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Migrant Women Empowerment Project

Krakow "Raising Up: building better communities"

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Table of Contents

| | |
|---|-----------|
| ABOUT THE PROJECT | 3 |
| <i>Features</i> | 4 |
| WORKSHOPS | 5 |
| KRAKOW W3 "RAISING UP: BUILDING BETTER COMMUNITIES" WORKSHOP | 7 |
| ACTIVITIES | 8 |
| <i>Icebreaker Colorful confession</i> | 8 |
| <i>The W bingo game</i> | 10 |
| <i>Presentation</i> | 12 |
| <i>Let's collaborate</i> | 13 |
| <i>Group discussions / Personal reflection exercises</i> | 16 |
| FEEDBACK | 17 |
| CONCLUSION | 21 |



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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 "Raising Up: building better communities" workshop 3

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.

The key objectives of workshop 3 were addressed and achieved, the aim was conducted in search of strengthening women's connections - networking and connection building between migrant women & locals to support each others, creating new initiatives and solving problems together.

During the participation of attendants the main topics discussed were :

- a) Raise awareness about the unique challenges faced by migrant women.
- b) Discussed the importance of networks and communities in supporting migrant women.
- c) Sharing best practices and strategies for building inclusive communities.
- d) Identify opportunities for collaboration and partnerships to enhance support for migrant women.
- e) Encourage participation in local NGO's and city activities for integration.

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

Activities



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Icebreaker Colorful confession

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.

Icebreakers provide an opportunity for participants to engage actively in the workshop. By creating a relaxed atmosphere, icebreakers alleviate any initial hesitation or shyness, enabling participants to express themselves freely. This encourages active participation and engagement, ultimately enhancing the overall workshop experience.

Rules:

- This icebreaker works best with groups of about 6 – 10.
- use any multi-colored candies , consider 3 per participant.
- Large piece of poster board or poster paper or in projector
- Pass around the container of candy and have the ladies 1 or 2 pz of any colors they want. Make sure you tell them not to eat it...yet.
- On the poster board, write the following (change according colors of brand candy chosen) :

Red – What was the worst haircut you ever had?

Brown – If a movie was made of your life what genre would it be and why

Orange – What was your least favorite food as a child? Do you still hate it or do you love it now?

Yellow – If you had to eat one meal everyday for the rest of your life what would it be?

Blue: What is your favorite item you've bought this year?

Gold : What is your favorite magical or mythological animal?

White : What was the worst job you ever had?

Activities



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Icebreaker Colorful confession

- Have each lady take a turn. **She should say her name and tell facts about her life depending on what colors of candy she chose.** When she's told something for each piece taken, her turn is finished.
- If she chose two or more of the same color, have her tell multiple facts about that color topic or share an extra 'wildcard'. That will be a question that randomly someone will like to do to her .
- **When everyone finishes, let them eat their candy!**

Migrant women workshops often bring together women from different cultural backgrounds. Icebreaker activities that promote cross-cultural understanding and appreciation can help bridge the gaps between participants. By sharing aspects of their experiences, participants can develop a deeper understanding and empathy for one another, fostering a sense of unity and solidarity.

Icebreakers help create an initial bond, which can pave the way for long-lasting relationships beyond the workshop.

Activities



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The Wbingo game

Group size: 20 or more

Time needed: 22-35 mins

One copy of the bingo card for each person

One pen per person

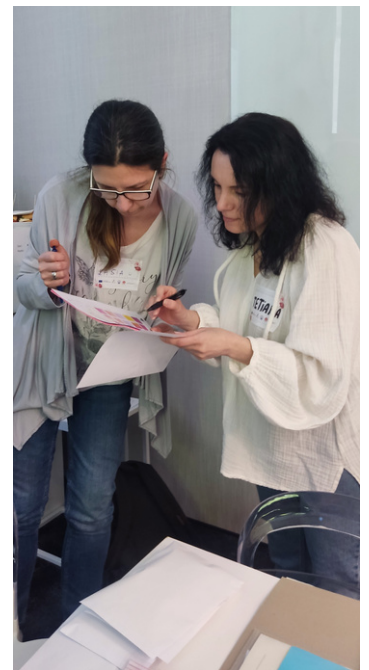
Small prize for winner

1. Distribute cards and pens to everyone in attendance.
2. Speech: Today we're going to play a game of bingo with a twist! Your task for the next several minutes is to search the room for 1 women who match the descriptions listed on your bingo card. When you find a match, ask them to put their signature in that box. Search carefully though, as you can only have each woman sign ONE box. And search quickly as the first one to fill the entire card wins a prize.

Let us know your card is full by shouting "Women!" Grab your pens and you may start NOW!

Notes:

If your group is smaller (40 – 20 women) have them collect 2 signatures per box filling a row of the entire card.



Activities



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The Whingo game

Engaging in conversations between participants in this activity was looking for establish connections with others who share similar experiences or aspirations can be empowering.

These networks provide opportunities for collaboration, mentorship, resource-sharing, and emotional support, enhancing participants' social capital.

