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THE GENERAL REPORT FOR IO3 – The BASICEDU EMPOWERMENT ACTIVITY BOOK

1. Basic information about the book

The aim of this IO, BasicEDU Empowerment Activity Book, is to target directly the primary target group women from rural areas as a motivational and inspiring activity book which can be distributed in their communities in order to reach out to more women with rural area background. Another aim is to motivate and activate more women from rural areas – family members, friends and community members to get out of their comfort zone, to enable, empower and inspire them through personal stories, real live achievements and practical advices how to cope with certain challenges on that way.

After finishing the trainings, the most impactful exercises from project partner countries were collected (two exercises for each partner) to use them as self-learning instrument, which is called the BasicEDU EMPOWERMENT ACTIVITY BOOK. This output can be represented as learning tool for disadvantaged women and similar target groups without the support of a special development programme which can foster their personal and professional skills development, enabling smooth transitions between their education and training pathways and the professional life.

Moreover, each partner selected Success Stories from mentees and recorded these stories to a video in a studio. The partners prepared the videos with English subtitles and uploaded them to YouTube for dissemination in the fields such as sample entrepreneurship and/or successful occupation programs.

2. Recruitment strategies and Preparation:

The Stages for Preparing the Book:

The book consists of three main chapters:

- 1-The BasicEDU Project: background, objectives and intellectual outputs
- 2-Empowerment Activities
- 3-BasicEDU Success Stories



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The empowerment training can be classified into five stages:

- **Foundation:** This stage focuses on creating a safe space, setting ground rules for the training and getting to know each other.
- **Who are we:** During this stage, the participants work on topics like identity and background, who are we as a person, what values do we have and, what personal issues are we confronted with?
- **Who are we in the world:** During this stage the focus is on stimulating awareness of our own position in the world, examining relevant social issues such as; prejudice and discrimination that are holding people back from realizing their full potential, examining the workings of power and what impact institutional structures can have on participants and other members of society.
- **Social action and change:** The focus here is on becoming change agents within one's own personal situation or within one's own community and, identifying what one needs to do for achieving social change in one's own context.
- **Closing and energizers:** This stage focus on being strong together and closure exercises.

The Stage of the Empowerment Activity	The Name of the Activity and The Partner Who Wrote the Activity
Foundation	Interviewing (OAZA)
	We are all equal (By Caminos)
Who are we	Be friends with my body (By ZIB)
	Me, myself (By Compass)
	I value myself (By OAZA)
	Self-presentation- Dialogue Activity (by Compass)
Who are we in the world	Empowerment Bracelet (By OMU)
Social action and change	Actions are louder than words (by ZIB)
	Powerful together (By Caminos)
Closing and energizers	Job-box (By OMU)



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As to the aims and objectives of the activities;

The name of the activities was given with the name of the partner in parentheses:

- Interviewing (Oaza) is an introductory game aiming at getting to know the participants.
- We are all equal (Caminos) has a purpose of identifying the ways men and women are treated differently because of their sexes and to reassure that men and women are equal.
- Be friends with my body (ZiB) aims that the participants acquire a positive image of her body.
- Me, myself (Compass): has an aim to motivate participants to actively deal with a challenging occasion by helping them to get in touch with their personal values and to increase their resilience skills.
- I value myself (Oaza): the purpose of this activity is to help women recognize their positive traits, features and accomplishments; identify how it is to give worth to and believe in themselves.
- Self-presentation-Dialogue Activity (Compass): Has a goal that the pairs will demonstrate their understanding of the nature of greetings in the context of the different cultural backgrounds represented in the groups.
- Empowerment Bracelet (OMU): Aims at achieving team spirit and supporting the members of that team by being aware the position and status in the world.
- Actions are louder than words (ZiB): has a purpose to become aware of the importance of what we express through our bodies.
- Powerful together (Caminos): The aim is to understand different types of power and be able to recognize them in action; and to discuss how to use personal power and how to build collective power.
- Job-box (OMU): The aim of this activity is to contribute women empowerment by raising their awareness on their own power and encourage them participating public sphere with a knowledge of their social, legal and human rights while looking for a job or during a job interview.



