



## WHAT IS SIMPLE PROJECT ABOUT

The SIMPLE project will lead to the development of an innovative Model of Intervention based on **visual narrative methodology**, accompanied by the Handbook for operators (consisting of materials and tools) and **Learning Pathways** to the socio-economic integration of new-coming women.

The SIMPLE project highlights the importance of **empowerment** as an individual and organised process, through which individuals can reconstruct their ability to choose, design and regain the perception of their own value, their potential and opportunities (core of the Pathways to socio-economic inclusion).

## OBJECTIVES

The SIMPLE project is going to:

- facilitate incoming women's integration within a new community through the development of innovative tools, based on a non-verbal narrative technique;
- highlight the importance of emotional stability, shifting the focus from "material" to "emotional" support and wellbeing of newcomers, as the condition for successful integration.



@Simple.Project.Comunity

Social Integration of Migrants and activation of Paths for Learning and Employability



# Simple

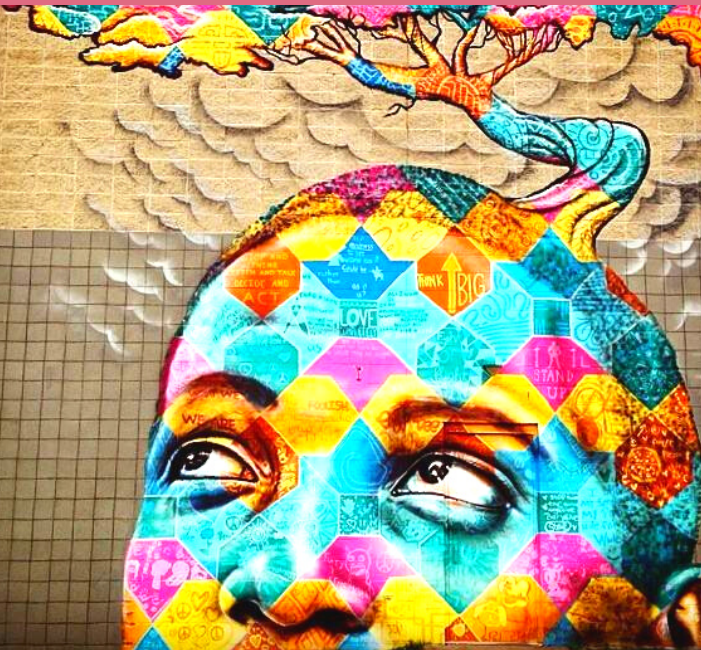
## MAPPING OF BEST PRACTICES



SIMPLE partners in the first phase of the project carried out in-depth research aimed at mapping methods, tools and approaches applied for facilitating the **narration of past difficult events to restore women's psychological and emotional wellbeing** in the new community that they become part of. Thanks to this research, the SIMPLE consortium identified alternative nonverbal techniques and tools, helpful to elaborate and express past distressing events and empower social inclusion.

### NON-VERBAL NARRATIVE TECHNIQUE CATALYSTS FOR SELF - DISCOVERY AND HEALING

The different pieces that compose one's life story can be integrated in the autobiographical narrative process. Being able to reflect on the past and the present, to connect the different events in life, allows us to actively build a project for a future life. People can restore a continuity with their life story, they can set and achieve goals, create relationships, and allow themselves to recognise, feel and stimulate positive emotion.



### WORKSHOPS ON EMPLOYABILITY

Pathways to socio-economic inclusion with the focus on assessment of personal skills and abilities; identification of opportunities offered by the territory the new-coming women end up; showcase of skills on CV; selection of the best ways of self-promotion through the conscious use of social media.

Applied Methodology: peer-learning, self-reflection, learning-by-doing. Engaging activities and gaming elements.



Pictures: courtesy of [Joel Bergner](#)

SIMPLE project number: 2019-1-SE01-KA204-060418

The brochure reflects the author's views only and the Erasmus+ Program authorities are not liable for any use that may be made of the information contained herein.



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