



4women project

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Erasmus+ KA2 Strategic Partnership

Training Programme

“Art, Civics, Sport & Coaching for Migrant Women’s Inclusion”

Unit CIVIC EDUCATION AND SOCIAL ENGAGEMENT OF MIGRANT WOMEN developed by Alpha Centre (Spain)
Overall duration: 120 minutes
<p>Introduction:</p> <p>Civic education (CE) is a tool that intends to inform people how to become ‘good’ and ‘active’ citizens, though ideas about what constitutes such an individual may be perceived and/or understood differently in each country (Mouritsen and Jaeger, 2018). It may include a blend of several different dimensions, such as values (from autonomy to social justice), virtues (from tolerance to self-confidence), identity (from national to multi-cultural), and cognitive skills and knowledge (understanding of how institutions work and/or ability to think critically). This unit aims to support migrant women by providing civic training and guidance as a way of preventing social exclusion and to create a democratic learning environment with opportunities for civic engagement and volunteering as a key objective. The main task of education is to provide learners with the skills required to be able to function as members of society. However, school is only one of the actors in this process of emancipating students. Learners who start with fewer opportunities seem to have major difficulties in using education to catch up. Often during the learning process, the gap increases instead of decreasing. By using alternative methods of teaching, like encouraging people to get involved in civic actions and volunteering programs we can build a more active, engaged, and inclusive community.</p>
<p>Necessary materials:</p> <ul style="list-style-type: none">  Pens, paper A4  Worksheets: SWOT analysis template in your language  Computers, smartphones, tablets or laptops to be used during the lesson  WIFI connection required
<p>Preparation for the session/recommendation for additional resources:</p> <p>Suggested reading:</p> <ul style="list-style-type: none">  European Voluntary Service (EVS) - https://europeanvoluntaryservice.org/  European Solidarity Corps - https://europa.eu/youth/solidarity_en  Your Europe website - https://europa.eu/youreurope/index.htm#en  Personal SWOT Analysis https://www.mindtools.com/pages/article/newTMC_05_1.htm
METHODOLOGIES
<ol style="list-style-type: none"> 1. Getting to know the EU: internet search, use of app, editing Europass CV 2. Personal SWOT analysis: individual work 3. Analysis of possibilities for social engagement: research on EU initiatives



LEARNING OUTCOMES

By the completion of the module, migrant women should be able to:

1. Understand how civic action and volunteering can help them build important skills connected to their learning and future career plans.
2. Identify and use social media and mobile applications for civic education.
3. Search for information of their interest, using EU available tools.
4. Develop an awareness of personal abilities, skills, interests, and motivations.
5. Recognize the important role of citizens, government, EU, NGO's and the private sector in building a better community.

ACTIVITIES

1. Your Europe (40 minutes)

Activities of the trainer:

- a. Explain to the migrant women what the Citizens' App is about and watch together the video presentation available at:

<https://www.europarl.europa.eu/at-your-service/en/stay-informed/citizens-app>

Then ask them to install the App on their smartphones to learn who does what in the EU, what is relevant to their daily life and what challenges the EU faces, that will shape our future.

- b. Present to the migrant women the web Your Europe, available in all EU official languages: (<https://europa.eu/youreurope/index.htm#en>) and divide them in 2 groups.

Group 1 will explore the information offered about life and travel in Europe and group 2 – the information about education and work in Europe. At the end, each group will share their findings, the usefulness of the tool and its accessibility.

Additional tasks could be:

- ✓ Apply for a European Health Insurance Card
- ✓ Learn your passenger rights
- ✓ Create your European CV (<https://europass.cedefop.europa.eu/editors/en/cv/compose>)
- ✓ Find a job abroad (<https://ec.europa.eu/eures/eures-searchengine/page/main?lang=en#/search>).

2. SWOT analysis (40 minutes)

Activity of the trainer:

A SWOT analysis is a useful development exercise that can help identify and evaluate personal goals and aspirations. Trainers should help migrant women to complete their own SWOT analysis to have a better understanding of what kind of civic actions and volunteering programs can help them strengthen their weaknesses and overcome the identified threats. Use the questions below to get more accurate answers.

About Strengths:

- 👉 What do you do well?
- 👉 What do other people ask you for help on?
- 👉 What is unique about you?

About Weaknesses:

- ✓ What are your weak areas?
- ✓ In what areas do you have fewer resources available?
- ✓ Do others avoid asking you for help on certain things?



About Opportunities:

-  What trends can you take advantage of now?
-  How can you leverage your strengths?
-  Are there any opportunities immediately open to you?

About Threats:

- What is your competition doing?
- Do any of your weaknesses pose an immediate threat?
- Is there anything that you must address right now?

ADVICE: Be aware that when creating a SWOT diagram, personal biases will shape the given answers. Even when asking a colleague about your strengths and weaknesses, they may have their own biases both for and against you. We recommend asking migrant women to back up statements with examples, in order to help minimize this issue and create a rock-solid analysis.

3. Social engagement (40 minutes)

Activity of the trainer:

Explain that in this activity you will discuss what kind of civic actions and/ or volunteering programs the migrant women might like to try and some ways that volunteering helps not only the community but also the individual who volunteers.

Ask them to answer these questions on paper, by taking into consideration their own SWOT analysis:

-  What are my goals and expectations?
-  How much time do I have available?
-  What kind of tasks would I like to undertake?
-  Which skills can I offer?

Present them the European Voluntary Service and discuss how this program works and how they can apply (<https://europeanvoluntaryservice.org/>)

Use this link to search volunteering opportunities in Europe:

https://europa.eu/youth/volunteering/project_en

EVALUATION / REFLECTION

Present to the migrant women the portal #EUandME (available in all EU official languages) and watch together the story of MARIANE HERRY: https://wayback.archive-it.org/12090/20201128111404/https://europa.eu/euandme/content/mariane-herry_en

Discuss the Mariane's trajectory and other ideas to promote social and labour inclusion in the EU.

Bibliography

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