

INCLUSION OF WOMEN IN SOCIAL VULNERABILITY IN MATO GROSSO STATE (BRAZIL): TERESA DE BENQUELA EXTENSION PROGRAM

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INTRODUCTION

According to Paulo Freire (1970), the education is a process which carries to liberating practices that can transform lives. In this sense, and according to research that points to the increasing presence of women on the construction site because of their versatility and low absenteeism (ABRAIN, 2017), this program is justified in the need to bring education and training to women who are in conditions of social vulnerability. This program provides these women the opportunity to acquire a profession that allows them to grow personally, to regain their citizenship and to practice their rights and responsibilities, reinstating them once again in a dignified coexistence within their community and their family.

The Teresa de Benguela Extension Program promotes knowledge and understanding of the women in situation of vulnerability, providing a rich environment for research on the causes and solutions for situations of risk or social vulnerability through which women pass, supporting public policies especially in social area and gender equality.

Mészáros (2002) affirms that women compose 70% of the world's poor and, besides being responsible for social reproduction, they are the main victims of the precariousness of public policies. In addition, they are the ones that are the most inserted in the informality and the precarious jobs, without assured guarantee or labor rights.

If we look at various aspects of the condition in which women are, it is not difficult to see that they are at a much lower level than men. Globally, women receive less than men do. In most countries, women earn on average only 60% to 75% percent of men's wages (The World Bank, 2018).

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The set of actions developed by the program is for the benefit of women, precisely because they, when in a situation of vulnerability, have more difficulties to reverse the social and economic context in which they are, and to permeate new paths for financial autonomy. These factors can often be linked to a low self-esteem, exercise of the caregiver function in the family environment, low or no schooling, time limitations and displacement difficulties.

Poverty and social inequality are been measured through variables such as the income. However, when talking about female social vulnerability, gender discrimination, dependency position, sexual division of labor and lack of time between work and family attendance are taken into account (IBGE, 2010).

In this scenario, education is the instrument that enables social development and allows the overcoming of groups in a state of social vulnerability; it gives autonomy and awakens the awareness of real possibilities, to opt for other ways than domestic and maternal functions (FIUZA, 2016).

(...) women who return to the study demonstrate that education could configure in a new horizon, a new possibility to be and develop as a personal subject, but also as subjects in community. (FIUZA, 2016, p.11).

Vocational education expands this new horizon since educating prepares the individual for the labor market.

The themes addressed in the Teresa de Benguela Program are current and of great international relevance, included in the 2030 Agenda for Sustainable Development. The program is related to the following sustainable development objectives (ODS):

01. To end poverty in all its forms, everywhere. Women are the ones who are most involved in informality and precarious jobs, and thus women's access to education and female empowerment can reduce extreme poverty.

04. To ensure inclusive, equitable and quality education, and promote lifelong learning opportunities for all. In this sense, the Program developed by the IFMT aims to serve a public of women in all age groups and for those who need social integration.

05. To achieve gender equality and empower all women and girls. To meet this goal, the program fosters entrepreneurship as an innovative way to promote such growth.

08. To promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all. The program's entrepreneurship stage aims to promote this growth, being an innovation.

10. To reduce inequality within and between countries. From the program, women become able to open their own businesses and are able to the labor market, reducing social inequality through raising income.

METHODOLOGY

In 2017, the Federal Institute of Education, Science and Technology of Mato Grosso launched a Call for Projects Selection to meet the objectives of the Teresa de Benguela Program. Twelve (12) qualification projects have been chosen for women, aimed at promoting citizenship and generating income for the participants. Each project provided for a course with a workload of up to 160 (one hundred and sixty) hours, for at least 25 women and with a period of validity of 04 months (August to December 2017). Each project selected by the program announcement received financial assistance of up to R\$ 1,500.00 (one thousand and five hundred reais) and more two grants for servers and students, amounting R \$ 58,800.00 (fifty-eight thousand, eight hundred reais).

Each project followed the methodology proposed by the program to achieve the objectives, and they have been divided into three interconnected stages:

1. Empowerment of women: through workshops and dynamics in the field of psychopedagogy, in which women are motivated and led to self-knowledge. In this stage, the main tool used is the Map of Life methodology used by the Thousand Women Program.
2. Technique and technology: each project that makes up the program has a proposal to empower women in a certain technique or technology domain, from which the woman will be able to enter the labor market or open their own business.
3. Entrepreneurship: training on entrepreneurship, teaching them how to set up their own business and how to produce on a commercial scale, being able to reach the market. At this stage, women study

how to add value and income in their lives, and their families, with the techniques learned. With this, we prepare every woman for life and for the world of work.

