

# PR3 A3 NATIONAL GUIDELINES



360  
REWIND



# National guidelines on the phenomenon of violence against migrant women in Spain

## **360 REWIN Project**

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Project Result n.3

### *Analysis of Spain*

*Sub-product made by*



**National guidelines on the phenomenon of violence against migrant women**

*Result Leading Organisation*



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# National guidelines on the phenomenon of violence against migrant women

## Introduction - The violence against migrant women in Spain

### 1. General information on the phenomenon

#### 1.1 Migrants women in Spain

In Spain, the phenomenon of migration has become significantly relevant due to its rapid growth in recent years, primarily driven by the construction boom and the service sector, which has generated a considerable number of jobs. This increase in employment opportunities has primarily attracted people from Latin American countries, Eastern Europe (especially Romania and Bulgaria), and the African continent.

Additionally, we are witnessing an aging population in Spain, accompanied by a notable increase in women working outside the home. This has led to changes in the organization of domestic tasks and caregiving responsibilities, which traditionally fell to women.

From this situation, there often arises a feminization of migration flows, coinciding with this new labor market niche (it represents a qualitative change in the characteristics and roles of women in the migration process). Therefore, exploring their characteristics poses a significant social and scientific challenge, given the specific circumstances and contexts that place these women in more vulnerable positions.

One of the main problems they face is job precariousness, which increases their personal and economic dependence. In our country, a social group composed of elderly individuals who live alone and depend on a pension but require special care is emerging. Their limited economic capacity pushes them to hire an immigrant worker, often resorting to the informal economy, which is low-cost and lacks adequate legal protections. The same situation applies to childcare.

In addition to domestic work, other sectors that absorb formal and informal female migrant labor in Spain include agriculture, livestock, hospitality, and textile factories.

Another factor that undermines their independence and makes them more susceptible to mistreatment is social and family isolation. Sometimes, they even experience situations of racism. Additionally, irregular migration status creates a dependency that prevents them from reporting abuse or violence out of fear of deportation.

All these factors impact their migration experience differently. For example, different labor niches can lead to practically servile work relationships, as seen in the case of domestic workers and caregivers, or degradation, as in the case of sex workers.

In summary, migrant women may be more vulnerable to violence due to a combination of structural, socioeconomic, and cultural factors that hinder their access to protective resources and make them more susceptible to abuse.

## 1.2 Profile of women victims of violence

Vulnerable migrants with a higher risk of experiencing sexual violence include:

- Unaccompanied or separated girls or adolescents.
- Victims of trafficking and women trafficked for sexual exploitation. This is one of the least recognized crimes by the victims themselves due to their extreme vulnerability, fear, and the complexity of the offense. The implications often involve connections with other illegal transnational activities, such as human trafficking. Victims may be unable to disclose their situation despite the atrocities they endure.
- [Women victims of sexual or gender-based violence, particularly young women who travel alone.](#)

Regarding this last group, victims of gender-based violence include any woman who experiences physical and psychological violence, including sexual assaults, threats, coercion, or arbitrary deprivation of liberty, perpetrated by a current or former partner, whether married or not, or by a male individual with whom she has or had an emotional relationship, even without cohabitation (Organic Law 1/2004). In other words, it refers to violence occurring within relationships or between former partners.

Immigrant women, although constituting a minority in the general population, account for 43.1% of the fatal victims of gender-based violence in Spain (Instituto de las Mujeres, 2023). This situation is exacerbated by the job instability they experience, occupational segregation, wage discrimination, language barriers, and social isolation, as mentioned in the previous section. [When they arrive in their](#)



[destination countries, such as Spain, these individuals who have suffered violence, exploitation, or abuse may face significant psychological and physical challenges.](#)

### **1.3 Spanish laws regarding access to the right to health for EU and non-EU citizens**

Decree-Law 7/2018, of 27 July, on universal access to the National Health System, states in its introduction that *"Access to the National Health System under conditions of equity and universality is a fundamental right of every person. The guarantee of the exercise of this right and the effective protection of citizens' health becomes even more important when those who are deprived of standardised healthcare are particularly vulnerable groups, threatened by social exclusion, as is the case of the foreign population that is neither registered nor authorised to reside in Spain"*. (<https://www.boe.es/eli/es/rdl/2018/07/27/7>).

This same section also states that "In the sphere of international regulations, both supranational and european, the right to health protection is expressly recognised as a right inherent to every human being, on which no discriminatory element can be introduced, either in general or in particular, in relation to the requirement of regularity in the administrative situation of foreigners".

In this same law, Art. 3 ter on the protection of the health and health care of foreigners who are in Spain but are not legally resident in Spanish territory, states the following:

1. Foreigners who are neither registered nor authorized as residents in Spain have the right to health protection and health care under the same conditions as persons with Spanish nationality, as established in Article 3.1.
2. The aforementioned care shall be charged to the public funds of the competent administrations, provided that such persons meet all the following requirements: a) They are not obliged to provide proof of compulsory health care coverage by any other means, by virtue of the provisions of European Union law, bilateral agreements and other applicable regulations. b) They cannot export the right to health care coverage from their country of origin or provenance. c) There is no third party obliged to pay.

The health care referred to in this article does not generate a right to health care coverage outside Spanish territory financed by the public funds of the competent administrations, without prejudice to the provisions of the applicable international social security regulations.

3. The autonomous communities, within the scope of their powers, shall establish the procedure for applying for and issuing the certifying document that accredits foreign nationals to be able to receive the healthcare benefit referred to in this Article.

In those cases, in which the foreign nationals are in a situation of temporary stay in accordance with the provisions of Organic Law 4/2000, of 11 January, on the Rights and Freedoms of Foreign Nationals in Spain and their Social Integration, the issuing of a prior favourable report by the competent social services of the autonomous communities shall be mandatory.

4. The autonomous communities shall notify the Ministry of Health, Consumer Affairs and Social Welfare, by means of the procedure to be determined, of the certifying documents issued in application of the provisions of this article.

#### **1.4. Entities and institutions offering assistance Bodies and institutions offering assistance.**

The Ministry of Inclusion, Social Security and Migration is the ministerial department responsible for Social Security and passive classes, as well as for drawing up and developing the Government's policy on foreigners, immigration and emigration and inclusion policies, which, through the Secretariat of State for Migration, implements the migration policy defined by the Government in terms of immigration, integration of immigrants and Spanish citizenship abroad. This Secretariat carries out various actions, such as the international and temporary protection reception system and integration policies, which are briefly described below.

- **International and temporary protection reception system**

This means that persons lacking sufficient economic resources, stateless persons and beneficiaries of temporary protection are entitled to the necessary reception conditions in order to ensure that their basic needs are met in conditions of dignity, which include actions and services organised in a network of public resources and centres [4 Refugee Reception Centres (CAR) and 4 Reception, Care and Referral Centres (CREADE)] and/or managed by third sector entities, all distributed throughout the national territory (<https://www.inclusion.gob.es/web/migraciones/sistema-de-acogida>). The authorised entities can be consulted in the following image.



Note: taken from <https://www.inclusion.gob.es/web/migraciones/entidades-colaboradoras>

Order ISM/680, of 9 July, which develops the management of the international protection reception system through concerted action (Annex 1), states that this system is structured in personalised itineraries, which include 3 phases: 1) initial assessment and referral (personal circumstances are assessed and evaluated) of the persons received, 2) reception (the person is assigned to a resource appropriate to their profile and needs), 3) autonomy to make their full inclusion in society effective, 4) integration into society, and 5) integration into society. ([https://www.boe.es/diario\\_boe/txt.php?id=BOE-A-2022-12068](https://www.boe.es/diario_boe/txt.php?id=BOE-A-2022-12068) ).

- **Integration policies**

The purpose of integration policies is to guarantee equal treatment and non-discrimination, to encourage respect for diversity and tolerance and to establish strategies that favour the inclusion of migrants in our society. To this end, there are three frameworks for action:

- 1. Projects and programmes subsidised in different calls for proposals.**

The last call was open to entities, non-governmental organizations and international bodies that met the requirements established in article 4 of Order ISM/810/2023, of

14 July (<https://www.boe.es/boe/dias/2023/08/09/pdfs/BOE-B-2023-23569.pdf>).

These projects can be of various types:

- Projects of integrated and personalized itineraries for the socio-occupational insertion of immigrants.
- Awareness-raising and prevention projects aimed at citizens and key sectors of the population for the inclusion of the immigrant population.
- Projects to prevent and combat hate crimes and hate speech.
- Projects to prevent exclusion and discrimination and to promote and protect human rights.
- Projects to equip and adapt buildings.

Spain has a large number of associations and foundations that provide assistance to immigrants and refugees. Some of these entities are: ACCEM, CESAL, CEAR, UNHCR, KIFKIF, Red Cross, Foundation, CEPAIM, Fundación la Merced Migraciones, Fundación ACSAR, Red ACOGE, Cáritas, Mensajeros de la Paz, ONG RESCATE, Asociación KARIBÚ, AIETI, .....

## **2. The Spanish Observatory on Racism and Xenophobia (OBERAXE):**

This Observatory collects information on projects, surveys, resources, reports and studies, promoted by the Secretary of State for Migration and other ministerial departments, entities and institutions; with the aim of serving as a platform for knowledge, analysis and promotion of work to combat racism, racial discrimination, xenophobia and other forms of intolerance, as well as hate incidents and hate crimes.

## **3. The Forum for the Social Integration of Immigrants (FISI):**

This is the Spanish Government's consultation, information and advisory body on the integration of immigrants. The objective of the Forum is to promote the participation and integration of immigrants in Spanish society, proposing, informing and channelling actions aimed at these ends. It is regulated in Art. 70 of Organic Law 4/2000 of 11 January on the rights and freedoms of foreigners in Spain and their social integration and in Royal Decree 3/2006 of 19 January



(<https://www.inclusion.gob.es/>). The FIS is made up of representatives of public administrations, immigrant and refugee associations, and social support organisations in the field of immigration. Its functions are (Ministerio de Inclusión, Seguridad social y Migraciones, 2024):

- To formulate proposals and recommendations aimed at promoting the integration of immigrants and refugees into Spanish society.
- To receive information on the programmes and activities of the General State Administration, the Administrations of the Autonomous Communities and Local Administrations for the social integration of immigrants.
- To collect and channel proposals from social organisations active in the field of immigration, with a view to facilitating perfect coexistence between immigrants and the host society.
- To draw up an annual report on the work and activities carried out.
- To draw up an annual report on the situation of the social integration of immigrants and refugees.
- To prepare reports on the proposals, plans and programmes that may affect the social integration of immigrants, on its own initiative or when required by the competent bodies of the General State Administration.
- To promote or draw up studies and initiatives on matters related to the social integration of immigrants and refugees.
- To cooperate with other similar international, regional or local bodies to coordinate and improve the actions required for the social integration of immigrants and refugees.
- To issue a mandatory report on the regulatory projects of the General State Administration that affect the social integration of immigrants, and on the state plans and programmes related to this matter, prior to their approval.
- Any other actions deemed necessary in relation to the integration of legally established immigrants into Spanish society, as well as any other function attributed to it by the provisions in force.
- 

On the other hand, the Women's Institute of the Ministry of Equality carries out programmes for the promotion and socio-labour participation of women, taking into account their diversity and the environment in which they live, in collaboration with local entities and sectoral organisations working in the field of migration and/or women victims of gender violence.

Some examples of these associations and foundations, both at state, regional and local level, working against gender-based violence are: Women's Foundation, UNAE Federation, Asociación Rumiñahui Hispano Ecuatoriana, Red Cross, CERMI, ONCE, National Confederation of Deaf People, Clara Campoamor Association, Commission for the Investigation of Abuse of Women, AFAMMER, Ana Bella Foundation, Luz Casanova Foundation, etc. Many of these organisations also include migrant women and carry out specific actions, but they are not the only ones:

- Asociación “Por ti Mujer”, which, through the unit for the prevention and protection of women victims of sexual violence, seeks to contribute to joining efforts, coordinating and reinforcing existing structures for the comprehensive care of women victims of sexual violence and the activation of mechanisms for prevention, detection and referral to appropriate assistance resources, from a gender, intercultural, intersectional and human rights-based approach.
- The Latin American and Caribbean Women's Network, which brings together 13 associations and groups of women and migrant women, with the aim of empowering and defending their rights, based on dialogue, learning, sisterhood, visibility and the exercise of active citizenship.
- The Asociación Rumiñahui Hispano Ecuatoriana para la colaboración al desarrollo seeks to address the needs of women from a gender perspective, with a differential understanding of the problems associated with being a woman.

The SARA programme carried out by the Red Cross and the CEPAIM Foundation (within the framework of the Women's Institute's projects) should be highlighted, which consists of improving the quality of life for immigrant women who are victims of social and cultural barriers that hinder their socio-occupational integration by promoting their training to increase their social participation and access to employment. To this end, individualised insertion itineraries are designed, adapted to the needs, characteristics and circumstances of each woman.

## The perception of the phenomenon by migrant women in Spain

This section explores the nuanced perspectives of migrant women on the phenomenon of gender-based violence, offering insights through in

interviews conducted with frontline operators engaged in supporting migrant communities and migrant women themselves. The interviews, encompassing diverse cultural contexts, highlight the multifaceted nature of gender-based violence and its implications for migrant women.

## 2.1 Exploring migrant women's perspectives on violence

Migrant women's experiences with gender-based violence are intricate and influenced by a myriad of factors, including cultural backgrounds, workplace dynamics, and awareness levels. This section synthesizes insights derived from interviews with operators immersed in the frontline support of migrant communities. The aim is to provide a comprehensive understanding of migrant women's perceptions of gender-based violence and the support mechanisms in place.

### 2.1.1 Stereotyping and Discrimination in the Workplace

The analysis of stereotyping and discrimination in the workplace reveals a multifaceted issue affecting migrant women's employment experiences. Migrant women often face gender stereotyping, leading them to be directed towards feminized and precarious job opportunities. These roles, primarily in domestic or caregiving sectors, are undervalued and offer limited prospects for advancement, contributing to the perpetuation of gender-based discrimination. Furthermore, the prioritization of familial responsibilities over professional aspirations, coupled with challenges in accessing training and educational opportunities, exacerbates their vulnerability in the labor market. The intersectionality of gender and migration status amplifies barriers to employment, with irregular documentation status and limited access to housing further compounding the challenges faced by migrant women. To address these issues, comprehensive support measures are needed, including tailored career guidance, access to skills training and educational programs, advocacy for gender equality in the workplace, and initiatives to combat gender stereotypes and promote equal opportunities for migrant women. Additionally, efforts should focus on addressing systemic barriers such as irregular documentation status and discriminatory hiring practices to create a more inclusive and equitable work environment for migrant women.

*I find it very unfair, totally, completely unfair. Because we are immigrants, I think we also have the right to work, to perform. They question us, that's the truth. They think that because we are immigrants, we don't have the same value to do it just*

*like you, with all due respect. This is an open letter, and that's why I'm telling you. It's very wrong not to be able to exercise our rights and all the efforts we made to come here to work. If we want to, we have to validate our qualifications and face many barriers, many obstacles. If we want to, we have to study again here. And I don't see it as viable, I don't see it... It's my only shackle, I see it as a shackle. I don't see it as freedom. On the other hand, you go to our country, and with your diplomas, your master's degrees, your PhDs, with all your qualifications, you hold important positions. It's not fair. It's an injustice. Believe me, as an immigrant, I feel affected. Honestly, I do*

### **2.1.2 Awareness, cultural factors, and Perceptions**

The analysis of awareness, cultural factors, and perceptions regarding gender-based violence among migrant women underscores the importance of collaborative efforts and culturally sensitive approaches in addressing this complex issue. Collaborative dimensions, such as inclusive educational initiatives and community engagement programs, play a pivotal role in fostering understanding and support networks for migrant women. Additionally, initiatives like the [Inmigracionalismo](#) project, which examines media representations of immigration, highlight the need to combat stereotypes and discriminatory narratives perpetuated by mainstream media. Creating opportunities for cultural exchange and recognition, such as multicultural events and intercultural education in schools, can challenge stereotypes and promote social cohesion. Moreover, raising awareness of gender-based violence and providing culturally competent support services are essential steps in empowering migrant women to access resources and advocate for their rights. It is crucial to address misconceptions and promote gender equality, both within migrant communities and broader society, through education, advocacy, and policy initiatives. By fostering collaboration, promoting cultural understanding, and challenging stereotypes, communities can create more inclusive environments where migrant women feel empowered, supported, and able to thrive.

*Because they bring you from... from over there, from where you make the complaint, and they immediately bring you to one of these shelters. And you find yourself with different types of people, and you really don't know what you're getting into or what to expect. (...)*

*And regarding this, I also think there should be a bit more, because we can't prioritize, we can't say everything is perfect, because we can't deceive ourselves that everything is perfect. There are moments when your character towards us needs to be stronger, and sometimes we also go too far, because it has happened to me when asking questions and you responding, because we are people with different characters and different cultures. Sometimes you think I'm speaking harshly or*



*dramatizing or exaggerating the issue, and because of your culture, your way of being, as a Spaniard, you say it in a different way, and in the moment, you hurt. So, I believe we should have a bit of coordination when we talk.*

## 2.2 Challenges faced by migrant women: Insights from interviews

This section explores the different needs of migrant women, based on interviews with frontline operators and the women themselves. The analysis reveals various challenges across practical, economic, cultural, health, legal, and psychological aspects. The identified needs reflect the complexity of migrant women's experiences, recognizing specific requirements. However, challenges persist, highlighting that diverse responses are common, even in official settings.

### 2.2.1 General needs

#### Survival-Oriented Challenges

The analysis of challenges related to survival-oriented support for migrant women reveals a complex interplay of factors impacting their experience in support centers. On one hand, women positively value participation in these centers as a source of satisfaction and emotional support in an unfamiliar environment. However, they also face weaknesses, such as a lack of clear information about their rights and available resources. Despite efforts from some social initiatives within the center, many women experience a sense of invisibility in the receiving society, hindering their integration and access to job opportunities. Furthermore, the lack of recognition of migrant women's rights contributes to their vulnerability and limits their empowerment options. Regarding assumed roles, many women are confined to precarious and poorly paid jobs, perpetuating their economic dependency and social marginalization. Emotionally, they face significant challenges in rebuilding their self-esteem and overcoming past traumas, which can affect their ability to tackle daily challenges. In terms of health, the needs of migrant women range from basic medical care to access to mental health services to address the stress and anxiety associated with their situation. Concerning professional development, opportunities are limited due to linguistic barriers and title homologation, perpetuating their cycle of job precariousness.

*I focus on the emotional aspect. Because, as I tell you, when you arrive here at the house, you come completely unprotected as an immigrant and you encounter Spanish people with strong characters, and you think they won't give you the attention you deserve. Then you realize that you are in the house with professional*

*people who support you, who are there for you throughout the entire process, both legally and psychologically.*

### **Basic and Economic Support**

The analysis of challenges regarding basic and economic support for migrant women reveals a complex interplay of factors impacting their experience in support centers. Despite finding some degree of help and basic assistance in these centers, many women face weaknesses in terms of accessing economic resources and job opportunities. The lack of clear information about their rights and available services contributes to their vulnerability, while the persistence of precarious and poorly paid jobs perpetuates their economic dependence. Social invisibility and the lack of recognition of migrant women's rights also limit their ability to empower themselves and improve their situation.

*That they increase our €10. (...) So you want to go out, eat something, but the €10 is not enough, it doesn't cover satisfying an appetite, it could be like that. Because you have to economize, because you have to save it, because you need it*

### **Revictimization Concerns**

This is a persistent issue in support centers. Despite seeking refuge and assistance, these women face the risk of revictimization due to various circumstances, ranging from the lack of recognition of their rights to the inherent vulnerability of their migratory status. The lack of effective protection and the absence of adequate preventive measures can expose them to exploitation and abuse, both inside and outside support centers. Social invisibility and the marginalization of migrant women further exacerbate this risk, creating an environment conducive to revictimization. In this regard, it is crucial to implement proactive measures to address these concerns and ensure the safety and well-being of migrant women in support centers and society at large.

*I: Is there no situation that makes you feel bad?*

*Woman: During the judicial processes.*

*I: In your case, has there been any moment that made you remember everything you've been through?*

*Woman: Totally. It's horrible.*

### **Cultural and Identity Dynamics**

Women face significant challenges when trying to reconcile their cultural identity with the new social and cultural realities in the host country. Preserving their cultural

identity becomes an act of resistance against forced assimilation but can also generate internal and external tensions. Striking a balance between preserving their cultural roots and integrating into the host society reflects a constant struggle for recognition and acceptance. Institutions and support programs must be sensitive to these dynamics and provide a safe and empathetic space for migrant women to explore and affirm their cultural identity while navigating the adaptation process.

