



**ACTIVE
WOMEN**

ASSOCIATION

POLAND - SOSNOWIEC

ABOUT ORGANISATION

Active Women Association is a non-governmental non-profit organization which promotes social inclusion and the empowerment of vulnerable groups such as youth, seniors, women and minorities. In addition we actively promote tolerance, gender equality and civic society values.

The main channels we work through are: non-formal education, social & media campaigns, networking & coalitions, strategic learning partnerships, lobbying, advocacy, and counselling.

Since 2002 we are involved in local, national and transnational collaboration running:

- non-formal education for 7000 learners
- learning partnerships with youth workers and adult education staff
- exchange of experience between organizations
- European mobilities: job-shadowing
- European Voluntary Service
- senior volunteers exchanges

We have been actively engaged in intercultural activities and travels and run empowerment projects in North Africa / Marocco/, Asia and Europe.

We established many links for transnational cooperation and nowadays we cultivate fruitful partnerships and networking where we cherish multicultural diversity and cooperation.

Our headquarter is located in the Sosnowiec city center in Poland where you can find our offices, counselling rooms, training rooms, seminar rooms, library, dinning room and lounge / 220 m2/.

We have been involved with many projects involving other groups from local and regional government, ministries and national administration, the European Commision and other non-governmental organisations from Europe and the rest of the world.

OUR GOALS

- Youth and adult non-formal education for vulnerable groups, such as women, youth, seniors.
- Increase in civic participation in public, social, professional and cultural life
- The promotion of health, especially reproductive health and healthy lifestyle
- The prevention of social problems based on stereotypes and prejudice, with particular emphasis on the rights of women, children and disadvantaged groups due to their social status, national origin, religion, lifestyle and sexual orientation,
- The protection of human rights, equal opportunities and rights for women and men in all areas of life,
- The prevention of violence against women, girls, children and other vulnerable groups
- The implementation of programs that contribute to a reduction in unemployment through social mobilization, including the promotion of volunteering, vocational integration with the labour market
- The running educational programs and campaigns that contribute to the growth of interest in civic activities
- The support and development of democracy and civil society by promoting the participation of citizens in the local community and stimulating pro-social attitudes, with particular emphasis on measures to combat exclusion and social pathologies,
- The promotion and development of culture, arts, protection of culture and tradition, raising the level of cultural awareness, strengthening of cultural competences
- Intercultural education, activities to promote dialogue between cultures and citizens of the global village
- The promotion of methods for personal and spiritual development
- The promotion of alternative forms of leisure and travel, mindfull tourism, the idea of “sport for all” and sport for social inclusion
- The support in the form of training and information for NGOs, capacity building actions
- Networking and coalitions among European and international organizations

Join us in our mission!

YOUTH

The European Voluntary Service (EVS) offers a unique opportunity to develop new professional skills and civic competences through voluntary work with foreign organizations.

In this way we promote youth active citizenship, intercultural awareness, tolerance and the idea of transnational mobility.

Since 2012, as a hosting organization we have worked with 8 European volunteers on spot. As a sending organization we enabled 30 young people to do voluntary service in European and Partner countries. European Voluntary Service is a great adventure and it opens up the door to the world of opportunities!

We run a European Youth Club for the youth interested in European opportunities, education and cooperation. We encourage them to benefit from the support of the EU by informing about available free trainings, mobilities and youth exchanges, solidarity and civic participation.

The Kinoko - Socially Engaged Film Club is aimed at encouraging youth to learn and discuss social issues such as gender equality, sexual minorities, cultural and religious differences, refugees and immigrants, trafficking.

We have organized Non-Violence Communication training for the youth community.

We educate youth and encourage them to work in associations and foundations, delivering knowledge and raising civic competences by means of non-formal education.

WWW.EVSAWA.WORDPRESS.COM



Young
women
for social
change



POWER EXPEDITIONS

WWW.WYPRAWYMOCY.PL

“Travel brings power and love back into your life” /Rumi/.

We invite you to participate in our expeditions thanks to which you will fall in love with life and the best version of yourself.

We combine active holidays and conscious tourism, personal development, interculturality, lazy chillout and discovery of the magic of the world with people who want more from their lives. During these exotic expeditions, we focus on experiencing the world with all our senses, wonderful relationships with local people, learning about their lives from the inside, unforgettable adventures, contemplation of the wildlife / our own and other people's lives / and... joyful creativity.

Here we get carried away with delight and the spirit of places: we also open to new cultures.

We go deep, we don't tick attractions to simply bring back hundreds of photos with us. As a result of conscious travels with soul, we bring back the best versions of ourselves and broad minds.

We rest in paradise scenery, regenerating our bodies and souls to accumulate Power and energy for the whole year.

Return to Paradise - spiritual trip to BALI&GILI Islands
www.wyprawanabali.com

Madeira's Elements - backpacking expedition to the island of eternal spring
www.wyprawanamadere.com

ArteMorocco - expedition to North Africa
www.artemaroko.wordpress.com

ArteBornholm - cycling expedition to the Danish islands: Bornholm and Christianso
www.artebornholm.wordpress.com



WOMEN EMPOWERMENT

Active Women Association empowers women to strengthen their voice in civic, public and professional life.