With these steps, the actions developed bring empowerment, technique and entrepreneurship to each woman served, developing transversal and emotional skills that, together, make them capable of owning their own businesses and exercising their citizenship with more esteem and dignity.

The methodology of the program has the Plan of Access, Permanence and Success described below:

1. Access

- a) Viability of the spaces of the *campus* or partner institutions, for the accomplishment of the activities of the course.
- b) Formalization of partnerships, with the support of the Directorate/ Extension Coordination of the *Campus* or the Extension Office of the IFMT (PROEX), through a technical cooperation term, when necessary.
- c) Methodology of the contact, selection and registration of candidates, preferably with the support of a partner entity or institution.
- d) Disclosure of the results of the selection in means of communication accessible to those enrolled, as well as the date of enrollment.
- e) Meeting with the team that will participate directly or indirectly to pass on the reports regarding the execution of the course and methodology that will be used.

2. Permanence

- a) To carry out the inaugural class, presenting the methodology that will be used in the course.
- b) To start the classes and deliver the curricular components according to the planning.
- c) To elaborate and apply participatory diagnosis of the socio-cultural situation, as a tool that allows interventions by the technical team of the course.
- d) To identify, among women, innovative processes that allow the incorporation of technologies and knowledge in order to generate business.

e) To hold workshops, seminars and/or lectures as a complement to the course, whenever possible.

3. Pedagogical and Professional Success

a) To identify innovative processes, products and services that allow the incorporation of technologies and knowledge in order to generate income/business.

b) To contribute to the success of the students through articulation with the productive sector for insertion in the world of work and to verify possibilities of continuity of the professional formation.

c) To present alternatives to enter the world of work, such as entrepreneurial initiative, formation of cooperatives, associations or groups of solidarity economy.

d) The women participating in the course should be oriented towards higher education, which may happen through partnerships established with state, municipal and/or federal educational institutions, by the EJA, PROEJA centers, among others.

The twelve actions have been developed in several municipalities of the State of Mato Grosso, Brazil, qualifying more than 200 women, according to the table below:

Nº	Project title	Institution	Summary
1	Citizenship workshops for women.	Primavera do Leste	Citizenship workshops in the Secretariat area for women in the Favela of BR 070.
2	Industrializing hope	Campo Novo do Parecis	To empower women from the “Mulher Esperança” project (project of the “Pastoral da Criança” for families displaced by flooding) in food industrialization with emphasis on good manufacturing practices.

Chart 1. Summary of projects selected by call for proposals n°. 63/2017/IFMT/PROEX of the Benguela Extension Program (continued)

N°	Project title	Institution	Summary
3	Training for inspiring women: use and daily handling of agrochemicals and the like in the domestic environment	Sorriso	Training in the form of workshops with a total of 100 hours for women in temporary or permanent situations of high social risk in the thematic of pesticides in the domestic environment.
4	Solid waste management	São Vicente	Training in solid waste management for canisters in the municipality of Jaciara.
5	Female empowerment - a tool for rescuing citizenship	Campo Novo do Parecis	Empower women beneficiaries of Bolsa Família living in a popular neighborhood based on the demand presented by the National Employment System, rescuing citizenship by generating income.
6	Generation of Income, Technology and Valorization of Women's Work.	Várzea Grande	Course on "Digital Inclusion, Technology and Appreciation of Women's Work" for educational, productive and social inclusion of women from the Association of Solid Waste Collectors.
7	Woman picker: transformer look.	Tangará da Serra	Basic Portuguese language and literacy course (and other workshops) for women from COOPERTAN (Cooperative of Production of Recyclable Material).
8	Women in Civil Construction.	Várzea Grande	160 hours course for 40 women residing in the neighborhoods around the IFMT VGD, indicated by the Regional Assistants of CRAS of the region, to work in the labor market of the civil construction, more specifically in the functions of "azulejistas" and wall painter.

