



Migrant women's life improvement through body oriented approach



Welcome at the first newsletter of the European project Mind4Body, a two-year lasting partnership among five organisations from Germany, the Netherlands, Italy and Turkey who are active in adult education. The partners develop and implement a training-course for migrant women which connects mind and body. The project contributes to the improvement of migrant women's life's, their career, wellbeing and self-esteem.

The consortium

The project has started with a meeting of all involved organisations in November 2015 hosted by the partner from Rotterdam (NL). Every organisation has been represented by two experts: pedagogical staff, board members, trainers, managers, who are willing to cooperate in order to improve their work for migrant women. They all are convinced and enthusiast about the body oriented approach. The diversity among the partners (education centre, local government, migrant-organisations) makes the cooperation very vivid and inspiring.

Body oriented approach

Mind4Body is a subject oriented educational approach and a way of being: • Connecting body and mind • Getting aware of feelings and body sensations • Mobilizing physical energy and feeling strength • Finding a good balance between tension and relaxation • Learning based on experiences made with the body • Being who you really are. *"If we assume that humans do not just have a body, but that the body is part of human existence, the relevance of body-work and the body as field of learning and insights gets obvious"* (Oda Roznowski)

Train-the-trainer

Trainers of the involved organisations have to get familiar with the body oriented approach before they could realize the training-course with migrant women. Therefore 16 female trainers (many of them with migrant background themselves) are joining a train-the-trainer program given by two senior trainers who are related to the coordinator Eubikus (DE). The program has started in April 2016 with a 7-day training where the trainers worked through the seven steps of the Mind4Body approach. They will come together again in October to reflect their first experiences with the local try-outs of the course.



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