

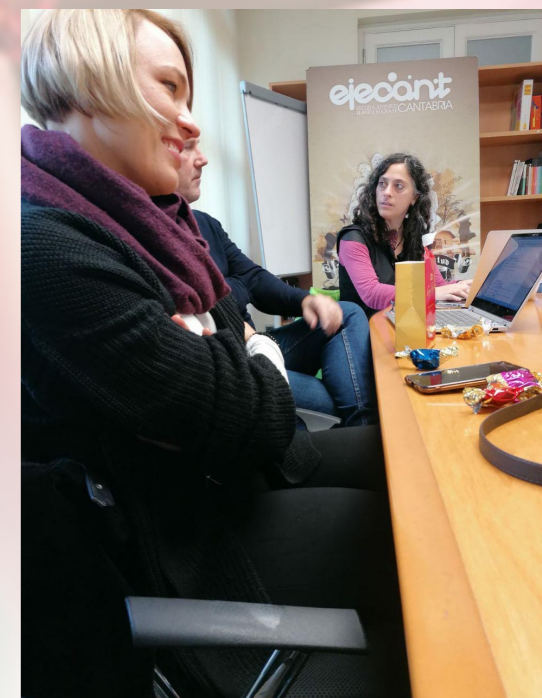
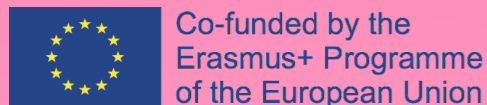
W O M A N :

Working on Mastering Adult Nonviolence

On the 5th nd 6th of December 2019 we carried out the first transnational meeting to officially start the Erasmus+ project: "**WOMAN: Working On Mastering Adult Nonviolence**" (2019-1-IT02-KA204-063155).

It took place in Santander (Spain) and was hosted by Permacultura Cantabria (Spain). Representatives of the participating entities: Petit Pas (Italy), Green Elephant Foundation (Poland), Creativity Works Preston (United Kingdom), Foundation for Active Nonviolence (SVAG), (The Netherlands) and Permacultura Cantabria (Spain) attended the meeting and discussed and agreed on the details of the working plan, task distribution, budget, dissemination plan and deadlines set for the project.

Besides, they reviewed the main goals and activities which will be organised within this Strategic Partnership and evaluated during the next project meeting.



Participating entities:



W O M A N :

Working on Mastering Adult Nonviolence

From the 12th till the 21st of January 2020 we carried out in Ramales de la Victoria (Spain) a Training Course of the Erasmus+ project: "**WOMAN: Working On Mastering Adult Nonviolence**" (2019-1-IT02-KA204-063155).

This workshop was hosted by Permacultura Cantabria (Spain) and was attended by participants from the following organisations: Petit Pas (Italy), Green Elephant Foundation (Poland), Creativity Works Preston (United Kingdom), Foundation for Active Nonviolence (SVAG), (The Netherlands) and Permacultura Cantabria (Spain).

The training course was focused on measures addressing adult nonviolence through emotional management tools. Among others, we received an introduction and first steps to Emotional Management and practiced Active Listening in context of the violence prevention and anti-violence action. In addition, we did some external visits and enjoyed the multicultural evening events where we could learn more about each participating country.



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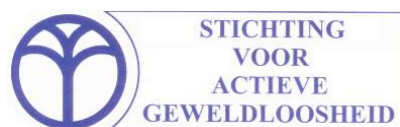
Working on Mastering Adult Nonviolence

On the 12th, 13th and 14th of October 2021 we have a great pleasure to be able to organise a training in Trani, Italy, hosted by Petit Pas and attended by adult trainers from SVAG (Netherlands), Green Elephant Foundation (Poland), Permacultura Cantabria (Spain) and Creativity Works Preston (UK). It is run under the Erasmus+ project: "**WOMAN: Working On Mastering Adult Nonviolence**" (2019-1-IT02-KA204-063155).

Yesterday we had the very first day of the training and enjoyed it a lot! We did some teambuilding and got to know in depth the best practices, staff and daily work environment of Petit Pas. We had workshops related to labour market gender gap, empowerment of women from fewer opportunities backgrounds and got to know Italian initiatives to counteract gender and power abuse. We also visited an anti-violence and antistalking center SAVE – Trani, did networking and connected with amazing local stakeholders and activists!



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Yesterday, on the 2nd day of training, we visited Oasi2 that works with adults in underprivileged situations (mostly migrants and victims of sexual or work exploitation) and attended a workshop there. We also went to Shiski Concept Store for an energiser game and exchange of good practices with representatives of the Italian Association of Female Engineers and Architects AIDIA. We also walked around Trani to spot any sexist attitudes or advertisement and finished the day with a debate on everyday sexism and stereotypes in our 5 partner countries. Especially that on the 11th of October there was the UN International Day of the Girl Child under the theme "Digital generation. Our generation."