*...suddenly there might be things that shouldn't adapt, but I adapt easily. They say Spaniards are very, very tough and hit you hard and I don't know what, but I haven't seen it that way either, maybe because I've been here for a short time, but Spaniards say the same, right?*

### **Employment, Training, and Education**

Access to employment, training, and education poses a significant challenge for migrant women. They often face additional obstacles due to linguistic barriers, lack of recognition of their educational and professional credentials, and discrimination in the job market. Training and education are crucial to improving their employment prospects and facilitating their socioeconomic integration. However, the lack of access to adequate training programs and equitable job opportunities can perpetuate their marginalization and economic dependence. It is essential to address these barriers and promote inclusive policies that recognize and value the skills and contributions of migrant women in the labor and education fields.

*I: And that inability to move forward, what is it determined by?*

*Woman: By the NIE. Because you don't have an NIE. Okay. So if you don't have an NIE, nothing is offered to you for training.*

*I: Okay, and then you can't be offered any training towards work either. Okay, but once you have an NIE, you do have training.*

*Woman: Yes, totally.*

*I: Okay, and does that training give you access to work?*

*Woman: Yes.*

*I: To all types of jobs or...?*

*Woman: No, to limited jobs.*

*I: Like for example?*

*Woman: Cooking, cleaning, waitress, hospitality, secretary.*

## **Post-Reception Period Needs**

During the post-reception period, the needs of migrant women become even more pressing. At this point, many face significant challenges in adapting to their new environment, including finding housing, accessing adequate health services, and integrating into the local community. The lack of basic and economic support can exacerbate their vulnerability and hinder their ability to rebuild their lives independently. It is crucial to implement comprehensive support programs that address these needs holistically and promote the autonomy and social inclusion of migrant women.

*Honestly, from this place, the most important thing is the psychological and emotional support, because you come here morally and psychologically destroyed, affected, and here you find unconditional support from professional women in the field.*

### **2.2.2 Health Needs**

#### **Counselling and Emergency Services**

Migrant women often face significant challenges in terms of mental health and emotional well-being. The need for counselling and emergency care services is acute in this population, as many may experience past traumas, migration-related stress, anxiety, and depression. It is crucial to provide specialized resources and services that address these specific needs, offering a safe and supportive environment where women can seek help and guidance when needed.

*Honestly, from this place, the most important thing is the psychological and emotional support, because you come here morally and psychologically destroyed, affected, and here you find unconditional support from professional women in the field.*

#### **Mental Health Restructuring**

For migrant women, mental health restructuring is essential to overcome the emotional and psychological challenges associated with migration and adaptation to a new environment. This involves access to culturally sensitive and migration-trained mental health services that address the unique needs of these women. Promoting mental health and emotional well-being through support activities, therapy groups, and individual counselling services can aid in rebuilding mental health and strengthening the resilience of migrant women.

#### **Broader Perspective on Health**

A broader perspective on health for migrant women involves addressing not only immediate medical needs but also the social determinants of health, such as housing, employment, education, and access to culturally competent healthcare services. This requires a holistic approach that recognizes the interconnections between physical, mental, and social health, and promotes comprehensive interventions to improve the overall well-being of migrant women and their communities.

### **Sex Education and Reproductive Health**

For reproductive health and sex education, it is crucial to ensure equitable access to accurate information and culturally sensitive healthcare services. This involves addressing the specific needs of migrant women in areas such as family planning, prevention and treatment of sexually transmitted diseases, as well as support during pregnancy and childbirth. Additionally, social and cultural factors that may affect reproductive health, such as gender-based violence and lack of autonomy in decision-making regarding sexual and reproductive health, should be addressed. A comprehensive approach in this regard promotes autonomy and well-being of migrant women in all stages of their reproductive life.

### **Linguistic and Cultural Sensitivity**

To ensure linguistic and cultural sensitivity, it is essential to provide healthcare and support services that are accessible in the native language of migrant women and respect their cultural practices and beliefs. This includes the availability of interpreters and translators, as well as the promotion of culturally competent care environments. Staff training in cultural diversity and linguistic sensitivity is critical to providing quality care and promoting trust and engagement of migrant women in their healthcare.

### **Prioritizing Health Areas**

The specific needs of migrant women involve reproductive health, prenatal and postnatal care, mental and emotional health, as well as prevention and treatment of chronic diseases. It is essential to adopt a holistic approach that considers both the physical and emotional aspects of their well-being. Additionally, social determinants of health, such as access to housing, secure employment, and education, should be taken into account to address health disparities and promote an equitable and person-centered approach.

## 2.3 Legal frameworks: Support for migrant women

In this section, we'll explore the legal challenges highlighted in the interviews with both frontline workers and migrant women. We will explore issues regarding access to legal advice, the rights of migrant women, and the challenges faced by workers in this context.

### 2.3.1 Legislative Consideration and rights of professional workers

Based on the experiences of professionals accompanying migrant women, the main considerations regarding legislation and labor rights reveal a series of challenges and important considerations that affect their work with migrant women:

1. **Lack of Clarity in Contracts:** The absence of a clear line of work can hinder the defense of the rights of migrant individuals. Often, obstacles are encountered in bureaucracy and lack of information about labor rights.
2. **Employment Inequality:** Despite the training of many migrant individuals, they often find themselves working below their capabilities. Title homologation and the search for suitable employment are significant challenges.
3. **Excessive Bureaucracy:** The amount of administrative procedures and the variable interpretation of immigration law can generate confusion and frustration for both professionals and migrant individuals.
4. **Digital Gap:** The lack of access or technological skills can further complicate the process, especially in an environment where many procedures are conducted online.

Correspondingly, certain consequential considerations are demanded:

1. **Clarity in Contracts:** It is fundamental to establish clear and transparent guidelines in contracts, ensuring that both employers and employees fully understand their rights and responsibilities.
2. **Support in Title Homologation:** Policies and programs should be implemented to facilitate the title homologation process and the search for employment commensurate with the training and experience of migrant individuals.
3. **Administrative Simplification:** Institutions must work to simplify administrative processes and ensure a consistent interpretation of immigration law throughout the country.

4. **Equitable Digital Access:** Resources and training should be provided to help close the digital divide, ensuring that all migrant individuals have equal access to online services and can effectively conduct administrative procedures.

By addressing these challenges and adopting measures to ensure compliance with the labor rights of migrant individuals, greater inclusion and equity can be promoted in the workplace and society at large.

*She didn't want anything. She said, when they give me my passport, I'll leave here, but they didn't help her with the paperwork, no, they didn't help her, they didn't help us because they themselves told us, but you can be here illegally in Spain, illegally, you can be in Spain illegally: there are many ways to be illegal.*

*And I said, look, friend, I came to Spain first to be legal; second, if Spain is giving us the opportunity to be here with asylum, with international protection, why would I be illegal here? Then they shut up*

### 2.3.2 Legal support for migrant women

Legal support for migrant women faces significant challenges that affect their access to justice and labor rights. One critical aspect is bureaucratic complexity, which can hinder the regularization of their immigration status and access to basic social services. This complexity can lead to confusion and disorientation, especially for those unfamiliar with the legal and administrative system of the host country.

Additionally, workplace inequality is a significant concern. Migrant women often face labor deskilling, meaning they work in jobs that do not match their educational level or professional experience. This may be due to barriers in the recognition of foreign degrees and certifications, limiting their opportunities for suitable employment.

The digital divide also presents a significant challenge. While technology can facilitate access to information and services, many migrant women may lack the resources or skills necessary to use digital tools. This can exclude them from job opportunities, education, and social services that increasingly rely on digital technology.

To address these challenges, it is essential to establish policies and practices that streamline bureaucratic processes, facilitate the recognition of foreign degrees and certifications, and promote equitable access to digital resources. This may include creating specific legal counseling services for migrant women, implementing digital



skills training programs, and advocating for labor policies that recognize and value the experience and education of migrant women.

By ensuring equitable access to justice and suitable job opportunities, the inclusion and integration of migrant women into the host society can be promoted, thereby contributing to their well-being and the development of more diverse and cohesive communities.

*I think first the legal aspect because they help you with the paperwork, of course. You arrive here, and even though you don't have everything clear until you talk to a lawyer here and they help you with those procedures, it seems to me that the most important thing is to be regularized here in Spain.*

*...and not only that, but the police came, and we had a lawyer by our side, and it was very good because you feel like, well, I don't know, of course,*

*...that gives you security and strength to continue*

## 2.4 Organizational support for migrant women

The promotion of independence and the proactive addressing of issues within migrant communities are central aspects emphasized in the interviews.

### 2.4.1 Legislative framework for the rights of migrant women in Spain:

#### 1. Protection for women victims of gender violence:

- **Foreign women family members of EU/EEA citizens:** Foreign women who are family members of European Union or European Economic Area citizens have specific protections under Spanish legislation.
- **Non-EU/EEA foreign women:**
  - Independent residence and work: Foreign women reunited with their spouse or partner can obtain authorization for independent residence and work.
  - Temporary residence and work due to exceptional circumstances: Foreign women in irregular situations may obtain this authorization due to gender-based violence situations.
- **Renewal of authorizations:** The temporary residence and work authorization for a foreign woman victim of gender-based violence will be

renewed even if the employment contract is terminated or the work relationship is suspended due to violence.

## **2. Protection of irregular foreign women victims of gender-based violence:**

These women have the right to protection, including the possibility of obtaining temporary residence and work authorization due to exceptional circumstances.

## **3. Right to international protection**

Migrant women victims of gender-based violence can apply for asylum or subsidiary protection in Spain.

## **4. Rights of Spanish women victims of gender-based violence abroad**

- **Consular support:** Spanish embassies and consulates, along with the Ministries of Labor, Migration, and Social Security, provide specialized information and resources to victims.
- **Coordination in case of return:** The Government Delegation against Gender Violence coordinates with the Autonomous Communities to ensure the rights and social integration of Spanish women who return after being victims of gender-based violence abroad.

### **2.4.2 Interpretive keys in organizational support**

Organizational support for migrant women focuses on promoting their independence and proactively addressing issues within migrant communities. It is essential to offer them resources and services that foster their autonomy and enable them to fully integrate into the host society.

One of the primary areas of focus is the development of training and empowerment programs that strengthen the skills and confidence of migrant women. These programs may include training in labor, educational, and social skills, as well as support for entrepreneurship and the creation of professional and social networks. By providing them with tools and resources to develop their economic and social independence, they are empowered to make informed decisions and exercise their rights more effectively.

Furthermore, addressing the specific needs of migrant women in areas such as health, housing, and gender-based violence is crucial. Organizations can offer counseling services, psychological support, and access to community resources to help them overcome the challenges they face in their daily lives. In this regard, it is important to adopt a holistic approach that considers both the individual and

structural needs of migrant women, recognizing the intersections between gender, migration, and other factors such as social class, ethnicity, and religion.

Promoting the participation and leadership of migrant women in their communities is also fundamental. This may involve creating safe and supportive spaces where they can share their experiences, voice their concerns, and collaborate in finding collective solutions. By empowering migrant women to become agents of change in their communities, the promotion of a more inclusive and supportive society is facilitated.

## Research: interview of migrants women.

In the discourse surrounding migration dynamics, the narratives of migrant women often remain underrepresented, especially concerning issues of gender-based violence and discrimination. This section aims to highlight these critical matters through qualitative interviews conducted with ten migrant women currently residing in Italy.

The objective of this study is to show the multifaceted experiences of migrant women, exploring the intricate intersections of migration, gender, and violence. By engaging directly with their lived experiences and perspectives, we aim to identify tangible strategies for combating gender-based violence and discrimination within migrant communities.

The content of the interviews is available upon request to the work team, due to confidentiality issues and respect for the instructions of the bioethics committee.

### 3.1 Research method

This research employed a qualitative approach, utilizing semi-structured interviews to gather insights from migrant women residing in Italy. A purposive sampling strategy was utilized to highlight the perspectives of 10 migrant women, each representing a distinct migration background and country of origin, ensuring a broad spectrum of experiences and insights regarding gender-based violence within migrant communities. The interviews were conducted in person, recorded by professionals who have daily contact with the women, and took place in a comfortable space ensuring the participants' comfort and safety.

The interviewees comprised ten migrant women of varying backgrounds, including but not limited to different countries of origin, migration statuses, and socio-economic backgrounds. Diversity within the sample was sought to capture a wide range of experiences and perspectives. The participants were selected based on their willingness to engage in discussions related to gender-based violence and their availability to participate in the study.

The inclusion criteria for the interviewees were as follows:

- Self-identification as a migrant woman residing in Spain.

- Willingness to discuss personal experiences and perspectives on gender-based violence.
- Ability to communicate effectively in the chosen language of the interview: Only one interview necessitated the inclusion of a language interpreter.

Efforts were made to ensure the participants' anonymity and confidentiality throughout the research process. Informed consent was obtained from each participant before commencing the interviews, outlining the purpose of the study, the voluntary nature of participation, and the measures taken to protect their privacy. Furthermore, confidentiality was ensured with the anonymity of the participants, and approval was obtained from the University of Burgos' Bioethics Commission.

Overall, the research methodology aimed to provide a platform for migrant women to share their experiences and insights authentically, contributing to a more comprehensive understanding of the challenges and potential solutions related to gender-based violence within migrant communities in Spain.

## 3.2 Research results

Using the interviews carried out, here are the results emerging about the following aspects.

### 3.2.1 Sociodemographic information of the interviewees

Due to commitments regarding the confidentiality and anonymity of the participants, it is only possible to clarify that there are six different nationalities represented, reflecting various stages in the migration process. This includes recently arrived women (within one year) as well as those with more established residency of over five years. Furthermore, some women arrived accompanied, while others came alone with the aim of continuing their studies or professional careers. The situations encompass explicitly induced migration processes and others perceived as more voluntary. The study includes women from Africa, America, and Eastern Europe.

### 3.2.2 Presence or absence in a support centre and their perception of its action: senses and meanings.

The participation of women in reception centers entails a series of meanings and senses that are essential to understanding their experience and the dynamics established in these spaces.

*When this person doesn't act like a staff member of the center, but more like an acquaintance or even a friend, someone closer, and they don't ask the typical 'how are you' questions just for the sake of asking. It's like they make some jokes or ask because they genuinely care. And that's why it's easy to share everything that's happening to you*

### **Trust and Reciprocity**

Trust and reciprocity manifest in the relationship between migrant women and the staff of reception centers. Building mutual trust is fundamental for women to feel safe and understood. Reciprocity involves an exchange of support and care, where both parties benefit from a sincere and empathetic relationship.

### **Security**

Security is a crucial component of women's experience in reception centers. Feeling safe in a new environment allows them to relax and begin rebuilding their lives. Security not only refers to physical protection but also to the emotional and mental stability that centers provide.

### **Administrative Facilitation**

Support in administrative procedures is vital for migrant women, as they often face significant challenges in managing documents and navigating the legal systems of a new country. Administrative facilitation offers them clear guidance and essential support for their integration and stability.

### **Accompaniment and Complicity**

Close accompaniment and the creation of bonds of complicity allow women to feel understood and supported on a deeper level. Complicity arises from trust and mutual understanding, facilitating a space where women can express themselves freely and receive the necessary support.

### **Affection and Welcome**

Affection and warm welcome are essential for migrant women to feel valued and emotionally supported. This emotional support helps overcome the trauma and stress associated with migration, creating an environment where women can begin to heal and rebuild their lives.

### **Care and Well-being**

Care and comprehensive well-being are fundamental pillars in women's experience in reception centers. This includes not only providing basic needs such as food and shelter but also attending to their emotional and physical well-being through support and education programs.

### **Professional Guidance and Development**

Professional guidance and personal development are key to women's integration into their new environment. Training and support in job search allow women to acquire independence and confidence in their abilities, facilitating their social and economic inclusion.

### **Adaptation and Empowerment**

Adapting to a new environment is a gradual process that requires constant support. Reception centers play a crucial role in this process, helping women become familiar with the laws and norms of their new country and empowering them to manage their own lives with greater autonomy and confidence.

### **Information and Communication**

Providing clear and accessible information is essential to reduce uncertainty and fear. Effective and open communication ensures that women understand their rights and the available opportunities, facilitating a smoother and more empowered integration.

### *Conclusion*

The participation of women in reception centers is laden with meanings and senses that reflect their needs and experiences. These centers not only provide a safe refuge but also offer a space of trust, affection, emotional support, and personal development. Understanding these aspects is fundamental to improving policies



and practices in reception centers, ensuring a positive and transformative experience for all migrant women.

### **3.2.3 Successful or interesting social initiatives that reception centres or facilities have implemented or are implementing.**

Reception centers implement various social initiatives that are successful or interesting in facilitating the integration and well-being of migrant women. Below are some of these initiatives, organized by their main characteristics and approaches.

*I was lending a hand, so that was the whole process, but it was excellent for me, excellent. I couldn't believe it, and I made some very beautiful friendships, with some Spanish ladies, very motherly, very grandmotherly, very affectionate. And well, that's what I, how can I say, I rejoiced in that because with the lack I had from my country, none of that happens there...*

#### **Reception after Conflict Situations**

In conflict situations, such as the arrival of Ukrainian people in Madrid, reception centers offer crucial initial support. These centers provide accommodation and assistance in document management, ensuring that people do not feel alone and receive the necessary support from the moment of their arrival. This initial reception in nearby cities, such as Torrejón, allows for a smoother transition to their new life.

#### **Informal Social Reception and Support Networks**

Informal social networks play a significant role in the integration of migrant women. Acquaintances and compatriots often offer initial guidance, indicating to newcomers where they can receive help, such as at the Red Cross or various NGOs. This type of informal support is essential for establishing an initial network of contacts and receiving valuable information about available services.

#### **Empathetic Care**

Empathetic care from reception center staff creates an atmosphere of emotional and affectionate support. Affectionate relationships with staff, who act closely and compassionately, help women feel valued and supported, significantly contributing to their psychological well-being.

## **Socialization and Peer Support**

Socialization and establishing friendships within reception centers are fundamental for women's well-being. Connections with other women who share similar experiences create a sense of community and mutual support. These peer relationships facilitate adaptation and provide a safe space for sharing and learning together.

## **Family Ties**

Family ties and emotional support from loved ones are crucial during the adaptation process. The possibility of maintaining close family relationships, even in a new and challenging context, provides an important emotional anchor that facilitates integration and emotional stability.

## **Language Use and Cultural Adaptation**

Learning the local language and adapting to cultural differences are essential steps in the integration process. Reception centers often offer language classes and cultural activities that help women understand and adapt to their new environment, reducing feelings of alienation and improving their integration opportunities.

## **Autonomy and Self-regulation**

Fostering autonomy and self-regulation is essential to empower migrant women. Through workshops and psychological support, women learn to manage their emotions, make informed decisions, and develop skills that allow them to navigate independently in their new environment.

## **Respect and Horizontal Accompaniment**

Mutual respect and horizontal accompaniment are key values in reception centers. These relationships based on equality and respect allow women to feel valued and understood, promoting an environment where they can share their experiences and learn from each other.

## **Humor and Well-being**

Humor and recreational activities are effective tools for relieving stress and promoting well-being. Participation in playful activities and the development of a shared sense of humor within the group helps women overcome difficult moments and create stronger bonds among them.

### **Linguistic Integration**

Linguistic integration programs, including Spanish classes, are crucial for communication and social inclusion. Learning the local language allows women to actively participate in the community, access services and opportunities, and develop greater self-confidence.

### **Emotional Support and Empathy**

Emotional support and empathy are essential for the adaptation process. Professionals in reception centers offer psychological and emotional support, helping women face the challenges of migration and find ways to adapt to their new life with greater resilience.

### **Horizontal Socialization and Community Building**

Horizontal socialization and community building within reception centers are crucial for creating a supportive and solidarity-based environment. These spaces allow women to form support groups, share their experiences, and work together towards their integration and well-being.

### *Conclusion*

The social initiatives implemented in reception centers play a crucial role in the integration and well-being of migrant women. From initial reception and administrative support to the creation of social networks and the promotion of autonomy, these initiatives address various needs and challenges, providing a safe and supportive environment that facilitates the transition to a new life.

### **3.2.4 Perception of invisibility of migrant**

The perception of invisibility among migrants in reception centers is a complex phenomenon that manifests in various forms. Experiences capitalize on sentiments shaping the social role construction of migrant women and are rooted in an external and often uncontrollable situation.