We act against inequality and discrimination on the labour market and in politics.

We take action to prevent domestic and gender violence through advocacy, counseling, training and media/social campaigns.

For many years we have been engaged with:

- women's education;
- women's leadership, decisiveness and assertiveness;
- public & business competences;
- women's interests.

We believe that women are the key actors of social change worldwide.



WOMEN EMPOWERMENT



What we do?

We learn peer to peer within the framework of Strategic Partnerships for adult education staff in the field of women empowerment in politics. We cooperate with women's activists from Finland, the Czech Republic, Ireland, and USA women's organizations.

We train women in Europe and developing countries in gender-sensitive leadership e.g. in Poland and Afghanistan by the means of non-formal education, mentoring, coaching.

We organize Senior Volunteer Exchanges to enable women 50+ to perform voluntary work for local communities in Europe and raise their civic skills.

We produce educational materials, publications, manuals and E-tools to promote women's empowerment within the Polish and transnational community.

We are a member of many women's networks and coalitions so as to share knowledge and raise awareness of women's rights and gender equality. Through conferences and seminars we manage to outreach public and media.

We organize psychological and law counseling for the victims of domestic violence and women in crisis situations.



SENIORS



One of the most important tasks fulfilled by the Association is the prevention of marginalisation and exclusion of people over 60+ years old from the public life. Activities for the elderly are mostly dedicated to senior residents of Sosnowiec as well as seniors from other European Union Member States. We show them that they are important and that they have the right to participate in the decision-making process.



We organise leadership skills, public speech, animation of local communities, PR and promotion trainings; lectures on civic issues and civic consultation meetings; coaching; cycling marathons, backpacking in mountains, graffiti actions, dance parties.

We provide them foreign voluntary service opportunities during which they gain new skills, establish new contacts and open to change.

We contributed to the formation of the representative body for seniors in Sosnowiec - Senior Council.

We are constantly expanding the responsibilities of the Council.

By taking such initiatives, we integrate and strengthen seniors, we help them become open to intergenerational contacts and we encourage them to participate actively in the public life so that they could use their full potential and continue to play important roles.



PERSONAL GROWTH



We are strongly interested in the promotion of spirituality and a holistic life-approach; self-development; personal growth, especially when performed in natural setting.

We motivate people to discover life's mission and reclaim inner Power; to find their true Self, to reconnect with the communities. Then people could dare to walk their chosen paths and realize the inner potential.

Our goal is to raise self-awareness and show people how empowering a strong relationship with nature is. We are also interested in raising people's awareness of being interconnected with all beings within the global world.



We support people to grow their own wings through

- Vedic Art - intuitional painting
- Life coaching, eco coaching
- Body work, choreotherapy
- Non-Violence Communication
- Creativity development
- Tibetan bells concerts
- Arttherapy
- Intuitional singing
- Spontaneous dance
- World dances
- Mindfulness
- Meditation
- Mountaintherapy
- Self-Awareness
- Breathwork
- Family constellations



COOPERATION

We develop and nourish productive, long lasting partnerships which result in many useful projects and collaborative networks because we love the world and the world loves us :)

We cooperate, as partners, with European and transnational NGOs in the Czech Republic, Finland, Ireland, Italy, USA, Afghanistan, Lithuania, Georgia, Bosna&Hercegovina, Albania, Greece, Madeira, Indonesia, Morocco, and Ghana.

The funding bodies that we are very grateful to:

- European Commission, Polish National Agency of Erasmus+ Programm;
- Polish Ministries and public bodies;
- Sosnowiec Municipality, regional government of the Silesia Region.

We are active in the business sector within the framework of Social Corporate Responsibility, supporting its mission and campaigns. We are open to new business partners if our mission and goals are similar.

Why not get in touch with us?



WHO ARE WE - ACTIVISTS OF THE ACTIVE WOMEN ASSOCIATION

We are sociologists and economists, political scientists, lawyers, movie producers, psychologists, teachers, trainers.

We fulfil ourselves in the field of education, science, culture, economy and politics.

We hold various positions in the local government.

We learn how to be financially independent and how to be good mums.

We also develop leadership skills and creativity.

We organise lectures, workshops and trainings, because we are social skills trainers, educators mentors, and coaches.

We study, we work and we receive retirement pensions.

We are constantly improving our language skills and competences all around the world.

We are based in Sosnowiec / Poland/, but our activity covers global communities worldwide.

We cooperate with women from all the continents in the virtual and in the real world.

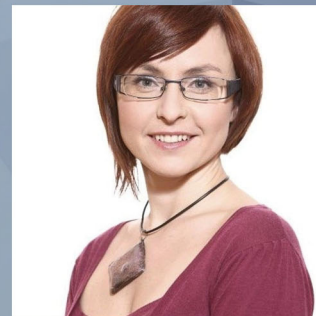
This is also the source of our strength.

We are passionate about wellnes, nature and animals, world cuisine.

JOIN US!



Halina Sobańska
President



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