Integration



CAMBIANDO MIRADAS

Project Mariya in Poland

STOWARZYSZENIE WSPIERANIA ROZWOJU KOMPETENCJI PONTES

Warsaw (Poland)

Entity

Pontes

Their good practice consists of

The programme was launched in 2022 in response to the situation of Ukrainian refugee women and their families, offering support for social integration, autonomy and empowerment. It combines Polish and English language classes, vocational training, mentoring and stabilisation consultations, psychoeducational activities, local community-building and cultural events.

What need does it address?

Preventing isolation, loneliness and emotional burnout among refugee women, supporting their integration into Polish society and preventing social polarisation between host communities and migrants. The project also aims to support their return to the labour market in roles that match their skills, qualifications and professional experience.

How it develops

The project creates safe communities for Ukrainian women in several cities, combining Polish language classes, mentoring, psychological support and vocational training. Creative workshops and art therapy also promote emotional well-being, mutual support, and social and labour market integration.

Results and impact

Participants report improved mental well-being, renewed hope and a more positive outlook on the future. Progress is also reported in employment, self-worth, dignity and personal agency. In addition, the creation of new jobs for Ukrainian people enables them to support and empower others within their communities.

Assessment and learning

Participants' testimonies are collected on an ongoing basis, and evaluation surveys are completed at different stages of the programme using the same questions to assess the effectiveness of activities and their impact on different areas of participants' lives. Participation is free of charge.

Further information

www.pontes.org.pl/en/mariya-in-poland

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