*So that gave me peace because what this person did was give us legality: the other organization says you can be here illegally and it's no problem.*

*Of course, the idea was to enslave yourself there, like being stuck there and not having legality, of course*

### **Institutional Collapse**

During crises such as the reception of Ukrainian nationals, reception centers often become overwhelmed, resulting in insufficient and low-quality care. Despite attempts to provide assistance, lack of time and resources leads to superficial support, leaving migrants feeling neglected. Notably, smaller centers tend to offer more personalized and effective care compared to larger ones.

### **Uncertainty and Frustration**

Migrants often experience uncertainty about their situation and how long they will remain in reception centers. Lack of clear information about regularization processes and the future contributes to feelings of nervousness and frustration. Uncertainty about when they can achieve independence and under what conditions (legal or illegal) exacerbates this perception of invisibility.

### **Clandestine Nature and Lack of Legality**

Fear of working illegally and uncertainty about the legalization process create a sense of clandestinity among migrants. The possibility of being "invisible" within the system, without access to full rights and under precarious working conditions, increases feelings of vulnerability and exclusion.

### **Diminished Opportunities**

Lack of clear opportunities and defined action plans for migrants contributes to a sense of stagnation and hopelessness. The perception of being disregarded and not receiving adequate help to progress in their integration and personal development increases feelings of invisibility and rejection.

### **Professional Devaluation**

Migrants often feel that their skills and knowledge are not recognized or valued appropriately. Lack of opportunities to demonstrate their professional worth and

the perception of being considered less capable than locals accentuates feelings of invisibility and marginalization.

### **Legal Limbo**

Prolonged waiting in the asylum process and uncertainty about legal status keep migrants in a state of limbo. This situation prevents access to basic rights and job opportunities, contributing to a sense of wasted time and hopelessness.

### **Priorities and Discrimination**

The perception that certain nationalities receive preferential treatment in accessing services and assistance is common. Migrants notice differences in treatment and priority given to emergencies, fueling feelings of injustice and discrimination.

### **Silence and Fear**

Fear of being judged, detained, or deported leads many migrants to prefer remaining silent about their problems and needs. This self-censorship contributes to their invisibility, as they dare not seek help or express their concerns for fear of reprisals.

### **Lack of Follow-up and Continuous Support**

The perception of abandonment by institutions once initial assistance ends is strong. Lack of follow-up and continuous support, such as calls to check on people's well-being or guidance on next steps, contributes to a sense of invisibility and helplessness.

### *Conclusion*

The perception of invisibility among migrants in reception centers is the result of a combination of factors, including insufficient resources, uncertainty about the future, clandestinity, professional devaluation, and discrimination. These experiences underscore the need to improve the quality of care, provide clear information and continuous support, and ensure equitable and fair treatment for all migrants, regardless of their origin.

### **3.2.5 Perceived rights women**

The perception of the rights of migrant women in reception centers reveals a series of experiences and sentiments that highlight the challenges and barriers they face. Below is a qualitative synthesis of these testimonies, organized into interrelated themes.

*But that moment was very difficult for me. When you arrive, they make it seem like life here is rosy. Of course. They don't prepare you for the life you are going to face. They show you that life... Because you have left Africa to come here, but they need to prepare you for the life here. That life is difficult, that life is not as easy as we think. But when you arrive, they tell you to apply for asylum, apply for asylum.*

## **Control and Surveillance**

### **1. Control:**

- Migrant women feel that their movements are strictly controlled. They must report every action, creating a sense of constant surveillance and limitation of their personal freedom.
- Example: A woman mentions that she needs to report every time she goes out, indicating that she is constantly asked about her whereabouts and activities, which feels excessive and oppressive.

### **2. Surveillance:**

- The feeling of being watched is common. Cameras and continuous supervision are seen as necessary by the authorities but contribute to an atmosphere of distrust.
- Example: A woman describes how she feels the presence of surveillance everywhere and discusses this with the center's professionals, who justify the measure for security reasons.

## **Uncertainty and Waiting**

### **1. Uncertainty:**

- Uncertainty about the future and the resolution of their legal status is a constant concern. The lack of clear information about the processes and prolonged waiting times affect their psychological well-being.
- Example: A woman describes the uncertainty about the resolution of her international protection and how this keeps her in a state of anxiety and indefinite waiting.

### **2. Patience and Delay:**

- The need for patience is repeatedly mentioned, though the delay in legal processes is perceived as a major obstacle. The prolonged wait for residence permits and other legal resolutions generates frustration and affects the daily lives of migrant women.
- Example: A mother comments on how the delay in obtaining a residence permit affects her ability to support her child financially, causing her great stress.

## **Legal Advice and Rights**

### **1. Legal Advice:**

- Legal support is crucial for migrant women. Having access to lawyers who help with paperwork and accompany them at critical moments provides a sense of security and strength.
- Example: A woman expresses her gratitude for the legal support she has received, mentioning that it gives her security and strengthens her resolve to move forward.

### **2. Asylum Application:**

- Despite being a right, the asylum application process is often hindered by institutional collapse. Women feel that their rights are not always respected and that there is a lack of adequate support to complete the necessary procedures.
- Example: A woman mentions how her mother had to insist on her rights before the authorities, highlighting the need to be well-informed about the laws to defend oneself.

## **Blame and Adjustment of Expectations**

### **1. Blame:**

- Migrant women sometimes feel blamed for their legal situation. The lack of help in regularizing their status and the suggestion that they could remain in the country illegally adds a layer of guilt and frustration.
- Example: A woman recounts being told that she could stay in Spain illegally, which she vehemently rejected, seeking regularization through asylum.

### **2. Adjustment of Expectations:**

- Expectations of a better life in Europe often clash with reality. Migrant women need to adjust their expectations and prepare for the difficulties they will face.



- Example: A woman describes how she was initially given an idealized image of Europe, but later had to face the harsh reality of life without sufficient preparation or support.

### **Institutional Collapse**

- The collapse of institutions due to high demand and lack of resources is a significant problem. Migrant women feel disoriented and desperate, contributing to the perception that the system cannot adequately respond to their needs.
- Example: A woman expresses how desperation and seeking help in multiple places are overloading the system, resulting in insufficient and fragmented care.

### *Conclusion*

The perception of the rights of migrant women in reception centers is marked by control and surveillance, uncertainty and prolonged waiting, the need for solid legal advice, and the adjustment of expectations in the face of a challenging reality. These testimonies underscore the importance of improving legal processes, providing comprehensive support, and ensuring dignified and fair treatment for all migrant women.

### **3.2.6 Roles assumed by migrant women**

Migrant women assume multiple roles in their adaptation process to a new country. These roles reflect their adaptability, resilience, and commitment, but also reveal the difficulties and vulnerabilities they face.

*But I endured a lot because I wanted to get my papers. Because they told me that your behavior at the center is all included in your asylum application. If you behave badly, if you don't respect people. So, look, I was with... When a girl did something wrong to me, I didn't say anything. I was very good with everyone because I didn't want it to affect my asylum process. Of course. That this girl likes to fight, this girl steals, this girl does this*

### **Adaptation and Resilience**

#### **1. Adaptation to Cultural Dynamics in the Host Country:**

- Migrant women strive to adapt to the new cultures and social norms of the host country. Despite recognizing cultural differences, many find ways to integrate and adjust to their new environment.

- Example: A woman mentions that, although she had been told that Spaniards are tough, she has not experienced it that way, and she easily adapts to the new dynamics.

## 2. **Self-Affirmation and Humor:**

- Using humor and daily interaction as tools to maintain a positive attitude and strengthen social bonds is a common strategy. Sharing moments of joy helps alleviate stress and create a sense of community.
- Example: It is described how, during meals, the women strive to laugh and share, using these moments to heal emotionally and create an environment of mutual support.

## **Occupation and Responsibility**

### 1. **Occupation:**

- Staying occupied is essential for migrant women as it helps avoid negative thoughts and provides a sense of purpose and structure in their daily lives.
- Example: A woman notes that the first necessary support is to stay busy, as this prevents volatile thoughts from filling the voids.

### 2. **Family Responsibility:**

- Many migrant women have the responsibility of supporting their families, both in their country of origin and in the host country. This responsibility is a key motivator in their search for stability and security.
- Example: A woman recounts how her main problem in her home country was poverty and the need to support her children, which drove her to seek a better life abroad.

## **Clandestinity and Vulnerability**

### 1. **Clandestinity:**

- The need to operate clandestinely due to the lack of legal status exposes women to risky and isolating situations. Clandestinity limits their access to adequate resources and support.
- Example: A woman describes how she had to contact an office in Madrid secretly, reflecting the need to hide and the additional barriers they face.

### 2. **Vulnerability:**

- The vulnerability of migrant women is exacerbated by a lack of stability and the risk of exploitation and abuse. Concerns for personal safety and that of their children are constant.
- Example: A mother prefers to stay on the street with her daughter and dog rather than risk living with a strange man, demonstrating her concern for the safety and integrity of her family.

## **Commitment and Sincerity**

### **1. Commitment:**

- Migrant women show a high degree of commitment to the institutions that support them. They recognize the importance of being grateful but also distinguish between gratitude and the bondage of gratitude.
- Example: A woman mentions that one must commit to the institutions that provide help, highlighting the importance of reciprocity and mutual commitment.

### **2. Sincerity:**

- Sincerity and transparency are important values for migrant women, though they sometimes find that people can be selfish and reluctant to share information.
- Example: It is noted that people can be selfish and do not adequately inform, which can hinder access to resources and support.

## **Challenges and Resilience**

### **1. Oppression:**

- Oppression and control in reception centers can negatively affect migrant women, who often feel they must behave in certain ways to avoid jeopardizing their legal processes.
- Example: A woman endures mistreatment and remains silent to avoid affecting her asylum process, reflecting the pressure and oppression she feels.

### **2. Deception:**

- Experiences of deception and exploitation are common, adding an additional level of difficulty to the lives of migrant women. Lack of payment and unfair treatment at work are recurrent problems.
- Example: A woman recounts how she worked as a live-in worker without receiving the promised payment and had to seek help again to get out of that situation.

## Conclusion

Migrant women assume complex and diverse roles in their adaptation process to a new country. Through cultural adaptation, occupation, family responsibility, and commitment, they demonstrate remarkable resilience. However, they also face significant challenges such as clandestinity, vulnerability, and oppression. These testimonies highlight the need to provide comprehensive and understanding support to ensure their well-being and facilitate their integration.

### 3.2.7 Expressed or perceived needs

The expressed or perceived needs of migrant women reflect a wide spectrum of emotional, physical, and social aspects. These testimonies reveal how they cope with adaptation in a new environment, identifying the deficiencies and challenges they experience, as well as the areas where they require more support.

*I want that person to have a lot of humanity, to not care if someone is white, black, small, big, if they left money in their country or not. It shouldn't matter at all, but simply to provide that support, to put themselves in the other person's shoes, you know?*

## Intimacy and Privacy

### 1. Intimacy:

- Women express the need for personal space to process their thoughts and emotions without interruptions. The lack of privacy in reception centers, where everything is shared, creates an overwhelming and stressful environment.
- Example: A woman comments that, although she tried to find moments to be alone, it was impossible due to the noise and constant presence of other people, which was very overwhelming.

## Communication and Language

### 2. Communication:

- The language barrier is a significant challenge. Women need opportunities to communicate in their native language and improve their Spanish to better integrate into the community.
- Example: A woman expresses her desire to return to a hostel where she could communicate with people in her language, highlighting the importance of communication for her well-being.

### **3. Language:**

- In addition to the need to learn the language, it is crucial to practice it in real contexts. Formal classes are not always sufficient, and social interaction is required to improve effectively.
- Example: It is mentioned that communication with people on the street is essential to advance in language learning and avoid stagnation.

## **Rest and Stability**

### **4. Rest:**

- Adequate rest is a primary need, especially for those who have fled traumatic situations such as war. The accumulated stress makes sleep and downtime vital for recovery.
- Example: A woman recounts how, upon arriving at a safe place, she spent almost an entire day sleeping, indicating that her body urgently needed rest.

### **5. Stability:**

- The search for stability is a priority. Women are willing to perform humble jobs and accept any form of help that provides a secure and steady base.
- Example: A woman imagines even washing monks' habits in a monastery to gain stability and help.

## **Autonomy and Empathy**

### **6. Autonomy:**

- The ability to have and organize their own space is a crucial aspect of autonomy. Independence in daily life significantly contributes to their emotional well-being.
- Example: A woman's happiness in getting and setting up her own room highlights the importance of having personal space.

### **7. Empathetic Care:**

- Women deeply value empathetic care and humane treatment. Understanding and respect are essential for their emotional and social well-being.
- Example: A woman emphasizes how the empathy and humanity of the reception center workers are fundamental for feeling supported and understood.

## **Friendship and Coordination**

### **8. Friendship:**

- Forming friendships and social connections helps women adapt more quickly and feel part of the community.
- Example: A woman notes that making friends in a course helped her adapt more quickly, highlighting the importance of social relationships.

### **9. Coordination:**

- Better coordination and clarity in the procedures of aid institutions are necessary to provide effective and consistent support.
- Example: The need for a clear procedures manual for workers is mentioned, which would improve the efficiency and consistency of assistance.

## **Flexibility and Priorities**

### **10. Flexibility:**

- Women value flexibility in the schedules and rules of reception centers, which allows them to have a bit more control over their time and reduce stress.
- Example: A woman suggests that a more flexible schedule at the reception center would allow her to feel less pressured and calmer.

### **11. Prioritization of Needs (Sexuality):**

- The repression of emotional and sexual needs is a problem many migrant women face, feeling that their feelings become frivolous and empty due to the migration process.
- Example: A woman describes how her feelings became frivolous and empty from the moment she started the migration process, indicating a need for attention to her emotional and sexual health.

## **Economic Solvency and Leisure**

### **12. Economic Solvency:**

- Economic solvency is crucial for independence and stability. Financial difficulties significantly affect their ability to meet basic needs and plan long-term.

- Example: A woman mentions that the 10 euros they receive are not enough to cover her basic needs, highlighting the importance of financial support.

### **13. Leisure Activities:**

- Participating in recreational activities like yoga is important for mental health and overall well-being. These activities provide an escape from daily stress and promote emotional wellness.
- Example: The mention of yoga classes indicates the importance of having access to leisure activities that promote mental and physical health.

## **Emotional Support and Honesty**

### **14. Emotional Support:**

- Psychological support is essential for migrant women, who often arrive with traumas and need help to overcome them.
- Example: A woman emphasizes the importance of having a safe roof and psychological support before worrying about paperwork and documentation.

### **15. Honesty:**

- Transparency and clear information are crucial for migrant women to make informed and realistic decisions about their situation.
- Example: The need for clear and honest information about the asylum process is fundamental to avoid misunderstandings and false expectations.

## **Discretion and Self-Knowledge**

### **16. Discretion:**

- Discretion in treatment and privacy are important for maintaining dignity and respect. Reprimands or corrections should be made in private to avoid humiliation.
- Example: A woman prefers to be corrected in private rather than in front of others, highlighting the importance of discretion and respect.

### **17. Self-Knowledge:**

- The ability to identify and express their own needs and vulnerabilities is fundamental for migrant women to seek and receive appropriate support. –



- Example: The difficulty some have in expressing their needs and vulnerabilities highlights the importance of self-knowledge and effective communication.

### *Conclusion*

The expressed and perceived needs of migrant women are diverse and complex, encompassing emotional, physical, and social aspects. It is essential to provide comprehensive support that addresses these needs holistically, fostering their well-being and facilitating their integration into the new community

### **3.2.8 Emotional implications in facing life: self-esteem and personal reconstruction**

The testimonies of migrant women reveal the profound emotional implications they face while adapting to new life circumstances, struggling to maintain their self-esteem and rebuild themselves personally and emotionally. Below are various perspectives on these emotional implications, organized according to the experiences and feelings expressed.

*In general, there have been different situations at times. They did consider their interests and such, but many times they tried to impose their own. (...) She believes she had more freedom before, like she was freer to say, 'I don't like that' or 'I don't want to do that,' but she's not very sure about this difference.*

*For example, the food, which nobody liked. The Spanish classes, which were very useless and seemed to serve no purpose. People didn't like the way these classes were taught*

### **Loss of Autonomy and Freedom**

#### **1. Loss of Autonomy:**

- Women often feel that their interests and preferences are ignored, negatively affecting their self-esteem and sense of control over their lives.
- Example: One woman mentions that she used to have more freedom to express her tastes and opinions, but in her new situation, she feels that decisions are imposed on her, such as in the choice of food or the structure of Spanish classes, which she considers useless.

#### **2. Restriction and Rules:**

- Strict regulations in reception centers, such as having to ask permission to leave their room, contribute to a feeling of oppression and loss of independence.
- Example: The need to ring the bell to have the door opened every time she wants to take out the trash is perceived as excessive by one of the women.

## **Emotional and Social Challenges**

### **3. Coping with Building New Friendships:**

- Emotional adaptation and forming new friendships are slow and difficult processes. Emotions and personal pace can be affected by stress and uncertainty.
- Example: A woman describes how her emotional pace is slow, affecting her ability to form friendships despite her desire to do so.

### **4. Institutional Helplessness:**

- Experiences of rejection and mistreatment by institutions and NGOs generate feelings of helplessness and vulnerability.
- Example: An incident where the police evicted them from a place, leaving them without support and exposed to mistreatment in an NGO, underscores the lack of institutional protection.

## **Feelings of Isolation and Anxiety**

### **5. Isolation:**

- Social isolation and the lack of a normal life contribute to an atmosphere of tension and mistreatment among the residents of reception centers.
- Example: A woman recounts how constant work and the lack of interaction with the outside world create a closed and tense "parallel group."

### **6. Anxiety:**

- Fear and anxiety about the future, such as the fear of facing vocational training (FP), affect the emotional well-being of women.
- Example: A woman expresses her fear of FP, reflecting her anxiety about the future and insecurity in her ability to adapt.

## **Feelings of Indignity and Devaluation**

### **7. Neglect and Restriction:**

- Experiences of being treated like criminals and the lack of access to basic services, such as food and water at the airport, result in feelings of indignity and devaluation.
- Example: An incident at the airport in the Dominican Republic, where they were charged double for food and not allowed to drink water, illustrates the dehumanizing treatment they suffer.

#### **8. Uncertainty and Shock:**

- The lack of clear information and the unexpected rejection of their asylum claims cause shock and deep uncertainty.
- Example: A woman describes how she was in shock after receiving a rejection of her asylum request in just five minutes, unable to process what had happened.

### **Nostalgia and Adjustment of Expectations**

#### **9. Nostalgia:**

- Nostalgia for home, food, and past experiences is a common feeling among migrant women, adding a layer of sadness and longing to their current situation.
- Example: A woman mentions missing going to the beach and certain foods, feeling that current gatherings do not replace those experiences.

#### **10. Unmet Expectations and Emptiness:**

- Unmet expectations and the feeling of being in a directionless limbo deeply affect self-esteem and a sense of belonging.
- Example: A woman describes how moving to a new center made her feel unprotected and directionless, but with time and proper guidance, her life began to find common meaning.

### **Cultural Shock and Belonging**

#### **11. Cultural Shock:**

- Adapting to a new culture and interacting with people from different backgrounds can be a significant challenge, affecting relationships and communication.
- Example: The difference in social norms and communication styles between cultures can lead to misunderstandings and feelings of exclusion.

#### **12. Group Belonging:**

- Being part of a support group and participating in collective activities can significantly improve self-esteem and a sense of belonging.
- Example: Participation in group activities, such as going out for coffee, helps improve self-esteem and create a sense of community, even among people who do not share the same language.

## **Loneliness and Frustration**

### **13. Loneliness:**

- The lack of family and friends in the new country, along with language barriers, contribute to a deep sense of loneliness and disconnection.
- Example: A woman describes how she did not know Spanish or have family when she arrived, which made her feel extremely lonely.

### **14. Helplessness:**

- Prolonged stays in temporary centers and lack of financial resources exacerbate feelings of helplessness and vulnerability.
- Example: A woman recounts how she had to stay in a temporary center for a year without financial resources despite having applied for asylum, increasing her sense of helplessness.

### **15. Frustration:**

- Bureaucracy and difficulties in obtaining permits and appointments generate deep frustration, especially when it directly affects their children.
- Example: A woman's frustration at not being able to get an appointment to resolve her daughter's situation reflects bureaucratic barriers and resulting desperation.

