

Women's Leadership in Health & Safety Education

Internal dissemination meeting

Erasmus+ KA122-ADU staff mobility
Riga and Jūrmala, Latvia

Training: 30 October–6 November 2025
Travel: 29 October and 7 November 2025



The mobility at a glance

02

6 Femina staff

8 training days

2 travel days

Coordinator: Femina ry, Finland
Host and course provider: Mācību centrs Komunālceltnieks,
Latvia



Four areas shaped the programme

03

01 Leadership

Gender-sensitive leadership and equal participation

02 Health and safety

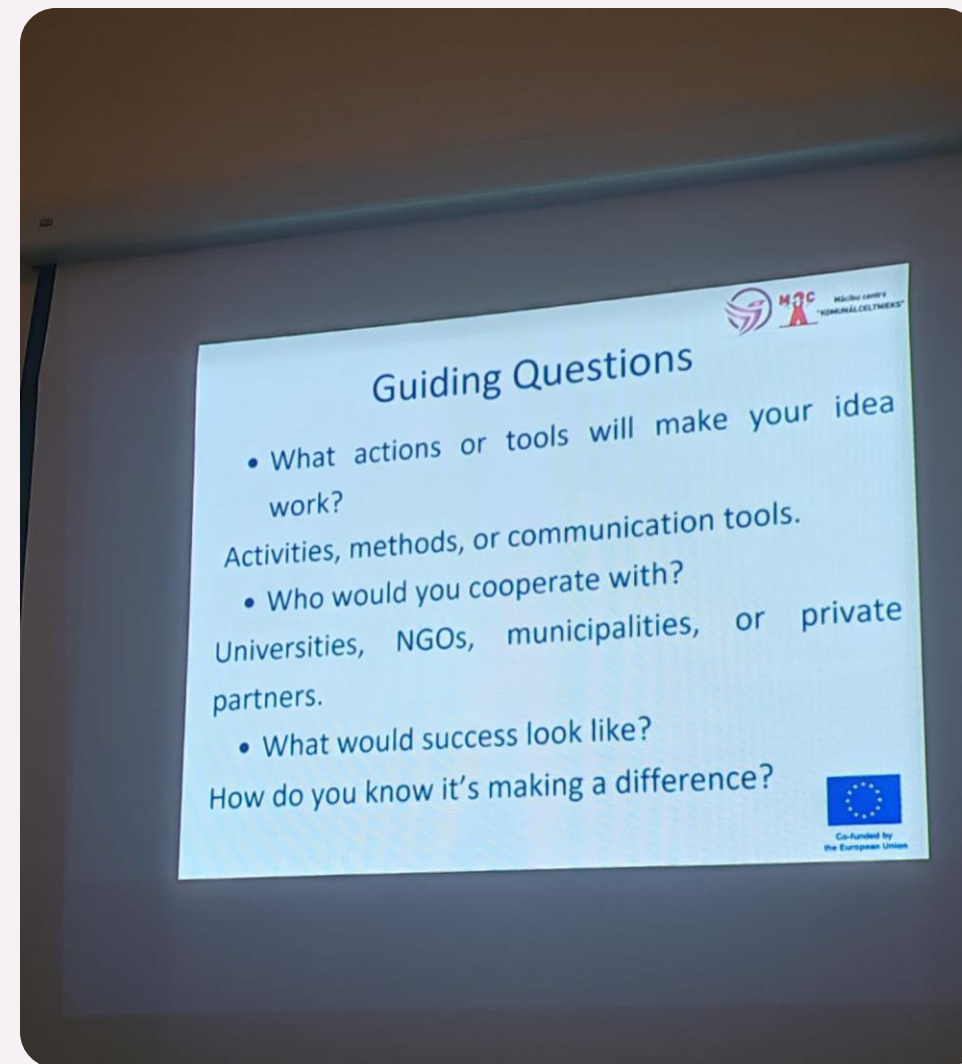
Occupational safety, well-being and psychological safety

03 Digital learning

Platforms and tools for accessible adult education

04 Community learning

Inclusive methods and practical local examples



Learning through practice and exchange

04



Jūrmala Youth Initiatives Centre

The programme combined

Workshops and demonstrations

Group work and reflection

Digital tool testing

Study visits in Riga and Jūrmala

Peer and intercultural exchange

Ideas developed during the mobility

05



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Adapting Best Practices Locally

*Women's Leadership in Health & Safety
Education Training
Riga 2025*

Adapt a useful practice



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From Concept to Online Module

*Transform your idea into a short online
learning experience*

*Women's Leadership in Health & Safety
Education Training
Riga 2025*

**Turn one concept into an online
lesson**



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Digital Platforms

*Exploring and evaluating digital tools for
inclusive and engaging learning*

*Women's Leadership in Health & Safety
Education Training
Riga 2025*

**Test tools for inclusion and
engagement**

Participants produced five pilot concepts: four individual projects and one joint project.

Digital and inclusive learning in practice

06

Participants explored tools for

Communication and remote delivery

Collaboration and shared planning

Online learning platforms

Visual and creative learning materials

The key question was practical: can this tool make learning easier to access, use and understand?



Latvian examples broadened the view of safety

07



Safety included more than technical compliance

Civil protection and neighbourhood preparedness

Safe mobility and accessibility

Healthy ageing and independent living

Mental well-being and social connection

Online safety for children and adults

Participants compared these examples with practices from Finland and their own professional fields.

Dissemination extended the project's reach

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Femina Newsletter – Erasmus+ Mobility Results

Announced

Successful Erasmus+ project focused on Women's Leadership in Health & Safety Education.

Helsinki, July 13, 2026

Femina is excited to announce the successful results of our Erasmus+ mobility project, focusing on **Women's Leadership in Health & Safety Education**. Implemented in collaboration with Mācību centrs Komunālcēlnieks in Latvia, this initiative has fostered knowledge sharing and built essential connections within the realm of adult education. Participants explored various aspects of leadership, safety, and educational tools, leading to significant insights. **Our findings emphasize the importance of learner-centred approaches, digital competence, and interdisciplinary collaboration. The project also highlighted the need for psychologically safe and inclusive learning environments.** As we move forward, we remain committed to continuing partnerships and prioritizing the development of transformational educational practices.

"Exchanging experiences between organisations remains one of the greatest strengths of Erasmus+."

We look forward to future opportunities for collaboration. Thank you for being part of our European network.



Femina ry

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Internal sharing

Participants shared reflections, photos, tools and pilot concepts with colleagues.

Reusable materials

Femina can reuse the presentations, templates and activity formats in future learning programmes.

Wider communication

The July 2026 newsletter communicated the project results to Femina's European network. Approximately 50 staff and learners benefited directly or indirectly.

Next steps for Femina

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Methods to continue

Learner-centred facilitation

Inclusive and psychologically safe learning

Digital tools for blended activities

Questions for the team

Which methods fit Femina's current programmes?

Which participant concept should we test first?

What support do staff need to develop online learning?

Where can cooperation with KCMC continue?

Decision to record after the meeting: one method, one responsible person and one first action.