Hera

Helping Empower Women through Reskilling and Advancement

Newsletter #1

About the project

Welcome to the first edition of the HERA Newsletter, where we share key milestones, achievements, and upcoming activities supporting women across Europe.

HERA (ERASMUS + project - 03/2025-10/2027) empowers women aged 45+ to navigate the digital and green transitions through reskilling and lifelong learning, with a focus on improving their participation in adult education and access to jobs in sectors facing skills shortages.

What HERA delivers (project results):

HERA Labs (local ecosystems): Set up and run local "HERA Labs" that help women assess their skills, co-develop tailored upskilling/reskilling pathways, and prepare for employment. Each lab blends Innovation Hubs, Living Labs, and Mutual Aid Groups, creating a human-centred support structure co-designed with public and private stakeholders.

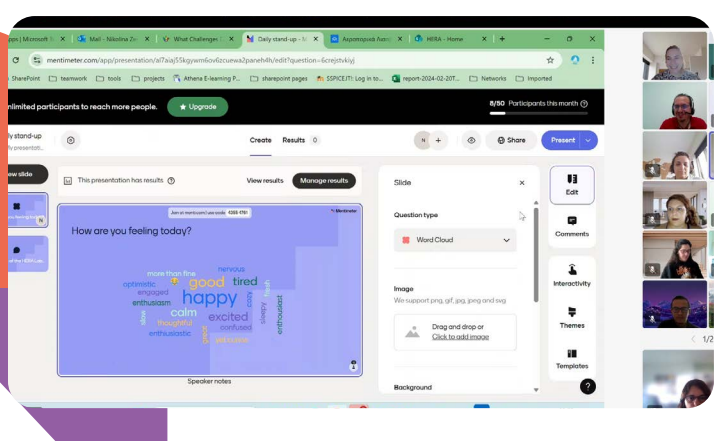
HERA Community Portal (digital result): Develop an AI-powered platform providing personalised skills assessment, career guidance, and access to lifelong learning opportunities, so the benefits extend beyond the pilot regions.

Policy impact package: Generate evidence-based policy recommendations for empowering women 45+ and addressing labour shortages, aligned with the European Skills Agenda, the European Pillar of Social Rights, and the New European Agenda for Adult Education 2021–2030.

Longer-term outcome: Contribute to closing the gender employment gap by equipping women 45+ with future-ready skills and improving inclusion and cohesion.

Visit the website to learn more

Project Results



1st Online HERA Labs Facilitator Workshop

On 23 July 2025, the HERA project partners met online for a training workshop with the HERA facilitators, marking a significant milestone on the path to empowering women 45+ through reskilling and lifelong learning.

Read more

The Launch of the HERA Methodology

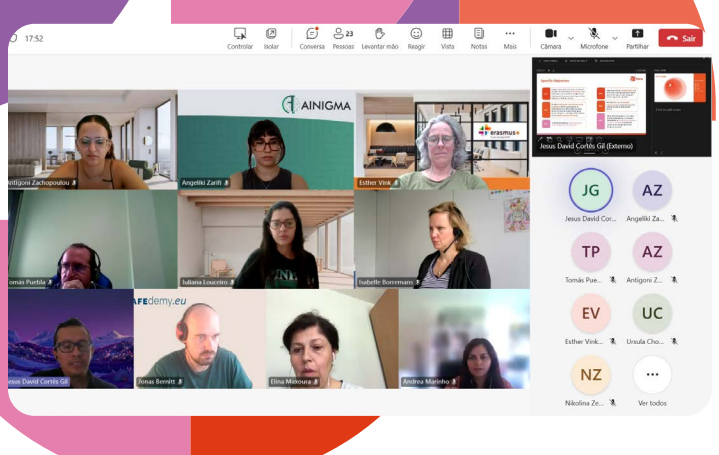
The HERA Methodology is at the heart of our shared mission to empower women aged 45 and over through inclusive, flexible, and participatory reskilling pathways.

Read more

HERA released open-access Impact Measurement Methodology

The HERA Consortium released its cornerstone open-access assessment tool – Impact Measurement Methodology (IMM) as a framework for evaluating the outcomes of activities aimed at supporting women over 45 in lifelong learning and for informing policy recommendations within the HERA project, across seven different EU Member States.