## **Self-Improvement and Personal Reconstruction**

### **16. Self-Improvement:**

- Despite difficulties, many women find ways to improve themselves and rebuild their identity, focusing on more urgent issues than discrimination.
- Example: A woman recounts how, despite possible discrimination, she was more concerned with solving more important problems in her life, indicating significant resilience.

## *Conclusion*

The emotional implications of migratory experiences are profound and varied, affecting the self-esteem and personal reconstruction process of migrant women. It is crucial for hosting institutions and communities to recognize and address these emotional needs, providing comprehensive and empathetic support that allows these women to rebuild their lives with dignity and a sense of belonging.

### 3.2.9 Situations of revictimization or perception of the phenomenon

Experiences of revictimization among migrant women demonstrate how perceptions and treatments can vary widely, influencing their well-being and sense of security. Here are these experiences detailed, organized according to the situations and feelings expressed.

*A police officer always tells us the same thing. He said, 'It's because of you tourists that the page is overloaded,' and that, of course, people come here pretending to be tourists but are actually seeking help. So, it's because of people like you that the page is overloaded*

#### Discrimination and Openness

##### 1. Perception of Non-Discrimination:

- Some women have not felt discrimination since their arrival, highlighting positive and welcoming experiences.
- Example: A woman mentions that she has never felt mistreated since she arrived, even when she could only say "hello" and "goodbye."

##### 2. Experiences of Openness:

- The openness and kindness of local people in certain contexts have been significant for some women, improving their perception of acceptance.
- Example: Another woman comments that in Madrid, she was treated with affection and kindness, challenging her expectation of discrimination.

#### Stigmatization and Blaming

##### 3. Stigmatization:

- Despite positive experiences, some women have faced derogatory comments that stigmatize them for their immigrant status.

- Example: A Colombian man and his Venezuelan wife made derogatory comments towards a woman in a call center, belittling her because of her migrant status.

#### 4. **Blaming:**

- Women are sometimes blamed for systemic issues, such as the saturation of asylum systems, which increases their sense of injustice and vulnerability.
- Example: During a visit to the police for information on international protection, a woman was blamed for the system's appointment saturation because "they come as tourists."

### **Empathy and Administrative Insensitivity**

#### 5. **Administrative Empathy:**

- The empathy of some officials can make a positive difference in the experience of migrant women.
- Example: Warm welcome at the airport and facilitation of the migration process by some officers provided a feeling of support and welcome.

#### 6. **Administrative Insensitivity:**

- Insensitivity and rude treatment by public officials generate frustration and a sense of devaluation.
- Example: A woman recounts how a police officer was disrespectful and rude, refusing to provide information about the asylum process and blaming her for her situation.

### **Judicialization and Avoidance**

#### 7. **Judicialization:**

- Legal processes can be traumatic, causing women to relive their painful experiences.
- Example: During a trial, a woman felt like she was reliving everything that had happened, describing the process as horrible and disturbing.

#### 8. **Avoidance:**

- To avoid reliving traumas, some women prefer not to talk about their past experiences, allowing the wounds to heal without reopening them.

- Example: A woman explains that it is better not to reopen the emotional wound and let it heal without reliving the trauma.

## **Stereotyping and Sexual Objectification**

### **9. Stereotyping and Sexual Objectification:**

- Women, especially from certain nationalities, face sexual stereotypes that dehumanize and objectify them.
- Example: A Colombian woman recounts how, upon mentioning her country of origin, men automatically view her as a sexual object.

### **10. Objectification on Digital Platforms:**

- Advertisement platforms are often used to propose sexual exchanges to women, reinforcing their objectification.
- Example: A woman received inappropriate calls on a classified ads website, where men asked her how much she charged for sexual services.

## **Social Insensitivity and Stereotypes**

### **11. Social Insensitivity:**

- Lack of sensitivity in daily interactions reinforces the perception of being seen as problematic or undervalued.
- Example: A woman was verbally abused by an official who accused her of causing trouble just by completing the required procedures.

### **12. Widespread Stereotyping:**

- Negative stereotypes affect the perception and treatment of migrant women, generalizing inappropriate behaviors to an entire community.
- Example: A woman points out how Colombian women are generalized as swindlers or troublemakers, based on negative experiences with a few individuals.

## **Stress and Harassment**

### **13. Repetition of Story:**

- Constantly retelling their story in multiple official instances is exhausting and frustrating for women.
- Example: A woman recounts how she has had to repeat her story so many times that she has it memorized, likening it to being interrogated by the police.

#### 14. **School Harassment:**

- The children of migrant women also suffer discrimination, affecting their emotional well-being and academic performance.
- Example: A mother describes how her daughter experienced discrimination at school, requiring intervention from a psychologist.

#### *Conclusion*

The situations of revictimization and the perception of these experiences among migrant women are diverse and complex. Despite some cases of empathy and openness, discrimination, administrative insensitivity, stereotyping, and sexual objectification are prevalent issues that must be urgently addressed to improve the quality of life and emotional well-being of these women. It is crucial to foster a culture of respect and sensitivity, both socially and institutionally, to mitigate these challenges and support the integration and recovery of migrant women.

#### **3.2.10 Health-related needs**

The health needs among migrant women reveal challenges and opportunities in their integration and well-being process. These needs manifest in various areas such as access to healthcare, nutrition, physical activity, mental health, and the care of their children.

*For me, it was quick, and although I had my fears about what I went through, I always had your support. Don't worry, everything will turn out fine, everything. It scared me a lot. Just thinking about it gave me chills. But yes, everything turned out well and it was quick.*

#### **Access to Healthcare**

##### **1. Integration into the Healthcare System:**

- Integration into the healthcare system is seen as a blessing, allowing women to undergo medical tests and obtain medications.
- Example: A woman expresses gratitude for being able to undergo tests and receive medications, highlighting the benefit of being integrated into the healthcare system.

##### **2. Primary Access to Healthcare:**

- The possibility of accessing primary healthcare has been valued by many, especially compared to their previous experiences.



- Example: A woman comments on how, upon arrival, she received medical attention even without having the health card yet.

### **3. Delay in Medical Attention:**

- The lack of immediate attention in cases of urgent medical need is a common problem.
- Example: Another woman recounts how, in a previous organization, she was not taken to the doctor despite having a severe cough.

## **Care and Medications**

### **4. Challenges in Access to Medications:**

- Despite having access to free medical consultations, many women face difficulties in purchasing necessary medications.
- Example: A woman explains that although consultations are free, buying medicines is difficult, having to rely on friends to finance expensive treatments.

### **5. Health Card:**

- Obtaining the health card is a significant milestone, facilitating access to continuous medical care.
- Example: A woman comments that she obtained her health card in ten days, allowing her to access quality medical care for herself and her daughter.

## **Child Health and Nutrition**

### **6. Concern for Children's Health:**

- Mothers show great concern for the health of their children, especially when they face recurring medical problems.
- Example: A mother recounts how her daughter suffered multiple fractures, and the confusion in the hospital about the X-rays generated great concern and the need for more medical attention.

### **7. Diet and Nutrition:**

- Adequate nutrition is a constant concern, and changes in diet can be difficult to manage.
- Example: A woman mentions how she had to change her diet, which initially was unsatisfactory, to adapt to her new environment.

## **Mental Health and Physical Activity**

## **8. Mental Occupation and Training:**

- Opportunities for training and mental occupation are vital to avoid psychological deterioration and promote a sense of freedom and security.
- Example: A woman highlights how courses and support received helped her avoid falling into depression, giving her motivation and a new perspective.

## **9. Physical Activity:**

- The need for adequate physical activities is important to maintain health and well-being.
- Example: Another woman expresses her desire to find opportunities for physical activity and improve her physical and nutritional condition.

## **Experiences in the Healthcare System**

### **10. Positive Experiences with the Healthcare System:**

- Some women have had positive experiences with the healthcare system, receiving necessary care and appreciating the service.
- Example: A woman is pleasantly surprised to be able to access the doctor and receive appropriate treatment, something she had not experienced in her home country.

### **11. Prioritization in Healthcare:**

- Prioritization and treatment in the healthcare system can be problematic, especially in critical situations such as childbirth.
- Example: A woman describes how a 16-year-old was mistreated and not adequately attended to during childbirth for screaming too much.

## *Conclusion*

The health needs of migrant women are diverse and reflect both challenges and opportunities in their integration process. Access to healthcare, adequate nutrition, mental health, and the care of their children are crucial aspects that require continuous and sensitive attention. Integration into the healthcare system and support in these areas can significantly improve their quality of life and overall well-being. It is essential to continue working to provide an accessible and responsive healthcare system that addresses the specific needs of migrant women.

### **3.2.11 Professional opportunities and needs (training, education and employment)**

The experiences of migrant women highlight the importance of addressing systemic barriers and providing comprehensive support to enable equitable and satisfactory access to education, training, and employment.

*The help from the course, here we learn things too, things I didn't even know, like cooking. I learned well here, to overcome my fear of doing things. And I learned many things that will be useful in the future, although the process of getting qualifications recognized is unfortunately very long and demoralizing.*

#### **Training and Education Needs:**

##### **1. Lack of Information and Guidance:**

- Experience of lacking information and guidance on the process of entering university and language requirements.
- Difficulties in understanding the process of credential recognition and the required documentation.

##### **2. Restricted Access to Education:**

- Barriers to accessing education due to problems with credential recognition and the need for legal permits.
- Inability to access training and educational opportunities without having a NIE (Foreigner Identity Number).

##### **3. Digital Gap:**

- Feelings of discomfort or unfamiliarity with using technology, which can affect access to online educational opportunities.

##### **4. Desire for Self-Realization:**

- Expression of a desire to obtain higher education and develop skills in areas of personal and professional interest.

#### **Employment and Job Opportunities:**

##### **1. Job Search:**

- Experiences of searching for work in various sectors such as cleaning, hospitality, and security.
- Difficulties in finding work in desired areas due to lack of opportunities or employment discrimination.

## 2. **Limited Access to Employment:**

- Limitations in job opportunities due to the lack of credential recognition and the need for legal permits to work.

## 3. **Job Insecurity:**

- Experiences of informal and precarious employment, including lack of contracts and labor exploitation.

## 4. **Workplace Discrimination:**

- Perception of discrimination in the workplace due to migration status and lack of recognition of competencies acquired in the country of origin.

### **Additional Needs:**

#### 1. **Institutional Support:**

- Need for support and guidance from educational and labor institutions to facilitate access to training and employment.

#### 2. **Personal Overcoming:**

- Expression of the will to overcome obstacles and pursue educational and job goals despite encountered difficulties.

#### 3. **Access to Health and Wellness Services:**

- Concerns related to access to health and wellness services and the need for adequate medical care.

#### 4. **Adaptation to the New Environment:**

- Challenges in adapting to the new educational and labor systems, as well as to cultural and linguistic differences.

### *Conclusion*

The experiences of migrant women underscore the importance of addressing systemic barriers and providing comprehensive support to ensure equitable access to education, training, and employment. It is crucial to offer guidance, facilitate credential recognition, and ensure legal access to educational and job opportunities. Additionally, addressing the digital divide, workplace discrimination, and the need for health and wellness services can significantly improve the overall integration and well-being of migrant women.

## Research conclusion

The analysis of the interviews reveals the complexity of the needs for comprehensive support of migrant women. Often, the demands are more related to attitudinal issues to ensure equal opportunities rather than any explicit request to prioritize support processes for this group. This section presents some main ideas for promoting best practices.

Thus, in this section, we will address the perception of the phenomenon of violence against migrant women, as well as the support available to them. We will discuss specific laws or experiences that provide support to migrants in situations of violence. Finally, suggestions will be offered to implement best practices that promote the protection and well-being of migrant women facing violence.

### 4.1.1 Perception of phenomenon and violence

In this case, the interviews provide valuable insights into the perception of violence against migrant women, highlighting the complexity and urgency of addressing this issue. The need to recognize and make visible the various forms of violence faced by migrant women, both in the public and private spheres, is emphasized. Additionally, the importance of promoting a culture of respect and gender equity in all areas of society, as well as strengthening support and protection systems for migrant women who are victims of violence, is underscored.

To promote best practices, it is suggested to implement comprehensive policies and programs that address the structural causes of gender-based violence, as well as to provide training in cultural and gender sensitivity for professionals working with migrant populations. Furthermore, the importance of ensuring access to specialized care and support services for migrant women who have been victims of violence is stressed, along with promoting the active participation of migrant women themselves in the design and implementation of measures to prevent and respond to gender-based violence.

### 4.1.2 Support available

The importance of having strong and accessible support networks that provide comprehensive assistance to these women is crucial. There is a need to strengthen existing support services and create new resources tailored to the specific needs of migrant women. Recommended best practices include the establishment of

comprehensive or well-coordinated care centers that offer counseling, legal advice, psychological assistance, and social support. These centers should be strategically located in areas with high concentrations of migrant populations and be easily accessible via public transportation.

Furthermore, promoting partnerships between civil society organizations, government agencies, and other stakeholders is suggested to expand access to support services and improve coordination among the different actors involved. It is also essential to ensure that support services are culturally sensitive and available in multiple languages to guarantee accessibility for all migrant women.

Additionally, public awareness campaigns should be conducted to promote inclusion and solidarity towards migrant women and advocate for policies that protect their rights and foster their socioeconomic integration.

#### **4.1.3 Particular laws or experiences to support migrants**

To promote best practices in the realm of legal counseling and specific experiences supporting migrants, the implementation of targeted policies addressing the unique needs of this demographic group is proposed. This includes the creation and effective enforcement of laws safeguarding the human rights of migrant women, with particular emphasis on preventing and responding to gender-based violence. Clear legal mechanisms must be established to report cases of abuse and discrimination, along with providing equitable access to justice and support resources.

Furthermore, leveraging the experiences and insights of migrant women themselves to inform the design and implementation of policies and programs is recommended, ensuring a more effective and needs-centered response. This may involve establishing working groups or advisory committees composed of migrants and subject matter experts to guide policy and service development. Additionally, authorities are urged to strengthen collaboration with civil society organizations and women's rights advocacy groups to ensure the effective implementation of laws and programs aimed at supporting migrants.

#### **4.1.4 Ideas for promoting good practices**

Below are the key aspects and best practices to ensure a safe, trustworthy and empathetic environment in support centers for migrant women.

##### **1. Reduction of Uncertainty and Promotion of Trust Description:**

Migrant women often arrive at support centers with high levels of uncertainty and misinformation. Lack of clarity in communication can heighten their anxiety and mistrust. Best Practices:

- Provide clear and transparent information about processes and available services.
- Establish effective and accessible communication channels.
- Train staff to show empathy and actively listen, fostering an environment of trust.

## **2. Ensuring Safety and Peace of Mind Description:**

Safety is a fundamental need for migrant women. Feeling secure and supported is crucial for their physical and emotional well-being. Best Practices:

- Create a safe and protected environment where women feel supported.
- Provide quick and effective solutions to issues faced by users.
- Develop clear safety protocols and ensure all users understand them.

## **3. Psychological and Emotional Support Description:**

Many migrant women arrive emotionally affected and require psychological and emotional support to recover and adapt to their new situation. Best Practices:

- Offer regular psychological and emotional support services.
- Train staff to provide appropriate and sensitive emotional support tailored to individual needs.
- Encourage activities that promote emotional well-being and resilience.

## **4. Administrative Facilitation and Career Guidance Description:**

Assistance with legal procedures and career guidance are essential for migrant women to integrate and be productive in their new community. Best Practices:

- Provide administrative assistance for legal procedures, such as asylum applications and work permits.
- Offer professional orientation programs and job training.
- Ensure users understand the processes and their rights.

## **5. Accompaniment and Empathy Description:**

Continuous accompaniment and building trusting relationships with center staff are crucial for women to feel understood and supported. Best Practices:

- Foster an environment of trust where users feel comfortable sharing their concerns.
- Ensure staff act in a close and approachable manner, showing genuine interest in the well-being of users.
- Facilitate spaces for dialogue and mutual support.

## **6. Adaptation and Reception Description:**

Adapting to a new life requires ongoing support and a warm reception. Women must learn to navigate a new environment with different rules and laws. Best Practices:

- Provide adaptation programs that include information on laws and rights, as well as practical life skills.
- Create a welcoming environment where women feel valued and supported.
- Encourage active participation of users in community and educational activities.

## **7. Guidance and Emotional Support Description:**

Guidance and emotional support are crucial for migrant women to overcome the trauma and anxiety often accompanying migration. Best Practices:

- Offer personalized guidance tailored to the needs of each woman.
- Ensure staff are trained in emotional support techniques and crisis management.
- Create support groups where women can share experiences and learn from each other.

### *Conclusion*

Engaging with a support center can be a transformative experience for migrant women if best practices are implemented to ensure their safety, emotional well-being, and personal development. Support centers should strive to create an environment of trust, provide efficient administrative assistance, offer constant psychological and emotional support, and facilitate adaptation to the new life. Implementing these practices not only enhances the user experience but also contributes to their integration and empowerment in the host society.





# Position on the phenomenon of Professionals Supporting Migrants Interview in Spain

In the discourse surrounding support for migrants, the voices and experiences of professionals working directly with migrant communities are often overlooked. This section seeks to illuminate these significant perspectives through qualitative interviews conducted with ten professionals actively engaged in supporting migrants in Spain.

The objective of this study is to shed light on the complex realities faced by professionals supporting migrants, delving into the nuanced intersections of migration, gender, and the challenges encountered in their work. By directly engaging with their insights and experiences, we aim to uncover actionable strategies for addressing issues such as gender-based violence and discrimination within migrant communities, thereby enhancing the effectiveness of support initiatives.

In the same way as in interviews with migrant women, the integral content of the interviews is kept as an internal working document; However, it can be requested, in accordance with the instructions of the bioethics committee of the University of Burgos.

## 5.1 Research method

The research method utilized in this study involved conducting semi-structured interviews with a panel of 10 professionals who work directly with migrant women in Italy. These professionals encompassed various roles such as social workers, social education workers, psychologists, and other relevant fields. The interviews aimed to gather insights into the professionals' experiences, practices, and perspectives regarding gender discrimination and violence against migrant women.

The sample consisted of professionals who have direct experience and expertise in working with migrant women. This purposive sampling approach ensured that the participants could provide rich and insightful data relevant to the research objectives.

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SPP1	Director of social entity (retired)
SPP2	Job counselor: pedagogist

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SPP3	Psychologist
SPP4	Psychologist
SPP5	Director of Adoratrices
SPP6	Social worker
SPP7	Social worker
SPP8	Social educator
SPP9	Lawyer
SPP10	Social educator / Accompaniment technician
SPP11	Councilwoman for Women and Gender Equality

Semi-structured interviews were conducted with each participant, allowing for flexibility in questioning while ensuring key topics were addressed consistently across interviews. The interviews covered topics such as experiences with migrant women, the perceived needs in migrant women, challenges faced, strategies employed, and perceptions of gender discrimination and violence.

The data collected from the interviews were analyzed using qualitative analysis methods. This involved transcribing the interviews, coding the transcripts for key themes and patterns, and identifying emerging trends and insights related to good practices in addressing gender discrimination and violence against migrant women.

The research aimed to identify and highlight good practices employed by the professionals in combating gender discrimination and violence against migrant women. These good practices likely encompassed a range of strategies, interventions, and approaches aimed at empowering migrant women, promoting gender equality, and addressing issues of violence and discrimination.

Based on the identified trends and good practices, the research likely provided insights into the implications for policy, practice, and further research in the field. Recommendations will be offered for improving support services, policy frameworks, and interventions aimed at addressing the needs of migrant women and combating gender-based discrimination and violence.

## 5.2 Research results

Using the interviews carried out, here are the results emerging about the following aspects.

### 5.2.1 Perceived needs in migrant women

In this section, the perceived needs of migrant women are presented based on interviews with professionals working with this population. The analyzed categories are interdependent and demonstrate how the different dimensions of support and needs intersect in the lives of migrant women.

I do believe that something that sets us apart and is very important, and that we always work on, is avoiding a welfare approach, ensuring that people are autonomous. I don't like working that way, and I think none of us do in general. I believe people have many more skills than we realize. If we do everything for them... In the end, they need to learn, right? It's like the saying that you shouldn't give a man a fish, but teach him how to fish, a bit.

### **Language Learning**

Language learning is crucial for the integration of migrant women. Spanish classes, ranging from basic literacy to preparation for nationality exams, are essential for their empowerment and autonomy. For example, it was mentioned how an Algerian woman has significantly improved her Spanish proficiency and continues to attend classes to prepare for nationality.

