



Migrant Women Empowerment

An Erasmus+ Project dedicated to support migrant women in a new country through a series of workshops in 3 countries in Europe.

WORKSHOPS


- Women Leadership and Initiative | Riga, Latvia
- Women's Rights in Action: Empowerment and Equality | Krakow, Poland
- Raising Up: Building Better Communities | Krakow, Poland
- Be Yourself: Mental Women Wellbeing | Vienna, Austria

LOCAL
INTEGRATION

WOMEN'S
RIGHTS

GENDER
EQUALITY

SOCIAL
INCLUSION

ArtSmart 

POLAND



LATVIA



MOVE to Be You
AUSTRIA



Co-funded by
the European Union



ABOUT THE PROJECT

- 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, three different workshops will be held in Latvia, Poland, and Austria to achieve the project's objectives.

Read more:

Webpage: www.women-power.eu

Facebook: [Migrant-Women-Empowerment Page](#)

Instagram: [@migrantwomenempowerment](#)



MOVE to Be You

ABOUT THE HOST ORGANIZATION

As an Austrian NGO formed by a group of international educators and trainers, we believe in the power and benefits one can find, learn and transmit through movement, sport, physical or mental practice, performing art and coaching.

MOVE to Be You develops projects using experiential learning, nature based methods and Non-formal education for self and community skills development. In this way we aim to support the creation of a mentally and physically healthy and active inclusive society.

- The grassroot sports for skills development and self-empowerment used by ourtrainers are:

AcroYoga, Yoga, Contact Improvisation, Body work, Performing art elements,Dance, alongside with workshops for entrepreneurship, sustainability (social, economic,environmental), self-development and leadership projects.

- Our motto is: "Entwicklung in jede Richtung": "Development in every direction.





BE YOURSELF:

Mental Women Wellbeing

17th June
10.00-13.00

Hara Institute
Magdalenenstrasse 4
1060 Vienna

Registrations to be done:
www.women-power.eu



MOVE to Be You

ArtSmart 



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ABOUT THE WORKSHOP

BE YOURSELF_MENTAL WOMEN WELLBEING IN VIENNA



We will focus on stress and emotional 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.

Are you feeling lost or stressed in a new country? Are you struggling to find balance and inner inspiration?

Our expert coaches will provide strategies for dealing with above and finding inner inspiration. By taking this opportunity to learn and grow in a supportive community, you will take the first step in mindful way for self-healing and balance creation.

The workshop incorporates elements of movement, so to fully engage in the activities, we suggest wearing comfortable clothing.

For any questions you may reach the host organization _ MOVE to Be You 's team by email: movetobeyou@gmail.com

CATERING DURING THE WORKSHOP BE YOURSELF_MENTAL WOMEN WELLBEING IN VIENNA



In a healthy body, a healthy soul may reside better. We wanted to let your soul to enjoy fresh, home - made Ayurvedic food thanks to our Indian cook friend and community member, Krishna.

Our team have carefully planned the menu for the Workshop to best support the development and learnings you are going to embark on a journey with us. To smoothen the body, mind and soul in a balanced, healthy and healing way.

You can see below what will wait for your tummy during the 2 breaks of the Workshop.

BE YOURSELF

*Taste the Joy,
Feed Your Soul*



MOVE to Be You

ArtSmart 

Creating Space for People and Places that matter

Live in The Moment

READ MORE ABOUT THE PROJECT :

www.women-power.eu



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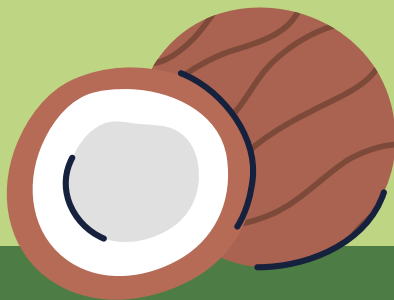
NIMBU PANI

BURSTING WITH
ZEST.



CHAI LATTE

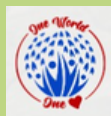
A N A R O M A T I C
B L I S S .



COCO-CHUTNEY

A TROPICAL
TWIST

ArtSmart
Centre for Arts and Education in the Community





LEMON POHA

A B O W L O F
C O M F O R T



SAMOSAS

THE CRUNCHY
POCKETS



HALWA

A SWEET
DELIGHT .