



Advice

for the

MIGRANT
WOMAN

**“I am no longer accepting the things I
cannot change. I am changing the
things I cannot accept.”**

Angela Davis, political activist known for her work in the black feminist movement and her fight for gender equality and social justice.

Who are we?

The **Federación de Mujeres Progresistas** or FMP (Progressive Women's Federation) is a nationwide non-gubernamental organization declared of public utility that has more than 35 years of experience. Actively defends women's rights, makes inequality and discriminations more visible in every scope and promotes the change in social, economic and cultural structures as a way to achieve women's empowerment and gender equality. All of which, with special consideration to the diverse realities migrant women face.

“DIBUJANDO MIRADAS. Buenas prácticas en la intervención contra el racismo y la xenofobia” is a project funded by the **Secretaría de Estado de Migraciones. Dirección General de Atención Humanitaria e Inclusión Social de la Inmigración** and co-funded by the **European Social Fund + (FSE+)**, whose main goal is to contribute to the improvement of the intervention against racism, xenophobia and related intolerance, through collaborative knowledge creation and development of good practices.

Where do they come from?

This booklet was born with the idea of accompanying you and other women who are about to start a migration journey or that have migrated into this personal and administrative process that can be difficult at times.

These watercolors and the advices have been compiled through the activities we have carried out in this project with migrant women living in Spain. We asked them: **what advice would you give to a migrant women?** And these were their answers.

We surely hope that not only you'll enjoy this small advice booklet, but also to find some warm company in it.



EACH PERSON IS A DIFFERENT WORLD.



WALK AHEAD AND DON'T STAY AT THE
EDGE OF THE WAY.



REMEMBER WE ARE ALL UNIQUE!
DO NOT LOSE YOUR ESCENCE, NOR WHERE
YOU COME FROM.



GET INFORMED WITH VIDEOS AND OTHERS'
EXPERIENCES ABOUT THE PLACE YOU ARE
GOING, APPROACHES TO GET A JOB, A
ROOM, ETC...

GO TO WORKSHOPS. SURROUND YOURSELF
WITH PEOPLE WHO MOTIVATE YOU AND
HELP YOU MEET OTHER PEOPLE.



TRUST YOURSELF.

YOU'LL ALWAYS FIND YOUR PLACE IN A
NEW PLACE.



PATIENCE
TOLERANCE
COURAGEOUS

GET TO KNOW OTHER CULTURES, LEARN
NEW LANGUAGES.

