



Lodz June 2025

In June the partners visited Lodz Poland to meet face to face and discuss the project. IRIS were amazing hosts and held the Transnational project meeting at Energosfera education and business center. This amazing site stives itself on culture, exploration and team building, allowing for a creative time for all involved.

As this was the final meeting, partners reviewed all Work packages, including the conceptual background, handbook for adult educators and the collection of stories from amazing women, all available on our website.

We had an update on partners piloting of the lesson plans developed following the migrant womens stories, these lessons are aimed at helping women integrate into their community and develop their lives in their new home country.

On day two we spent the first part of the day confirming our plan developing our online course for educators. Each partner is working on a module that will enable educators to train migrant women in various areas. Each partner will pilot this course to ensure its of a high standard and beneficial to all involved.

To finish the meeting, the partners

started to discuss the sustainability of the project and steps to disseminate to guaranteed maximum exposure.

As with all face-to-face meetings, partners get to enjoy some downtime and explore the culture of the hosts country. On this occasion it included star gazing and a BBQ dinner.

Partners spent time enjoying nature, discuss best practice and bond over a common goal.

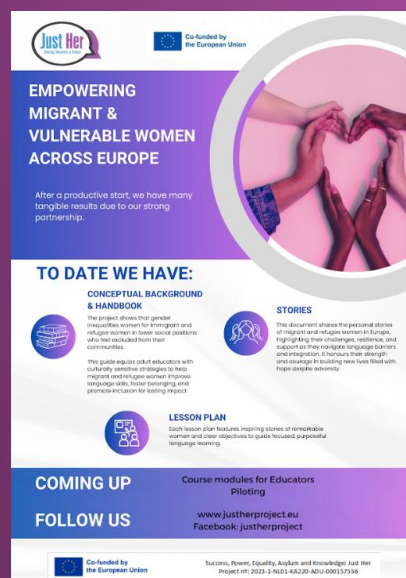


Dissemination

Throughout our project all partners disseminate the project generally as well as what each partner is doing.

We use mediums such as Facebook, Instagram, linkedin as well as printed documents including newsletters, postcards and even flyers. These will share different information throughout the project and give updates as to where we are.

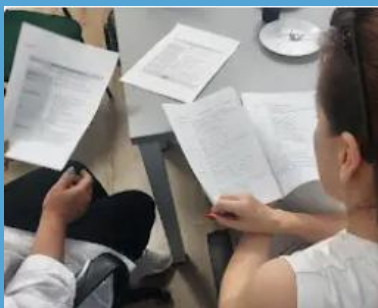
Different mediums are vital to ensure we hit all avenues of dissemination to allow more people to know what we are doing and potentially become involved



Lesson Plans

Piloting

Once lesson plans were complete, each partner piloted them with a group of migrant women. This allows us to know the lessons are relevant and practical.



Our lesson plans range from Hotel etiquette, travelling, health and even eating out.

These are basic lessons based around life skills. We as European educators are very aware that different cultures have different expected "rules" and can sometimes insult or

be seen as rude to others.

The idea behind these lessons to encourage integration in the new community and vitally a sharing of culture, history friendship which can lead to positive outcomes such as those seen in our stories.

English Health & Care



Lesson Plan: At the doctor's

Duration: 45min x 2

Target group/ number of participants in the group

A1 level, adult learners, 6-12 participants

Facility/ Equipment

- Whiteboard/flip chart
- Markers
- Laptop
- Projector
- Loudspeakers

Tools/ Materials

- Handout with listening exercises (dialogues) and vocabulary exercises
- Role-play scenarios
- Doctor's Bag (full of props)
- Flashcards with medical terms and images; PPT presentation
- Video: Short clip of a doctor-patient interaction (e.g. your own resources/ recordings adjusted to the group's level)

Lesson's objectives

- By the end of the lesson, learners will:
- Recognise and pronounce key medical vocabulary.
- Describe symptoms in short phrases.
- Respond to basic questions during a doctor-patient interaction.

Digital tools involved/ reference to digital solutions

- hangmanwords.com
- Online video of a simple medical scenario

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English Going out/ Socialising



HANDOUT 1 Lesson Plan: At the theatre

My Theatre Experience

Instructions: Write 5-6 sentences about a theatre experience. If you haven't been to a theatre, imagine one!

Where was the theatre? (e.g., it was in my city, it was a big/small theatre.)
What did you watch? (e.g., I watched a musical/play called...)
Who was with you? (I went with my friend/mom/classmates.)
Did you like it? Why? (It was fun because the actors were great! The music was loud and exciting!)
What was your favorite part? (My favorite part was when...)

Theatre Review: Thumbs up or down?

Instructions: Fill in the sentences to write a short review of a play or movie.

Title of the play/movie: _____
Type of performance (musical, drama, comedy, etc.): _____
Main characters: _____
The best part was: _____
I liked/didn't like it because: _____
I give it ____ stars out of 5!

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