Chart 1. Summary of projects selected by call for proposals n°. 63/2017/IFMT/PROEX of the Benguela Extension Program (continuation)

Nº	Project title	Institution	Summary
9	Butterfly path: professional orientation and skills development.	Campo Novo do Parecis	Behavioral training of professional orientation and development of competences with female students of the “EJA” and 3rd year of High School of the Padre Arlindo School.
10	Vulnerability training for women: fighting for life, citizenship and equality of opportunity.	Juína	Course on social issues for women in financial vulnerability, aiming at income generation.
11	Training in the manufacture of cleaning and personal care products.	Lucas do Rio Verde	Handicraft production of cleaning and personal hygiene products for women indicated by the Municipal Department of Social Assistance.
12	Handicraft in wood: recognizing knowledge and creating new perspectives through art.	Sorriso	Course of painting techniques in wood for women linked to CRAS São Domingos.

Chart 1. Summary of projects selected by call for proposals nº. 63/2017/IFMT/PROEX of the Benguela Extension Program (conclusion)

Source: Pro-Reitoria de Extensão do IFMT

In 2018, the Teresa de Benguela Program launched a new Call for Proposals, selecting 17 (seventeen) qualification projects for women, aimed at promoting citizenship and generating income for the participants. Each project provided for a course, with a workload of up to 160 (one hundred and sixty) hours, for at least 30 women and with a period of validity of 4 months (August to November 2018). Each project selected by the program announcement received financial assistance of up to R\$ 1,500.00 (one thousand five hundred reais) as well as two fellowships for staffs and students, amounting R\$ 83,900.00 (eighty-three thousand, nine hundred reais).

Each project followed the methodology proposed by the program to achieve the objectives. The seventeen actions have been developed in several municipalities of the State of Mato Grosso, Brazil, qualifying more than 600 women, according to the table below:

Nº	Project title	Institution	Project Object	Target Audience
1	Stamped Voices: Entrepreneurship as a Transformation Tool.	Campo Novo do Parecis	Production of T-shirts printed with the phrases created by women.	Women attending CRAS (Social Assistance Reference Center).
2	Production of vegetables in small plantations.	Campo Novo do Parecis	Production of vegetables as a strategy for improvement in eating habits, occupational therapy and the possibility of salary consumption for women in social vulnerability.	Women participating in the “Promotion of Women” project promoted by São Cristóvão and São Francisco community, in the “Boa Esperança” neighborhood of Campo Novo do Parecis - MT.
3	Seeds Jewellery Barira	Juína	Handmade production of seed jewelry and empowerment of the Cinta Larga indigenous people.	Indigenous people from Cinta Larga.
4	Aromas and Charms - Communication and Sales.	Cuiabá	Production and sale of handmade soaps.	Suppliers of outsourced cleaning services at the Campus Octayde Jorge da Silva.
5	The spices of social inclusion.	Pontes e Lacerda	Production of foodstuffs and marketing.	Women in financial vulnerability.
6	Manufacture of breads, cakes and pastries.	São Vicente / Cuiabá	Bread, biscuit and cake making and marketing.	Women from the periphery of Cuiabá, mainly from neighborhoods of the southern region.
7	Solidarity Economy and Innovative Extension.	Confresa	Training Course on Socioproductive Enterprises in Solidarity Economy and Innovative Extension.	Association of Agroecological Peasant Women - AMCA of Canabrava do Norte.

Chart 2. Summary of projects selected by call for proposals n°. 42/2018/IFMT/PROEX of the Benguela Extension Program (continued)

Nº	Project title	Institution	Project Object	Target Audience
8	Marias, Teresas and Genis: The fight for the rights to citizenship.	Alta Floresta	Production and marketing of cleaning and personal hygiene products.	Women attended by the Specialized Reference Center for Social Assistance - CREAS, Alta Floresta, victims of domestic violence.
9	Reuse of materials and production of bioproducts.	Sinop	Production of liquid soaps and soaps from the oil and natural flavorings with the orange peel.	Women in financial vulnerability, primarily unemployed Haitian women.
10	My First Job - Women	Várzea Grande	Training and training for young people who do not yet have professional experience, which aims to prepare for the first job and insertion in the work market.	Young people living in the outlying districts of the municipality of Várzea Grande, in the regions near the IFMT Campus.
11	Marias: female empowerment, building citizenship.	Barra do Garças	Production and sale of ecological soap.	Women from the "Sol, Brilhante and Arara" settlements located in Pontal do Araguaia-MT.
12	Professional training in the production of salted, sweet and confectionery.	Barra do Garças	Professional qualification in the production of salted, sweet and "quitutes".	Women from the "Sol, Brilhante and Arara" settlements located in Pontal do Araguaia-MT.
13	Empowering women through entrepreneurship: digital inclusion.	Juína	Digital inclusion course to empower women to use the tools of a computer, sell their products and services on the internet.	Women in financial vulnerability.