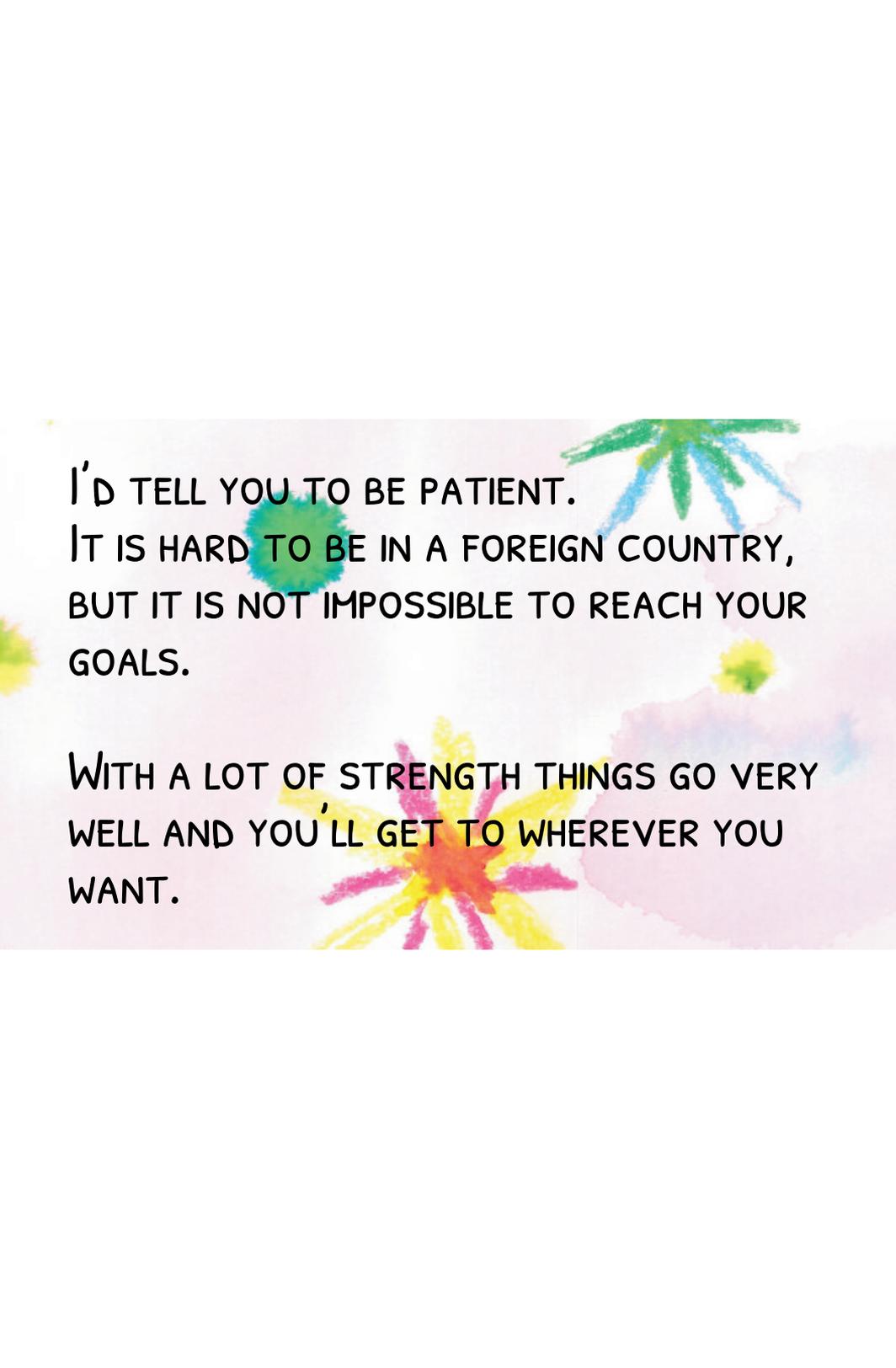
KEEP GOING. YOU CAN DO THIS WITH A
POSITIVE MIND.

LOSE THE FEAR OF LEARNING EVERY DAY.



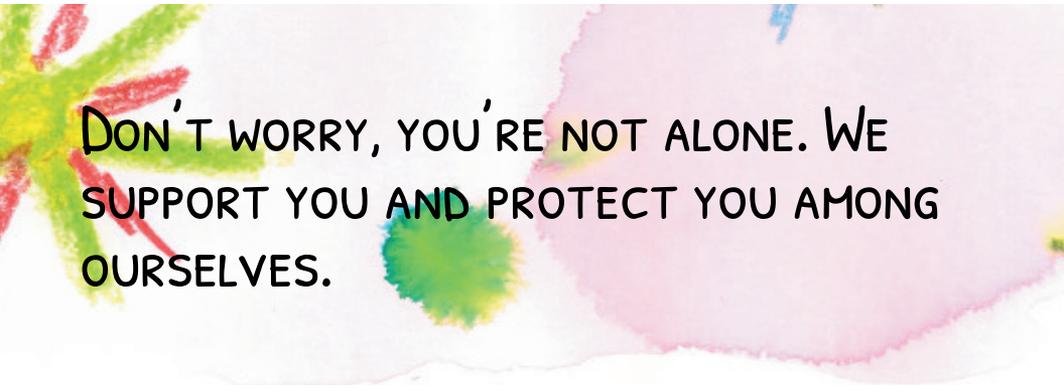
FIND HELP IN COMMUNITY ACTIVITIES.
LEARN HOW TO MEET OTHER CULTURES.

ASK FOR HELP TO GET ORIENTATION
ABOUT THE AIDS FOR MIGRANTS.

