STUDY COMPETENCE

SELF-MOTIVATION

RESILIENCE

IMPROVED LANGUAGE PROFICIENCY

COLLEGE

IF FOREIGN-BORN WOMEN HAVE ACCESS TO UPSKILLING PATHWAYS:

• They have higher chances of becoming socially integrated and feeling like valued contributors to society.

• They provide diversity to sectors which normally are very homogenous, helping to provide a more varied workforce, which better reflects the society in which they provide a service/function.

• They can be more financially independent, making them less vulnerable to, i.e. domestic violence.

The UPSIM tools and resources have been produced in the following languages:

English • Swedish • Danish

Czech • French • Portuguese

To provide extra support for women who are still trying to master a new language, the stand-alone tool for **foreign-born women**, which exists in the above-mentioned language versions, is also supported by supplementary instructions in:

Nepalease • Arabic

Créole • Somali • Russian

The UPSIM resources and publications are available for free use. All UPSIM resources are Copyleft, meaning that they are free to use and adapt, so long as all outcomes remain under the Copyleft agreement.

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UPSIM
Upskilling Paths for Social Integration of Migrants

EMPOWERING FOREIGN-BORN WOMEN TO ACCESS UPSKILLING PATHWAYS

WHO ARE WE?

The **UPSIM project** aims to facilitate **foreign-born women's** access to upskilling pathways, by offering a free suite of **learning-to-learn resources** which can be used as a stand-alone **self-learning tool**, or as a part of a **mentoring program**, supported by the **online platform**.
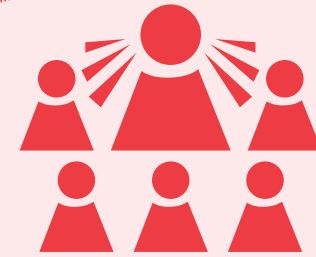
1 FOUNDATION MEETING

- Meeting with a mentor;
- Setting common values & goals for the individual;
- Create transparency & expectations for mentee/ family;
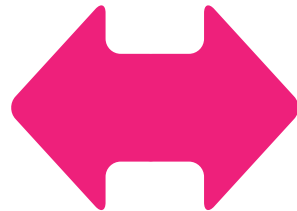- Possibility of including spouse/partner.

2 MENTORVENTION CIRCLES

- Groups of 4-5 mentees meet with mentor;
- Practice transformational process;
- Develop self-awareness;
- Develop initiative & ownership competence;
- Prepare for Application Phase & use of stand-alone toolkit.

SELF-DIRECTED LEARNING TOOLKIT

Stand-alone Resource & Application Phase Support Tool

A self-learning resource for foreign-born people

4 EXTENSION MEETING

- One Mentorvention Circle group meeting;
- Follow-up on Activity Phase;
- Engaging & management competence;
- Monitoring & adapting;
- Followed by return to Application Phase.

SELF-MENTORING TO:

- Learn-to-learn
- Improve language skills
- Develop motivation & resilience

3 APPLICATION PHASE

- Transformative learning in action;
- Creation & realisation of learning goals;
- Language proficiency development;
- Putting into use the processes and plans from Mentorvention Circles.

Online tool & Learning in the wild