Chart 2. Summary of projects selected by call for proposals nº. 42/2018/IFMT/PROEX of the Benguela Extension Program (continuation)

Nº	Project title	Institution	Project Object	Target Audience
14	Industrializing Hope 2.0.	Campo Novo do Parecis	Empowering women from the “Mulher Esperança” project (project of the Pastoral da Criança for families displaced by flooding) in food industrialization.	Women of the project “Mulher Esperança” (project of the “Pastoral da Criança” for families displaced by flooding).
15	Education for the empowerment and empowerment of Women in Combating Violence.	Bela Vista / Cuiabá	Exhibition of courses and other opportunities available on <i>campus</i> Beautiful view so that these women have access to the entrance and stay in the courses.	Women of the House of Amparo, victims of domestic violence. Women attended by the Forum of Cuiabá. Young people from the educational partner system.
16	Production of soap using frying oil.	Pontes e Lacerda	Production and commercialization of soap using frying oil.	Women in financial vulnerability.
17	Point to point	Barra do Garças	Crochet course (technical and craft training) and marketing techniques.	Women from the Casa de Apoio Maria Madalena and APAE.

Chart 2. Summary of projects selected by call for proposals n°. 42/2018/IFMT/PROEX of the Benguela Extension Program (conclusion)

Source: Pro-Reitoria de Extensão do IFMT

After the projects have been completed in 2017, some program evaluation questionnaires have been applied to the extension workers and the women served. Same procedure will be performed with the women attended in 2018.

RESULTS AND DISCUSSION

The twelve actions of 2017 were developed in several municipalities of the State of Mato Grosso - Brazil, totaling 329 (three hundred and twenty-nine) enrolled in the courses. Of these, 251 completed the activities, with a

mean dropout between 29.55% of women's projects, a number considered great when compared to regular courses and programs with specific public such as Mulheres Mil and Pronatec.

In Sorriso a group of women learned woodcrafts techniques, manufactured several products for decoration, organized a fair to market, and publicizes the work. Another group received qualification about pesticides and the correct disposal of each type of packaging.

In Campo Novo do Parecis, women beneficiaries of the Bolsa Família Program of the Federal Government learned good food handling practices, as well as various confectionary techniques. In this municipality, there is a great job offer in the area of bakery and shortage of skilled labor. Part of the course took place in partnership with a large bakery that ended up absorbing part of the students hiring them to work. Another group of women, from families displaced by a flood, has been trained in food industrialization, learning techniques to start production and marketing of preserves, sweets and jams. Still in the same city, women students of the EJA (Youth and Adult Education) could have their skills and competences developed through Coaching.

In the municipality of Várzea Grande, women indicated by CRAS (Center of Reference of Social Assistance) participated in a course in the area of civil construction, focusing on the application of tiles and floors. The region has expanded and lacks skilled labor. The woman work stands out in finishing touch in the civil construction for being detail and careful. Many of these women have completed the course already working in the area. Another group, women from the Solid Waste Collectors Association of the Municipality of Várzea Grande, received a course with several workshops aiming at digital and technological inclusion, valuing women's work.

Waste collectors in the municipality of Tangará da Serra were literate and had Portuguese language workshops. Another group of solid waste Collectors, in the municipality of Jaciara, received several Portuguese language workshops, Information Technology, collective health, and solid waste management, among others.

Women from Favela BR-070 (Shanty Town), in Primavera do Leste, received a course in the secretarial area with a view to employability and social insertion. In Lucas do Rio Verde, women indicated by the Municipal Department of Social Assistance were trained to manufacture handmade cleaning products and personal hygiene. The products were marketed at

the fair and women were able to reduce family expenses by manufacturing the products they consume and by increasing the income by selling them.

In partnership with the UNEGRO movement, which has as its objective the fight against racism, all forms of discrimination and social oppression, in the municipality of Juína, workshops were offer for handicrafts and care such as manicure, makeup and hairstyles. The skilled women were able to start new work activities, increasing the family income.

After completing the projects, program evaluation questionnaires were applied to all extension workers and to one-third (33%) of the women attended.