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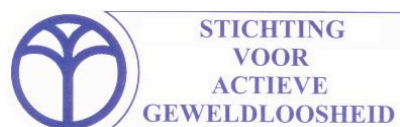
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Yesterday, on the 3rd day of our training, we spent the morning having a workshop The Pillars that Sustain Violence organised by a specialist from Spain, Clara. We also watched an Italian movie "Do you See Me?" tackling gender gap and inequalities in Italy and had a debate about it afterwards. In the afternoon we celebrated a final farewell session, we evaluated the training, talked about Europass competences and were given our certificates. The whole Partnership is entirely grateful for being able to restart the good practices exchange after the COVID-19 restrictions and for the training and a welcome received in Trani!



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Working on nonviolence

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Working on Mastering Adult Nonviolence

On the 8th, 9th and 10th of February 2022 we are participating in a training organised in **Lublin, Poland** by **Green Elephant Foundation** and attended by adult trainers from Petit Pas (Italy), SVAG (the Netherlands), Permacultura Cantabria (Spain) and Creativity Works Preston (UK). **It is cofinanced under the Erasmus+ project: "WOMAN: Working On Mastering Adult Nonviolence"** (2019-1-IT02-KA204-063155).

Yesterday, on the very first day, we started with getting to know each other through non-formal team building games and energisers, we oversaw the main objectives of our project, got to know the host organisation, Green Elephant Foundation and its team and reviewed once again the programme and learning expectations for the whole 3 days long meeting. We also had a brief reminder of our Erasmus+ context. After lunch we carried on with a group sessions and the „Introduction to the discrimination topic, stereotyping” workshop. In the evening we were introduced to „The train game & diversity tree - let’s respect each other” and finished with a daily evaluation and feedback session.



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Working on Mastering Adult Nonviolence

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Yesterday, on the second day of the training, we got to know the difficult situation of women's rights in Poland right now, its famous recent protests, Strajk Kobiet movement and legal changes the civil society opposes. After a session of a general presentation, we continued with a more local perspective and concrete examples via activity entitled: „equality challenges in Poland and beyond: embracing diversity“. We then used the real life cases in a Role Play based participative workshop. Last but not least, we also got to know and discussed the HerStory and HerImage initiatives, had our daily energiser games and evaluation and feedback session to share how we feel and how the learning process was going.



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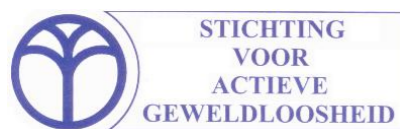
Working on Mastering Adult Nonviolence

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Yesterday, on the very last day of the training, we continued the work on the Polish and other European partner countries' women's rights and inequality situations. We also had a practical workshop on ways to actually counterattack all the abuses we had been learning about and we had a session on cyber violence. In the afternoon we did a short local trip and had a closing session, receiving participation certificates and offering our final comments and commitments. The general evaluation of the training was very good, pointing out the trainers' abilities and great hosting, very good dynamics of the group and the quality and diversity of the learning sessions offered. Many participants said they wish for the visit to last longer what only confirms the need for further informal and non-formal education development. Thank you everyone for making this happen!



Participating entities:



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WOMAN:

Working on Mastering Adult Nonviolence

Between 27th and 29th April, 2022 we carried out the course in the UK as part of the Erasmus+ project: "**WOMAN: Working On Mastering Adult Nonviolence**" (2019-1-IT02-KA204-063155).

During these 3 days, participants had the chance to join a Suffragette tour around Preston to learn its history that revolved around important local woman Edith Rigby. Edith was the first woman in Preston to own and ride her own bicycle. Besides this, there was a presentation about women rights in the UK, roleplay to help understand conflict solving in difficult situations, and a presentation about youth music showing a selection of youth music performances which are mainly girls who use music as an outlet.

This was a fruitful experience for the participants and it helped them be better informed and equipped to provoke a social shift so that women are no longer underprivileged and gender-based violence and harassment is less widespread across our societies.



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On 14th and 15th June 2022, the final meeting of the Erasmus+ project: "**WOMAN: Working On Mastering Adult Nonviolence**" (2019-1-IT02-KA204-063155) took place and it was held online.

We started by a short check-in round about how we feel. Then we reviewed the activities, its evaluations and results achieved so far:

- Learning activities and their results for participants
- Internal Workshops minutes and descriptions organised to transfer the knowledge acquired by participants to the rest of the staff
- Review of the dissemination campaign, the budget, the reporting and any other pending tasks
- Round of comments and an evaluation exercise using the FLAP methodology

We are very happy we were able to successfully finish the project besides the COVID-19 pandemic!



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