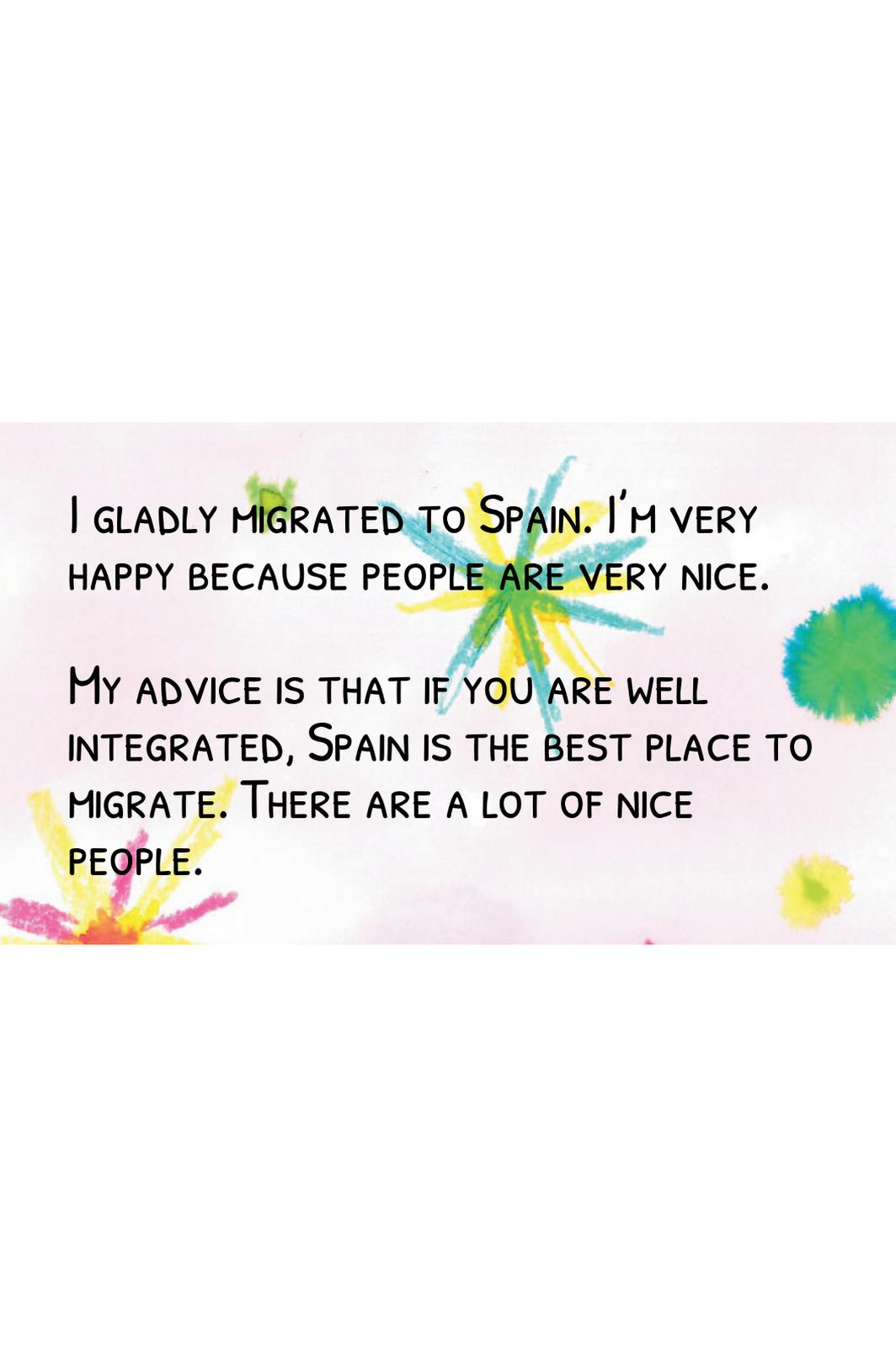


I'D TELL YOU TO BE PATIENT.
IT IS HARD TO BE IN A FOREIGN COUNTRY,
BUT IT IS NOT IMPOSSIBLE TO REACH YOUR
GOALS.