The permanence of women in the course of training is crucial to the success of the project. Several points must be observed in order to avoid public evasion. The extension team that accompanied each project listed the factors that they believe may contribute to this permanence. The most frequent factors in the evaluations were:

- Punctuate the objectives achieved as soon as they get results, to the participants' encouragement.
- Financial support for the project infrastructure.
- Coordination of the current project.
- To demonstrate to each participant how important it is to the project.
- To develop the project where women are.
- Involvement of all the executing team in all activities.
- To avoid spending too much theoretical content because participants avoid dull things.
- Instructors trained to ask questions and put out doubts.
- Women's self-interest.
- To offer courses that contribute to women's income formation.
- To offer snack.
- To offer uniform and school supplies.
- Periodicities in actions.
- To try to have a good relationship with the students.
- Project to have a livable benefit to the participants.
- To be there for an audience that wants and wishes the job. The project has to make sense to the participants.

It is necessary to carry out quantitative research comparing projects that performed certain actions for permanence and others that did not, in relation to the permanence of these women.

The majority of the women interviewed (66%) in the projects of the Teresa de Benguela Program in 2017 are beneficiaries of Bolsa Família or another assistance program of government agencies or care entities. This number reveals the presence of women in economic vulnerability in the capacities, being attend with the objective of verticalizing their incomes.

About half of the public served (48%) does not have their own income, being unemployed or studying. This audience can develop specific technical skills and glimpse the use of these for income creation, through insertion in the job market or own business development.

A large proportion of the women assisted (67%) in the projects intend to open a business, act as an entrepreneur or autonomously producing something with the techniques learned in the courses. This shows the effectiveness of the training in its three stages of empowerment, technique and entrepreneurship, developing in the target audience the desire to improve their income based on the training offered.

There were no follow-up activities for women who graduated from the program's courses. However, we understand the importance of carrying out this monitoring that would be able to provide data on the sustainability of the initiative.

FINAL CONSIDERATIONS

With the activities proposed in the program there is an individual emancipation of the women served and the reach of a collective conscience that assists in overcoming a state of social dependence, each one discovers the capacity to make, by themselves, the necessary changes to grow and to strengthen as a citizen.

In this way, we help sustain and empower these women in the social space that is so important to us, making them realize that there is a place for them to grow and develop.

Some testimonies collected support and corroborate with these conclusions:

I loved learning to make-up. I can do makeup at home. I want to perfect myself in this.

I learned how to make handbags and makeup. That is what I learned the most and I am working on fingernails and it helps me.

The classes were all very good, but the trip to São Vicente was the best that happened because I learned a lot.

The conversations and the craft course were cool and I want to do other courses.

The new friendships have increased our self-esteem.

I learned a lot from math the way they taught.

I learned a lot on the discussion wheels and managed to give my opinion.

I was so happy to have started the course in practice because it was what I most wanted to make learning to put on the floor now I am going to clean my house.

I made a scholarship on the course and managed to sell; now I am selling.

I enjoyed learning how to make a purse with recyclable material, because now I can sell it.

I liked everything, but mainly the conversations about our rights and learning how to do nails, decorate, want to improve and be a good manicure.

I liked the make up class, I felt beautiful.

I liked learning how to make jewelry, I do it to sell in the houses and I will improve even more.

What I liked the most was learning to make up, I could make up other people too; I want to continue taking courses like that.

For me it was very striking, I made new friendships, new knowledge, and it was a very good experience that I will not forget.

Working with the clothes helped to remodel my wardrobe.

Everything was good, but I enjoyed learning to make handcraft bag, I already sold two.

Goals achieved with the Program in 2017:

- a) Promotion of the offer of qualification courses in the IFMT Field that contribute to the promotion of the local technological and socio economic development.
- b) Assistance to 264 women at risk or social vulnerability, as a way to promote the educational, social and economic development of these women and their families.
- c) Promotion of socio-productive inclusion through education, attending to women members of traditional communities and in a situation of vulnerability.
- d) Promotion of the involvement and cooperation of servants and students in extension activities, strengthening the integration between the IFMT Field and the society.
- e) Opportunity for greater democratization of knowledge, strengthening the indissociability between teaching, research and extension to meet social demands.
- f) Contribution to the professional and citizen training of students.
- g) Promotion of didactic-community activities linked to teaching and research, allowing the participation of the academic community in the development of extension projects with the contribution of institutional resources.

Points that need improvement in the program in the next calls:

- a) Follow-up of the courses.
- b) Funding and allocation of more financial support-to-support projects.

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