



Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

You are not alone – Regular Parental Workshop in Vienna for Mothers of Hungarian Minority

1. **Headline and background:**

- Name of the partner organization: Society for Educational Research and Development (GESOB), Austria
- Name of the practitioner(s): Dr Eva Virag Suhajda, Hanna Lóki

Date of session	Theme / topic of session	Number of participants
23.10.2025	Me as a Parent	9
06.11.2025	Difficulties in Parenting	7
20.11.2025	Bilingualism, raising a child in a foreign country	8
04.12.2025	Work-life-Parenthood Balance- the holidays	4
15.01.2025	Work-life-Parenthood balance – changes with a child coming	6
12.02.2025	Sustainability in Parenting	4

2. **Hosting and organization:** (Any relevant information regarding organization of the workshops, eg. partner organization, space, etc.)

The workshop was co-organized together with the Ungarische Schulverein, which provided the space and support in recruiting participants. This also made it possible to continue the process after Becoming Parents project, within the frames of the Usch.





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

3. **Participants:** (Please provide a short description of the profile of the participants)

The participants were mostly mothers with children aged 0-7. The workshop was largely participated by mothers whose children were attending a "Kerekítő" session at the same time as the workshop. Of course, there were also mothers whose children do not attend the "Kerekítő" session. The workshop was also advertised on Facebook, on the official website of the Ungarischer Schulverein and sent by e-mail to parents whose children attend the "Kerekítő" session, so we specifically targeted this group. On a few occasions, mothers brought their children to the workshop because they could manage to attend, but mostly they came alone and fathers did not come.

4. **Summary of the process:** (about 5-10 lines)

Originally the parents group was planned to have only four occasions (as visible among the pictures at the original poster), however parents fed back how good it was and we decided to add one extra in January, and then again one extra in February. By that time the Schulverein agreed with the trainer to continue the parent group in a regular matter.

The process was mainly built upon the techniques developed in the Becoming Parents project, however there were also new exercises included.

5. **Detailed description of the process** (including the names of methods and practices used, and any changes towards plans if it was needed)

These were the final agendas of the workshops. At the first two times we planned more exercises, but had to recognize that for such a short time, less is more. We also recognized that there's a tendency to start later, but those 10-15 minutes before the "official" start were usually a place of connecting and discussion with the parents as they arrived one by one.

Workshop 1: "Me as a parent".

1. Introduction round with symbols:

- choose a symbol that describes you!
- choose a symbol that describes you as a parent!

2. Scale exercise:

Put 2 bags on the 2 ends of a long pole. The task is to put colourful balls into the 2 bags according to the questions below:

What do I like / What don't I like about parenting?





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

3. Group work:

Create a poster for the Island of "GOOD ENOUGH PARENT". The island is accessed by boats carrying resources. What resources do the boats carry? Draw it and present it in small groups!

4. Summary: How are you now? What are you taking with you?

Workshop 2: Theme : "Difficulties in parenting"

1. Opening round: cat cards - choose a card that describes how you feel! Present the same posture with your body. Sharing

2. Situations: pair work

First we define the situation: child-parent, parent-parent, etc. Participants then have to decide which character they will play. The situation is read out and each person has to tell individually how their "character" feels.

Situations: a) Child-parent: The child wants sweets in the shopping centre, and becomes raging b) Child-parent: The child says to the mother – I don't love you c) Parents: who is standing up for the baby at night? d) Teacher- parent: your child abused someone in the class

3. Dixit cards:

-Choose a card that symbolizes the greatest internal and external difficulty for you in parenting! Sharing in small groups.

4. Summary: How are you now? What are you taking with you?

Workshop 3: Theme : Bilingualism, raising a child in another country

1. Opening round:

choose a scarf that describes your day! Sharing

2. Pair work: Intercultural game:

First we divide the participants into groups: a group of Martians and a group of Venusians. They need to find a unique language to communicate with each other. Then we pair them up and they have to communicate with each other in their own language without speaking. Afterwards we will discuss the results.





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

3. There are 2 boards, one with an Austrian flag and the other with a Hungarian flag. The task: to collect what the Austrians are like and what the Hungarians are like.
4. Symbolwork
 - What characterises you as a parent in a foreign country?
 - What are the challenges your child faces by being bilingual?
5. Closing round: How are you now? What are you taking with you?

