



4women project

CONVENTION NUMBER 2020-1-DE02-KA204-007371

Erasmus+ KA2 Strategic Partnership

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

Dear Reader,

The 4women project was inspired by the idea of Mrs. Bistra Choleva-Laleva, president of BIDA e.V., Germany, and immigrant herself, who encouraged the German team to design a project aimed at providing networking opportunities, practical and transversal skills, facilitating the migrant women integration path into the EU societies.

The project design was shaped with the active involvement, methodological and content support of partner organisations from France, Italy and Spain, where experienced trainers and researchers shared knowledge and best practices on issues related to art, civics, sport and group coaching.

The main result is this Training Programme, already tested with more than 100 final beneficiaries – migrant women and women in any disadvantaged situation in France, Germany, Italy and Spain.

The 4women international coordination team strongly believes that the training units will be useful for your practice and will give you new ideas to approach your main target groups, using different methodologies and dynamics, already approved by our experts at transnational level with high satisfactory results obtained as feedback by our participants, vulnerable women residing in the EU.

Bistra Choleva-Laleva
Project manager
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Description

The Training Programme, developed in the frame of the 4women project, with responsible partner BIDA e.V. (Germany) offers 2-week intensive programme that is planned to assist migrant women to develop soft skills, key competences, civic knowledge, at the same time empowering them and motivating their civic engagement and participation in the society.

The training units include:

-  art therapy and social animation tools for migrant women inclusion, developed by the French partner, 1000&1 Mondes;
-  sport activities for empowerment of migrant women, with responsible the Spanish sport club JFC Laguna de Duero;
-  sensory theatre method for improvement of migrant women's social skills, developed by BIDA e.V., Germany;
-  civic education and social engagement of migrant women, prepared by the Spanish association ALPHA CENTRE;
-  migrant women life and group coaching, developed by the Italian partner IFDA.

The programme also aims to develop participants' understanding of the European Union idea, values, tradition and culture. The units were edited jointly by experts of the project partners and have been tested during local/regional trainings with approximately 30 migrant women in each country. The partners' organisations were selected so, that to ensure the special input and contribution of each one to achieve the project objectives and deliver common tools, complementing already offered activities with new perspectives and methods that proved to work in the integration process of migrants in different local contexts.

The Training Programme "Art, Civics, Sport & Coaching for Migrant Women's Inclusion" aims to exchange best practices among trainers/trainers/social workers/coaches from all over Europe, extending their competences in fields that are specific for their daily work. The units offer different approaches to be achieved empowerment, civic engagement, and improved transversal skills that could facilitate the social inclusion of the migrant women in the EU.

The Programme is a set of 5 training units, available in 5 languages (English, French, German, Italian and Spanish) and easily downloadable from the 4women website (<https://4womenproject.net/>).

Each unit has a short introduction, necessary materials, preparation for the session, lesson plan, as well as recommendations for additional resources to be used. A suggested scope and sequence for the use of the activity could be found in each unit, but adult education providers can mix and match resources based on the migrant women learning needs.