



Social inclusion of migrant women through art, sport, civic education and group coaching

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4Women's partners ended 2021 together in Berlin Sharing tools for migrant women empowerment



From 3rd to 6th December, BIDA e.V. Kultur und Bildung (Germany) organized a joined staff training together with its partners. 5 organizations from France, Germany, Italy and Spain, 4women shared practices using theater, relational clowning, group coaching and self-defense trainings. These activities strongly contribute to the integration and inclusion of women with migrant backgrounds and therefore to the community cohesion.

4women partners came in Berlin with their staff and volunteers for a joined staff meeting. For 3 days, each team presented to others their innovative tools. By practicing them together they built an intervention program for migrant women and other groups in disadvantaged situation that could be used by adult education providers across the EU.

Therefore 4women's partner organizations aim to apply a comprehensive approach providing networking opportunities, practical and transversal skills, assisting and facilitating the migrant women integration path into the EU societies through civics, art and sport coaching schemes, that could be an answer to the challenges they encounter.

4women will disseminate and document the innovative tools which was practiced together in Berlin, with their target groups of migrant women.

4women experienced themselves Social Theater, Relational Clowning, Group coaching, Civic training and self-defense, to improve its members' capability to accompany migrant women on the path of their independence, self-esteem and

self-confidence. The promotion of these new tools dedicated to the adult education field for social inclusion of vulnerable learners facilitate the transfer of knowledge and best practices between adult education providers in the partner countries and the rest of the EU, thanks to the planned 4women follow-up activities.

Kindness, commitment and deep focusing during the workshops was evaluated at a high level by the participants.

In the atmosphere of Berlin Christmas markets under the snow each one of 4women participant felt how these workshops are able to warm up the hearts and highlight consciousness providing everyone with a place in a social group caring. This is the way 4women project propose powerful tools to strengthen the feeling of social belonging for vulnerable isolated and disadvantaged migrant women.

To confirm these social inputs, each partner organization will provide sessions with their target groups, back in their countries, using the tools they experienced in Berlin.

The consortium of the project involves the following partners:

-  BIDA e.V.Kultur und Bildung (Germany), Coordinator
-  Club Deportivo de Judo Finisterre Laguna de Duero (Spain)
-  IL FILO D ARIANNA (Italy)
-  Le Diwan des Mille et Un Mondes (France)
-  European Integration and Training Centre ALPHA (Spain)

Partner's
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