



TRAINING PROGRAMME

Short-term joint staff training, Berlin (Germany)

Day 1 – 4 th December 2021		
09:30 - 10:00	Welcome. Icebreaker activity	BIDA e.V., Germany
10:00 - 10:30	4women Training Handbook presentation	BIDA e.V., Germany
10:30 - 12:30	Unit: Art therapy and social animation tools for migrant women inclusion	1000&1, France
12:30 - 13:00	Evaluation of the module	Alpha Centre, Spain
13:30 - 15:00	Lunch	
16:00 - 18:00	Unit: Sport activities for empowerment of migrant women	JFC, Spain
18:30 - 19:00	Evaluation of the module	Alpha Centre, Spain
20:00	Dinner	
Day 2 – 5 th December 2021		
09:30 - 10:00	Icebreaker activity	1000&1, France
10:30 - 12:30	Unit: Sensory theatre method for improvement of migrant women's social skills	BIDA e.V., Germany
12:30 - 13:00	Evaluation of the module	Alpha Centre, Spain
13:30 - 15:00	Lunch	
16:00 - 18:00	Unit: Civic education and social engagement of migrant women	Alpha Centre, Spain
18:30 - 19:00	Evaluation of the module	BIDA e.V., Germany
20:00	Dinner	
Day 3 – 6 th December 2021		
09:30 - 11:30	Unit: Migrant women life and group coaching	IFDA, Italy
11:30 - 12:00	Evaluation of the module	Alpha Centre, Spain
12:00 - 13:00	Joint training session	JFC, Spain
13:30 - 15:00	Lunch	
17:00 - 19:00	Team Building activity	BIDA e.V., Spain
20:00	Dinner	