

Project Partners'

TOOL KIT

FOR SHARED PRACTICES

VleW - VIRAGO Empowered Women

ERASMUS+

KA2 -2023-1-BG01-KA210-YOU-000155509

View - VIRAGO Empowered Women

Project Description



<https://paralel-silistra.net/view>

<https://www.facebook.com/profile.php?id=61554750659933>

Objectives

Our project aims to connect and engage youth workers and female volunteers across Bulgaria, Lithuania, the Canary Islands, and Cyprus, empowering them with the VIRAGO concept and human rights-based response against war. We aim to build their competencies and motivate them to undertake inclusive national on/offline campaigns to tackle issues like human rights violations, irresponsible use of nature, and promote resilience towards war, involving diverse females and Ukrainian refugees

Activities

Through international on/offline networking & training for experience sharing, we will exchange & integrate expertise, and develop the VIRAGO concept & tools, uploaded on a VIEW platform. Then, on/offline, we'll train 16 young females transnationally to impact 60 others locally. The latter will organise 'We Can Do It' campaign events nationally to include & activate 240 youths from diverse backgrounds, who visualise their stories digitally on the project platform.

Results

4CSOs, newcomers & less experienced, will be transnational partners, network on/offline and enhance competencies of 8 youth workers and 16 females to reach out and activate 60 others, raise awareness and motivate 240 diverse youths, incl. refugees to initiate campaign events as part of EU democratic life. On the VIEW platform, the participants will digitally tell their stories, showcasing initiatives to change to responsibility towards nature and society, build resilience to war.

Target participants

Young women with fewer opportunities from remote, rural areas, facing economic, cultural or educational barriers to their inclusion in the community and Ukrainian refugees.

Partners

NGO 'Parallel-Silistra', Bulgaria; Association TAVO Europe, Lithuania, Association for Cooperation and Social Inclusion Amanay, Spain, Educational Institute Dorea, Cyprus



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Paralel-Silistra

Culture Detectives, Ruse, Bulgaria

PARTICIPANTS: 24 women aged 18-29 from 5 EU countries (Turkey, Italy, Romania, Spain, Bulgaria), part of the youth exchange under the VIRAGO 614791-EPP-1-2019-1-RO-EPPKA3-EU-YTH-TOG.

WHERE: This activity took place in Ruse, which is located on the Danube, on the border with Romania and is the fifth largest city in Bulgaria. It is re-known for its 19th- and 20th-century architectural buildings, which are unique and very well preserved. Being under the Viennese cultural influence, traced all over the streets, the city is often called the little Vienna.

DESCRIPTION

"Cultural Detective is an extremely useful tool for developing intercultural competence. It is an interactive, process-based and experiential learning device, which encourages the participants to explore the surroundings in a cultural-sensitive way.

Culture Detective is theoretically grounded. Its elegantly simple and practical design incorporates state-of-the-art intercultural thinking, and avoids stereotyping and the rote memorization of lists of do's and don'ts.

Culture Detective develops both culture-general and culture-specific competencies. Real intercultural competence means the ability to react and behave in a culturally appropriate way. Cultural Detective helps users learn how to determine useful options when encountering cultural



difference (culture-general ability) and how to figure out culturally correct behavior in unfamiliar contexts (culture-specific).

Culture Detective fosters critical thinking and problem solving. It promotes real-time, accelerated learning, and ongoing candid dialogue. Offering an approach that recognizes and values

differences, Cultural Detective encourages all voices to be heard, and provides an easy process for conflict resolution.

During the first part, we introduce topics, like: 1) Culture and models to describe culture, 2) How Culture influences our perception, thinking, communication and language, 3) Stereotypes and prejudices. For these three major topics we use interactive tools: brainstorm, short presentation, discussion, describing photos for indoor sessions or describing outdoor objects, role playing games.

The second part starts with some team building activities and safety instructions. This is done to prepare the participants to team up, select a leader, effectively communicate among themselves and do the outdoor activities in a safe way.

