



ERASMUSNOSTRUM.ORG

REGISTER TODAY

**WOMEN
EMPOWERMENT →**

ATHENS, GR

PARTICIPATION FEE: 480€





COURSE SYLLABUS

**GIRL
POWER**

DAY 1: YOUR EMPOWERMENT JOURNEY

- UNLOCK KEY CONCEPTS: EMPOWERMENT, EQUALITY, AND INTERSECTIONALITY
- EXPLORE GLOBAL AND LOCAL PERSPECTIVES ON WOMEN'S RIGHTS

DAY 2: BREAKING BARRIERS & BOOSTING CONFIDENCE

- IDENTIFY AND OVERCOME INTERNALIZED BIASES AND STEREOTYPES
- BUILD SELF-ESTEEM AND PRACTICE SELF-ADVOCACY

DAY 3: LEADING WITH IMPACT & NEGOTIATING YOUR WAY

- WOMEN IN LEADERSHIP: CHALLENGES, OPPORTUNITIES, AND SUCCESS STRATEGIES
- LEADERSHIP STYLES, EMOTIONAL INTELLIGENCE, AND SMART DECISION-MAKING
- INTERACTIVE ROLE-PLAY: NEGOTIATION AND LEADERSHIP SCENARIOS

DAY 4: INNOVATE, INFLUENCE & MAKE CHANGE

- EXPLORE CREATIVITY, PROBLEM-SOLVING, AND INNOVATION IN CAREERS AND CIVIC LIFE
- CASE STUDIES: WOMEN-LED BUSINESSES AND POLITICAL INITIATIVES
- GROUP CHALLENGE: DESIGN A SUSTAINABLE PROJECT OR SOCIAL IMPACT INITIATIVE

DAY 5: CAPSTONE: YOUR PERSONAL ACTION PLAN

- PRESENT YOUR INDIVIDUAL EMPOWERMENT ACTION PLANS
- REFLECTION CIRCLE: KEY LESSONS AND COMMITMENTS TO ACTION
- CELEBRATION & COURSE WRAP-UP



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**2 CULTURAL
ACTIVITIES IN**

ATHENS

**WELCOME
DINNER IN THE
CITY CENTER**



**ACROPOLIS
GUIDED TOUR**



WHAT IS INCLUDED IN THE PARTICIPATION FEE?

- ORGANIZATION AND LECTURER FEE.
- COFFEE BREAKS, AND ONE (1) NETWORKING EVENT.
- ACROPOLIS' TICKETS
- EDUCATIONAL MATERIAL INCLUDING A WELCOME PACKAGE WITH LOCAL PRODUCTS AND AN ONLINE INFO PACK WITH EVERYTHING YOU NEED TO KNOW AHEAD OF YOUR ARRIVAL.



WHAT IS NOT INCLUDED IN THE PARTICIPATION FEE :

- TRAVEL COSTS
- ACCOMMODATION.
- PUBLIC TRANSPORT IN ATHENS.
- ANY MEALS NOT EXPLICITLY DESCRIBED ABOVE.
- INSURANCE (WE HIGHLY RECOMMEND THAT YOU HAVE AT LEAST THE EUROPEAN HEALTH INSURANCE CARD (EHIC) BEFORE COMING TO GREECE!).

- THE PAYMENT DEADLINE IS 10 DAYS BEFORE THE EVENT.
- PLEASE DEPOSIT THE PAYMENT ONLY AFTER YOU HAVE RECEIVED SEAT AVAILABILITY CONFIRMATION FROM US!
- PAYMENT DETAILS WILL FOLLOW BY PERSONALIZED EMAIL.
- PARTICIPATION FEE IS NON-REFUNDABLE.