

## Empowerment in the work with girls

International training in Bielefeld/Germany

October 12<sup>th</sup> (arrival) until October 18<sup>th</sup> (departure)

Have a look over the own (national) horizon and get new impulses for the youth work especially with girls? Being together with young women from other European countries (e.g. Austria, Germany, Poland, Romania, Turkey)? Experience empowerment for the personal development?

**Empowerment is a pedagogical approach to support girls in their self-esteem and self-determination. The intention of empowerment is to open up space for the potential and the vividness of girls.** This European training is directed to young women who are practicing youth work with girls as well as students (of social studies) who want to learn how to work with the tools of empowerment for girls.

The participants will get insights in the youth work with girls and know more about the impact of empowerment. They will learn how to work with different games and methods in groups of girls. The variety of tools is mainly body-oriented: they create experiences by moving, using voice, touching, scuffling. Furthermore we integrate impulses of adventure and experimental education into the training like climbing, making fire and night walk. We want to include also such kind of activities that are traditionally seen as male and by the way we will reflect on gender-stereotypes. The program will encourage the participants to reflect about gender-related role models and to understand the conditions of socialization of girls in the evolved countries. The non-formal learning approach also includes personal development and self-reflection of the own attitude and womanhood. The training will contribute to more gender-equality and self-determination of girls and women.

As a result of the training the participants should get enabled to transfer the tools of empowerment into own projects for girls in their own country. It might also be that they develop ideas for international projects that could be realized together with other participants.

The training will take place in Bielefeld (Germany). Bielefeld is a college town in a green surrounding in North of Germany. The project will take place in a training center at the edge of town so that outdoor activities can easily take place in the forest nearby.

### Practical information:

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Languages:	english and german
Price:	100,- Euro for students/unemployed, 175,- Euro for professionals Including: training-costs, accommodation in double-rooms, all meals
Accommodation:	Bildungsstätte Einschlingen, Bielefeld
Travel-costs	will be financed at 70 % after the costs have been proved
Participants:	about 20 participants aged between 18 and 28 years

We will apply for funding of this training at the EU-program Erasmus +, Key action 1: Learning mobility for youth workers. The training will take place in case of a positive decision about the funding.

### Trainer:

Regina Rauw, trainer for empowerment with girls, women and gender-related items, body-oriented therapist. Former coordinator of the EU-network „Empowerment in the work with girls“. Associated Member of the European Association for Education, Culture and Social Services (Eubikus)

### Coordination and Co-trainer:

Ulrike Mund, EigenSinn  
Prevention of sexual violence against girls and boys (NGO), Bielefeld, Germany