What skills do women gain through the training and T2S tools?

How are these skills assessed?

Personal and social skills	**Confirmation of personal and social skills**
• Personal and social development. • Ability to understand and manage emotions, cope with stress, and practice self-care. • Ability to reflect on one's own development, identify needs and set goals. • Ability to establish relationships and build bonds. • Development of empathy and understanding for others. • Increased self-confidence. • Overcoming barriers and seeing the positive sides of challenges. • Strengthening a sense of social identity and belonging. • Ability to give and receive feedback and set boundaries. • Understanding one's own strengths and weaknesses, as well as those of others.	**Observation**: Communication skills in group discussions, active listening, and empathy in role-playing, the ability to cope with new situations, and the practice of self-care are observed. **Journals/Reflections**: Progress in personal development is assessed through journaling and reflections. **Discussions**: Understanding of cultural traditions and social awareness are assessed during discussions. **Feedback**: The ability to constructively give and receive feedback and to set boundaries. **Story creation**: The assessment of narrative and social skills occurs through the creation of stories that inspire social action (e.g. "My Story for Change").
Communication and narrative skills	**Confirmation of communication and narrative skills**
• Narrative and creative skills, including the art of storytelling. • Ability to tell one's own stories in an engaging way. • Ability in non-verbal communication and active listening. • Ability to introduce oneself and overcome communication barriers. • Ability to share unique experiences and perspectives. • Ability to create stories with a message and a call to action.	**Observation**: The ability to tell engaging stories, as well as non-verbal communication and active listening, are observed. **Story evaluation**: Completed stories are evaluated for compliance with the chosen format, content preparation, and ability to engage the audience. **Group feedback**: Participants receive feedback on the accessibility and comprehensibility of their stories for others in the group. **Practical application**: Sharing simple life stories serves as a language and communication exercise.

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Digital skills	**Confirmation of digital skills**
• Digital skills. • Proficiency in basic digital tools such as email, Messenger, and WhatsApp. • Ability to create digital stories (e.g. in Canva). • Increased confidence in technology, learning to use phones and computers. • Ability to create email accounts, manage contacts, organize files, and use cloud storage. • Ability to search for information online, verify sources, and critically analyze information. • Ability to identify online privacy and security risks, use strong passwords, and navigate the web safely. • Participation in online communities and expressing opinions respectfully.	**Tests and exercises**: Assessment of basic digital skills can be done through quizzes and practical tasks. **Scenarios**: Awareness of online security is assessed through simulated scenarios. **Search tasks**: The ability to find and evaluate information is checked through search tasks. **Observation**: Teachers observe creativity and the use of digital tools, as well as participation in online activities and the ability to solve digital problems. **Product evaluation**: Created digital stories are evaluated based on specific criteria.
Intercultural and civic skills	**Confirmation of intercultural and civic skills**
• Language development. • Ability to integrate into new communities. • Building an attitude of respect for generational, religious, and cultural differences. • Ability to describe cultural traditions and explain differences. • Understanding and overcoming stereotypes. • Increased civic engagement. • Understanding the legal aspects of migration, identifying rights, and seeking support. • Supporting the integration of migrant women into new communities.	**Language development:** Evidenced by narratives of overcoming language barriers in daily life and participation in language workshops. **Ability to integrate into new communities:** Shown through stories of adapting to new cultures, building relationships, feeling welcome, and participating in community events. **Building an attitude of respect for generational, religious, and cultural differences:** Confirmed by sharing stories that celebrate diversity, promote values like respect and inclusion, and foster empathy. **Ability to describe cultural traditions and explain differences:** Demonstrated by sharing cultural traditions (e.g., cooking traditional dishes), explaining their significance, and highlighting cultural similarities and differences. **Understanding and overcoming stereotypes:** Evidenced by narratives that challenge prejudices and stereotypes, portraying individuals beyond preconceived notions, and engaging in cultural exchanges. **Increased civic engagement:**

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	Shown through active participation in social life, community involvement (e.g., volunteering), and narratives that build social identity and belonging. **Supporting the integration of migrant women into new communities:** **The TALES2SHARE project itself contributes to this by empowering migrant women aged 55+ to share their unique experiences through digital storytelling, fostering lifelong learning, and promoting inclusion**

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