The core of the Cultural Detective Method is **the Worksheet with exploration tasks**, which is given to the students for the second stage. It is useful for culture-general and culture-specific learning, for making sense of real-life interactions, and as a planning tool. Values Lenses supplement the Worksheet analysis, promoting deeper insight into the culture(s) being investigated.

It contains assignments to be performed by the participants outside. The tasks ask them to find, research and present certain sites (monuments, buildings or popular places) in the city, searching for historical links with other countries, historical events or cultural groups. The participants have to collaborate and find information or stories behind the designated areas by using Internet or interviewing people or discussing some issues among themselves.

Next, they need to communicate and prepare a digital story about the site, telling what critical/disputable cultural values they have identified and explored. Trainees learn to describe the situation, look for underlying values motivating behavior, and build bridges across cultural divides.

The third stage involves designing and drafting trainees' presentations according to some requirements, set in advance. Lastly, the activity ends up with a presentation show.

How to Become a VIRAGO – Woman, (Tutrakan, Bulgaria)

PARTICIPANTS: 24 women aged 18-29 from Bulgaria, part of the VIRAGO 614791-EPP-1-2019-1-RO-EPPKA3-EU-YTH-TOG.

WHERE: Our story happened in the beautiful small town of Tutrakan on the Danube in the North-Eastern Part of Bulgaria. In this part of the country, the main economic sectors are agriculture and service. The incomes are low; the population is declining, nowadays 7000 people, mostly Bulgarians and Turks. Protected areas surround the town. The Danube river, with its islands and swamps, is a picturesque the old fishermen's quarter.

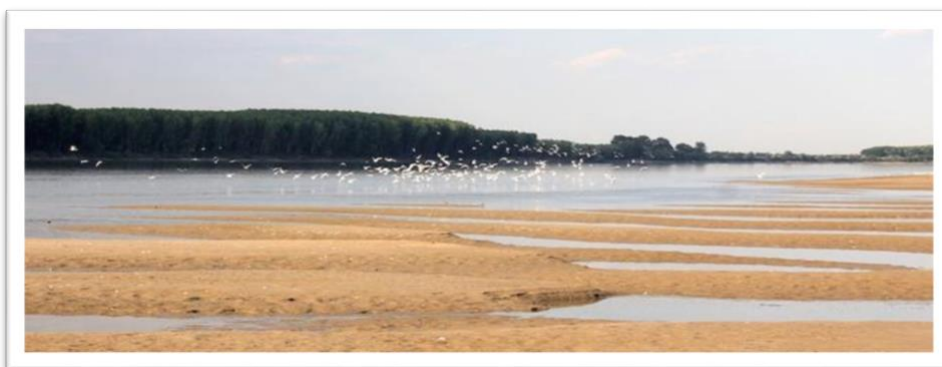


DESCRIPTION

It was a big challenge to organize a three-day training, during the holidays, in July when the temperatures outside are above 35 degrees. The topic was "Development and implementation of European youth projects" under the "Virago Academy" program for the target group of young women - aged 18+. We organized an interesting, valuable and memorable training in five parts.

In the first part, we held a preliminary conversation with potential participants, mostly young people, with whom it worked and won their interest with an attractive programme, made to answer the needs of the target group during holidays, in the summer time to learn in an enjoyable atmosphere new skills for their actual personal development and experience their region in a new way.

The second part took place in the community centre. All participants had to relax, meet each other, build connections and become a group—these goals we achieved with ice breakers, playing games, and being physically active. During this part, we could estimate the weaknesses and straights of the participants as well as their future roles in the team building games.



The third part was experiential learning. The trainer explained the essential steps in planning and developing a project. After that, together, we discussed hot issues for the community, like low incomes, lousy transport, few job opportunities, negativism etc. and tried to develop possible solutions which can be financed and implemented under a project.

