



sprungbrett ...

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General Counselling-Service

Girls and young women from the age of 11-20 years receive counselling on an individual basis. Issues, on which the well-trained, female-only counsellors offer support to the girls, are e.g.: domestic violence, bullying, teenage pregnancy, discrimination, precariousness with regard to education or employment, body-shaming, questions or insecurities regarding sexuality, friendship, parents, future, and many more. The Counselling-Service furthermore offers empowerment-workshops for girls (school-groups as well as leisure) with topics such as body-shaming, self-defence, or exploring ones technical and crafty skills with woods, metal, and electronics. Parents, confidants, or teachers also contact sprungbrett's General Counselling-Service for support.

Besides the General Counselling-Service, sprungbrett runs a number of projects which aim at empowering girls and women and guide them to effective integration into the labour market whilst building upon their individual strengths and interests. These are:



Girls-Job-Centre *Mädchen-Berufs-Zentrum*

Counselling and 6 weeks of workshop-programme, in which girls aged 15-20 can explore their competences, get introduced to different paths of vocational training and careers, learn how to provide proper applications how to develop good job-finding strategies.



spacelab_girls

The production-school spacelab_girls is a low-threshold, labour market-oriented project and supports girls and young women who face severe obstacles in gaining a foothold in the labour market. The aim is to support participants to find an appropriate apprenticeship or other vocational training. spacelab_girls offers girls and women from the age of 15-24 to explore their competences, especially introducing them to manifold opportunities, supports them in achieving female empowerment (e.g. by tackling discrimination, body-shaming, oppression) and offers individual coaching to achieve educational objectives.



youngFIT

is a programme for girls & young women who are interested in an apprenticeship in a non-traditional field for women, especially technics or crafts. Girls may check their abilities in the "Check it out" workshop, where they can explore their technical skills by building a lamp and get to know the wide range of vocational trainings in this field. They are also supported to find an appropriate apprenticeship.



amaZone Award/ sprungbrett Business Consulting

sprungbrett's Business Consulting Team closely cooperates with companies that are willing to offer chances to girls and young women and to support them in their careers. They organize excursions or trial internships and support companies who are first-timers in training girls. With the annual amaZone Award, sprungbrett celebrates companies who show special engagement in vocationally training girls in non-traditional fields.



FIT Vienna – Lower Austria – Burgenland

is a programme which encourages girls to open up their horizons and to consider academic studies in natural sciences or technics as career-options. By offering the opportunity to meet female scientists as role-models, to partake in workshops at 8 academic partner institutes and by presenting the wide range of degree programmes and possible future careers, female high-school students are being reinforced on their paths as future role-models and female leaders.

sprungbrett is funded by:

