

The curriculum can be used for developing tailored training solutions to meet the needs of the young mothers. For example, they can structure a training programme, which will aim young mothers' empowerment and help to raise their employability.



Based on the curriculum facilitators may use all of the module topics or to choose which topics to cover depending on the specific needs of the young mothers they will be working with.

For each topic/module to set up a 2-hour group session face-to face or online. During the session the facilitators will guide the group doing the described in the curriculum group activities.

The trainer / facilitator is expected to read the activity descriptions beforehand, prepare the necessary materials or provide instructions to the participating mothers what is expected from them in order to be part of the activity.

After the group session the young mothers should be provided with the flipped material as a self-learning tool and materials / activities for the homework to be done in self-pace.

It is recommended to present the topics / modules following their order in this Curriculum.

In order to avoid pressure, we recommend to present not more than 1 topic per week to the group.

2 hour-long group session per module/topic

1 hour-long self-learning for the young mothers using additional material

3 hour-long homework based on self-learning materials