In the next part, we set up a "survival game" to challenge the participants' creativity and teamwork. We sailed to the island of Pozharevo, a protected area in the Danube river close to Tutrakan. In hot summers, parts come to the surface at low river waters, and the local marshes almost dry up. A desert-like, the island offers a non-traditional terrain for using game methods to develop creativity, speed and teamwork.

The Participants tested their endurance and fighting spirit. They all demonstrated leadership qualities and ambitions, making them courageous VIRAGO women.



Asociacija Tavo Europa

INspiring adUIts explore Their ARTIstic side (QuarantinART)

PARTICIPANTS: 5 partners from 5 EU countries (SK, CY, IT, PL, LT)

Women who for various reasons did not find their professional path yet

The practice and activities were implemented as part of a strategic partnership project under the Erasmus+ program, in which 5 partners from 5 European Union countries participated.

WHERE: The creativity-stimulating activities took place in Marijampolė, a town in the south west of Lithuania. It has around 36 thousand inhabitants which has seen the biggest growth in the 70s and 80s when most of the industrial development was undertaken by the Soviet government. After Lithuania gained independence, as most of the regional cities in the country, the population started to diminish as people moved to the cities or abroad thanks to the open borders.

DESCRIPTION

"QuarantinART" – an art therapy project that allowed women to learn more about the arts and gave them the opportunity to try creative activities as a form of self-expression and a possible new professional path.

First of all, "QuarantineART" project was a response to the Covid-19 pandemic. As it obviously negatively affected our minds and relationship, the project objectives and the use of artistic tools were seeking to reduce the negative thoughts and improve the mental health of the low-skilled women.

The project activities included around 200 women from Lithuania who could participate in 5 art therapy activities free of charge. The activities were theoretical and practical, allowing to explore the chosen topics on a deep level.

The activities included professionals in various fields: ceramist, jeweler, crochet expert, painter and even florists. The activities were designed to help women find tools for their expression and even find out about the possibilities to use these tools to start their professional careers. These workshops were accompanied by the stories of other women artists from different countries, who inspired and encouraged them to take the first steps.

Most of the participants were inspired by the activities and would like to continue the experimented arts. They are also dreaming of connecting their professional paths with arts and crafts.



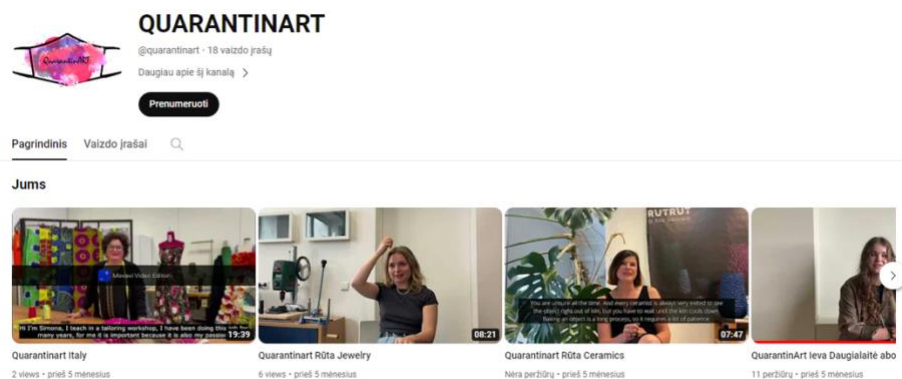
ANNEXE

Project website:

<https://www.quarantinart.eu/>

Project Youtube channel:

<https://www.youtube.com/@quarantinart>



DANCE EQUALITY

PARTICIPANTS: LITHUANIA, Baltic states

Target group: 45 young people from Lithuania, Croatia, Bulgaria, Italy and Portugal

WHERE: The project (7 days Youth exchange of Erasmus+ programme) was held in Markutiskes, Lithuania, a small village close to the capital of Vilnius. Globally, there is some progress on women's rights: 91.7% of legal frameworks that promote, enforce and monitor gender equality under the SDG indicator, with a focus on violence against women, are in place.