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Specifically, when it comes to the partners tasks to start this process; Compass contacted with women who were finalized the training. words''. Before implementation process, they made some small modifications on activities to make them more engaged to the project theme. They got the chance to try the activities on the book with the titles of'' interviewing'', ''we are all equal'', ''be friends with my body'', Me, myself, ''self-presentation dialogue activity'', ''empowerment bracelet'', ''actions are louder''. During the implementation process, participants got the chance to apply the theoretical knowledge obtained from the programme in a variety of real cases faced in the social and the work environment. These activities provided new perspectives on the problems to disadvantaged women that they encounter in social and labour market area. They learned to take responsibility for their learning process and solve the issues and cases on the activities that they can encounter on their daily life. All activities were found effective by the participants.

Canik Public Education Center: Being from a rural area, the knowledge of the mentors, consisting of people and professional groups who have achieved life success by experiencing various difficulties in this area, experienced the same situation, felt the difficulties of life much more as one, could not continue their education, could not find the opportunity to work in any job, and to relax the needs of the users and their families. Their home profile was formed by people who did not have enough qualifications, faced various health problems, did not meet the characteristics of job search tools, did not receive any training in digital difficulties, communication, entrepreneurship slots, social communication was not sufficiently developed, learning lengths were not fully learned. From the first day of the trainings, the activities and effective presentations made a great contribution to the continuation of the trainings without interruption. Especially the fact that the mentors follow the one-to-one trainings and support all activities has increased the attendance of these mentees to one hundred percent.

OMU organized two evaluation meetings. At the evaluation meetings on 29.08.2022 and 20.10.2022 done with associate partners and academics from OMU, the book was evaluated and sent to partners for feedback. As a result of these meetings, ''The Activity Level Descriptions of the Activities'' were added to the book. At the end, the book was translated into the languages of the partners and published online.

This categorization system called ''Activity Level Descriptions of the Activities'' is a guide for the appropriateness of the features of the target group. Because the educational and social backgrounds of the mentees were different from country to country, and these levels that differ from the



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backgrounds of each person. These ten categorizations are being literate, no physical disability, encouraging the positive traits, capable at handcrafting, focusing on women's rights, women participants, can also be used for women under 18, must be finished within a certain time period, some worksheets and/or materials are necessary; and there will be a concrete output:

Below is the categorization system of the activities in the Empowerment Activity Book. Before you try to organize a training on empowerment, please consider the features of the target group and activities for preparation:

Name of the Activity	Being literate	No physical disability	Encouraging the positive	Capable at handcrafting	Focusing on women's	Women participants	Can also be used for	Must be finished within	Some worksheets	There will be a concrete
1. Interviewing		+				+	+	+	+	
2. We are all equal	+		+		+	+		+	+	
3. Be friends with my body		+	+			+				
4. Me, myself	+		+		+	+			+	+
5. I value myself	+		+			+	+	+	+	+
6. Self-presentation-Dialogue Activity	+	+	+			+		+	+	
7. Empowerment bracelet	+		+	+	+	+	+		+	+
8. Actions are louder than words		+			+	+			+	
9. Powerful together	+		+		+	+		+	+	
10. Job-box	+			+		+			+	+



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The Stages to Prepare the Empowerment Activity Book:

1.	Preparing a template for Empowerment Activities and Success Stories
2.	Selecting the most powerful and impactful activities and practices (Success Stories) from the Mentoring and Empowerment programme (2 activities for each partner)
3.	Preparing a categorization “Activity Level Descriptions of the Activities”
4.	Making all the texts suitable for the template of the EA, uniting all exercises and making a proof-reading in English
5.	Sending the book to the partners for getting feedback from them
6.	Sending the last version of the book to the partners for translation of the EA into the languages of each partner
7.	OMU sends an intro and outro template to the partners
8.	Each partner records two videos from the Success Stories of their mentors/mentees and uploads these videos to YouTube channel (after making the sub-titles in English)
9.	The partners put the links of the Success Story Videos on the third chapter of the EAB.
10.	The e-EAB is put on the web site of the project to be introduced in Multiplier Events

Another evaluation made about the book is of Compass. It organized a meeting with the staff from the Innsbruck University and basic education trainers from training centres to review the training activities about the sustainability of the project. They found these activities very effective and useful for empowerment of disadvantaged women, and they shared their motivation to use them in their daily activities.

The Empowerment Activity book is available on BasicEDU website in the national languages.