The shared experiences and connections built during these activity while seeing participants asking questions and talking about each match done create a supportive community that extends beyond the workshop. This solidarity strengthens the collective voice of women.

Activities



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Presentation

The presentation encompasses the following components:

1. Introduction to the project
2. Icebreaker game
3. The power of the pack
4. Networks & challenges
5. Activity
6. Small initiatives big changes coming...
7. Let's collaborate
8. Final Discussion Closure



Activities



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Let's collaborate

This activity focused 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.

- These materials below are the for “complete/privilege” bag as it has all the materials and instructions in English, there should only be about 1-2 of the completed bags in the activity and the rest should have a few things missing to simulate inequity and need to work as a team community member
 - 1 Gallon Size Freezer Bag
 - 1 Set of instructions
 - 1 Safety scissors
 - ½ sheet of blue construction paper
 - ¼ sheet of yellow construction paper
 - 1 Glue stick or adhesive
 - Sharpie marker or pen
 - Optional: Smarties (to represent positive messages people receive in life about their identities)
 - Optional: Dum Dums (to represent negative messages people receive in life about their identities)

Instructions:

1. Divide participants into groups and pass out bags with materials to each group. Let them know the directions and supplies are all the same.
2. Is a contest of time to see who will be winner , which community/ team will finish first.

Activities



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Let's collaborate

3. Facilitator: Please do not open the bag until I say when. The goal for this activity is to complete this task under 5 minutes using the instructions provided. I will not have any helping role in this activity so please do not ask me any questions.

4. Facilitator : Now, open your box and read the instructions first before touching anything. Again, you will not be given any additional instructions beyond what is on this paper. After you read the instructions, you can begin the activity

5. Facilitator: If you have a limitation follow through with it until your team completes the task. The timer begins now! *start timer for 5 minutes.

6. Even when have a winner point this to all , but let them finish the activity marking the time for each one.

** Example of limitation given at instructions : one group has directions in braille, one group can only use one hand, one group has their directions in Spanish, one group has to work with their eyes closed, etc.

8. **Facilitator:** In our organizations and in 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 , in which we work for a common goal.

9. Questions for reflection / discussion:

- What came up for you during the activity?
- How does this activity relate to people who have limitations?
- Was the winning group the best group? Why or why not?
- Optional: For those who won or who had an advantage, why did you not assist those who did not have the same advantages?
- How has this activity influenced you going forward?

Activities



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Let's collaborate

The participants then engaged in interactive activity & discussion designed to promote teamwork and community engagement.

Discussion and main topics of this activity were :

- 1.Exploring the benefits of networking for migrant women, including access to resources, opportunities, and support.
- 2.Providing practical tips for effective networking, such as building connections, maintaining relationships, and leveraging social media platforms.
- 3.Encouraging participants to share their experiences and success stories resulting from networking efforts.
- 4.Highlighting the value of teamwork and collaboration in addressing community issues and creating positive change.
- 5.Offering guidance on leadership development and encouraging participants to take on leadership roles in community projects.



Activities



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Group discussions / Personal reflection exercises

The workshop successfully brought together migrant women and highlighted the importance of networking, teamwork, and community engagement.

Participants gained valuable insights, practical strategies, and inspiration to actively contribute to the development of their communities. By fostering a sense of belonging and support, the workshop provided a platform for migrant women to connect, collaborate, and share experiences.





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Feedback

Making a survey after a Women Leadership and Initiative Workshop is a valuable way to gather feedback and insights from the participants. It allows you 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

The knowledge and experiences gained during the event will empower participants to take on leadership roles, initiate community projects, and work collectively towards building better communities for migrant women.

The conclusions highlight the positive outcomes achieved through the workshop, including enhanced empowerment, strengthened networks, increased community integration, and the potential for sustainable change. The success of the workshop underscores the importance of building networks and fostering community connections to support migrant women in their journey towards empowerment and inclusion.

As key achievements of the workshop participants made recommendations for future initiatives, as foundation aimed at supporting migrant women in their empowerment journey and fostering community integration in the action to make possible this meetings and gatherings.

The workshop promoted increased integration and understanding between migrant women and local communities, in this way between the lesson learned all agree that collaborative efforts amplify the impact of empowerment initiatives and promote sustainable change.

The workshop demonstrated the value of providing a platform for mutual learning, needs and network, participants were more than engage in be part of future workshops of this nature.



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Conclusion

Future workshops should consider diversifying formats and content to cater to the varying needs and preferences of participants. Incorporating interactive activities, panel discussions, workshops, and networking events can enhance engagement and provide a more comprehensive learning experience.

Efforts should be made to engage local communities and organizations like One World One Heart in the planning and implementation of future workshops. Collaborating with local stakeholders promotes inclusivity, cultural exchange, and a deeper understanding of the challenges faced by migrant women.

Future workshops that One Word One Heart is looking for is to make workshops that incorporate components focused on advocacy skills and leadership development. Providing training on effective advocacy strategies, public speaking, and leadership skills empowers migrant women to become agents of change within their communities. We believe that this equips them to address systemic challenges, advocate for their rights, and lead initiatives for gender equality and social justice.