However, work still needs to be done in Lithuania to achieve gender equality. In 2018, 5.2% of women aged 15-49 years reported that they had been subject to physical and/or sexual violence by a current or former intimate partner in the previous 12 months. Also, women and girls aged 20+ spend 18.7% of their time on unpaid care and domestic work, compared to 9% spent by men. (UN data 2020)

DESCRIPTION

Dance Equality is a dance choreography Youth exchange project of 7 days, whose aim was to spread the real meaning of feminism. It has various objectives:

- to change the aspect of people from "Feminists hate men." to "Feminism is equity for ALL: genders, ages, races and sexual identities" by the help of social media.
- to empower participants with initiative, digital and social media competences.
- to overcome the prejudice of "Dancing with the same gender means homosexuality."

In this project it was chosen to invite participants who can lead as women, who can follow as men while dancing so they will change roles in the choreography and they will also change the aspect of target people.

Some of the working methods of the Young exchange were:

- * Learning by doing as a main working method.
- * Peer to peer learning where participants learned with and from each other in all workshops.

- * Method of group work which enhanced participants' learning to increase understanding of content and to build particular transferable skills to capitalize on the benefits of peer-to-peer learnings.
- * Research as a method of learning where participants will research topic, acquire information and knowledge before they come to mobility.
- * Discussions as a method of learning - exchange of ideas between participants as a process of learning and teaching from one another.
- * Role playing.
- * Demonstrations.
- * Lectures

During the week the participants have created a flashmob that was performed in the capital city Vilnius and recorded a video that is available on Youtube.

After the projects, the impact was seen not only on the participants, but also other actors, locally and internationally:

- *got to think more about gender discrimination,
- *gave the marginalized groups more publicity,
- * pushed dance culture icons to join the movement,
- * opened new educational possibilities,
- * raised awareness of feminism and human rights,
- * increased self-confidence and active participation in society,
- * raised awareness of civil rights movement,
- * demonstrated why innovations must include the female perspective,
- * raised awareness on "Women's rights are human rights".

The priority group of project participants were women with less opportunities. This allowed them to reveal themselves, strengthen their knowledge and skills, and discover forms of self-expression that they like.

The organizers of the project are convinced that self-confident, ambitious people who are constantly improving their competences have much more opportunities to advance their careers and satisfy all their needs.

ANNEXE

Flashmob created during the project: <https://www.youtube.com/watch?v=Izsej22PsH8>



DOREA Educational Institut

SPEAK UP – WE ARE LISTENING

Civic engagement through self-advocacy. Erasmus+ youth workers training

The training took place online and involved 43 youth workers and youth from 12 countries in Europe and neighboring countries.

DESCRIPTION

Erasmus+ KA2 “Speak up we are listening” project aimed to empower youth workers and youth to advocate human rights, raise awareness on the issues, present themselves, their work, and encourage dialogue and acceptance through improvement of their public speaking and digital story telling skills.’