### **Participation in School Education**

Migrant women are deeply concerned about their children's education and their relationship with schools. Professionals encourage the participation of migrant families in school activities, such as parent associations, to improve the relationship with educational centers and facilitate better integration.

### **Emotional Engagement**

The emotional involvement of professionals is crucial, but they must also maintain a balance to avoid burnout. The ability to engage without compromising their personal well-being is essential for offering effective and sustainable support.

### **Comprehensive Care**

Providing comprehensive services is a cornerstone in supporting migrant women. This includes access to a variety of services tailored to their specific needs, ensuring that all aspects of their well-being are addressed.

### **Self-Determination**

Fostering self-determination and avoiding paternalism is key. Efforts are made to help women develop their skills and become autonomous, avoiding excessive reliance on support services.

### **Access to Information**

Empowering migrant women through access to information is crucial. Professionals ensure that women have the knowledge and resources necessary to navigate systems and feel safe and competent.

### **Adjustment of Expectations**

Migrant women's expectations are influenced by their migration motives and past experiences. Professionals help adjust these expectations to align them with the current reality, facilitating a smoother and more effective transition.

### **Personalization of Support**

It is vital to personalize support according to the contexts and individual backgrounds of migrant women. Knowing their countries of origin and personal histories allows professionals to provide more relevant and effective assistance.

### **Security**

Security and the feeling of protection are fundamental needs for migrant women. Professionals work to ensure that women can move freely without fear, trusting in the protection of local authorities.

### **Multidisciplinary**

Coordination The effectiveness of support services is enhanced through a multidisciplinary approach. Professionals collaborate across different fields to offer comprehensive and coordinated care, addressing all dimensions of migrant women's needs.

### **Empowerment**

Migrant women are encouraged to explore opportunities beyond traditional and precarious roles. Professionals work to help women develop their potential and

access better employment opportunities, despite limitations in training or education.

### **Emotional Support**

Emotional and psychological support is fundamental. Professionals recognize the importance of understanding the emotional and psychological experiences of migrant women to offer effective assistance.

#### **5.2.2 Emotional implications in life management in migrant women: self-esteem and personal reconstruction**

This section addresses the emotional implications experienced by migrant women in managing their lives, focusing on self-esteem and personal reconstruction. Interviews with professionals working with these women reveal a variety of interrelated dimensions that significantly impact their emotional well-being.

*I would talk about the pressure to send money, so to speak. In the end, they arrive, and until they get work authorization, a lot of time passes, which disrupts all their plans. When they face the reality that they can't work and can't send money... Because, of course, they came here to send money to their families. In many cases, everyone back home has pawned everything they had and bet on them coming here and being able to... So, when this process drags on, they experience terrible frustration*

### **Belongingness and Emotional**

Stability Belongingness is crucial for migrant women, who find a sense of family and community in organizations. This sense of belongingness provides a stable emotional foundation, essential for their adaptation and well-being. A professional mentioned that they strive to make women feel comfortable and connected, offering them emotional refuge that enhances their stability. This initial emotional support is fundamental for them to face the challenges of their new life.

### **Fear and Uncertainty**

Living in irregular situations generates constant fear, accompanied by great uncertainty about the future. This stress is amplified in contexts such as that of Ukrainian women, who are unclear if they will be able to return to their home country. An interviewee highlighted that women often live with constant fear and uncertainty about their future, exacerbating their emotional vulnerability. This

instability makes it difficult for them to plan long-term and affects their mental health.

### **Resilience and Grief**

Despite difficult circumstances, many migrant women demonstrate remarkable resilience. Professionals highlight how these women, despite facing setbacks in migration or employment processes, manage to overcome and move forward, handling the grief and loss associated with migration. An interviewee pointed out that these women, although facing unfavorable resolutions, are able to rise and adapt to new situations, demonstrating admirable inner strength. Social grief, especially in cases of Ukrainian women, is a complex process that requires constant support.

### **Frustration and Sustained Stress**

Frustration is common due to the pressure to send money to their families in their home country and the difficulty in finding employment. This situation, combined with sustained stress from waiting for migration resolutions, contributes to a fragile emotional state. A professional highlighted the pressure they feel for not being able to meet their families' economic expectations, which increases their frustration and anxiety. Sustained stress is a constant in their lives, affecting their overall well-being and ability to adapt.

### **Empowerment and Self-Esteem**

It is vital to work on the self-esteem of these women, many of whom arrive with a severely damaged mental and emotional self-image. Efforts focus on fostering their self-concept and empowering them to move away from precarious roles and jobs. Professionals emphasize the importance of not only offering paternalistic support but also fostering autonomy and empowerment. An interviewee mentioned that it is crucial for these women to discover new possibilities and strengthen themselves to move away from precarious jobs.

### **Emotional Support and Accompaniment**

Emotional accompaniment is crucial in the process of adaptation and personal reconstruction. Professionals emphasize the importance of offering continuous and close support, helping these women manage the distress and helplessness resulting from their situation. An interviewee mentioned that support should be close and

humane, allowing women to feel heard and understood, which is essential for their emotional recovery.

Example: A migrant woman who arrived with low self-esteem and great uncertainty about her future managed, through emotional support and belonging to a supportive community, to overcome frustration and find a renewed sense of empowerment and emotional stability. Thanks to work on her self-esteem and continuous support, she was able to develop greater resilience and plan a more stable future for herself and her family.

### **5.2.3 Revictimization: specific situations or perceptions**

Several forms of revictimization that these women face are identified, ranging from racism and bureaucratization to paternalism and welfareism. Additionally, the ways in which these experiences impact their process of personal reconstruction and emotional well-being are addressed.

*Let them tell me, let them tell me, because of course, they have to tell me, right, because I am the reference. But why do they have to tell you if I've already told you? Right? They don't give you an answer. Or directly, since they have to tell me, because I am so incredibly important in this whole wide world, they have to tell me without caring at all about what I think, feel, or the emotional and psychosocial consequences it will have.*

#### **Racism**

Although migrant women do not often narrate direct episodes of racism or rejection, this does not mean they do not exist. An interviewee mentioned there are few reported cases of discrimination, which could be due to a lack of tools or confidence to report these incidents. This suggests a need for programs that sensitize and empower women to recognize and report racial discrimination.

#### **Caricaturization, Unemployment, and Aid**

Negative perceptions about migrants, such as the idea that they receive too much aid or do not work, contribute to their stigmatization and revictimization. These stereotypes can create a hostile environment that hinders the integration of migrant women. An interviewee pointed out that these unfair perceptions generate frustration and are harmful both to migrants and social cohesion.

#### **Hate Speech: Use of Stereotyped Language**



The use of stereotyped language and hate speech can escalate to hate crimes. Words have the power to hurt and perpetuate violence, exacerbating the vulnerability of migrant women. A professional mentioned how negative discourse can lead to violent acts and increase revictimization.

### **Personal Reconstruction**

Many migrant women have had to rebuild their lives multiple times due to internal displacement and international migration. This constant reconstruction, while demonstrating their resilience, is also a source of stress and emotional exhaustion. An interviewee highlighted the challenge of starting over repeatedly, which involves a huge emotional and practical investment.

### **Bureaucratization of Legal Demands**

The legal process that migrant women face can be very traumatic, continually reminding them of their past experiences. The bureaucratization of legal demands and the lack of sensitivity in these processes can revictimize them. A professional explained the importance of coordinating with legal teams to make the process as painless as possible.

### **Paternalism and Welfareism**

Paternalism, in its negative sense, and welfareism can undermine the autonomy of migrant women. This approach, which does not believe in women's ability to handle their own affairs, perpetuates their dependence and revictimization. An interviewee criticized how certain paternalistic and welfareistic attitudes invalidate women's experience and empowerment, highlighting the need for a more respectful and collaborative approach.

### **Coordination and Coordinated Referral**

Coordination between different services and institutions is essential to prevent revictimization. Coordinated referral allows women to receive comprehensive and continuous support, facilitating their adaptation and recovery. A professional emphasized the importance of working together to avoid duplications and ensure that women receive the necessary support at each stage of their integration process.

### **Violation and Stereotyping**

A high percentage of migrant women have experienced rape and abuse, exacerbating their vulnerability. Additionally, the stereotyping and blaming of women in prostitution perpetuate their revictimization. An interviewee mentioned a specific case where a sign stigmatized a mother, underscoring the need for awareness and education to prevent mistakes that perpetuate harmful stereotypes.

### **Learned Helplessness**

Learned helplessness is another consequence of revictimization, where women feel they have no control over their lives and depend on others to survive. This feeling of powerlessness can perpetuate their vulnerability and dependence. An interviewee mentioned how the repetition of traumatic experiences and the lack of effective responses exacerbate this state of helplessness.

### *Conclusion*

Migrant women face multiple forms of revictimization that complicate their integration and recovery process. From racism and hate speech to paternalism and bureaucratization, these experiences perpetuate their vulnerability and hinder their empowerment. Effective coordination between services and a respectful, collaborative approach are essential to mitigate these effects and support women on their path to personal reconstruction. It is crucial to recognize and address these diverse forms of revictimization to promote a fairer and more inclusive society.

### **5.2.4 Opportunities and needs regarding the health of migrant women**

The examination of opportunities and needs regarding the health of migrant women highlights the barriers they face and strategies to improve their well-being. Through narratives and observations of professionals, several key aspects are identified, from access to healthcare to the promotion of healthy habits and leisure.

*It's hard to provide all the evidence needed to access healthcare. On top of that, all the officials, who sometimes believe we have the absolute truth, end up denying it. Instead of facilitating or collaborating, it becomes even more costly and more...*

### **Healthcare**

Migrant women often feel attended to at the healthcare level. For example, it is mentioned that a Ukrainian woman regularly attends the doctor, indicating general access to basic medical care. However, this does not always mean that their needs

are fully met, as challenges such as lack of resources and unfamiliarity with certain administrative procedures persist, which can hinder access to specific services.

### **Filial Prioritization**

An observed phenomenon is the tendency of migrant women to prioritize their children's health over their own. This is evidenced by the request for psychological care mainly for children, while mothers themselves rarely seek help unless they face very evident problems. This may be due to cultural barriers or a perception of mental health as less of a priority for themselves.

### **Access to Mental Health**

Access to mental health services is limited due to long waiting lists and a lack of understanding of the importance of mental health. Often, women do not demand these services because they do not understand the value they can bring. A professional mentioned that, despite coordination to facilitate these referrals, demand exceeds supply, resulting in significant delays.

### **Promotion of Leisure and Physical Activity**

Promoting leisure and physical activity is crucial for overall well-being. Despite efforts to promote leisure and free time activities, there is cultural resistance among migrant women, who often perceive leisure as a waste of time. An interviewee noted that despite organizing recreational activities, women's participation remains low, suggesting the need for more effective strategies to engage them.

### **Gender Blindness and Affective-Sexual Education**

Recreational activities and affective-sexual education are often not utilized by migrant women, which may be due to a lack of knowledge or interest. Affective-sexual education is offered on an ad hoc basis and on demand, but its implementation is limited and does not always reach women who need it most, especially those with traumatic experiences such as gender-based violence.

### **Destigmatization and Nutritional Education**

Stigmatization of mental health and lack of adequate nutritional education are significant barriers. The diet of migrant women does not always align with local norms and may be affected by their stress and disorganization. An interviewee

mentioned how imbalances in nutrition reflect their emotional state and difficulties in maintaining healthy habits.

### **Resistance and Lack of Knowledge in Access to Healthcare**

Migrant women face administrative resistance and lack of knowledge about their healthcare rights. Administrative procedures can be complex, and they often encounter initial denials that require professional accompaniment to resolve. Family reunification presents additional challenges, such as difficulty accessing healthcare for newly arrived family members until certain registration requirements are met.

### **Collapse in Mental Healthcare and Promotion of Psychological Support**

The mental healthcare system is overwhelmed, with significant delays in appointments due to high demand and lack of resources. However, the availability of free services remains a significant advantage. Promoting psychological support is crucial, especially given the increase in cases and the necessary coordination with other social services and the police to support women who have been victims of violence.

#### *Conclusion*

Migrant women face multiple barriers to accessing comprehensive and adequate healthcare. From cultural resistance to leisure promotion to long waiting lists for mental health services, the needs of these women often go unmet. It is essential to continue improving coordination between services, promote greater understanding of mental health, and find effective ways to engage women in comprehensive well-being activities. Eliminating administrative barriers and raising awareness of healthcare rights are also crucial steps to improving access and quality of healthcare for migrant women.

### **5.2.5 Opportunities and needs regarding the professional development of migrant women (training, education and employment)**

This section examines the opportunities and needs in the professional development of migrant women, covering training, education, and employment. Through narratives and observations of professionals, the challenges and necessary strategies to improve their integration and progress in the workplace are identified.

*Without training and without taking care of themselves and without providing them with basic tools for their daily lives, to be able to face new situations that,*

*unfortunately, will also be discriminatory, even though we are in Europe, they will still encounter them. So, many times they are relegated to continuing and maintaining those external obligations that burden us so much as women, making this also a gender issue.*

### **Flexibility and Training in the Workplace**

Migrant women attend training courses with flexibility to balance their obligations. Often, training takes place in the workplace itself, which facilitates their participation. However, training opportunities must align with the demands of the local labor market to be effective and relevant.

### **Priorities and Challenges**

Migrant women face multiple priorities that complicate their professional development, such as finding housing, regularizing their legal status, and the urgent need for employment to survive. These factors may sideline training and professional development, although work remains an essential tool for their integration.

### **Gender Stereotypes in the Workplace**

Migrant women are often limited to feminized and precarious jobs, such as domestic service and eldercare, due to gender stereotypes and lack of recognition of their previous qualifications. Although they want to work, they often prioritize the job opportunities of their male partners, thus perpetuating traditional gender roles.

### **Individualized Insertion Itineraries**

Individualized itinerary programs offer a personalized approach to labor insertion, assessing the conditions, capacities, and previous training of each woman. These programs are rigorous and allow for the establishment of a follow-up plan and adaptation of training to individual needs but require resources and constant support.

### **Participation in Work Teams**

The participation of migrant women in work teams and boards of organizations is limited, often restricted to cleaning or basic services roles. This phenomenon

reflects the need to promote the inclusion and representation of these women in more diverse and significant roles within organizations.

### **Work-Family Balance and Responsibilities**

Balancing work and family life is a significant challenge. Migrant women, especially those who are single mothers, find it difficult to access employment due to family responsibilities. The lack of time for additional training outside of work exacerbates this situation, perpetuating the cycle of precarious and poorly paid jobs.

### **Precariousness and Deskilling**

Migrant women often accept precarious jobs as a short-term solution due to the urgent need for income. This can lead to deskilling, as they cannot fully leverage their skills and previous training. Homologation of titles and obtaining necessary certifications are complicated and costly processes, limiting their opportunities.

### **Regularization and Documentation**

Irregularity in documentation is a persistent problem. Migrant women face constant uncertainties with the renewal of residence permits and asylum, negatively impacting their job stability and access to basic rights. Additionally, irregularity in registration due to informal rentals further complicates their situation.

### **Training and Cultural Needs**

Training in gender equality and understanding women's rights are fundamental aspects for the empowerment of migrant women. The inclusion of feminist perspectives in training and education can help overcome cultural barriers and promote greater equality in the workplace.

### *Conclusion*

Migrant women face a series of complex challenges that hinder their professional development. From lack of recognition of their qualifications to the need to balance family responsibilities with work, the barriers are multiple and varied. To improve their situation, it is crucial to implement flexible and personalized training programs, promote gender equality in the workplace, and ensure access to adequate documentation and regularization. Additionally, a holistic approach is needed that

considers both the professional and personal needs of migrant women, thereby facilitating their integration and progress in society.

### **5.2.6 Challenges and/or opportunities for the social development of migrant women**

This section emphasizes the importance of literacy, socialization, adherence to community programs, and restitution in the host society.

*Of course, moreover, it is the women who take responsibility for the children. When a man migrates, it's not that he neglects his children, but it's different. When a woman migrates, she always carries the burden of her children, even if she doesn't have them physically with her.*

#### **Literacy and Learning**

Literacy poses a significant challenge for migrant women, especially those from countries with different writing systems. Adapting to new alphabets and languages can be complicated, but it is fundamental for their integration and participation in the host society.

#### **Socialization through Training**

Training programs not only offer learning opportunities but also spaces for socialization and networking. Participation in Spanish classes and other community activities allows migrant women to establish bonds and feel part of the local society.

#### **Adherence and Continuity**

Adherence to training programs and community activities is crucial for the social development of migrant women. Continuity in attending Spanish classes and other services provided by community organizations contributes to their integration and well-being.

#### **Restitution and Gratitude**

Migrant women show gratitude and willingness to contribute to the community that hosts them, even after receiving help and support. Many are willing to give back what they have received and participate in volunteering or supporting other newcomers.

## **Gender Roles and Stereotypes**

Gender roles and family expectations can influence the decisions and experiences of migrant women. The responsibility of caring for children and balancing family and work life can be overwhelming and limit their participation in social and work activities.

## **Loss of Social Status Grieving**

Adapting to a new environment and losing social status can be a significant challenge for migrant women, especially those with education and professional experience in their home countries. The need to find employment and settle in a new society can be difficult to accept.

## **Empowerment through Employment**

Employment provides not only economic income but also a sense of belonging and autonomy for migrant women. The opportunity to work and establish professional networks contributes to their social development and emotional well-being.

## **Support and Integration**

Community support and the promotion of integration are fundamental for the social development of migrant women. Creating safe and welcoming spaces, as well as encouraging active participation in the community, are key to their inclusion and well-being.

## **Continuous Challenges**

Despite efforts to facilitate the integration of migrant women, obstacles and prejudices persist in the host society. Lack of support and gender stereotypes can limit their opportunities and hinder their adaptation to their new environment.

## *Conclusions*

The social development of migrant women is a complex process that requires a comprehensive approach sensitive to their needs and experiences. Through literacy programs, employment empowerment, and community support, their integration and active participation in the host society can be promoted. However, it is



important to recognize and address persistent challenges, including gender roles, stereotypes, and structural barriers, to ensure a successful and sustainable integration process.

### **5.2.7 Challenges and/or opportunities in the rights (legislation and access) of migrant women**

This section delves into responsibility in hiring practices, labor de-skilling, degree recognition, the autonomy phase, bureaucratization, legal counseling, administrative resistance, the digital divide, and ignorance of rights.

*It also makes me sad because, even in the year 2022, many are unaware of their equal rights, often because they are not allowed to know. Sometimes, when I have attended a rights workshop, whether at this center or elsewhere, they are surprised by the evolution of women's rights because in many of the countries they come from, there has been no progress at all.*

#### **Responsibility in Hiring**

Ensuring a clear work policy to protect the rights of migrant individuals, especially regarding labor contracts, is crucial. Providing clear information about labor rights and ensuring their compliance in work contracts is essential to protect migrant women from labor exploitation.

#### **Labor De-skilling**

Despite having high levels of education and training, many migrant women are forced to work in jobs that do not match their level of education. This poses significant challenges in terms of professional development and job satisfaction.

#### **Degree Recognition**

Facilitating the recognition of foreign degrees would allow migrant women to access jobs that align with their education and previous experience. However, degree recognition processes are often complex and difficult to navigate.

#### **Autonomy Phase**

Transitioning to the autonomy phase is a significant milestone for migrant women, marking their ability to live independently in the host society. However, this process can be hindered by bureaucratic and administrative barriers.

### **Bureaucratization and Administrative Resistance**

Excessive bureaucracy and administrative resistance make it difficult for migrant women to access their rights and basic services. Lack of coordination between different institutions and divergent criteria can further complicate the process.

### **Digital Divide and Ignorance of Rights**

The digital divide and ignorance of equality rights are significant barriers for migrant women. Lack of access to technology and information hampers their ability to assert their rights and access available resources and services.

### **Pioneering Initiatives and Recognition**

Pioneering policies, such as the Gender Violence Law, have provided significant advances in protecting the rights of migrant women. However, it is crucial to ensure that these initiatives are effectively implemented and recognized as fundamental tools to protect women in vulnerable situations.

### *Conclusions*

The challenges in the rights of migrant women are diverse and complex, but there are also opportunities to address them effectively. It is necessary to work together to eliminate bureaucratic barriers, improve access to information and services, and ensure that migrant women can fully exercise their rights in the host society.

### **5.2.8 Harmonization of identities and values for the coexistence of different cultures**

In this context, the harmonization of identities and values to promote coexistence among different cultures is addressed. Aspects such as collaboration, social awareness, intercultural education, and the promotion of cultural exchange are highlighted.

