



START -Selbstbestimmte Teilhabe auf dem Arbeitsmarkt

Ein Projekt für Frauen mit Flucht und Migrationserfahrung

What is START?

The project "START – Self-determined participation in the labor market" is carried out jointly by the International Rescue Committee, FöTEV-Nds e.V. and the Ukrainian Association in Lower Saxony e.V. in the region and city of Hanover from 01.01.2023 – 31.12.2025. Women with refugee and migration experiences receive support here in finding a job, in professional reorientation and have the chance to improve their German language skills. They can also meet and speak with other women and receive help in finding suitable childcare.

Start now on your way to your dream job.

Your Advantages

Individual counseling
Career orientation courses
Empowerment
Computer courses
Language café
Peer mentoring

Morning courses
Approx. 4 – 6 months
Free participation
Children allowed
Improve your german
Find your dream job



Flyers in different languages:
german, arabic, turkish, ukrainian .

Das Projekt „START – Selbstbestimmte Teilhabe auf dem Arbeitsmarkt“ wird im Rahmen des Programms „My Turn – Frauen mit Migrationserfahrungen starten durch“ durch das Bundesministerium für Arbeit und Soziales und die Europäische Union über den Europäischen Sozialfonds Plus (ESF Plus) gefördert.

Gefördert durch:



Bundesministerium
für Arbeit und Soziales



Kofinanziert von der
Europäischen Union

How does a participation work?

The project offers interested women various courses designed to help them enter the German labor market in the long term or to improve their current professional situation. During the project period, the following offers are available to the women:

Individual and free advice and support

Get individual guidance and clarify all your questions about working in Germany

Career orientation courses and empowerment

Strengthen your self-confidence together with other women and get tips for your dream job and job application

Language cafés

In the language café you can learn German and meet other women. Here you can talk about everyday life and topics such as "compatibility of family and career"

Computer courses

Learn how to use the computer and the internet. Get tips on writing e-mails and online applications

Peer mentoring

Meet women with work experience and get helpful tips for the job and everyday life in Germany.




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