

# Growing

YRKJA



In 2010 Efling labour union got a grant from the project 'European Year against Poverty'. Efling contacted Mímír lifelong learning centre about it and together they developed a course of 200 class hours for Polish women, members of Efling, who had been unemployed for more than six months and had little knowledge of Icelandic. The main

objective was to increase their skills and potential on the labour market. The women met voluntarily, after receiving an invitation from Efling. The aim was to give them a chance to improve their language skills, their self-image, to become stronger candidates when looking for jobs and increase their participation in Icelandic society.

The subjects were the following Icelandic 60 class hours, pronunciation of Icelandic 8 class hours, social studies 24 class hours, computers 32 class hours, English 20 class hours, self-image support 12 class hours, visual arts 8 class hours, nutrition 4 class hours, competence portfolio 8 classhours, academic/job counselling 8 class hours, exercise in a gym 4 class hours, a trip to Reykjanes 8 class hours.

The evaluation of the course showed that the students improved their self-image, they felt stronger when seeking jobs, were better at finding jobs, were more active in society and they felt better in general. They also were very satisfied with the atmosphere, the variety of courses and the field trips.

A few factors were a key to the success of the course. It turned out well for Polish women as a single group, and many teachers spoke their native language and that gave many of the students' self-confidence. The variety of subjects also turned out to be good and the course was interesting as well as enjoyable. The course also emphasised integration of language learning and active society. The women learned Icelandic in the museums, theatre, the gym, the rescue team, etc.

The women also talked about their experience of the isolation they were in and the strong bonds that the participation in the course built up between them. Atli Lýðsson, from Efling, introduced the project, once it was over, in a conference in the City Council House, dedicated to 'European Year against Poverty and Social Isolation'. 'Yrkja' has now been held three times with the same good result. The experience has encouraged the union to run the same course for men as well in another language.

#### Coordinating body

Efling labour union and Mímírlifelong learning centre

#### Contact person

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#### Education sector

Vocational training and adult education

#### Target group

Low-skilled unemployed immigrants

#### Languages

Icelandic

#### Year of the award

2011

### Short comment on the selection

Polish immigrants are the largest group of immigrants in Iceland. Efling labour has about 20 000 members, 3 000 of them are foreigners and more than half of the foreign members are Polish. 'Yrkja' does great work in language learning for a big population of immigrants in Iceland. I like the emphasis of integration of language learning and active participation in society, as well as the structured cooperation between the adult learning centre and the labour unit with regard to language learning.





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## YRKJA

Árið 2010 fékk Stéttarfélagið Efling styrk frá verkefninu "European Year against Poverty".

Efling hafði samband við Mími símenntun og saman þróðu þau námskeið, 200 tíma kennslu fyrir pólskar konur, félaga í Eflingu sem höfðu verið atvinnulaugar meira en 6 mánuði og höfðu litla þekkingu á Íslandi. Aðalviðfangsefnið var að auka skilning þeirra, þekkingu og markmið á vinnumarkaðnum.

Konurnar mættu sjálfviljugar, eftir að hafa fengið boð frá Eflingu. Markmiðið var að gefa þeim möguleika á að öðlast betri skilning á tungumálinu, auka sjálfsöryggi, verða sterkari kandidatar þegar þær færu í atvinnuleit og auka samkennd í íslensku þjóðfélagi. Verkefnið var eftirfarandi; (sundurliðað eftir kennslustundum) íslenska 60 stundir, framburður í íslensku 8, félagsstörf 24, tölvur 32, enska 20, sjálfsstyrking 12, myndlist 8, næringarfræði 4, hæfnismat eða áhugasviðsgreining 8, fræðandi vinnuráðgjöf, líkamsrækt 4, ferð um Reykjanes 8. Niðurstaða námskeiðsins sýndi að sjálfsöryggi nemendanna hafði aukist, þeim fannst þær standa betur að vígi þegar þær voru að sækja um störf, fengu betri störf, voru öflugri í þjóðfélaginu og leid yfirleitt betur. Þær voru jafnframt ánægðar með leiðbeiningarnar, innihald námskeiðsins og ferðirnar. Nokkrar staðreyndir voru lykillinn að árangri námskeiðsins. Það reyndist vel fyrir pólskar konur sem hóp, jafnframt töluðu margir kennaranna pólsku, þeirra móðurmál, sem jók sjálfsöryggi nemendanna. Verkefnið reyndust einnig mjög vel og námskeiðin voru spennandi og ánægjuleg. Á námskeiðinu var lögð áhersla á tungumálakennslu og framburð. Konurnar lærðu íslensku í söfnum, leikhúsum, leikfimi, í skyndihjálpi o.s.frv.

Konurnar töluðu einnig um upplifunina af einangruninni sem þær væru í og þau sterku tengsl sem mynduðust milli kvennanna sem voru á námskeiðinu. Atli Lýðsson, frá Eflingu, kynnti verkefnið þegar það var búið á ráðstefnu í Ráðhúsinu sem var tileinkuð "European Year against Poverty and Social isolation".

Yrkja hefur núna verið haldin þrisvar sinnum með sama góða árangrinum. Reynslan af Yrkju hefur orðið Eflingu og Mími hvatning til að halda einnig sams konar námskeið fyrir karlmenn á öðru tungumáli.

**Stýristofnanir**

Efling stéttarfélag og Mímir símenntun

**Tengiliður**Atli Lýðsson  
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Fullorðinsfræðsla

**Markhópur**

Atvinnulausir innflytjendur á Íslandi

**Tungumál**

Íslenska

**Ár viðurkenningar**

2011

**Rökstuðningur fyrir vali**

Pólskir innflytjendur eru stærsti hópur innflytjenda á Íslandi. Í verkalýðsfélaginu Eflingu eru 20 000 meðlimir, þar af eru 3 000 af erlendu bergi brotnir og helmingur þeirra eru Pólverjar. Yrkja vinnur ótullega að tungumálakennslu fyrir stóran hóp innflytjenda á Íslandi.

