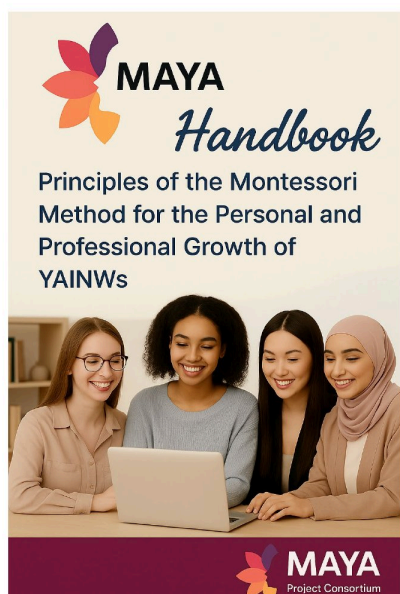


The MAYA Handbook: Montessori principles for young adult NEET women

A practical handbook for youth workers and educators, grounded in research with young women and professionals in four countries.



What the handbook offers

Principles of the Montessori Method for the Personal and Professional Growth of YAINWs explores how respect for the individual, observation, a prepared environment and self-directed activity can shape adult learning with young women who are currently outside education and work.

It brings together research findings from Türkiye, Austria, Portugal and Italy with practical guidance for youth workers, trainers and mentors.

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5

languages

8

chapters

4

countries'
research

Free

open access
PDF

Built on evidence

The handbook rests on surveys with 103 young NEET women and 84 professionals, 13 literature reviews and 9 national case studies prepared by the partners in Türkiye, Austria, Portugal and Italy.

Its chapters were written jointly, discussed at the Lisbon meeting in February 2025 and then translated into five languages.



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Inside the handbook

- 1 Introduction: the MAYA project and who the handbook is for
- 2 Understanding the context of young NEET women
- 3 The role of the Montessori method
- 4 Applying Montessori principles to young NEET women
- 5 Guidelines for youth workers
- 6 Key findings from the research
- 7 Tools and resources
- 8 Conclusion

Montessori principles in the handbook

Respect for the individual

Each woman's pace, history and goals come first.

Observation

Trainers observe before they guide.

Prepared environment

A safe, calm and welcoming space.

Self-directed activity

Learners choose and plan their own steps.

Learning by doing

Hands-on, real-world activities.

Emotional balance

Attention to feelings, confidence and relationships.

Who it is for

Youth workers

Ideas to create safe, respectful and motivating learning environments.

Trainers and educators

Methods for self-directed, experiential and emotionally aware learning.

Organisations

A framework to design inclusive programmes for young women.



Available in five languages

English, Turkish, German, Italian and Portuguese. Download the handbook free of charge from the Project Results page at mayaproject.eu.