**WELCOME TO FREE PROJECT VIRTUAL COURSES**

The **Female Academic Role Model Empowerment, Equality and Sustainability at Universities in Mediterranean Region: towards 2030 Agenda, FREE Project** is glad to welcome you tour first edition of virtual training courses. The main objective of our project is to establish a capacity building dynamic, empowering female academics, students and decision makers within higher education institutions in the South Mediterranean region.

For this purpose, a series of training workshops have been designed, after a thorough need analysis in the region, to empower the female population in these institutions and help the academic community recognize, identify and tackle certain specific difficulties encountered by women within university, as well as encouraging the creation of specific gender studies and networks with similar interest and objectives as FREE project.

These series of courses are intended for anyone with an interest on equal societies, empowerment of women and sustainability in higher education institutions. teachers, researchers and students, educational authorities and decision makers, associations and foundations, support groups, and other NGOs and stakeholders with an interest in reducing differences between men and women in contemporary society.

The first need analysis conducted by our **FREE Partner Universities**, identified the following areas as the most relevant ones for female empowerment in academia:  **Digital and Soft Skills; Sustainability in Higher Education; Female Empowerment and Gender Awareness in Higher Education**.

Enjoy this experience and please don’t forget to give us your feedback after you have finished the training courses (see satisfaction survey at the end), to help us grow with your comments and constructive observations.

We hope you find these courses interesting and useful for your career development and that you may want to continue working with us in favour of a more equitable and just society around the globe.

**Thank you!**

**FREE Project**