Co-funded by the European Union

Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

2025-1-DE02-KA210-VET-000359232

Training of Trainers (ToT) Digital Literacy & Gender-Informed Digital Upskilling

Bridge4Mothers © 2026 by *Bridge4Mothers Erasmus+ VET KA210* is licensed under *Creative Commons Attribution 4.0 International*

E. Case Study Resource

“Aylin’s Participation Experience”

Aylin is a mother returning to education after several years outside formal learning.

During training sessions:

- she rarely participates,
- hesitates to ask questions,
- and often apologises before speaking.

She also struggles with:

- balancing childcare responsibilities,
- attending fixed schedules,
- and confidence using digital tools.

Participants reflect on:

- possible reasons for reduced participation,
- how trainers may unintentionally reinforce barriers,
- and strategies for creating safer and more empowering learning environments.

Bridge4Mothers © 2026 by Bridge4Mothers Erasmus+ VET KA210 is licensed under Creative Commons Attribution 4.0 International

2025-1-DE02-KA210-VET-000359232