide with the code of menti.com and let the participants interact with the questions and put in an anonymus way the answers.
- Possible Questions on it : What is her dream job? / What is her proudest achievement?
- Once they realize that there are more significant questions to ask when you meet someone give 8 more minutes to meet each other again!
- Allow them to pick 2 cards to ask questions to previous partner.
- Printed card : What is one superstition you have? / If you could learn all there is to know about one topic, what would it be? / What is your greatest skill? / What is your deepest fear? / What country has the best cuisine? Everyone choose 2.
-

Activities



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Discovering your strenght Identifying Your Strengths

Often when we talk about mental health we hear about illness versus wellness. Mental health is more like a spectrum, from illness all the way to wellness. Your own strengths can help you on the journey to wellness.

- What are strengths? Strengths can be defined as the unique qualities and abilities that a person possesses, which enable them to perform tasks effectively and achieve their goals. These qualities can be skills, talents, knowledge, or even personal characteristics such as persistence, creativity, or empathy. Strengths build on each other, so by having one strength you can build another.
- In summary, strengths are the innate or acquired abilities and qualities that enable individuals to perform well, overcome obstacles, and find fulfillment in their lives.
- Why identify my strengths? A strengths-based approach means that everyone has the ability to take control of their own lives. Sometimes, we may feel like we only have problems and weaknesses. But if we can figure out what we are good at, it can help us see our own strengths and use them in our life. When people focus on their strengths, they often do better in their recovery.

How do you identify strengths? There are many different kinds of strengths that you can have. Below we've added some starting questions you can ask yourself. For each category, try to think about 2-3 strengths that are important for you.



Activities



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Discovering your strenght Identifying Your Strengths

- **Personal strengths** Identify your own personal strengths. These can include your hobbies, your dreams, your values, or your personal attributes (e.g., having a sense of humour).
- **Social strengths** Think about your social supports (e.g., relationships, family, and friends).
- **Good times** Giving yourself opportunities to recall your good moments can help you to feel positive and motivated.
- **Coping skills** Strengths with coping describe how you deal with adversity and the challenges in your life.
- **Spiritual strengths** We don't have to be religious to be spiritual — spirituality includes religion but also means how you think about growth, meaning, and purpose in your life.
- **Cultural strengths** Often we overlook the strengths of the groups to which we belong.
- **Positive settings** Positive settings are areas where you feel like you are safe and where you can grow. They are areas both formal and informal where people come together and connect, like a community center, library, school, park, or coffee shop. Identify different areas that you think of as positive settings. You can create an "asset map" by taking a map of your neighborhood or city and mark the positive areas to remind you where these places are.

Common work:

Tool - Big blank paper

Take your five top strengths and put them on post one by one with your name and check who else have the same strengths.

What conclusion do you have when you see that people have similar strength but also they are different? (What is impacted collaboration)

Discussion and center board time.

Activities



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Presentation

The presentation encompasses the following components:

1. Introduction to the project
2. Icebreaker game
3. Society & Women
4. Inclusion Equality Emphaty : changing the stories
5. Break time
6. Super Power
7. Message to...



Activities



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Colour and Share

All art makes use of shape and colour in some way. Your eyes can be drawn to certain parts of an artwork when shape and colour is used correctly. Artists use colour to express themselves and aim to make you feel something when you look at it.

To create this we provided following materials:

1. Poster image of a woman all of them with different characteristic of culture and origin
2. Colors , Markers , stickers
3. Additional decorative elements

Participants must colorit and put a phrase that they would like to say to another women , at end they exchange this with the person they less interact.



Activities



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Group discussions / Personal reflection exercises

Workshop included a variety of activities designed to support the participants in areas of empowerment, equality & awareness of women's rights.

- Group discussions serve as a powerful tool for fostering dialogue, sharing experiences, building networks, and generating collective solutions. By providing a platform for meaningful engagement, these discussions enable participants to gain knowledge, develop skills, and cultivate a sense of empowerment and solidarity.
- Group discussions & reflections within the workshop contribute to raising awareness about women's rights and promoting equality. By engaging in dialogue about gender-based discrimination, stereotypes, and social injustices, participants develop a deeper understanding of their rights and the importance of gender equality. This awareness empowers women to challenge and address systemic barriers.