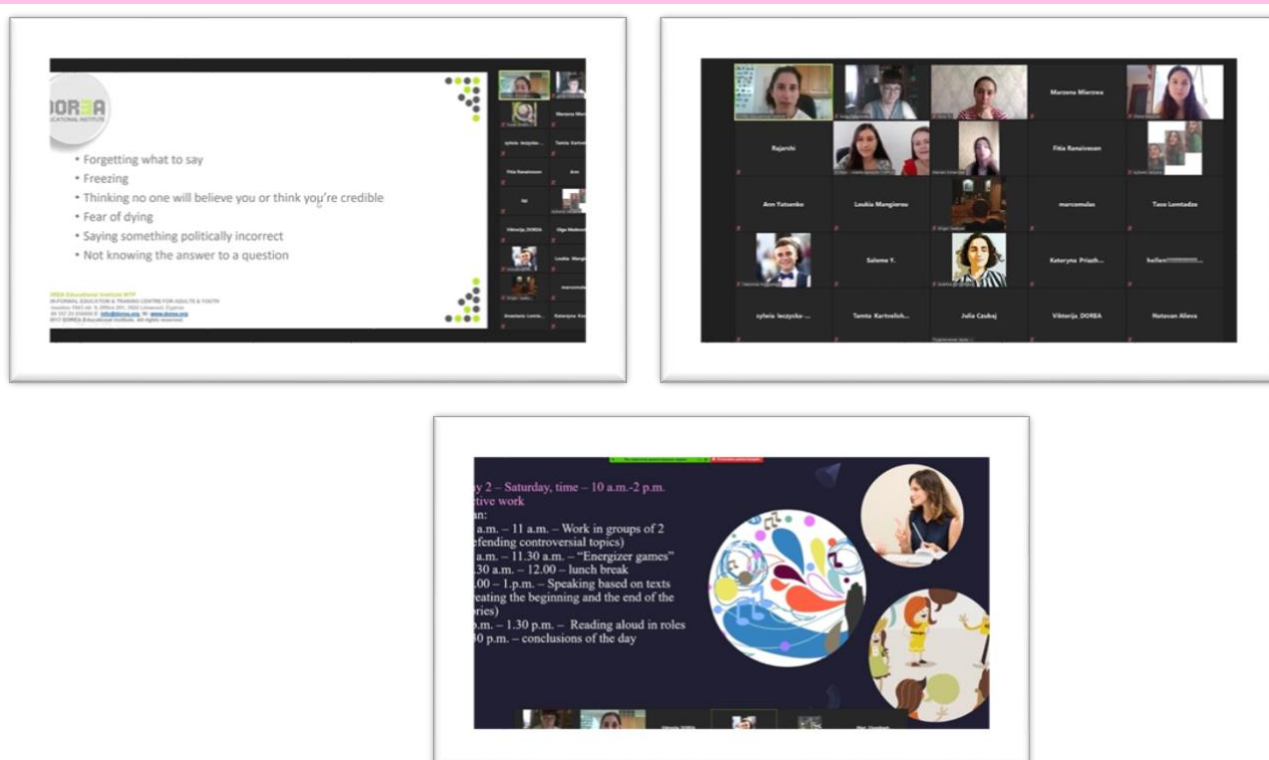
As a part of the project, DOREA has prepared and implemented online training course for youth and youth workers. “Speak up we are listening” training course was implemented online using ZOOM platform. The training course lasted 5 days, 5 hours each day.

The main aims where:

- To Increase the understanding of social exclusion among youth workers, trainers, youth and youth organisations
- To provide knowledge to youth workers, trainers, youth and youth organisations on how to prepare and deliver a presentation and speech with a clear message to achieve their goals;
- To provide youth workers with tools and methods to share the gained knowledge with youth – ensure empowerment of youth including people with fewer opportunities by improving their public speaking and digital storytelling skills so that they can successfully present themselves, advocate for issues and rights, issues, and concerns that are important to them;
- To show how youth organisations and youth workers can use public speaking and digital storytelling as advocacy tools in improving their work with youth as well as creating their organisations strong image;

During the training participants developed wide range of knowledge. They have enhanced their knowledge on oral and written foreign (English) language communication, vocal and bodily aspects of speech, intercultural communication, psychology (acceptance, empathy-building),

intercultural communication, critical thinking and problem solving, digital skills (in particular information and data literacy, digital content creation and problem-solving), etC



ANNEXE

<https://dorea.org/dorea-erasmus-projects/cq-new-iq/>

DIVERSITY WOMEN COALITION

COUNTRY, region, Target group

Women from Cyprus and Poland coming from various backgrounds, ages, economical status, etc.
Erasmus+ KA2 project

DESCRIPTION

By implementing the project "Diversity leaders coalition", we wanted to counteract gender inequalities, exclusion, and insufficient diversity in public life by taking up topics such as: supporting the development of women's competencies, herstory, women's leadership, diversity & inclusion,