*I also believe that important work is being done to raise awareness about roles, so they can see different ways of life from other women, perhaps from our perspective,*

*such as in violence prevention, for example. In demystifying romantic love and dependence on men. I think that is also being addressed.*

### **Collaborative Dimension**

It is crucial to promote collaboration between different groups and communities, avoiding distinctions and working together to foster integration and mutual understanding.

### **Inmigracionalismo and Social Awareness**

Attention to discrimination in the media, through programs like "Inmigracionalismo," helps raise awareness in society about the realities of migration and combat stereotypes and prejudices.

### **Opportunities for Cultural Exchange**

Cultural exchange, through events like the "Café del Mundo," provides opportunities for different communities to meet, share their traditions and experiences, and build intercultural social networks.

### **Intercultural Education**

Intercultural education, driven by teachers and reflected in school documents, is fundamental to promoting understanding and respect among students from different cultural backgrounds.

### **Demystification and Flexibility**

It is important to demystify misconceptions and adopt a flexible attitude when working with people from different cultures, recognizing and respecting their values and individual experiences.

### **Gender Sensitization**

Gender sensitization, including gender-based violence, is fundamental to promoting healthy relationships and combating discrimination and inequality.

### **Mythification of Romantic Love and Adjustment of Expectations**

It is crucial to address the mythification of romantic love and help migrant women adjust their expectations, promoting autonomy and gender equality.

### **Program Evaluation and Institutional Co-responsibility**

Continuous program evaluation and institutional co-responsibility are key to ensuring that the objectives of promoting intercultural coexistence and combating discrimination are met.

### **Inclusive Language and Continuous Training**

Promotion of inclusive language and continuous training in cultural diversity and gender issues are important tools to foster an environment of respect and mutual understanding.

In summary, the harmonization of identities and values for the coexistence of different cultures requires a collaborative, educational, and awareness-raising approach that promotes cultural exchange, mutual respect, and gender equality.

## **5.3 Research conclusion**

Professionals supporting migrant women in Italy perceive the phenomenon through various lenses, understanding the multifaceted needs, challenges, and opportunities faced by this demographic. Their work aims to address these complexities while fostering social inclusion and well-being. Here's how they perceive the phenomenon and the social projection of their work, along with their recognition.

Professionals who work with migrant women have provided valuable insight into the perception of the migratory phenomenon and the social projection of their work. From their contributions, the following conclusions and recommendations can be drawn:

### **5.3.1 Perception of the phenomenon and social projection of their work**

- 1. Awareness of the Migration Process:** It's crucial to raise awareness in society about the reality and challenges of the migration process, especially concerning migrant women, who face unique and often invisible challenges.

- 2. Demystification of Stereotypes:** Professionals emphasize the importance of debunking stereotypes and prejudices related to migration and femininity, promoting a more realistic and respectful image of migrant women.
- 3. Social Projection of Work:** Working with migrant women should be socially projected as a significant contribution to community well-being and the promotion of cultural diversity. It's necessary to highlight their work in the integration and empowerment of these women in the host society.

### **Recommendations for Good Practices:**

- 1. Awareness Campaigns:** Organize awareness campaigns aimed at the general community to increase awareness of the experiences and challenges of migrant women, promoting respect and solidarity.
- 2. Intersectoral Collaboration:** Establish partnerships with media outlets, educational institutions, and community organizations to disseminate accurate and positive information about migration and the contribution of migrant women to society.
- 3. Participation in Community Events:** Actively engage in community events, cultural fairs, and intercultural activities to promote intercultural dialogue and showcase the positive impact of working with migrant women.
- 4. Promoting Dialogue:** Organize roundtable discussions, talks, and debates on migration and gender equality, inviting experts and community leaders to generate constructive dialogue and promote a deeper understanding of the issue.
- 5. Publication of Success Stories:** Highlight success stories of migrant women in the community, showcasing their resilience, achievements, and contributions to the host society, to counteract negative narratives and harmful stereotypes.

In summary, the perception of the migration phenomenon and the social projection of working with migrant women should be addressed with sensitivity, commitment, and concrete actions to promote greater understanding, inclusion, and respect towards these women and their experiences.

### **5.3.2 Perceived needs and social projection**

- 1. Active listening and Empathy:** It's crucial to make a continuous effort to understand the perceived needs of migrant women, which requires active and empathetic listening that takes into account their individual experiences and cultural contexts.

2. **Comprehensive Approach to Needs:** The perceived needs of migrant women encompass a wide range of areas, from basic needs such as housing and employment to emotional, legal, and social integration aspects. Therefore, any intervention must be comprehensive and multidisciplinary.
3. **Recognition of Diversity:** Perceived needs vary among migrant women due to differences in age, ethnic origin, educational level, marital status, and migration experience. It's important to recognize and respect this diversity when designing programs and services.

#### **Recommendations for Good Practice:**

1. **Needs Assessment:** Conduct regular assessments of the perceived needs of migrant women through surveys, interviews, and focus groups, in order to continuously adapt services and programs.
2. **Holistic Services:** Provide holistic services that address both the practical and emotional needs of migrant women, including legal assistance, psychological support, vocational training, access to housing, and healthcare services.
3. **Rights-Based Approach:** Adopt a rights-based approach that empowers migrant women and promotes their active participation in decision-making processes affecting their lives, recognizing their agency and autonomy.
4. **Promotion of Social Inclusion:** Promote the social inclusion of migrant women through community integration activities, cultural exchange programs, and opportunities for civic and political participation.
5. **Training and Awareness:** Provide training and awareness-raising to professionals from various sectors, as well as to society at large, about the needs and rights of migrant women, in order to foster a more comprehensive and supportive response.

In summary, the recognition and proper addressing of the perceived needs of migrant women are essential to ensure their well-being, empowerment, and full integration into the host society. This approach requires concerted and sustained action by all stakeholders involved in providing care to this population.

#### **5.3.3 Challenges faced and recognition**

1. **Multidimensional Challenges:** The challenges encountered in assisting migrant women are multifaceted, encompassing legal, cultural, linguistic, emotional, and social barriers that can impede the process of integration and access to essential services.

2. **Need for Professional Recognition:** Despite the crucial nature of the work undertaken by professionals supporting migrant women, their efforts often lack proper recognition and are undervalued in terms of compensation, social standing, and institutional backing.
3. **Importance of Interdisciplinary Support:** Effectively aiding migrant women necessitates an interdisciplinary approach involving professionals from various fields such as social work, psychology, law, health care, and education to comprehensively address the diverse needs of this demographic.

#### **Best Practice Recommendations:**

1. **Recognition of Work:** Publicly acknowledge and appreciate the contributions of professionals supporting migrant women, underscoring their role in enhancing the well-being and social integration of this vulnerable population.
2. **Specialized Training:** Provide specialized and ongoing training for professionals engaged in supporting migrant women, covering legal, cultural, psychological, and gender-related aspects to enhance the quality and efficacy of services rendered.
3. **Institutional Support:** Ensure institutional backing and allocation of adequate resources for programs and services aimed at supporting migrant women, including sufficient funding, appropriate infrastructure, and professional oversight.
4. **Recognition of Diversity:** Acknowledge and respect the diversity of experiences and needs among migrant women, adopting a gender-sensitive approach that considers factors such as ethnicity, religion, sexual orientation, and other facets of cultural identity.
5. **Collaboration Networks:** Foster collaboration and the exchange of best practices among organizations, government bodies, academic institutions, and civil society entities involved in supporting migrant women to strengthen the collective response to identified challenges.

In summary, addressing the multifaceted challenges and acknowledging the contributions of professionals supporting migrant women requires a comprehensive and collaborative approach involving various stakeholders and levels of society. This approach will contribute to enhancing the quality of life and well-being of migrant women while promoting inclusion and equal opportunities within host communities.

#### **5.3.4 Strategies for social projection**

1. **Need for Awareness: There** is a lack of widespread awareness and understanding about the realities and needs of migrant women, contributing to the perpetuation of stereotypes and discrimination.
2. **Importance of Visibility:** It is crucial to highlight the experiences, contributions, and challenges of migrant women in society to promote greater empathy, solidarity, and collective action.
3. **Role of Education and Communication:** Intercultural education and inclusive communication are powerful tools for combating prejudices and stereotypes, promoting greater understanding and respect for cultural diversity and migration experiences.

#### **Best Practice Recommendations:**

1. **Awareness Campaigns:** Develop and promote public awareness campaigns addressing issues related to migration, gender, and interculturality, highlighting the positive contributions of migrant women to society and promoting equality of rights and opportunities.
2. **Gender Mainstreaming:** Integrate a gender perspective into all awareness and communication initiatives, highlighting the specific inequalities faced by migrant women and promoting gender equality in all areas of society.
3. **Community Participation:** Foster the active participation of host communities and migrant women themselves in the planning, implementation, and evaluation of programs and policies related to migration and integration, thus promoting a participatory and needs-based approach.
4. **Strategic Partnerships:** Establish strategic partnerships with media outlets, educational institutions, civil society organizations, and the private sector to amplify the message of inclusion, diversity, and respect for migrant women and their rights.
5. **Promotion of Intercultural Dialogue:** Facilitate spaces for encounter and intercultural dialogue where the exchange of experiences, knowledge, and perspectives between migrant women and the host community is promoted, fostering mutual understanding and strengthening social cohesion.

In summary, implementing effective strategies for the social projection of work with migrant women requires a comprehensive approach involving multiple stakeholders and levels of society. By promoting greater awareness, visibility, and intercultural dialogue, we can contribute to building more inclusive, fair, and supportive societies for all people, regardless of their origin or migration status.



### 5.3.5 Perception of recognition

1. **Lack of Institutional Recognition:** Many professionals feel a lack of recognition from institutions and society for their efforts in supporting migrant women. This lack of recognition can lead to feelings of frustration and demotivation.
2. **Value of Peer Recognition:** Although institutional recognition may be lacking, professionals often find validation and support through recognition and appreciation within their own professional networks.
3. **Need for Advocacy and Awareness:** There is a need for advocacy and awareness campaigns to highlight the importance of the work done by professionals supporting migrant women and to advocate for greater recognition and support from institutions and society.

#### Recommendations:

1. **Advocacy Initiatives:** Professionals should actively participate in advocacy initiatives aimed at raising awareness about the importance of their work and advocating for greater recognition and support from policymakers, government agencies, and the general public.
2. **Professional Development Opportunities:** Institutions and organizations should provide professional development opportunities, training, and skill development to empower professionals and enhance their expertise in supporting migrant women.
3. **Celebration of Successes:** Institutions and organizations should implement strategies to celebrate the successes and achievements of professionals working with migrant women, whether through awards, recognition ceremonies, or internal appreciation programs.
4. **Building Support Networks:** Professionals should seek out and actively participate in support networks, professional associations, and communities of practice where they can receive peer recognition, share experiences, and collaborate with like-minded individuals.
5. **Advocating for Oneself:** Professionals should advocate for themselves and their work, highlighting their accomplishments, impact, and the importance of their role in supporting migrant women to stakeholders, policymakers, and the broader community.

By addressing the perception of recognition and implementing strategies to improve recognition and support for professionals working with migrant women, institutions and organizations can create a more conducive and rewarding environment for this vital work.

### 5.3.6 Synthesis of Good Practices to Support Migrant Women

1. **Support in Language Learning and Education:** Provide language classes at multiple levels and encourage parental involvement in their children's education.
2. **Emotional Balance:** Train professionals to maintain a balance between their emotional involvement and personal well-being.
3. **Comprehensive Services:** Offer integrated services that address all needs, from health to legal advice.
4. **Promoting Autonomy:** Focus on self-determination, allowing women to develop their skills and become self-sufficient.
5. **Access to Information:** Ensure that women have access to the necessary information and resources to feel safe and competent.
6. **Personalized Support:** Tailor assistance to the individual contexts and backgrounds of migrant women.
7. **Safety and Trust:** Foster a secure environment where women feel protected and free from fear.
8. **Multidisciplinary Collaboration:** Improve service effectiveness through collaboration among professionals from different fields.
9. **Empowerment and Opportunities:** Encourage women to explore and access opportunities beyond traditional and precarious roles.
10. **Emotional and Psychological Support:** Provide robust emotional support and understand the psychological experiences of migrant women to offer appropriate assistance.

#### Recommendations:

1. **Language and Education Programs:** Develop and implement language programs at various proficiency levels. Encourage active parental involvement in school activities and programs to support their children's education and integration.
2. **Professional Training on Emotional Balance:** Conduct regular training sessions for professionals on managing emotional balance to ensure they can effectively support migrant women without compromising their well-being.
3. **Integrated Service Provision:** Create comprehensive service models that address health, legal, educational, and social needs holistically. This

approach ensures that migrant women receive the support they need from a single point of contact.

4. **Autonomy-Focused Interventions:** Design programs that emphasize skill development and self-sufficiency, providing women with the tools and opportunities to become independent.
5. **Information Accessibility:** Develop clear, accessible channels for disseminating information and resources to migrant women, ensuring they are informed about their rights, available services, and safety measures.
6. **Customized Support Strategies:** Implement personalized support plans that take into account the diverse backgrounds and unique needs of each migrant woman, enhancing the relevance and effectiveness of the assistance provided.
7. **Safe and Trustworthy Environments:** Establish and maintain environments where migrant women feel safe, respected, and free to express their concerns and needs without fear of discrimination or retribution.
8. **Multidisciplinary Team Collaboration:** Encourage and facilitate collaboration between professionals from various sectors, such as social work, healthcare, education, and legal services, to provide cohesive and coordinated support.
9. **Empowerment Initiatives:** Develop programs that encourage women to pursue opportunities in education, employment, and community involvement, moving beyond traditional roles and fostering greater economic and social participation.
10. **Emotional and Psychological Care:** Ensure that emotional and psychological support services are readily available and tailored to address the specific experiences and traumas of migrant women, helping them to navigate their new environments and challenges effectively.

By implementing these recommendations, institutions and organizations can create a supportive and empowering environment for migrant women, enhancing their well-being, integration, and overall quality of life.

# Practical indications for operators

The interviews and research on best practices in combating violence against migrant women in Spain have yielded valuable insights for improving prevention measures and support for victims. This section provides practical guidelines for operators working with migrant women, addressing various essential aspects for effective and culturally competent intervention.

## **1. Effective Communication with Patients**

Effective communication with patients is fundamental for establishing trust and understanding. Professionals must demonstrate empathy, active listening, and respect at all times. It is important to:

- Use clear and accessible language, avoiding technical jargon.
- Ensure a safe and private environment for the conversation.
- Show sensitivity to the experiences and traumas of migrant women.
- Validate their feelings and experiences, reinforcing that violence is never justified.

## **2. Role of the Cultural Mediator**

The cultural mediator is a key figure in facilitating communication and mutual understanding between migrant women and healthcare professionals. Their functions include:

- Facilitating translation and cultural interpretation during consultations.
- Explaining the health system's rules and procedures to patients.
- Ensuring that the patients' needs and concerns are understood and adequately addressed.

## **3. Importance of Healthcare Professional Training**

Training healthcare professionals is crucial for providing appropriate care to migrant women. It is recommended to:

- Provide continuous training on gender violence awareness and detection.
- Train in interview techniques and crisis management.
- Foster knowledge of migrant women's rights and available resources.

#### **4. Communication, Language Barriers, and Interpreting**

Language barriers can hinder communication and service delivery. To overcome them, it is essential to:

- Use professional interpretation services instead of relying on family or friends.
- Be aware of the diversity of dialects and linguistic variations.
- Provide informational materials in multiple languages and accessible formats.

#### **5. Intercultural Differences and Competencies**

Understanding intercultural differences and developing intercultural competencies are vital for effective care:

- Recognize and respect cultural differences in perceptions of health, illness, and treatment.
- Avoid assuming that all migrant women share the same cultural beliefs and practices.
- Promote an individualized, patient-centered approach.

#### **6. Ethnic Stereotypes, Prejudices, and Discriminatory Practices**

To provide equitable care, it is crucial to combat stereotypes and prejudices:

- Raise awareness among professionals about unconscious biases.
- Promote diversity and inclusion at all levels of care.
- Ensure that policies and practices are fair and non-discriminatory.

#### **7. Knowledge of the Healthcare System and Access to Services**

Migrant women often lack knowledge of how to access healthcare services. It is important to:

- Provide clear guidance on how the healthcare system operates.
- Facilitate access to medical care through information and support points.
- Assist patients in navigating the healthcare system.

#### **8. Importance of Social Ties in Ensuring Reproductive**

Health Social support is crucial for the reproductive health of migrant women:

- Encourage the creation of community support networks.
- Promote programs that integrate migrant women into the local community.
- Facilitate support groups and workshops on reproductive health.

## **9. Systemic Solutions for Migrant Issues**

Addressing the systemic problems faced by migrant women requires integrated and coordinated solutions:

- Develop public policies that protect the rights of migrant women.
- Strengthen cooperation between different institutions and organizations serving migrants.
- Promote the inclusion of migrant women in policy-making and decisions that affect their well-being.

Professionals working with migrant women must be prepared to face a variety of challenges and provide comprehensive, empathetic, and culturally competent support. They emphasize the vocational nature of their profession and the need for an empathetic attitude and openness to cultural and personal differences. Continuous training, the use of cultural mediators, and sensitivity to intercultural differences are fundamental to ensuring effective and respectful care.

## **6.1 Synthesis of the good practices identified**

Here's a brief outline of how the identified practices can be useful to professionals in the fields of psychology and social services.

### **6.1.1 Best Practices 1: Intersectoral collaboration project for the prevention and treatment of gender violence**

This programme has been recognised with the Quality Award by the National Health System of the Ministry of Health of Spain (2010).

The objective of this project, which is being carried out in the city of Salamanca through the Primary Health Care Management, is to improve prevention and care in gender violence, through intersectoral coordination from health services as the central axis on which the coordination with the rest of the resources pivots in

collaboration with the Local Police and the Secondary Education Institute. It was presented to the BBPP competition having implemented and analysed the health action against gender violence with coordination as its axis.

At the local level, the health sector was considered an important axis on which resources are coordinated and networks are created that offer an adequate response to the prevention and care of gender violence. The objective was to improve the prevention of gender violence and the care of women victims of this violence in the city of Salamanca through coordination, with health services being the central axis in the coordination with other resources.

Regarding the target population, three aspects were assessed:

- In terms of care: female victims of VG in the city of Salamanca and their sons and daughters.
- At the training level: social and health professionals from Primary Care in the city of Salamanca.
- At the preventive level: adolescent population from a basic health area of Salamanca (Garrido Sur)
- Participants: health and social professionals from Primary Care, Local Police, teaching staff from the Secondary Education Institute

Regarding the methodology:

- Creation of a permanent intersectoral working group on gender violence in the Primary Care Management (health, police, teaching and social areas), coordinated by a nursing professional. Review of the literature and experiences of interest in prevention in the educational field.
- Design by the group of an action plan on VG. and all the activities carried out were designed and carried out within a framework of collaboration between the institutions.
- Situation analysis: The assessment of the problem of VG in the city of Salamanca was carried out through a prevalence study through the electronic clinical records of Primary Care.
- Care for women victims of gender violence) and through the realization of a pilot study in a secondary school in the adolescent population that collects information on the beliefs and social roles present at this stage, in relation to the myths that give rise to, perpetuate and justify gender violence, and the prevalence of gender violence in the study population.
- Training of professionals: To improve care for women victims of violence, primary care health and social professionals have been trained and raised awareness (290 in 14 workshops), with the main objective of acquiring

knowledge and skills for the comprehensive approach to women who suffer violence and knowing the resources available in the health area to achieve multidisciplinary and coordinated care.

- Development of coordination systems and implementation of intervention protocols:

Specific coordination between the health and police systems in emergency care has been developed.

Three documents were adopted as a basis for all interventions: The Common Protocol for Health Action in the Face of Gender Violence, the Clinical Practice Guide for Violence against Women in Couples of the Junta de Castilla y León of 2010 and the Confidentiality Guide.

