



WELCOME TO THE 2ND

WHOW Newsletter

Project Number 2022-1-FR02-KA220-YOU-000087118

Following the launch of our project and the introduction of our initial resources, we are pleased to keep you updated on the latest developments. In this edition, we present an overview of the new initiatives established to assist young mothers as part of our project. Explore our tools and the inspiring stories of young mothers who have gained from our support.

We encourage you to keep following our efforts and to share this information with individuals who may find it beneficial!



Thanks to the WHOW project, I feel more confident and positive about my career plans. I have learnt that I am a strong woman who can overcome a lot, whether I am alone or accompanied.

Oumie, 21, took part in the WHOW project in May 2024.

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In December 2024, the final meeting of the WHOW project was held in Porto. This event marked nearly two years of valuable international collaboration, uniting the teams from GIP FIPAN (France), RightChallenge (Portugal), Exeo Lab (Italy), Synthesis (Cyprus), and Dramblys (Spain). Additionally, two Portuguese associations, Primeiros Passos and Vida Norte, participated and shared their insights on assisting young mothers in their reintegration into the workforce.

Discover our innovative, free, and open-access tools

- A **mapping the situation of young mothers** in the five project countries.
- A **coaching course** for young mothers and the professionals who support them.
- A **training in digital and office tools** for professionals, along with **e-learning modules** designed to enhance the digital skills of young mothers.
- A **web application, E-CV SOFT SKILLS**, to help young mothers discover and highlight their soft skills.
- A **guide to creating video CVs**, specially designed to showcase the strengths and abilities of young mothers.
- A **Working from Home Mother's Guide**, filled with tips for better balancing professional and personal life, especially when working remotely.

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