



# 1st Project Newsletter

## The Re-Start Project



Center for Social  
Innovation



Social Policy  
Academy



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## About the project

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Statistics in countries all over Europe demonstrate (even if to a different extent depending on national structures) the risk of social exclusion and of poverty especially at an older age for women if they are not having their own adequate income over their life-time. National social programmes provide different funding and protection schemes for maternity leaves, which may encourage women staying at home or re-joining work. The length of the absence from the labour market may always be seen in relation to this funding and to specific components like: the level of education and possible income a woman might achieve; the structural preconditions like the availability of care for children and elderly family members or availability or distance of the working place.

With the RE-START project, partners from Spain, Greece, Cyprus, Iceland, Bulgaria and Poland aim to develop a very helpful online tool to support women - after staying at home – to re-enter the labour market. It shall therefore address the 3 biggest challenges for women at this stage of their life:

- ◆ gain motivation and self-confidence to do so.
- ◆ receive support in orientation on the market in order to succeed in finding a suitable job.
- ◆ promote their skills to identify support networks to overcome structural and social lacks of support.



[www.re-start-project.eu](http://www.re-start-project.eu)

The project addresses:

- ◆ women who want to re-enter the labour market after staying at home for family duties;
- ◆ professionals/ counsellors/ trainers working with women who want to or have to re-enter the labour market and who want to empower or support them in orientation in this concern;
- ◆ entities in charge of such services;
- ◆ employment services and public administration related to the issue of women re-entering the labour market, trade unions and policy makers.

Now the first two parts of the RE-START online package are ready to provide empowerment of women to re-enter professional life in order to reduce their risk of social exclusion and poverty, specifically at an older age. Thus, the project shall significantly impact their chances to do so and, through this, contribute to a better social and economic situation of the women and their families.

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## Did you know that?

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Provides statistical information on risks related to poor income and inequality on the labour market:

- ◆ Why need to find a job to have own income, not only for the moment, but also to avoid later pension pay gap.
- ◆ How to avoid or reduce the risk of social exclusion and poverty.
- ◆ Why and how to think about own visions and values and contrast them to role models reproduced in the society.
- ◆ Why to stand on its own.

**#RESTART #ReStartProject #ErasmusPlus**

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## Get Ready!

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...is an e-learning part which can be used self-determined and for free to help the empowerment and activation of the target group.

- ◆ - Develop an action plan and to take decisions.
- ◆ - Get more self-confidence and empowered
- ◆ - Explore own needs and resources for re-entering the labour market.
- ◆ - Get to know own upskilling opportunities.
- ◆ - Learn about labour rights, specifically concerning your situation.

Until summer 2022 partner will develop the next parts of the platform and promote the programme in their countries. If you want to learn more about this project, check our website or contact with your country partner.

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