

PEPA PROJECT

PEER EMPOWERMENT PROGRAMME FOR ACHIEVEMENT OF MIGRANT WOMEN

COURSE FOR ORGANISATIONS WORKING WITH 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 are beneficial for 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 particular course aims to improve the capacity of organisations working with migrants and women, volunteers, statutory organisations and other professionals to create better opportunities for migrant women.

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 of the modules includes additional resources to explore the topic in more depth, 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, please visit our website: <https://pepaproject.eu/>

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



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M1. PEER SUPPORT , WHAT IS IT?

Learn about:

- The benefits of peer support programmes.
- How social and economic factors impact migrant women's existence and integration into society.
- The steps to be taken to integrate them.

M2. TYPES AND POSSIBILITIES OF VOLUNTEERING WORK

Learn about:

- Types of volunteering activities according to its status and the areas/sectors of involvement of volunteers and tasks related to each of them.

M3. HOW TO ENCOURAGE MIGRANT WOMEN

Learn about:

- The barriers that migrant women have concerning their participation in volunteer activities/as deliverers of peer support activities in their country of asylum.
- Learn to encourage them to participate in these activities

M4. ORGANISATION OF PEER SUPPORT ACTIVITIES

Learn about

- Understand the need to create a peer support group and read about key aspects to take into account when organising peer support activities.
- The Do's and Don'ts of a peer support programme
- Resources: Activity Worksheets

M5. POLICIES AND PROCEDURES

Learn about

- Learn about the policies and procedures that organisations have to have in place and those regulating volunteering.
- Resources: Agreement examples

M6. HOW TO DETERMINE IF PEER SUPPORT IS SUCCESSFUL

Learn about

- Become familiar with planning supervision activities by learning about ways to plan a successful supervision process for mentors and how to determine if peer support is successful (evaluation).

