

INFOPACK



Adults' MicrOmachismo ReEducation
(2020-1-HU01-KA204-078666)



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

PROJECT SUMMARY



FROM 3RD TO 12TH JUNE 2022

The Council of Europe defines that gender equality means identical level of responsibility, visibility, autonomy and participation of both sexes in all the public and private spheres of life. **Sexual and gender-based violence** is defined as the violence applied against a person because of their gender or sex, including sexual abuse and harassment, rape, domestic violence, etc. Although everybody could be equally affected, women are the prime victims of this type of violence.

As reported by the EIGE, **1 out of 10 women in Europe have suffered some type of cyber violence**. It was reported by the EU LGBT survey that 47 % of people from this community have felt discriminated or harassed because of their sexual orientation in the previous year. **Migrant women face challenges** as both migrants and women, suffering a double disadvantage.

We all are regularly exposed to everyday sexism without being aware of it. We are extremely used to these situations or set phrases that are simply seen as social constructs that we usually acknowledge as being normal. The headlines in the media are often condemning the crimes that end up with a dead body. Nevertheless, they do not analyse the base of this phenomena, established over a society that see everyday sexism as "normal".

The purpose of **AMORE: Adults' MicrOmachismo ReEducation (2020-1-HU01-KA204-078666)** is to face everyday sexism of those who suffer the most (adult women, adult people of the LGTBQ+ community and women with an immigrant background) in various media, especially in the digital world.



NUMBER OF PARTICIPANTS:

There will be 24 participants in this activity, 6 per entity:

Participants from Hungary (6), Italy (6), Finland (6), and Spain (6), will be part of this training course.





COURSE PROGRAMME

FROM 3RD TO 12TH JUNE 2022

The course will be held from **3rd June (Arrival Date) – 12th June (Departure Date), 2022** in one of Permacultura Cantabria's facilities based **in Penagos (Cantabria, Spain)**.



ARRIVAL DATE

June 3rd, 2022

We'll have the welcoming dinner at 20.30h




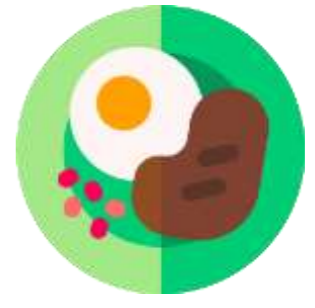



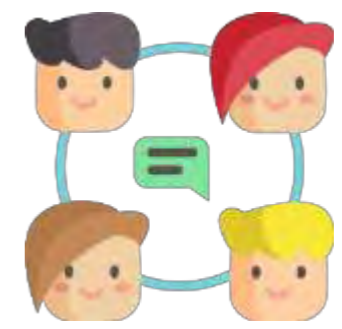


DEPARTURE DATE:

June 12th, after breakfast.

***These dates and hours are established according to the granted budget.
If these hours and dates are not complied by the participants, the sending organisation will be responsible of the costs that should be returned to the National Agency.***

DAILY ORGANIZATION

DAWN	8.30	MORNINGS	13:30
 <p>PROPOSALS FROM PARTICIPANTS TO WAKE UP</p>	 <p>BREAKFAST</p>	 <p>DYNAMIC THEORY</p>	 <p>MEAL</p>
AFTERNOONS	BEFORE DINNER	20:00	NIGHTS
 <p>WORK IN GROUPS AND PRACTICE THEORY</p>	 <p>DAILY EVALUATION</p>	 <p>DINNER</p>	 <p>SOCIAL INTERACTION AND PROPOSALS OF LUDIC ACTIVITIES</p>



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

WHEN	FRIDAY 3RD	SATURDAY 4TH	SUNDAY 5TH	MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	
8:30-9:15	BREAKFAST						
9:30-11:30	ARRIVAL DAY	Welcome	Feelings and Emotions	Social analysis of oppresions and social exclusion Internalised messages	Local visit	Supporting adults through emotional management I (individual sessions)	
11:30-12:00		BREAK				BREAK	BREAK
12:00-13:30		Presentations and intro to field visits	Emotions: What is an emotional discharge and why do human beings need it?	Oppressed and oppressor roles in everyday sexism		Supporting adults through emotional management II (grupal sessions)	
13:30-15:00		LUNCH					
15:00-17:00		Discover Penagos	Practical Tools 1 : Thinking and listening to conteract everyday sexism	Panels (men and women) which generate alliances through active listening	Local visit	Europass mobility certificate	
17:00-19:30		FREE TIME					
19:30-20:00		EVALUATION					
20:00-21:00		DINNER					
21:00-23:00		Short info			Intercultural party		

This planning is a general proposal, some activities and visits could change depending on the weather or other factors.



DAY 6

DAY 7

DAY 8

THURSDAY 9 TH	FRIDAY 10 TH	SATURDAY 11 TH	SUNDAY 12 TH
BREAKFAST	BREAKFAST		BREAKFAST
Everyday sexism in adult members of the LGBTBIQ + community.	Debate: The importance of transmitting these tools to our adult learners	Local visit	DEPARTURE DAY
BREAK	BREAK		
- Tools: identification, confrontation, prevention.	Does Europe advance in the area of equality? Future challenges for Spain, Hungary, Finland and Italy.	Local visit	
LUNCH	LUNCH		
- Tools: identification, confrontation, prevention.	Group reflections and feedback	Local visit	
FREE TIME	FREE TIME		
EVALUATION	EVALUATION		
DINNER	DINNER		
	Intercultural party		