Read more



HERA Consortium Completes First User Needs Survey to Shape Community Portal

The HERA Consortium has completed its first User Requirements Questionnaire, gathering vital insights to guide the design of the HERA Community Portal. Conducted during the "Need Finding Workshop" on July 23–24, 2025, the survey involved 22 participants, both external and internal, from across Europe, including Greece, Belgium, Portugal, Germany, Sweden, Ireland, Spain, Italy, and the Netherlands.

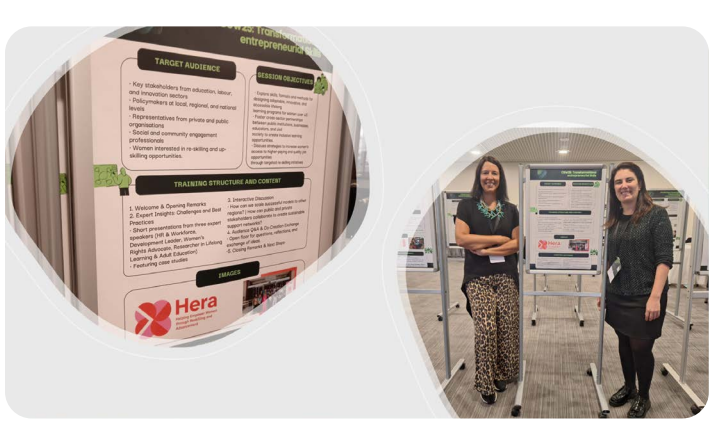
Read more

HERA Consortium Trains Facilitators for HERA Labs Across Europe

The HERA Consortium has successfully delivered the Train the HERA Labs Facilitator Workshops, preparing facilitators to implement the HERA Labs for women aged 45+ across partner countries.

Read more

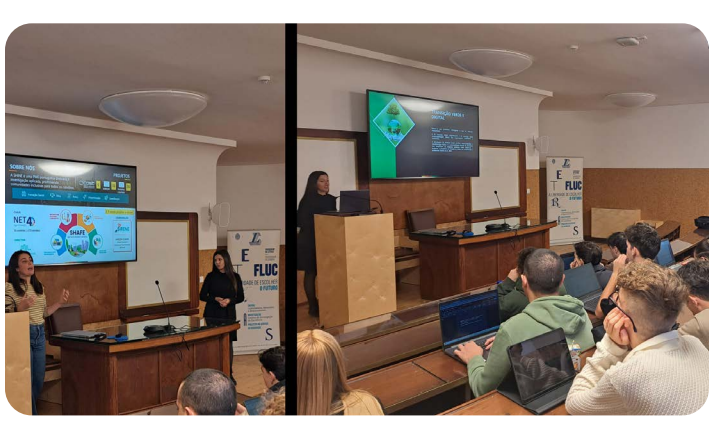
What's New?



HERA Showcased at Creative Skills Week 2025 in Prague

The HERA project was presented by Natália Machado, Project Director at SHINE 2Europe, during Creative Skills Week 2025 (CSW2025) in Prague, at the session "Transformational Entrepreneurial Skills." In this session, moderated by Ruba Sale.

Read more



Presenting HERA at European Studies Conference 2025, Portugal

On 10 November 2025, at the European Studies Conference 2025, SHINE 2Europe, presented the HERA project, as an example of projects dedicated to empowering women aged 45 and over through re-skilling and lifelong learning.

Read more

What's Next?

Looking ahead, the HERA project will continue to expand its activities and strengthen its impact across Europe.

- In the coming months, HERA Labs will welcome new participants in partner countries, further supporting women aged 45+ in building skills, confidence and pathways back into employment.
- At the same time, the HERA Community Portal will enter its testing phase, with partners accessing the platform, exploring its features and contributing to its improvement ahead of the public launch later this year.
- In parallel, HERA will continue to share its progress through events, conferences and outreach activities.

Our partners

The HERA project is coordinated by NOVA University in Portugal and involves 10 partner organisations and 18 associated partners from 8 European countries (Portugal, Greece, Spain, Belgium, Italy, Cyprus, Netherlands and Sweden).

The project Coordinator

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