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

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C. Reading Material

Reading: Vulnerable Mothers & Participation in VET

Many vulnerable mothers experience barriers that affect their participation in education and training.

These barriers may include:

- childcare responsibilities,
- financial insecurity,
- lack of transportation,
- limited digital access,
- emotional stress,
- interrupted education,
- and low confidence.

Some participants may also experience:

- social isolation,
- discrimination,
- language barriers,

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- or difficulties balancing learning with caregiving and employment.

Traditional educational environments may unintentionally exclude learners when they:

- lack flexibility,
- use inaccessible communication,
- or fail to recognise learners' realities and strengths.

Inclusive and learner-centred approaches can help trainers:

- create supportive environments,
- improve participation,
- strengthen confidence,
- and support long-term educational engagement.

Understanding learners' realities is an important first step toward creating equitable and accessible VET opportunities.

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