



Press Release

<https://www.ride-project.eu/>

Symplexis

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RIDE Training in Greece

Empowerment mentoring sessions for migrant/refugee women
organised in Athens/Greece by Symplexis

February – June 2022

The RIDE course was designed especially for refugee and migrant women who wish to be trained as virtual assistants and supported during their inclusion process in their host country, Greece.

The course taking place in a hybrid manner (online and face to face) from February – June 2022, was facilitated by SYMPLEXIS, an NGO dedicated to actively supporting vulnerable groups in the country.

The training team focused on exploring the participating women's needs and difficulties. Their legal and family statuses were essential factors when designing the training program with long-term benefits. Most of the trainees were recognised as women refugees, others with a migrant background, and one with a special humanitarian status, as a result of the ongoing war in Ukraine.



All participants faced difficult life situations, especially those still in a transition situation – being new in their host country. Lack of local language knowledge, being a single parent, and missing out on training and working opportunities because of obligations with their children, were their main obstacles to finding a suitable job and having a regular income.

The main goal was to support participants in all aspects of their long-term integration. The empowerment sessions were built around their concrete needs: access to the job market, social life, social services, and finding free opportunities, such as Greek language classes or intercultural events.



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The Virtual Assistant training sessions, running parallel with the empowerment sessions, were delivered virtually by Symplexis' partner, Code To Change.

Participants embraced the opportunity to speak about their experiences. Sharing their stories in a safe environment – after going through multiple traumas – had a great impact on their integration and in general, their lives. Trusting and sharing are fundamental for learning and connecting.

The participating women evaluated the training very positively, mentioning the importance of being able to participate hybrid, with their choice of time and space.



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Organised by **Symplexis** in the framework of RIDE – Reach Inclusion through Digital Empowerment for migrant women - a project co-founded by the European Union's Asylum, Migration and Integration Fund (AMIF)



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