A prevention program was designed in the school environment. The contribution to the prevention of gender violence was a priority issue for the working group. The proposed activities were raised as pilot experiences, so that, after the initial evaluation, they could be carried out continuously and thus overcome the punctual interventions, which barely achieve results in prevention. A pilot School Prevention program was carried out during the first quarter of the 2010-2011 school year at the IES Venancio Blanco in Salamanca. Specific training was carried out for the teachers of the center to raise their awareness of the problem. The programme was carried out in classrooms, during tutoring hours. The number of educational sessions carried out by nursing professionals from 1st to 4th ESO was 36 (3 in each course). The Local Police carried out 3 sessions in the 2nd year of Baccalaureate courses. As for the materials used, on the one hand the Briefcase =a2 (Equalized) Formulas for Equality of the was used. Author Eva Ma de la Peña Palacios. Awareness videos were added to the material. The Police used the material "The Guide for Girls and Boys. What We Need to Know about Gender Violence" by the author Luisa Velasco Riego", so that they distributed copies among the teachers and a summary brochure among the students. The selection of this material, after carrying out an exhaustive search of all the materials published at a national level, was made because it is an agile, dynamic tool, which encourages student participation, because it is easy to apply in the classroom and because it adjusts to the preventive objectives selected by the group.

The other preventive strategy was the implementation of the adolescent consultation on VG in two basic quotas of the Garrido Sur and Capuchinos de Salamanca Centres. It was carried out by two nursing professionals within the periodic reviews of the 110 Youth Care Service. It included the implementation of psychosocial approach questions for screening and brief educational interventions



for the promotion of equality and non-violence and information on the concept of Gender Violence.

The results of the project seem encouraging, and it can be said that it has improved the awareness and training of health professionals, it has improved the care of women who suffer gender violence thanks to the coordination of the health, social and police systems and it has contributed to the prevention of gender violence through the collaboration of all sectors in the educational field.

At the present time, intersectoral collaboration continues in the care of women, in an agile and practical way (health and police areas); in addition, the police have served as a link with the judicial field. From a preventive point of view, the school programme at the ES is carried out continuously, with the midwives also being involved in its implementation, and we have among our objectives the longer-term evaluation when the development trajectory is broader.

<b>Intersectoral collaboration project for the prevention and treatment of gender violence: <a href="#">link</a>.</b>	
<b>Element</b>	<b>Guiding questions</b>
<b>Area of intervention</b>	<i>Awareness and prevention. Care and support.</i>
<b>Short description of the best practice</b>	<i>It aims to improve prevention and care in gender violence, through intersectoral coordination from health services as a central axis on which coordination with the rest of the resources pivots in collaboration with the Local Police and the Secondary Education Institute.</i>
<b>Target audience</b>	<i>The intervention/care/support is directed at women victims of gender violence and awareness and prevention is directed at the adolescent population (women in general).</i>
<b>Actors who apply the methodology or use the tool</b>	<i>Primary Care Health Area (medicine/nursing/social worker Local Police and Institute Teaching Staff.</i>
<b>Type of violence opposed</b>	<i>Any manifestation of violence (physical, psychological, sexual and economic violence)</i>
<b>Introduction</b>	<i>An intersectoral working group was created in Primary Care (health, police, educational and social areas) to exchange information and experiences on the different interventions carried out in the different areas and to coordinate them. Each of the interventions carried out has been done from a collaborative framework. The problem has been assessed by studying the prevalence in the clinical histories of primary care and in the adolescent population; health professionals have been trained and made aware of it and the intersectoral coordination strategies that exist as an essential instrument to care for and protect victims of violence have been presented, specifically developing coordination between the health and police systems in urgent care. An educational program has been developed in the school environment and diagnostic and prevention interventions on gender violence have been carried out in consultation, with special attention to the adolescent population. Gender has been taken into account in the intervention as women are victims of gender-based violence. Launched in 2010 to the present. This program has been recognized with the Quality Award by the National Health System of the Ministry of Health of Spain (2010).</i>

### **6.1.2. Best Practices 2: Awareness and prevention campaign against gender violence.**

This project has been recognized in the provincial award category at the Meninas Castilla y León Awards in 2023 for the work carried out in the area of intervention and prevention of all types of violence against women and support for victims.

This award is given for the commitment made for years to fight against gender violence, a scourge suffered by many women, especially in rural areas where they must face greater difficulties, fighting for equality between women and men and against the most serious inequality: gender violence, contributing to the development of different materials so that the population has more information and to promote the request for help by women who suffer violence. Actions that start from the same objective: to involve citizens to raise their voices against gender violence, to raise the voices of those who are silent. This local entity has been developing multiple awareness-raising and training actions. Within the City Council's commitment to the fight against gender violence, when the situation requires it, there is the provision of accommodation in hotels/hostels in the area for victims of gender violence and, where appropriate, their children, with the full protection of the corresponding patrol of the Civil Guard in the area, in order to "avoid having to go to an Emergency Centre.

Regarding the preparation of materials, they are the following:

a) Creation of an informative flyer to bring the concept of gender violence closer to the public, aimed mainly at understanding what this type of violence is and how it manifests itself and the obstacles that women living in rural areas encounter. The emergency telephone numbers 016, 112 and 062 are also included, as well as the telephone numbers of the Department of Social Services and the CEAS. In addition to the concepts mentioned above, a phrase has been included to attract the attention of both women who are victims of abuse and the general public: "Telling what is happening to you is the first step towards your recovery" as a way of raising awareness about the health consequences of women who suffer from this serious problem. This material has been distributed to all establishments in the area, both public and private, in order to reach the majority of the population.

b) Creation of an audiovisual. Creation of a video in which a good part of the business and associative network has been involved, as well as different public and private entities. The audiovisual, in addition to raising awareness among the population, aims to reject this type of violence and show support for abused women, so that they know they are not alone. All participants were given a purple ribbon, a symbol of solidarity towards abused women and the fight against gender violence. The audiovisual is specifically aimed at women victims of gender violence and the general population.

<b>Awareness and prevention campaign against gender violence: <a href="#">link</a>.</b>	
<b>Element</b>	<b>Guiding questions</b>
<b>Area of intervention</b>	<i>Awareness and prevention.</i>
<b>Short description of the best practice</b>	<i>Awareness and prevention campaign against gender violence with the publication of flyer and an audiovisual to raise awareness of this serious problem in rural areas.</i>
<b>Target audience</b>	<p><i>Preparation of materials for free distribution.</i></p> <ul style="list-style-type: none"> <li>- <i>Preparation of an informative flyer to bring the concept of gender violence closer to the public, aimed primarily at understanding what this type of violence is and how it manifests itself.</i></li> <li>- <i>Preparation of an audiovisual. Preparation of a video in which a good part of the business and associative fabric, as well as different public and private entities, have been involved. The audiovisual, in addition to raising awareness among the population, aims to reject this type of violence and show support for abused women, so that they know that they are not alone.</i></li> <li>- <i>All participants were given a purple ribbon, a symbol of solidarity towards abused women and the fight against gender violence.</i></li> </ul>
<b>Actors who apply the methodology or use the tool</b>	<i>Specifically aimed at women victims of gender violence and the general population. Professionals involved: Deputy Government Delegate. Mayor. Department of Social Affairs. Local Police. CEAS. Civil Guard. SACYL. Emergencies 112. Civil Protection. Association against cancer. Red Cross. IES Valverde de Lucerna. Property Registry. Tourist Office. Municipal Sports Centre. Pharmacy. Parapharmacy. Mechanical workshops. Post Office. Hospitality companies. Commerce.</i>
<b>Type of violence opposed</b>	<i>Any manifestation of violence (physical, psychological, sexual and economic violence).</i>
<b>Introduction</b>	<i>The obstacles that women living in rural areas usually encounter are highlighted. The emergency telephone numbers 016, 112 and 062 are included, as well as the telephone numbers of the Department of Social Services and the CEAS of the town. A phrase is included to draw the attention of both women victims of abuse and the general public: Telling what is happening to you is the first step towards your recovery because it is a way of raising awareness about the health consequences of women who suffer from this serious problem. The material has been distributed to all establishments in the area, both public and private, to reach the majority of the population. In addition, the video reflects the involvement of most of the business and associative fabric, so in addition to raising awareness among the population, it aims to reject this type of violence and show support for abused women. It was made in 2021. The audiovisual material was disseminated through the press and social networks and the City Council website.</i>

### **6.1.3. Best Practices 3: Against abuse zero tolerance.**

This project launched by the City Council of Puebla de Sanabria (Zamora) has been awarded by Antena3 news and the Mutua Madrileña Foundation in October 2024 as a good practice for its commitment to the fight against gender violence, in terms of raising awareness and preventing gender violence in the adolescent population.

It is part of the "Zero tolerance against abuse" campaign launched by the aforementioned entities with the aim of reinforcing social rejection of abuse and supporting victims, especially in the youth field, recognizing and rewarding the best actions promoted to raise awareness among the young population about zero tolerance towards gender violence. The City Council of Puebla de Sanabria (Zamora) has been selected from among 400 municipalities for its programs on gender violence and which highlights the initiatives promoted by the municipality in favor of equality and the prevention of this problem.

The award-winning activity was "Sanabria in Equality" which brought together more than 60 people of all ages in a sports day that promoted equality and respect between men and women. The event included the participation of prominent figures in football, such as Kenio Gonzalo, national Under-17 coach, Elena Fernández, goalkeeping coach for the Under-17 and Under-19 teams, and Javier Torres, former player for Real Madrid and Real Valladolid. Later, to complement this activity, a talk-colloquium on "Equality in sport" was held at the Puebla de Sanabria Castle, where the difficulties faced by girls in sports, especially in rural areas, were addressed. This meeting generated a space for reflection and awareness about the importance of promoting equality from an early age. In addition to these activities, there is a drawing competition on equality and gender violence aimed at primary school children and a photography competition for secondary school children. Both are part of an exhibition.

<b>Zero Tolerance Against Abuse: <a href="#">link</a>.</b>	
<b>Element</b>	<b>Guiding questions</b>
<b>Area of intervention</b>	<i>Awareness and prevention.</i>
<b>Short description of the best practice</b>	<i>This is a joint campaign carried out by Antena3 News and the Mutua Madrileña Foundation within the framework of corporate responsibility. This collaboration aims to reinforce social rejection of abuse and support victims, especially among youth.</i>
<b>Target audience</b>	<i>To the total population and especially to women in general.</i>
<b>Actors who apply the methodology or use the tool</b>	<i>Policy makers in local entities (Mayors of Town Councils throughout Spain).</i>
<b>Type of violence opposed</b>	<i>Any manifestation of violence (physical, psychological, sexual and economic violence)</i>
<b>Introduction</b>	<i>This initiative began in 2015 and is still active today. The aim of this collaboration is to reinforce social rejection of abuse and support victims, especially among youth. It includes renowned journalists who work to raise awareness in society about the importance of not tolerating abuse. Projects such as the webinar <i>Young people, mobile phones and gender violence</i> have been developed for students aged 13 to 16. The campaign includes the collaboration of Spanish town councils that want to join through the project <i>Municipalities against abuse</i> , which recognizes and rewards the best actions promoted to raise awareness among young people about zero tolerance towards gender violence. Antena 3 Noticias broadcasts a special program every year coinciding with the World Day against Gender Violence. Fundación Mutua Madrileña and Antena 3 Noticias also launch specific actions for the summer, such as the awareness campaign among young people about the importance of taking extreme precautions at summer parties. Every year, localities that carry out actions on gender violence are awarded. This year, 2024, 40 municipalities have been selected from the 400 participating localities. This good practice has been recognized by UN Women as one of the best international practices in terms of communication and dissemination in the fight against gender violence.</i>

#### **6.1.4. Best Practices 4: Municipal prostitution abolitionist plan.**

This is a Good Practice awarded by the Government of Spain, in the annual BBPP competition: “Contest of good local practices against gender violence 2023” which is launched annually and in which the Federation of Municipalities and Provinces collaborates, which is the entity in charge of selecting the best practices. This good practice was implemented by the Riba-Roja de Túria City Council (Valencia).

It was classified in category 4: Promotion of training for the different agents to guarantee a specialized and comprehensive response to female victims.

The general objective was to provide the key agents of the municipality with the necessary training to understand the reality of prostitution and have tools to detect and intervene with women and girls in prostitution, as well as to move towards a society in which respect for human rights and, consequently, the need to abolish prostitution prevail.

Furthermore, the entity set itself the specific objective of providing specific training on prostitution, sexual exploitation and trafficking to key agents and the general population.

They started from an initial assessment in which it was observed that there was a discrepancy in the data provided by the informants from social services areas, and a lack of answers to several of the questions posed. Therefore, it was intuited that there was a lack of training and specialization, recognized by the informants, as well as a lack of adequate records of the cases detected, or a lack of knowledge of these and, in addition, the participants recognized a lack of suitability of the resource to assist women to leave the prostitution system.

The perception of the participants regarding the suitability of the resources they had to help women to leave prostitution was assessed, this assessment being negative, except for the Police, which they considered to be the appropriate resource.

The response of migrant prostituted women was also assessed, with the majority of women indicating that the resource was adequate to meet specific needs but that there were many obstacles to specialized intervention: the language barrier, the cultural barrier, and lack of training.

Training was precisely another variable to be analyzed. The existence of previous training on prostitution and sexual exploitation that the participants had received was investigated, and it was discovered that the majority had not received training on the subject, except for a few people who had attended training voluntarily and outside the framework of their work. An interesting fact was the case of the State Security Forces and Corps: 100% of the participants indicated that they had not received training on the subject despite having expressed the suitability of the resources to help victims of the prostitution system.

As for the methodology, the perspective close to communicative methodology was applied that uses the dialogic turn that focuses on the voices of all the people involved; what was intended was to understand and accept that knowledge is not foreign to who produces it by evaluating the following points:

- Characteristics of the care given to women in prostitution, referrals and type of help requested and provided.
- Characteristics of the women in prostitution who were assisted (economic need, origin, age, addictions, mental health, educational level, socioeconomic level and form of recruitment).
- Characteristics of the "clients/consumers" of prostitution.
- Minors and women at risk of being recruited for sexual exploitation.
- Perception of the level of aggressiveness of the pimps.
- Prostituted women murdered in the municipality. - Assessment of the suitability of community resources to help women leave the prostitution system.
- Prior training of operators in the subject.
- Assessment of the abolitionist objective and possible improvement actions in the municipality.



<b>Municipal Prostitution Abolitionist Plan: <a href="#">link</a>.</b>	
<b>Element</b>	<b>Guiding questions</b>
<b>Area of intervention</b>	<i>Intervention. Promotion of training for various agents to ensure a specialized and comprehensive response to women victims of gender violence.</i>
<b>Short description of the best practice</b>	<i>The initial premise is a lack of training and specialization, as well as a lack of knowledge of cases in the different areas of social services for assisting prostituted women when they leave prostitution.</i>
<b>Target audience</b>	<i>Special migrant women and women in general. Raising public awareness. Women in prostitution.</i>
<b>Actors who apply the methodology or use the tool</b>	<i>Social agents involved in cases of prostitution (Security Forces and Corps. Social Services.)</i>
<b>Type of violence opposed</b>	<i>Sexual violence</i>
<b>Introduction</b>	<i>Double program: "From the local for women" and "Here we are, look at your side". The first aims to develop equality policies aimed at creating and facilitating spaces for reflection, training and information on equal masculinities and to develop and approve ordinances, plans, protocols, projects and programs aimed at eradicating all types of sexual violence in the municipality. The second is to train the agents involved in the first line of action and intervention to develop a multidisciplinary intervention for victims of sexual violence and to become familiar with the concepts relating to sexual violence in order to correctly identify the reported crime, as well as to promote a rapid and coordinated intervention of all professionals in a situation of sexual violence, that is, with specialized attention to women in prostitution and help them leave the prostitution system. Launched by the Riba Roja de Turia City Council (Valencia) in 2023 and awarded in the BBPP competition of the Spanish Federation of Municipalities and Provinces of Spain.</i>

### 6.1.5. Summary of Additional Best Practices of Government Delegation for Gender Violence in Spain.

We present a summary of the main initiatives, their areas of action, objectives and methodologies used in the prevention and care of gender violence in different municipalities and cities in Spain.

<b>N</b>	<b>PERFORMANCE AREA</b>	<b>GOALS</b>	<b>METHODOLOGY</b>	<b>ENTITY</b>
<b>1</b>	Awareness and prevention, Care and Support	Improve prevention and care in gender violence through	Intersectoral collaboration project	PRIMARY CARE MANAGEMENT-LOCAL POLICE Salamanca

		intersectoral coordination with health services as the central axis		
<b>2</b>	Awareness and prevention, Care and Support	Inform and train immigrant women on the prevention of gender violence	Workshops with participatory methodology	WOMEN ASSOCIATION
<b>3</b>	Awareness and prevention, Detection and coordination, Care and support	Address gender violence from prevention, awareness, multidisciplinary care, employment, and social support	Global campaign (UNITE, SAY NO, CLOTHESLINE PROJECT)	ALMERÍA CITY COUNCIL
<b>4</b>	Care and support	Progress towards a healthy lifestyle for women victims of gender violence, develop self-esteem and assertive communication tools	Animal-assisted therapy workshops	LAS ROZAS CITY COUNCIL
<b>5</b>	Care and support	Promote the empowerment and employability of women served by the Municipal Network for Attention to Victims of Gender Violence	Socio-labor insertion workshops	CITY OF MADRID
<b>6</b>	Care and support	Specialized care and intervention for minor victims of gender violence	Psychological, psychosocial, psychoeducational care, advice to mothers, joint family sessions	MALAGA'S TOWN HALL
<b>7</b>	Care and support	Individualized attention for cases of gender violence, execution of visitation regimes, and protection of victims	Neutral family exchange point	MOTRIL CITY COUNCIL (Granada)
<b>8</b>	Care and support, Detection and coordination	Provide information, guidance, and treatment to	Individualized and family intervention, interdisciplinary approach	SANTANDER CITY COUNCIL

		victims and promote their autonomy		
<b>9</b>	Care and support	Respond to the needs of women survivors of Intimate Partner Violence	Group psychological intervention	POZUELO DE ALARCÓN CITY COUNCIL (Madrid)
<b>10</b>	Care and support	Promote the comprehensive development of women and prevent, detect, and intervene in violence situations	Personalized attention and specialized legal advice	SUANCES CITY COUNCIL (Cantabria)
<b>11</b>	Awareness and prevention, Care and support	Prevent violent relationships in adolescents	Good emotional relationships program for adolescents	MOLINA DE SEGURA CITY COUNCIL (Murcia)
<b>12</b>	Care and support	Combat violence against women, young people, and children	Hera Project for secondary prevention	VALENCIA CITY COUNCIL
<b>13</b>	Awareness and prevention, Detection and coordination, Care and support	Provide comprehensive assistance to women and minors exposed to gender violence	Psychosocial care service	AUTONOMOUS CITY OF CEUTA
<b>14</b>	Awareness and prevention, Detection and coordination, Care and support	Facilitate coordinated work for professionals caring for women victims of sexist violence	Guide protocol for prevention and professional action	PRAT DE LLOBREGAT CITY COUNCIL (Barcelona)
<b>15</b>	Detection and coordination, Care and support	Improve comprehensive intervention with new application in data processing	Multiprofessional intervention in gender violence	SAN SEBASTIÁN DE LOS REYES CITY COUNCIL (Madrid)
<b>16</b>	Awareness and prevention, Detection and coordination, Care and support	Joint intervention protocol to respond to the needs of women who suffer sexist violence	Local protocol for comprehensive approach	SANTA COLOMA DE GRAMANET CITY COUNCIL (Barcelona)
<b>17</b>	Care and support	Improve service quality and support to victims through mobile	24-hour protection and support via mobile devices	TORREJON DE ARDOZ CITY COUNCIL (Madrid)

		devices and new technologies		
<b>18</b>	Care and support	Incorporate children in the comprehensive recovery process of their mothers	Personal development workshops for women and their children	VILAGARCIA DE AROUSA CITY COUNCIL (Pontevedra)
<b>19</b>	Awareness and prevention, Detection and coordination, Care and support	Prevent cases of gender violence and raise awareness	24-hour multidisciplinary care team	ELIANA CITY COUNCIL (Valencia)
<b>20</b>	Awareness and prevention, Detection and coordination, Care and support	Specific objectives for students, teachers, professionals, associations, and the general public	Role-playing games and use of new technologies	AYUNTAMIENTO DE GELVES
<b>21</b>	Care and support	Breaking the cycle therapeutic program for children of victims	-	CÁDIZ CITY COUNCIL
<b>22</b>	Care and support	Comprehensive care service ensuring monitoring during judicial, police, and social integration processes	Direct communication and continuous support	CITY COUNCIL OF PONTEAREAS (Pontevedra)
<b>23</b>	Care and support	Provide free, individualized legal advice to victims of gender violence	Individual, personalized, and integral attention	CÓRDOBA CITY COUNCIL
<b>24</b>	Care and support	Psychological care for minor victims to help their stability and emotional security	Systemic ecological model, positive parenting approach, networking	PALENCIA CITY COUNCIL
<b>25</b>	Care and support	Ensure visibility, reporting, and comprehensive protection of migrant women victims of gender violence	Interinstitutional protocol for intervention	ISLAND COUNCIL OF TENERIFE (Santa Cruz de Tenerife)
<b>26</b>	Care and support	Specialized resource to promote	Women's care service	CUNTIS CITY COUNCIL (Pontevedra)

		comprehensive development and prevent situations of abuse		
<b>27</b>	Awareness and prevention, Care and support	Comprehensive care, monitoring, and protection for victims	Police coordination table for protection	PUÇOL CITY COUNCIL (Valencia)
<b>28</b>	Care and support	-	Protocol for action in cases of gender violence	BELLREGUARD CITY COUNCIL (Valencia)
<b>29</b>	Care and support	Provide comprehensive response to GBV and seek its eradication	Teamwork, institutionalized coordination, gender training	FUENLABRADA CITY COUNCIL (Madrid)
<b>30</b>	Care and support	-	Social intervention model for rural areas	PROVINCIAL COUNCIL OF PALENCIA
<b>31</b>	Awareness and prevention, Care and support	Break the silence and empower victims	Campaigns in education, health, social services	CABEZÓN DE PISUERGA CITY COUNCIL (Valladolid)
<b>32</b>	Awareness and prevention, Care and support	Prevention, detection, and legal advice to victims	Zero tolerance - comprehensive municipal plan	TAVERNES BLANQUES CITY COUNCIL (Valencia)
<b>33</b>	Awareness and prevention, Care and support	Address violence against women comprehensively and continuously	Specialized care service	TOWN HALL OF LAS TORRES DE COTILLAS (Murcia)
<b>34</b>	Care and support	Provide a specialized and multidisciplinary resource for assistance and continued treatment	Integrated legal and psychological advice service	OVIEDO CITY COUNCIL (Asturias)
<b>35</b>	Care and support	Strengthen personality and promote positive self-perception	Personal strengthening group (GEP)	GRANOLLERS CITY COUNCIL (Barcelona)
<b>36</b>	Awareness and prevention, Care and support	Achieve emancipation through personal empowerment and economic independence	Job insertion plan for people at risk	VALLADOLID CITY COUNCIL