Workshop 4: Work-life-balance – who sets our priorities:

1. Opening round: How are you today? What is the most important thing (max 3) that has happened to you recently?
2. Discussing: How do the holidays affect you? How do you balance rest with parenthood and holidays?
3. Closing round: Choose a cabochon for yourself, that represents you!

Workshop 5: Theme: Work-life-parenthood balance

1. Opening round: How are you today? How were the holidays?
2. Symbolwork exercise with water and glasses: the glasses represent: WORK / PARTNER-RELATIONSHIP / ME-TIME – and and extra for CHILD.
One glass of water representing personal time/energy, has to be shared among the glasses.
Working in pairs sharing how having a children changed the amount of water in each glass, and how it affects the participant.
3. Plenary discussion
4. Evaluation of the whole process
5. Closing circle

Workshop 6: Theme: "What the future of our children will be?"

1. Opening circle and introduction





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

2. Card exercise - Roads cardset:

Choose two roads- one representing your own future way / journey, the other of your children's.

What future do you foresee for our children?

1. Individual work - Shield as symbol:

What we can do as parents to provide a good shield for our children, to help them develop skills, knowledge, attitude, and to provide financial background. Draw a shield, and include in this shield all different things you teach / provide for your children! Discussion of the skills, attitudes, background we would like to provide for our children. How, with what actions shall we reinforce them? How do we raise our children resilient, flexible and nature-loving in a quickly changing present?

4. Summary: How are you now? What are you taking with you?

1. **Main topics, issues that turned up** (without names, only a summary)

The main recurring topics were being overwhelmed as a mother, how to keep our contacts with our families /roots over borders, how to be a better parent. It also turned out that they miss more "me-time" as parents, but were extremely involved in their families, and treasured this time when their children are still small.

At the last occasion it was formulated that they are still much in this bubble of small child's parenting, and all things in broader social context are further away. That makes it harder to think long-term – they feel that they have to build the necessary skills and the feeling of being loved – now, with their children.

2. **Reflection of one's own role as a practitioner** (what did you learn during the process, what was hard, what were the highlights, about 5-10 lines)

Reflection of Hanna Lóki, one of the trainers, who attended the "Becoming parents" training in Aegina:

For me, planning the project was not a difficult task, as the training in Aegina gave me a lot of inspiration. Perhaps the most difficult part of the planning was the opening round, because I think it's very important how you open a workshop to get people interested. I learnt a lot from the 1st workshop, because I didn't really have any experience as a trainer. I was right to plan a lot of things, because the





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

participants didn't know each other yet, so they weren't very open. It was good to see how it changes with each new workshop. What I had to learn from the project is that it's good to have a lot of plans, but as a trainer you also have to be spontaneous, because you don't know in advance how many participants you will have, how long it will take to implement the exercise, etc. The highlight of the workshops was seeing and getting feedback on how grateful parents are for our work. This is what gave the motivation and energy to each workshop.

Dr Virág Suhajda: the workshops with the parents had a deep impression on me, as also a practicing parent, with much older children. It first brought back those feelings and times when my kids were small, together with many memories, which was personally very rewarding. From professional perspective, my biggest takeaway was working with Hanna and mentoring her. After so long time as a trainer, I am quick to decide and improvise, however when I have to stay in the background, more preparation, preparatory discussions are needed, and how to do that was a good lesson to me too.

3. Evaluation of the participants: (what sources for participants' evaluation you used, how people evaluated the process)

Participants gave very positive feedback on each workshop. One of their favourite exercises was the glass exercise, several of them said they would try it at home with their husbands to get a better perspective on each other's lives, attitudes to parenting, work, relationships, and me-time.

Most of them said that they were happy to have found a community where they could open up and talk honestly with mothers who were experiencing similar difficulties. Many of them have realised that they have forgotten what it is like to belong to a community and open up to others. They said that they will meet and talk outside the workshop, but they are looking forward to further workshops, because they liked that 2 trainers helped them to get closer to the topic of parenthood.

4. Pictures (if participants agreed):





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

SZÜLŐI SZEREPEK

4 alkalmas szimbólummunka- workshop szülőknek a Bécsi Magyar Iskolaegyesületben.

