

SFU on board at the FemCities conference!

FEMCITIES CONFERENCE 2024 in Vienna

Topic: Mental Health

SEPTEMBER 26TH AND 27TH

hosted by our Associate Partner:

SIGMUND FREUD PRIVATE UNIVERSITY | FACULTY OF PSYCHOTHERAPY SCIENCE VIENNA



... and not simply on board, the international conference [is coming to the Faculty of Psychotherapy at SFU this year!](#)

SFU first connected to the FemCities conference series in 2019. At that time, the university was represented by [the EU project of Ass.-Prof. Dr. Erzsébet Fanni Tóth](#), as her consortial project **iFEMPOWER**: *Interactive and mentorship based FEMale*

emPOWERment in the field of entrepreneurship was presented at the annual FemCities conference, which is organised by the Vienna Women's Service in cooperation with the Women's Committee of the Austrian Association of Cities and Towns on 24 September 2019 in Vienna.

Since 1997, the FemCities network, coordinated by the Women's Service of the City of Vienna, has provided a **forum for city representatives** to exchange projects ideas and **strategies for the implementation of laws to promote women and equal rights** and to establish appropriate administrative structures. The FemCities conference takes place once a year in a different European city, with a different focus on gender equality. (Source: femcities.at)

The project, with which the SFU joined the FemCities conference series through the active participation of Ass-Prof. Dr. Erzsébet Fanni Tóth, was an **Erasmus+ project with 9 partners from 7 European countries**. **ifempower** wishes to empower females to get engaged in self-employment and entrepreneurship especially in SMEs. Based on a preparatory research on the role of females in European SMEs, investigating the main roles, hindrances, gaps and market needs, **the project elaborated a module for university students** which can broaden their knowledge on entrepreneurship related topics, providing **hands-on training to support their engagement in self-employment and entrepreneurship**. This project began on September 2018 and closed in August 2021.

Since then, Dr Erzsébet Fanni Tóth, head of the Institute for Transgenerational Trauma Transfer Research at the Faculty of Psychotherapy Science, has participated twice as an invited speaker at the events of this European network. Back in 2019, she organised [a workshop at the FemCities conference on mentoring programmes for women](#) with a focus on mental health and the benefits of supportive communities. Last year, she gave [a presentation on the traumatising effects of sexism](#) at a round table discussion at the FemCities conference in Ljubljana.

Thanks to this longstanding cooperation, the **SFU was able to set the focus of this year's conference and organise this prestigious European networking event**. The [FemCities Conference 2024 „Mental Health or Mental Load? Mental health care as a city responsibility”](#) will delve into the multifaceted intersection of mental health, women, and support systems by cities, fostering crucial conversations on pressing issues faced by today's urban environments. The conference will spotlight the often-overlooked mental load carried by women as caregivers, exploring the intricate challenges and responsibilities they bear in both personal and professional spheres. Main aim is to dismantle stereotypes and foster a deeper understanding of the unique struggles faced by women, offering insights to empower and share strategies for balance.

The fact that SFU is hosting the FemCities conference this year is an indication **that the university's research collaborations are designed for long-term sustainability** and aim to create a more inclusive and integrative society, even long after the project has ended.

If you are sure you are going to attend, you can already register (no costs) here: [FemCities Conference 2024 in Vienna on Mental Health or Mental Load? \(wien.gv.at\)](#)