<b>37</b>	Awareness and prevention, Detection and coordination, Care and support	Ensure comprehensive protection, guidance, and multidisciplinary care	Prevention service and comprehensive care	TOWN HALL OF THE VILLAGE OF AGAETE (Las Palmas)
<b>38</b>	Care and support, Detection and coordination	Eradicate gender violence among interest groups	Protocols against gender violence	AUTONOMOUS BODY FOR TAX MANAGEMENT AND OTHER CITY COUNCIL SERVICES (Malaga)
<b>39</b>	Care and support	Optimize comprehensive care for victims and their children	Police protection systems (GAMA Group)	VALENCIA CITY COUNCIL LOCAL POLICE
<b>40</b>	Awareness and prevention	Raise awareness and involve society in gender equality	Equality School Bus	LA CORUÑA CITY COUNCIL

The main socio-educational and community lines of action in combating gender-based violence in Spain focus on awareness and prevention, detection and coordination, care and support, and socio-labor integration of victims. These initiatives aim to address gender-based violence from multiple angles, fostering a comprehensive and coordinated response that involves various social, educational, and community actors. Awareness and prevention are fundamental to eradicating attitudes and behaviors that perpetuate gender violence through educational campaigns, workshops, and awareness programs targeted at both the general population and specific groups, such as young people and migrants.

In the area of detection and coordination, programs focus on establishing protocols and systems for inter-institutional collaboration to ensure a swift and effective response to cases of gender-based violence. These systems allow for the early identification of risk situations and coordination between different services, such as the police, social services, and educational institutions. The implementation of innovative applications and technological tools also plays a crucial role in improving the accuracy and efficiency of victim support.

Care and support for victims are provided through specialized services that offer psychological, legal, and social assistance. These programs are designed to create a safe and supportive environment where victims can receive comprehensive and personalized help. Examples of these initiatives include animal-assisted therapy, free legal advice, and comprehensive care points that combine individual and family

intervention with an interdisciplinary approach. These measures aim not only to address the immediate needs of victims but also to promote their long-term recovery and empowerment.

Finally, the socio-labor integration of victims is a key line of action for their emancipation and autonomy. Employment and economic empowerment programs are designed to improve the skills and employability of affected women, facilitating their access to the labor market and promoting their economic independence. These workshops and programs not only provide training and job search support but also strengthen women's self-esteem and confidence, helping them rebuild their lives after experiencing gender-based violence.

### 6.1.6 Summary of Additional Best Practices of Gender violence observatory: bank of good practices for the prevention of gender violence.

Summary of Nine experiences recognized as good practices by the Gender Violence Observatory's Bank of Good Practices for the Prevention of Gender Violence.

N	NAME	GOALS	METHODOLOGY
1	<p><b>Mask-19</b></p> <p><i>Mascarilla-19</i>  <a href="http://mascarilla19.com/">http://mascarilla19.com/</a></p>	<p>Offer a resource so that those women who may suffer sexist violence, whether in their homes or on the street, have an alert system in pharmacies, thus being able to indirectly contact emergency services.</p>	<p>This initiative arose in March 2020 from the Government of the Canary Islands in collaboration with the Pharmaceutical Associations, within the framework of the State of Alarm and the consequent confinement of the population due to the health and social crisis of COVID-19. The campaign consists of informing the entire population that those women who are at risk for their physical, psychological and/or sexual integrity, both in their place of residence and on the street, can go to the pharmacy and request a "Mask 19". These establishments have remained open throughout the State of Alarm because they carry out essential work. Thus, under this word -Mask 19- as a code, the pharmacy staff contacts 112 or 016 to alert you of the situation and receive precise instructions.</p>
2	<p><b>Guide for the Empowerment of Immigrant Women Against</b></p>	<p>The Guide aims to be a tool that collaborates in the eradication of sexist violence and that</p>	<p>When immigrant women arrive in Spain, they often face increased vulnerability to gender violence due to factors such as dependency on</p>

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**Gender Violence**

*Guía para el empoderamiento de la mujer inmigrante frente a la violencia de género*

<https://acortar.link/83sEYz>

serves to promote chained processes of awareness among women in general and foreign women in particular.

their spouse for their residence permit, financial reliance, precarious socio-labor conditions, and lack of family support networks. Additionally, they may experience attacks but lack the knowledge or ability to recognize and act against them. This guide aims to inform both professionals working with this group and immigrant women themselves about their rights and available resources. It is based on research highlighting the lack of sufficient information on gender violence and immigrant women, incorporating reflections from affected women and social agents in the Basque Country. The guide promotes empowerment by raising awareness of individual and community strengths and providing skills to assert guaranteed rights, helping women regain control over their lives and escape submission to face violence.

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**3**

**SYNCHRONIZED**

*Sincronizadas*

<https://www.sincronizadas.com/>

The objective is to stop the possible sexual violence that women encounter when practicing sports.

The Platform is made up of women. To enter you have to link your own social network (Twitter or Facebook), through which you will have a reference to the person behind the profile and the email through which you register. Through the platform you can publish a training session indicating start and end date, race level and starting place. It thus allows other users to search for the times and places that best suit them, as well as being able to filter the levels with which they start to carry out the races and sign up to share that route.

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**4**

**VI2GEN**

<https://www.vi2gen.es/>

Offer a resource so that women victims of gender violence and people around them can ask for help from professionals safely and secretly, as well as send evidence for the subsequent judicial process.

This tool has been implemented by the Terrinches Women's Center (Ciudad Real). This tool can be accessed via a QR code or a direct link. In order not to leave a digital trace, you must enter with private browsing. You must fill out the form with the information that you believe is appropriate and necessary and you can also add photos, videos, audios or documents that may serve



	<p>as evidence for the complaint. When you submit the form, all the information will reach the system and expert people will contact you as soon as possible. It is important to know that, once the form is submitted, you will receive a reference code for your query that you must remember. It is recommended to write it down in a safe place.</p>
<p><b>5</b></p> <p><b>Don't Leave Her Alone. Guide for Family Members and Close People of Women Victims of Gender Violence</b></p> <p><i>No la dejes sola.</i>  <a href="https://acortar.link/m4oV4P/">https://acortar.link/m4oV4P/</a></p>	<p>Recognize the importance of the role of families and close people in cases of gender violence so that they are involved in the support and protection of women victims of gender violence in their environment. Provide families and loved ones with the necessary information about the reality of gender violence and guidelines for action, as well as specialized care services.</p> <p>Through a study carried out in 2019 by the Igual a Igual Foundation, on the time it takes for victims of gender violence to tell their situation, it was revealed that those who participated in it took 8 years and 8 months (as time medium) in telling their situation, either through specialized services or by filing a complaint. Among the main reasons why they do not tell what happened or ask for help are fear of the aggressor's reaction (50%), believing that they could solve it alone (45%) and not recognizing themselves as a victim of gender violence (36%). Furthermore, in the 2019 Macrosurvey on violence against women, the women interviewed who reported suffering violence from their partner stated that 50.7% told what happened to a friend, 36.2% had told their partner, mother and 25.4% to a sister.</p>
<p><b>6</b></p> <p><b>Quick Response Guide</b></p> <p><i>Guía de respuesta rápida</i>  <a href="https://acortar.link/dhpasu/">https://acortar.link/dhpasu/</a></p>	<p>The department aims to help citizens understand the different expressions of gender violence and offer practical keys to detect it, prevent it or act against it.</p> <p>The guide is founded on the belief that everyone can offer effective help, even minimal, by being part of a community's social network and having the right information. It enables both women and society to:</p> <ol style="list-style-type: none"> <li>1. Understand what gender-based violence is.</li> <li>2. Clearly identify such situations.</li> <li>3. Stay calm when intervening, knowing what to say and how to listen effectively.</li> <li>4. Know where to call for help. Key individuals in each community can significantly assist women at risk by providing initial information, listening, and guiding them on where to seek help. These actions help form a support</li> </ol>

		network based on close relationships. To enhance accessibility, the guide is available in three formats: large paper version, navigable version, and pocket paper version.
7	<p><b>EscApp</b></p> <p><a href="https://acortar.link/ydvi8U">https://acortar.link/ydvi8U</a></p>	<p>The objective is to offer victims of gender violence information about various resources such as the situation of shelters, contact with police stations and hospitals, as well as advice and help to deal with their situation. It also aims to be a resource for the victims' environment and anyone who may encounter similar situations and need information on how to act.</p> <p>It is a free downloadable application designed by the Xunta de Galicia to inform and support women who suffer gender violence and anyone who detects a possible situation of gender violence in their environment and wants to obtain information about it. It camouflages itself in devices to leave no trace. It appears as a generic information app and has a password to enter and guarantee the privacy of the victims. This mobile application is available for different Android and IOS devices.</p>
8	<p><b>Don't Cut Yourself</b></p> <p><i>No te cortes</i></p> <p><a href="https://acortar.link/VQ6nuS">https://acortar.link/VQ6nuS</a></p>	<p>The achievement of the stated objectives is carried out through the establishment of a first level of consultation and guidance through a free, safe and confidential care service, through an online help line; a telephone line service, and a second level of care and intervention through a specialized care unit created for this purpose.</p> <p>The objectives of the campaign are, mainly, to recognize and address gender violence in which the direct victim is a woman younger.</p>
9	<p><b>Solidarity Network of Victims of Gender Violence in Universities</b></p> <p><i>Red Solidaria de Víctimas de Violencia de Género en las Universidades</i></p> <p><a href="https://acortar.link/9aQGwR">https://acortar.link/9aQGwR</a></p>	<p>The objective of the network is to follow the most successful examples at an international level, especially universities such as Harvard, Wisconsin, Oxford, Colorado, etc. and make visible this problem that affects both the university community and society in general, and especially provide support to the victims.</p> <p>The objective of the network is to follow the most successful examples at an international level, especially universities such as Harvard, Wisconsin, Oxford, Colorado, etc. and make visible this problem that affects both the university community and society in general, and especially provide support to the victims.</p>

In social, educational, and community intervention against gender violence, four primary lines of action emerge to address this multifaceted issue comprehensively. Firstly, awareness and prevention initiatives play a pivotal role in educating communities about the nature, signs, and consequences of gender violence. These programs aim to dismantle stereotypes, promote healthy relationships, and empower individuals to recognize and confront abusive behaviors. Secondly, detection and coordination efforts focus on establishing robust systems to identify and respond to instances of gender violence promptly. This involves training professionals across various sectors, such as healthcare, law enforcement, and social services, to recognize signs of abuse and coordinate interventions effectively.

Thirdly, care and support services form a cornerstone of social and community intervention, providing comprehensive assistance to survivors of gender violence. These services encompass psychological support, legal aid, shelter provisions, and rehabilitation programs tailored to the unique needs of survivors and their families. Additionally, initiatives often prioritize the inclusion of children and other dependents of survivors, recognizing their vulnerability and the long-term impact of violence on their well-being. Lastly, empowerment strategies aim to strengthen the resilience and agency of survivors and vulnerable communities. These initiatives focus on building self-esteem, fostering economic independence, and facilitating access to resources and opportunities, empowering individuals to break free from cycles of violence and assert their rights within society. Through these interconnected approaches, socioeducational and community interventions strive to create safer, more supportive environments and ultimately prevent and address gender violence effectively.

# Summary of the research and conclusion

## 7.1 Findings

The analysis of Spain's national guidelines on violence against migrant women reveals several critical insights into the multifaceted nature of the issue and the strategies employed to address it.

1. **Understanding Vulnerabilities:** The guidelines acknowledge the intersecting vulnerabilities faced by migrant women, such as their legal and economic dependence on spouses, precarious socio-economic circumstances, and limited access to support networks. These factors increase their susceptibility to gender-based violence and hinder their ability to seek help or escape abusive situations.
2. **Comprehensive Approach:** Efforts to address violence against migrant women adopt a comprehensive approach encompassing awareness-raising, detection, coordination of services, and empowerment. By raising awareness among professionals and communities, these initiatives aim to enhance understanding of the unique challenges faced by migrant women and improve responses to instances of violence.
3. **Empowerment Strategies:** Empowerment emerges as a central component of the guidelines, seeking to strengthen the resilience and agency of migrant women. Through education, skills-building, and access to resources, these strategies enable women to assert their rights, break free from cycles of violence, and navigate pathways to safety and independence.
4. **Intersectoral Collaboration:** Effective response to violence against migrant women requires collaboration across sectors, including healthcare, law enforcement, social services, and immigration authorities. By promoting coordination and information-sharing among these stakeholders, the guidelines facilitate a more cohesive and integrated response to the complex needs of survivors.
5. **Cultural Sensitivity:** Recognizing the cultural nuances and barriers that migrant women may face in accessing support services is crucial. Culturally sensitive approaches that respect diversity and tailor interventions to meet

the specific needs of different migrant communities are essential for effective assistance and empowerment.

6. **Legal Protections:** While legal frameworks exist to protect migrant women from violence, implementation gaps and barriers to justice remain significant challenges. Strengthening legal protections, enhancing access to justice, and providing legal aid and support are essential steps in ensuring the rights of migrant women are upheld and perpetrators are held accountable.
7. **Preventive Measures:** Prevention strategies play a vital role in addressing violence against migrant women. Investing in education, promoting gender equality, challenging harmful gender norms, and providing early intervention programs can help prevent violence before it occurs and foster safer communities for all women, regardless of their migration status.
8. **Research and Data:** Continued research and data collection are essential for understanding the scope and dynamics of violence against migrant women, as well as evaluating the effectiveness of interventions. Investing in research initiatives and data-driven approaches can inform evidence-based policies and practices that better respond to the needs of migrant women and improve outcomes in the long term.

In conclusion, the national guidelines on violence against migrant women underscore the importance of a holistic and collaborative approach that addresses both the immediate and underlying factors contributing to gender-based violence. By prioritizing these key areas of focus, policymakers, practitioners, and advocates can work together to create a more inclusive and equitable society where migrant women are safe, supported, and empowered to live free from violence.

## 7.2 Recommendations

To improve prevention efforts and support for migrant women, several key strategies emerge from the findings:

1. **Enhance Cultural Competence:** Develop and implement training programs for service providers, law enforcement agencies, and legal professionals to enhance their cultural competence and sensitivity in working with migrant women from diverse backgrounds.
2. **Accessible Support Services:** Ensure that support services, including shelters, hotlines, legal aid, and counseling, are accessible to migrant women,

regardless of their immigration status, language proficiency, or cultural background.

3. **Community Outreach and Engagement:** Conduct targeted outreach and engagement initiatives within migrant communities to raise awareness about available support services, rights, and avenues for seeking help in cases of violence.
4. **Language Access:** Provide language interpretation and translation services in multiple languages to facilitate communication and access to support services for migrant women who may face language barriers.
5. **Legal Empowerment:** Empower migrant women with knowledge of their legal rights and options, including avenues for seeking protection orders, accessing legal aid, and navigating the legal system effectively.
6. **Cross-Sector Collaboration:** Foster collaboration and coordination among government agencies, non-governmental organizations, community-based organizations, and migrant-led groups to provide comprehensive support and assistance to migrant women affected by violence.
7. **Trauma-Informed Care:** Ensure that support services adopt a trauma-informed approach that recognizes and addresses the complex trauma experienced by migrant women, including the intersectional impact of gender-based violence and migration-related stressors.
8. **Preventive Education Programs:** Implement educational programs in migrant communities to promote gender equality, challenge stereotypes, and teach healthy relationship skills as preventive measures against violence.
9. **Safe Reporting Mechanisms:** Establish safe and confidential reporting mechanisms for migrant women to report incidents of violence, including options for anonymous reporting and protection from retaliation.
10. **Data Collection and Research:** Invest in research and data collection efforts to better understand the prevalence, dynamics, and root causes of violence against migrant women and inform evidence-based policy and programming.
11. **Legal Reform and Policy Advocacy:** Advocate for legal reforms to strengthen protections for migrant women, including reforms to immigration and asylum laws, labor laws, and family law, to address gaps and barriers that perpetuate violence.

12. **Capacity Building:** Build the capacity of migrant-led organizations and community leaders to provide support, advocacy, and empowerment initiatives tailored to the needs of migrant women in their communities.
13. **Gender-Responsive Services:** Ensure that support services are gender-responsive and sensitive to the diverse needs and experiences of migrant women, including LGBTQ+ migrants, women with disabilities, and other marginalized groups.
14. **Monitoring and Evaluation:** Establish mechanisms for monitoring and evaluating the effectiveness of interventions and services for migrant women, including feedback mechanisms from migrant women themselves, to continuously improve service delivery and outcomes.

Consequently, professionals working in centers supporting migrant women must possess a unique blend of interpersonal skills, cultural sensitivity, and emotional competence to address the complex needs of this vulnerable group. They should demonstrate empathy and understanding towards the unique experiences of each migrant woman while maintaining an attitude of respect and non-judgment. The ability to communicate effectively in different languages and adapt to diverse cultures is essential for building trust and providing an inclusive support environment. Additionally, they should have solid knowledge of available legal and support systems to offer appropriate counseling and guidance. Resilience and the ability to work in challenging environments with compassion and professionalism are crucial for providing comprehensive and empowering support to migrant women on their path to safety and self-determination. Some of the main dimensions to consider are:

1. **Emotional Support and Trauma-Informed Care:** Provide specialized training for professionals working in support centers for migrant women to enhance their understanding of the emotional impact of migration and gender-based violence, and to develop trauma-informed approaches to care.
2. **Psychological Support and Grief Counseling:** Offer comprehensive psychological support and grief counseling services to address the complex emotional needs of migrant women, including coping with loss, trauma, and sustained stress related to migration experiences.
3. **Professional Development and Skills Training:** Facilitate professional development opportunities and skills training programs tailored to the unique needs and aspirations of migrant women, including vocational training, job placement assistance, and entrepreneurship initiatives.

4. **Legal Advocacy and Guidance:** Provide specialized legal advocacy and guidance to help migrant women navigate complex legal systems, understand their rights, and access legal remedies and protections against gender-based violence and discrimination.
5. **Social Integration Support:** Offer holistic support for social integration in destination countries, including assistance with language acquisition, cultural orientation, community engagement, and building social support networks.
6. **Empowerment and Self-Determination:** Foster a strengths-based approach to empowerment that prioritizes migrant women's autonomy, self-determination, and decision-making agency in all aspects of their lives, including their relationships, employment, and future goals.



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