WITH A LOT OF STRENGTH THINGS GO VERY
WELL AND YOU'LL GET TO WHEREVER YOU
WANT.



**DON'T WORRY, YOU'RE NOT ALONE. WE
SUPPORT YOU AND PROTECT YOU AMONG
OURSELVES.**



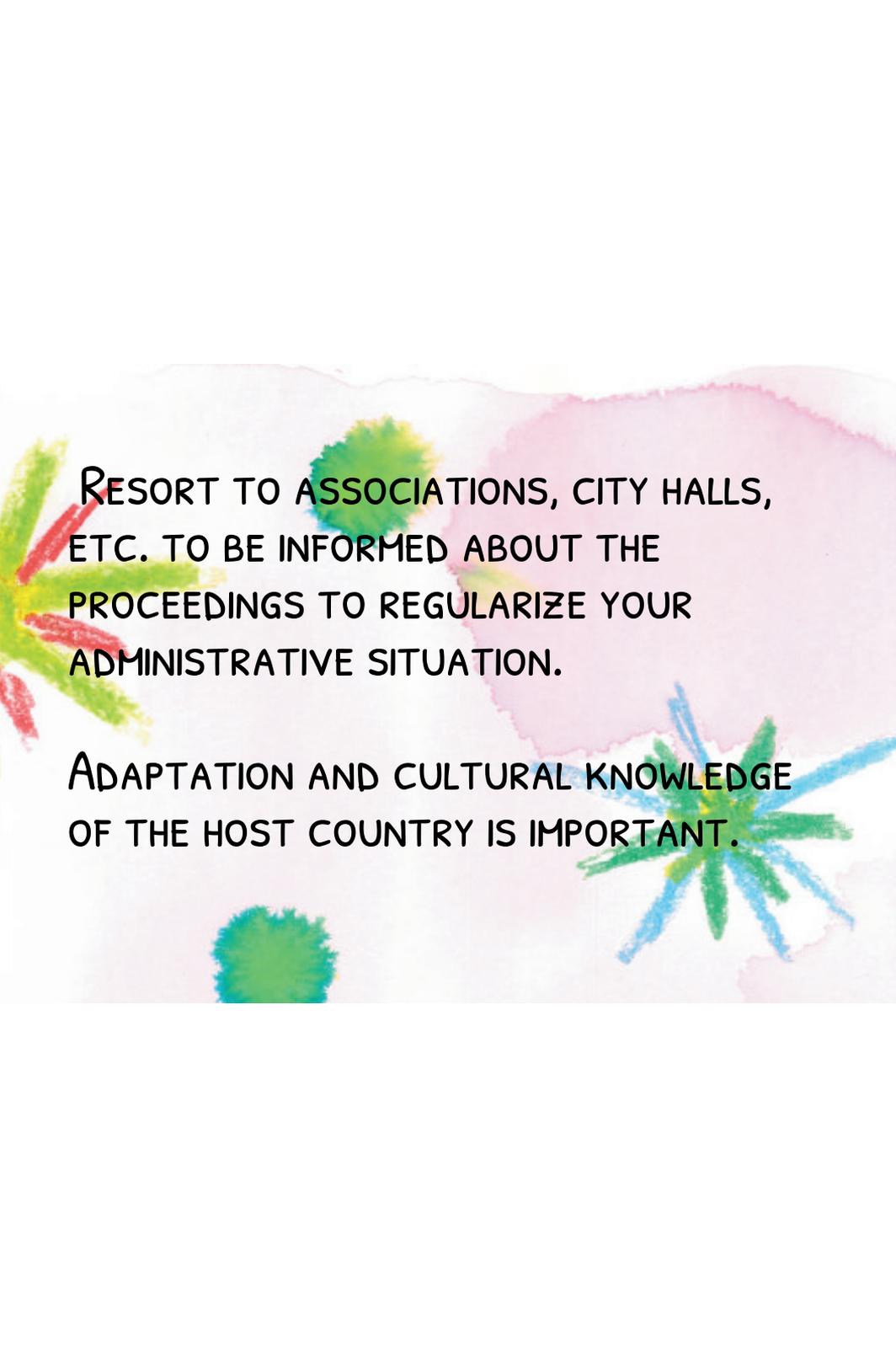
I GLADLY MIGRATED TO SPAIN. I'M VERY
HAPPY BECAUSE PEOPLE ARE VERY NICE.