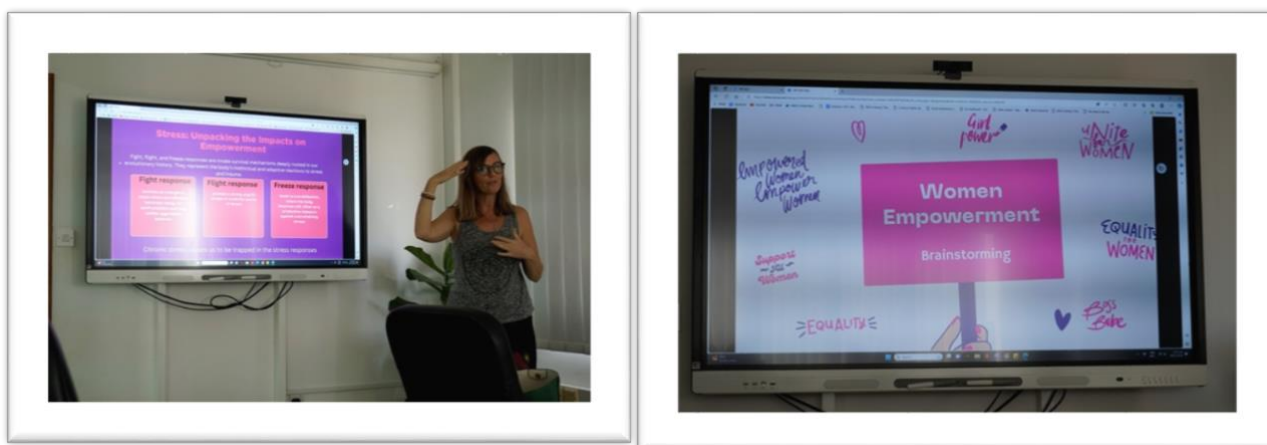
non-violent communication, microaggression, setting boundaries, managing diverse teams and multiculturalism.

As a part of the project, we have 2 workshops organised internationally – one in Poland and one in Cyprus focusing on women empowerment. The workshop organised in Cyprus by DOREA took 3 days.

Over the course of this women's empowerment training, participants embarked on a transformative journey across three insightful days. The first day commenced with introductions, ice-breaking activities, and the establishment of intentions for the workshop. It delved into the crucial connection between mental health and women's empowerment, exploring the psychological impacts of trauma and chronic stress on empowerment. Practical tools for regulating the nervous system and fostering a sense of safety were introduced, alongside discussions on the role of self-esteem and psychological barriers.

Moving into the second day, the focus shifted to fostering empowerment at both individual and team levels by embracing the diversity of personalities. Participants delved into understanding diverse personality styles through the Enneagram lens, learning to leverage various strengths and cultivate collaboration. The day also encouraged personal growth beyond habitual patterns, unlocking latent resources for enhanced empowerment.

On the final day, the training explored unconventional yet potent elements contributing to women's empowerment. Topics ranged from archetypes, mythologies, rites of passage, to ancient symbols and their modern applications. The concept of the Heroine's journey was illuminated, distinguishing it from the traditional Hero's journey. The training concluded with a comprehensive summary, reflective exercises, discussions on next steps, and a closing session, leaving participants equipped with a holistic understanding of women's empowerment and the tools to apply these principles in their lives.





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Shared Practice

Violet digital

Digital skills workshop for the social integration of women in Fuerteventura.

SPAIN, Fuerteventura (Canary Islands)

Target group

Women residents on the island of Fuerteventura, especially those who are in a situation of high socioeconomic vulnerability for not being able to access the labor market for various reasons and who have difficulties with digital skills.

