

# PEPA PROJECT

## PEER EMPOWERMENT PROGRAMME FOR ACHIEVEMENT OF MIGRANT WOMEN



### Course of Migrant Women - A short guide

Evidence from across the EU shows that migrant women have worse employment, integration, and learning outcomes than their EU-born counterparts.

Research on this topic has shown that peer support and volunteering have a positive impact on migrant women's integration, learning and employment outcomes, helping them to build new social networks and improve their well-being.

With this in mind, the PEPA project was created with the intention of training and empowering migrant women to support other women in social, learning, and volunteer activities in their community. Participation in these activities has a positive impact on the lives of migrant women as they build new social networks and gain self-confidence, which improves their integration process in the host country.

For all these reasons, this course was developed to support migrant and ethnic minority women in their integration process. In addition, we believe that the content of this course will be particularly useful for women who are socially isolated or in a difficult situation.

For example, the course includes information on how to plan successful support activities by and for immigrant women. In addition, some modules provide useful information about building support networks within the community and other relevant topics.

The course is divided into 6 comprehensible modules that can be read and used independently, although we believe they work better as a whole. Each module includes additional resources to reinforce the topic, and some include worksheets to work on. Finally, all modules include a short self-assessment tool to test the reader's understanding.

In conclusion, and on behalf of the project partnership, we hope you find the information useful. If you would like to learn more about the project now, please visit the website:  
<https://pepaproject.eu/es/>

You can also visit our Facebook page @pepaprojecteu for the latest information.



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### MODULE

# 1

#### Personal benefits of volunteering and Peer support

Learn about the benefits of being involved in volunteering activities and tips to find the right volunteer opportunity for you.

#### Considerations when starting to volunteer

Get rid of the barriers that prevent you from starting a volunteering activity by reading these important considerations that can help you prepare and make the most out of the experience.

### MODULE

# 2

### MODULE

# 3

#### Successful peer-support activities

Become familiar with planning peer-to-peer activities by reading about:

- The different parts into which planning is divided.
- The role of mentors, users and partnerships.
- How to carefully design and implement evaluation mechanisms that can help strengthen and sustain peer support activities.

#### Training of Volunteers

Learn to pass on skills to others:

- Becoming familiar with the training opportunities that can be offered to migrant women.
- Understand the importance of equipping migrant women with the skills they need to be effective members of the volunteer's team and thus, their community.

### MODULE

# 4

### MODULE

# 5

#### Become independent in the host country

Learn about:

- The importance of being part of the labour market and those international instruments that protect you.
- Ways to overcome language and cultural barriers so you can find safe employment and become economically independent.

#### How to become more confident in the labour market

Learn about the most important interpersonal and communication skills for the workplace and/or entrepreneurial endeavours.

- Leadership
- Also, learn about how to apply for a job by:
  - Writing a strong CV

### MODULE

# 6