

BREAKING THE SILENCE

FIGHT AGAINST VIOLENCE AND ABUSE OF WOMEN

On the **21-23th of October 2019** took place the Participatory Visit in Sosnowiec, Poland as a part of the Erasmus+ project: "BREAKING THE SILENCE: FIGHT AGAINST VIOLENCE AND ABUSE OF WOMEN" (2018-1-HU01-KA204-047751)

This activity was hosted and organised by Active Women Association (Poland) and was attended by participants from our partner organisations.

During this Learning Activity AWA shared its experiences and Polish best practices to fight gender abuse. We visited Crisis Intervention Centres and got to know its **working methods and opportunities offered to female victims**. We had the pleasure of listening and discussing the **best practices in organising a social protest action** from one of the leaders of **women's Black Protest in Poland**, Katarzyna Majchrzak. We also participated in a **WenDo Training**, a form of self-defence art for women that encompasses empowering exercises and discussion about issues that women face in contemporary society and different types of awareness including psychological awareness, body posture, physical techniques and gender knowledge. Last but not least, we had a study visit in a local Silesian Art Factory and Museum where we learned about **ways of combining art and empowerment** based on Polish feminist artist's Marta Frej exhibition including abused women testimonies and saw AWA's documentary "Sisters" being able to discuss a wider scope of fight with the abuse.



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