Fuerteventura is the fourth most populated Canary Island. It is located 90km from the African continent and is part of Spain. It has a population of around 120,000 inhabitants (ISTAC, 2020) and the island is known for being a well-known tourist destination popular with European tourism. However, the island faces great challenges, as tourism is the main economy of the island and fluctuates seasonally. Female residents face difficulties in accessing employment due to the lack of job opportunities, especially in the digital field where there is hardly any presence.

DESCRIPTION

The main objective of the Digital Skills for the Social Integration of Women in Fuerteventura workshop is to train local women in the use of digital tools to improve their employment opportunities and promote their social and labor integration. The workshop will be carried out in collaboration with European organizations, training centers and governmental entities, taking advantage of resources and experiences available in the community. It will therefore address:

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- **Introduction to digital technologies:** Familiarization with the basic use of tablets, phones and smartphones, as well as internet browsing and email management.
- **Productivity tools:** Learning about office software, such as word processing or spreadsheet and presentation programs to improve administrative tasks.
- **Online job search:** Exploration of job portals and creation of professional profiles to learn how to create CVs.
- **Digital entrepreneurship:** Introduction to basic online business concepts, such as e-commerce, digital marketing and social media management, to foster an entrepreneurial spirit in participants.
- **Online security:** awareness of safe practices to prevent frauds and promote network security.

The workshop will be conducted in interactive and participatory sessions, combining theory with practical exercises and group activities. In this way we will achieve the exchange of knowledge and experiences, developing social skills. We promote security and reduce the gender gap with the promotion of digital skills of the island, contributing to the economic and social development of the island.

Visual Support

Provide some photos, drawings, graphics, etc. as separate /jpg/ files.

ANNEXE

This section is about contacts and links.



**Co-funded by
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Shared Practice

Strengthening the community

Community strengthening program for women in situations of social vulnerability.

SPAIN, Fuerteventura (Canary Islands)

Target group

Women in situations of social vulnerability on the island of Fuerteventura, including those affected by homelessness, unemployment, gender violence, migration and other forms of social exclusion.

Fuerteventura is a Canary Island, which faces economic and social challenges, as it has some of the highest rates of unemployment, poverty and social exclusion in Spain. Vulnerable women face additional barriers to access resources and opportunities, which negatively impacts their well-being and autonomy.

In addition, the island is home to a diverse community, which includes people who have migrated from different parts of Europe and Latin America and Africa in search of better living conditions. Among them may be women refugees from Ukraine, who face additional difficulties due to language, cultural and socioeconomic barriers.

DESCRIPTION

The main objective of the community strengthening program for socially vulnerable women is to create a safe and supportive space where participants can strengthen their skills, build support networks and empower themselves to overcome the challenges they face in their daily lives. The program will be designed with a participatory approach and focus on the specific needs of socially vulnerable women, including Ukrainian refugees.

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The program will consist of the following activities:

- **Welcome and bonding sessions:** initial sessions will be held to get to know the participants, share experiences and establish an atmosphere of trust and mutual respect.
- **Participatory thematic workshops:** Interactive workshops will be held on topics relevant to the participants, such as self-esteem, social skills, conflict resolution, self-care and stress management. These workshops will be organized in a participatory manner, with hands-on activities, group dynamics and reflection exercises.
- **Empowerment activities:** Activities will be designed to strengthen the leadership and autonomy of participants, including creative expression exercises, discussions on human rights and gender, and opportunities to share stories of resilience and self-improvement.
- **Psychosocial support:** Individualized and targeted psychosocial support will be provided to participants in need through active listening sessions, emotional counseling and referrals to specialized care services.
- **Community projects:** Participation in community projects that promote well-being and social inclusion will be encouraged, such as the organization of cultural events, awareness campaigns and volunteer activities.

At the end of the program, participants are expected to have strengthened their personal and social skills, broadening their support networks and acquiring tools to face the challenges of everyday life. In addition, the program is expected to promote solidarity and community cohesion, contributing to the construction of a more just and inclusive society on the island.

Visual Support

Provide some photos, drawings, graphics, etc. as separate /jpg/ files.

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