MY ADVICE IS THAT IF YOU ARE WELL
INTEGRATED, SPAIN IS THE BEST PLACE TO
MIGRATE. THERE ARE A LOT OF NICE
PEOPLE.



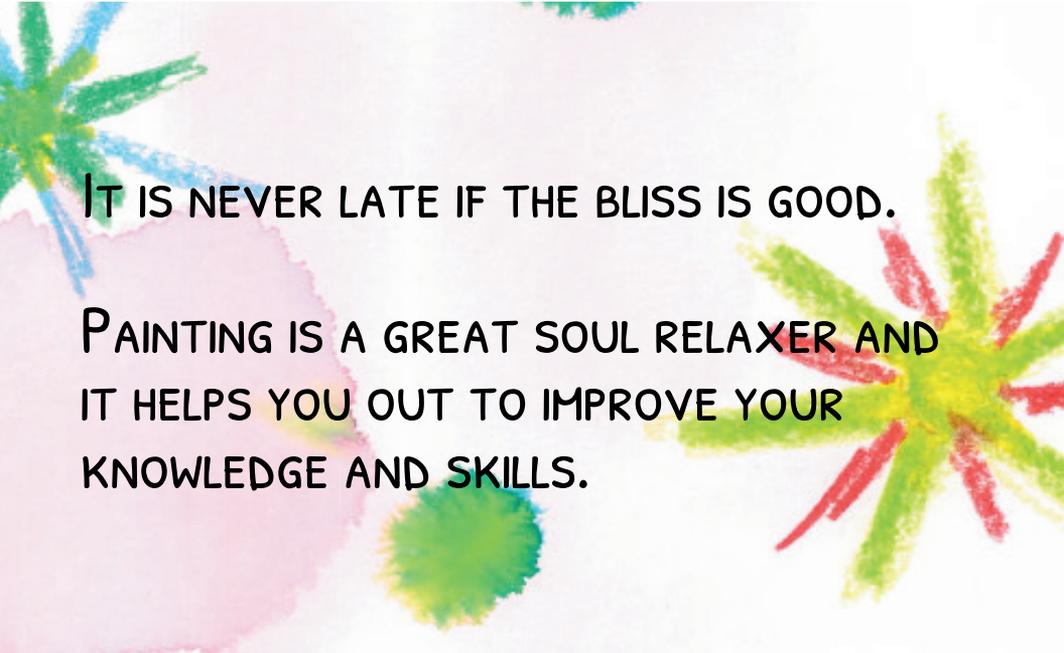
ALWAYS FORWARD, REMAIN CONSISTENT.

IF YOU NEED HELP, RESORT TO
PROFESSIONALS.



RESORT TO ASSOCIATIONS, CITY HALLS,
ETC. TO BE INFORMED ABOUT THE
PROCEEDINGS TO REGULARIZE YOUR
ADMINISTRATIVE SITUATION.

ADAPTATION AND CULTURAL KNOWLEDGE
OF THE HOST COUNTRY IS IMPORTANT.



IT IS NEVER LATE IF THE BLISS IS GOOD.

PAINTING IS A GREAT SOUL RELAXER AND
IT HELPS YOU OUT TO IMPROVE YOUR
KNOWLEDGE AND SKILLS.



LOOK FOR INFORMATION, SUPPORT AND KNOWLEDGE OF THE SPANISH CULTURE, LANGUAGE, A BASIC GUIDE OF ADMINISTRATIVE ENTITIES.

STATE'S TRANSLATOR AND VOLUNTEERING.

ROUTES (SUBWAY, PUBLIC BUSES, RENFE).



SEARCH AND YOU WILL FIND!

HAVE PATIENT. DON'T GIVE UP.

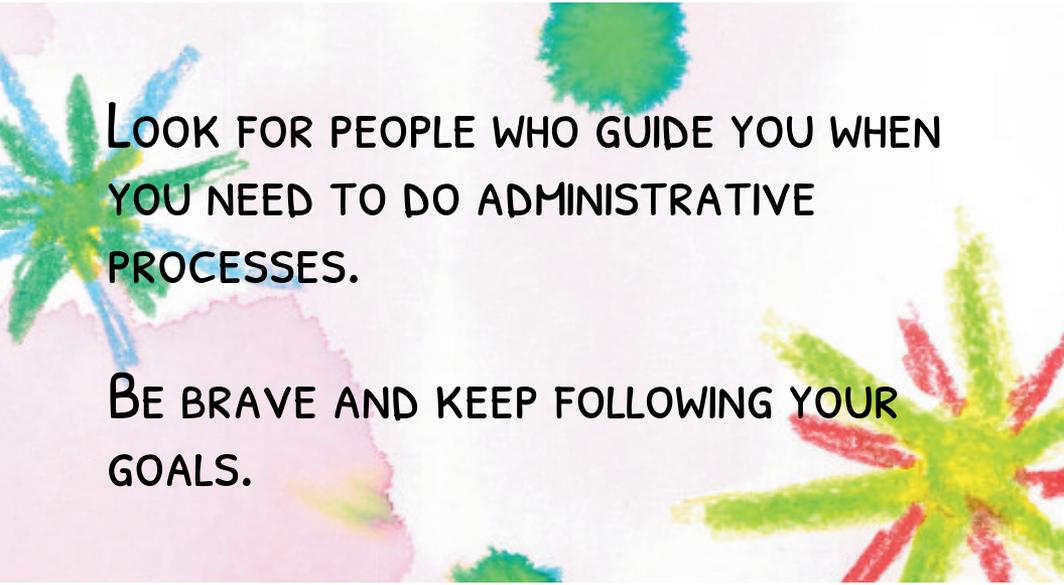


THERE IS ALWAYS A WAY OUT OF EVERY
DIFFICULTY, DON'T GIVE UP. TRUST
YOURSELF!

THERE ARE MANY OPPORTUNITIES TO
LEARN BEAUTIFUL THINGS.



FIND OUT ABOUT THE FIRST STEPS TO
FOLLOW THE MOMENT YOU ARRIVE TO
SPAIN.

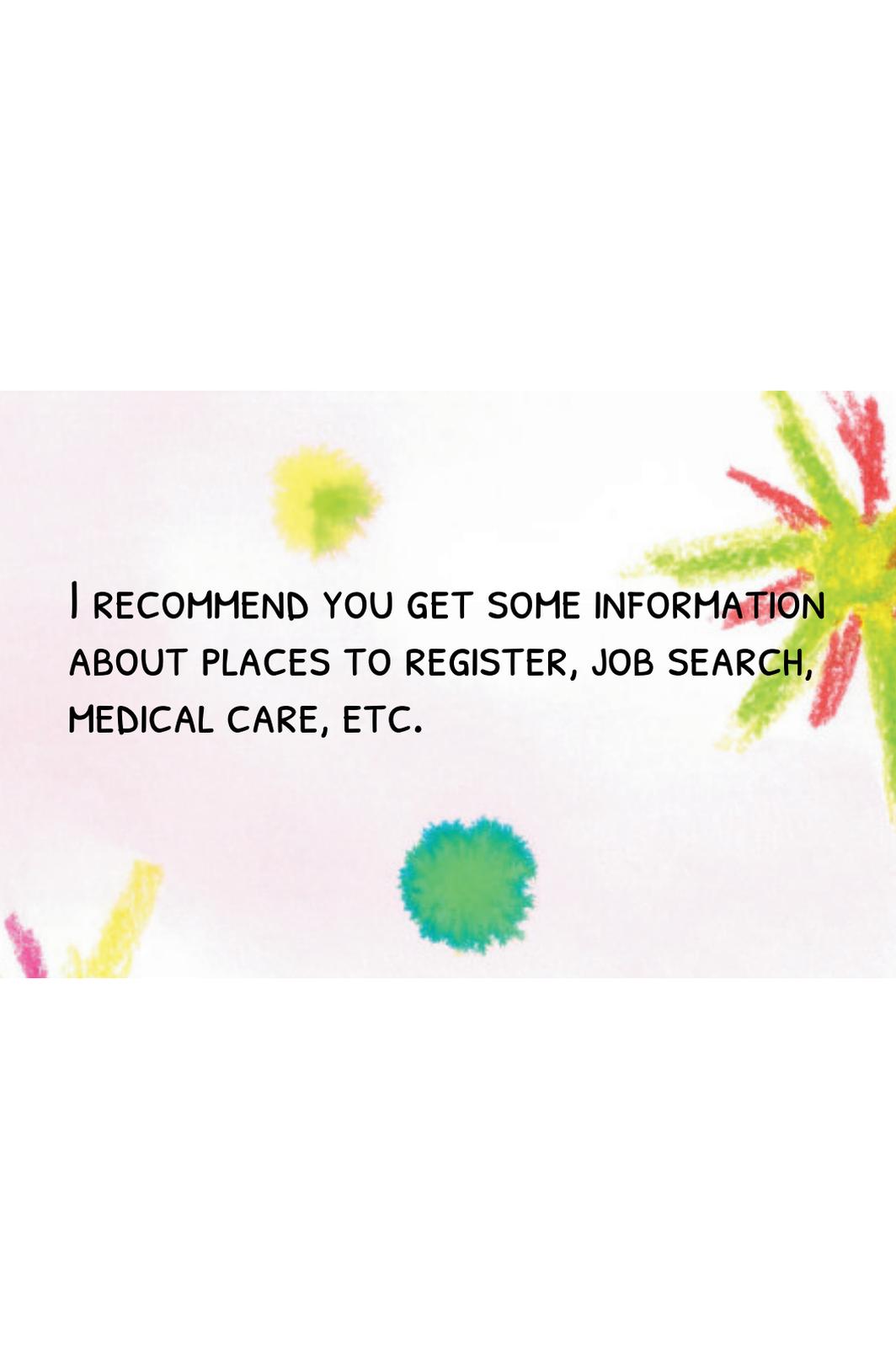


LOOK FOR PEOPLE WHO GUIDE YOU WHEN
YOU NEED TO DO ADMINISTRATIVE
PROCESSES.

BE BRAVE AND KEEP FOLLOWING YOUR
GOALS.

SOMETIMES IT LOOKS AS IF SPANISH
PEOPLE ARE MAD WHEN THEY TALK TO YOU,
BUT THEY ARE VERY NICE.





I RECOMMEND YOU GET SOME INFORMATION
ABOUT PLACES TO REGISTER, JOB SEARCH,
MEDICAL CARE, ETC.



COME HERE WITH OPTIMISM, WE ALL CAN
DO THIS!



MAKE AN APPOINTMENT WITH A SOCIAL
WORKER.

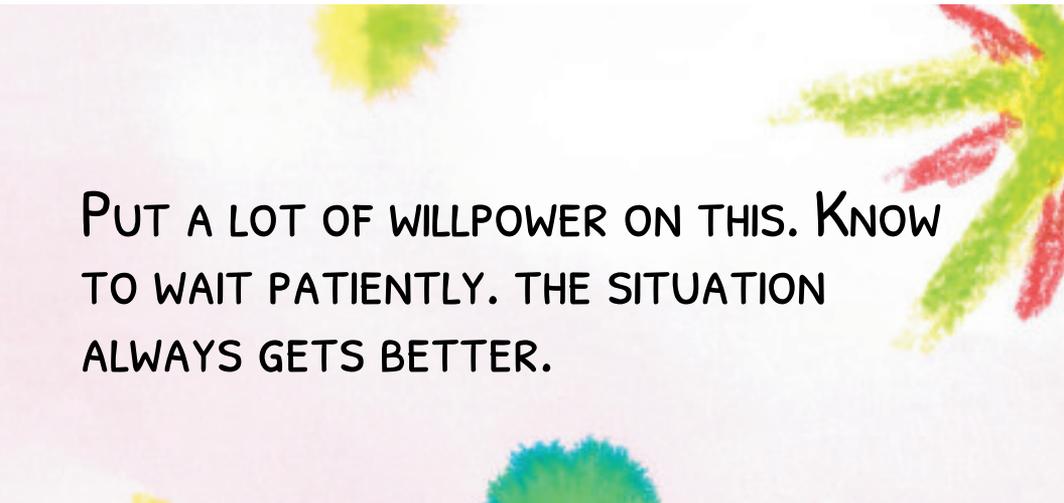
CALL 012 FOR CITIZEN'S ATTENTION.

CALL FEDERACIÓN DE MUJERES

PROGRESISTAS. THEY HAVE

PROFESSIONALS WHO WILL PROVIDE

GUIDANCE ACCORDING TO YOUR ARRIVAL.

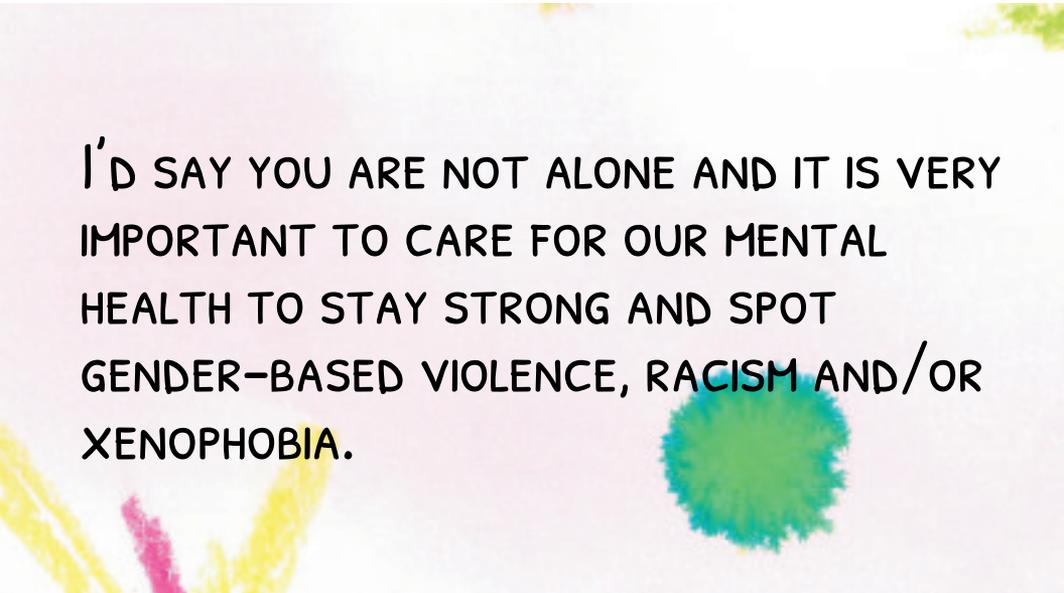


PUT A LOT OF WILLPOWER ON THIS. KNOW
TO WAIT PATIENTLY. THE SITUATION
ALWAYS GETS BETTER.

KNOW THE COUNTRY'S LAW.
KNOW THE MIGRANT'S RIGHTS.
MEET NGOs OR ASSOCIATIONS WHO
ORIENT AND HELP OUT MIGRANTS.



I'D SAY YOU ARE NOT ALONE AND IT IS VERY IMPORTANT TO CARE FOR OUR MENTAL HEALTH TO STAY STRONG AND SPOT GENDER-BASED VIOLENCE, RACISM AND/OR XENOPHOBIA.





IT IS CRUCIAL TO GET TO WOMEN'S
ASSOCIATIONS TO BUILD A SUPPORT
NETWORK.

If you know any migrant woman who might benefit from this booklet,
share this QR so she can have it on her phone!