-Helyszín: 1020 Bécs, Hollandstrasse 4.
-A rendezvény ingyenes.
-Maximum létszám: 15 fő

- 

1.
Téma:
"Milyen vagyok én szülőként?"
-Időpont: október 23., szerda
16:00-17:30
- 

2.
Téma:
Nehézségek a szülői szerepben
-Időpont: november 6., szerda
16:00-17:30
- 

3.
Téma:
Kétnyelvű gyerekek
-Időpont: november 20., szerda
16:00-17:30
- 

4.
Téma:
Munka-család-magánélet egyensúly
-Időpont: december 4., szerda
16:00-17:30

UNGARISCHER SCHÜLEREIN MAGYAR ISKOLAEGYESÜLET



GESELLSCHAFT FÜR SOZIALFORSCHUNG UND BILDUNG





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

Kinek akarunk megfelelni? -workshop szülőknek

Szimbólummunka-workshop szülőknek a Bécsi Magyar Iskolaegyesületben

- **Helyszín:** 1020 Bécs, Hollandstrasse 4.
- **Időpont:** 2025. január 15.,
szerda 16:00-17:30
- **A rendezvény ingyenes.**
- **Maximum létszám: 15 fő**

GeSoB GESELLSCHAFT FÜR SOZIALFORSCHUNG UND BILDUNG

UNGARISCHER SCHULVEREIN MAGYAR ISKOLAEGYESÜLET





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

Milyen lesz a gyerekeink jövője?

Fenntarthatóság a gyereknevelésben

Szimbólummunka-workshop szülőknek a Bécsi Magyar Iskolaegyesületben



- **Helyszín:** 1020 Bécs, Hollandstrasse 4.
- **Időpont:** 2025. február 12., szerda 16:00-17:30
- **A rendezvény ingyenes.**
- **Maximum létszám: 15 fő**



GESELLSCHAFT FÜR
SOZIALFORSCHUNG
UND BILDUNG

UNGARISCHER
SCHULVEREIN

MAGYAR
ISKOLAEGYESÜLET





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791





Project Title: Becoming parents - Supporting the parental role with symbols and drama

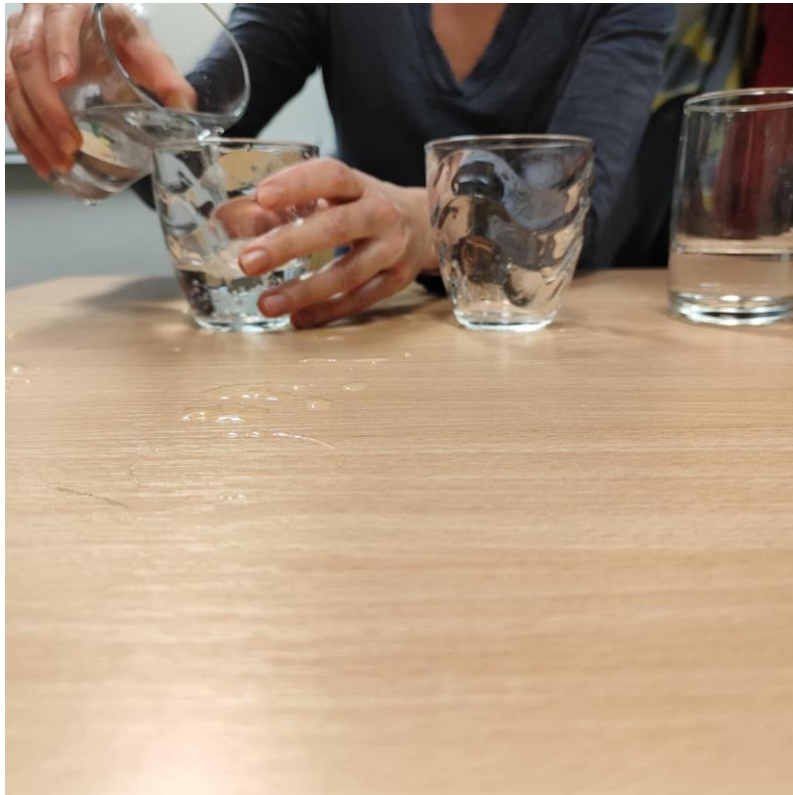
Project number: 2023-2-HU01-KA210-ADU-000174791





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