One World One Heart team as facilitators ensure that the group discussions were conducted in a safe and inclusive space. This included establishing an atmosphere of respect, trust, and confidentiality. Attention was given to creating a supportive environment where participants feel comfortable sharing their perspectives and experiences.



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Feedback

Making a survey after the Workshop is a valuable way to gather feedback and insights from the participants. It allows to assess the effectiveness of the workshop, understand the attendees' experiences, and gather suggestions for improvement. Here's a guide on creating a survey after a Women Leadership and Initiative Workshop:

Determine the survey goals: Before creating the survey, clarify the specific goals and objectives you want to achieve. Do you want to evaluate the overall satisfaction of the participants? Assess the effectiveness of specific workshop sessions? Gather suggestions for future workshops? Clearly defining your survey goals will help shape the questions you ask.

Select an online survey platform: Choose an online survey platform that suits your needs. There are several options available, such as Google Forms, SurveyMonkey, or Typeform. Select a platform that allows you to create and distribute the survey easily, and provides robust analytics and reporting features.



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Create a mix of question types: Use a variety of question types to gather different types of feedback. Include closed-ended questions with response options like multiple-choice, Likert scales, or rating scales. These provide quantitative data and make it easier to analyze. Also, include open-ended questions that allow participants to provide more detailed feedback, suggestions, or share their personal experiences.

Start with demographic questions: Begin the survey with a few demographic questions to understand the profile of the participants. This can include their age, occupation, level of leadership experience, and industry.

Evaluate workshop content and delivery: Ask participants to rate the workshop content, organization, and delivery. You can inquire about the relevance and usefulness of the topics covered, the clarity of the presentations, the engagement of the facilitators, and the overall flow of the workshop.

Assess participant learning and growth: Include questions that measure the participants' perceived learning and growth from the workshop. Ask about specific takeaways, skills acquired, or insights gained. This helps you gauge the impact of the workshop on their leadership development.



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Evaluate workshop activities and exercises: Inquire about the effectiveness of specific activities or exercises conducted during the workshop. Ask participants to rate the engagement level, relevance, and impact of these activities on their learning experience.

Gather feedback on workshop facilitators and speakers: Include questions to assess the effectiveness and expertise of the workshop facilitators and guest speakers. Participants can provide feedback on their communication style, knowledge, ability to inspire, and overall effectiveness in delivering the content.

Provide space for additional comments: Allow participants to share any additional comments, suggestions, or ideas they may have. This section provides an opportunity for participants to express themselves freely and offer specific recommendations for future workshops.

Ensure anonymity and confidentiality: Assure participants that their survey responses will remain anonymous and confidential. This helps create a safe space for honest and constructive feedback.



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Pilot test the survey: Before distributing the survey to all participants, conduct a pilot test with a small group to ensure that the questions are clear, concise, and capture the intended information effectively.

Distribute the survey and set a deadline: Send the survey link to all workshop participants via email or other communication channels. Set a deadline for completing the survey to ensure a timely response.

Analyze and interpret the data: Once the survey responses are collected, analyze the data using the reporting and analytics features provided by the survey platform. Look for patterns, trends, and common themes in the responses. Identify strengths and areas for improvement.

Share the survey results and take action: Prepare a summary report of the survey results, highlighting key findings and recommendations. Share this report with the workshop organizers, facilitators, and participants. Use the feedback received to improve future workshops and tailor content to better meet the participants' needs.



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Conclusion

Feedback is a valuable tool that should be embraced as a source of inspiration and motivation when creating workshops for migrant women.

For Workshop 2 , the conclusions highlight the positive outcomes achieved through the workshop, including increased empowerment, enhanced awareness of rights and equality, strengthened networks, and the potential for sustainable change. The success of the workshop underscores the importance of continued efforts to empower migrant women and advance gender equality.

- Key Achievements of the Workshop:

** The workshop fostered a sense of empowerment and self-belief among the participants.

*** Participants gained a deeper understanding of the importance of equality and the need to challenge discriminatory norms and practices. They developed a strong awareness of their rights and the tools to advocate for themselves and others within their communities.

**** The workshop emphasized the importance of acknowledging and addressing the intersectional challenges faced by migrant women. Recognizing the interconnectedness of gender, race, ethnicity, and other identities ensured that the workshop addressed the multifaceted nature of discrimination and promoted inclusivity.