



Co-funded by the Erasmus+ Programme of the European Union

Pilot Project Card

Pilot Action (Title)	Impact	Description	Objectives	Target Groups
Out of the box Support – workshops for women	<ul style="list-style-type: none"> - developing communication skills - increasing language skills - increasing self-confidence and motivation - increasing social skills - expanding knowledge about other countries and cultures - developing creativity and art skills - increasing cooperation with local organizations 	A set of intercultural creativity workshops aimed at adult women. Each meeting will contain icebreaking and integration, creativity/art games and various intercultural activities aiming at sharing experience, as well as psychological part supporting participants in overcoming barriers and challenges.	<ul style="list-style-type: none"> - supporting the development of women and encouraging to invest in themselves -strengthening self-confidence and developing motivation, - overcoming withdrawal and shyness, supporting in leaving comfort zone - sharing experience among different culture - overcoming barriers and challenges appearing in their daily lives - encouraging creativity and 'out of the box' thinking - fighting against stereotypes, prejudices and any manifestations of discrimination 	Adult women, especially those coming from Ukraine and other countries, willing to share experience and overcome difficult moments in their lives related to the adaptation to new environment.



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Sector orientation (which specific topics the engagement activities will focus on)

No specific sector, as women will come from different professional backgrounds (both private and public sectors)

Communication Strategy (including measures to ensure broad and wide reach of the activities to be rolled out)

- Contacting trainers (creating the content of the meetings, adjusting communication strategy)
- Preparing promotional materials (content on FB, IG and other social sites, as well as partner organization's websites, printed leaflets and posters)
- Opening recruitment process (rules and documents, enrolment form, information on social sites and partner organization's website)
- Dissemination (online, contacting local partners, word of mouth)

Follow-up and sustainability (i.e., actions and activities after the project's end at local level)

- Questionnaires/surveys among participants to verify willingness to participate in further workshops and ask for potential subjects to be discussed and any other needs
- Creating framework workshop programmes to be used with other groups and in other future projects
- Potentially, participants may create 'support group' to keep in touch after the end of the project.



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Place: Lublin or other cities in the region (depending on the places from which the participants come)

Timeline:

Activity 1 – organization of the workshops

Activity 2 – promotional campaign

Activity 3 – recruitment process

Activity 4 – workshops

Activity 5 – dissemination and follow up

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	April				May				June				July				August				September			
Weeks	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Activity 1																								
Activity 2																								
Activity 3																								
Activity 4																								
Activity 5																								

(please add as many as you wish)



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Team/Roles: coordinator of the action (promotion, recruitment, dissemination, organization of the events), trainer (preparing the content of the workshops, conducting workshops, supporting participants)

Number of people to be reached: min. 30 participants + people reached by the promotional campaign

Budget: around 20 000 pln (e.g. workshop rooms 1500; trainers 3000; promotional materials 3000; workshop materials 1500; catering and coffee breaks 1500; coordinator 5000; other costs of partner organization 3000)

Potential Partners:

- local art centres and associations (e.g. Fundacja Szpilka)
- local foundations supporting women etc.
- local groups on social media for women

Additional information: