

Title Gender roles, gender models, social norms and cultural challenges: from Nepal to Portugal

Area **SC Gender and Sexuality in Migration Research**

Author Alexandra Pereira, PostDoc Research Fellow

Institute **CECC, Universidade Católica Portuguesa, Portugal**

E-Mail alepereira@ucp.pt

Abstract
(250 Words)

In this study, we depart from an analysis of gender roles and social norms in the contemporary Nepalese society (Walli et al., 2019; Khanal, 2021) and the effects of migration on patriarchal norms and empowerment (Wu and Kilby, 2022), to then discuss the benefits of support groups for migrant women (Msengi et al., 2015) and the gender-related challenges faced by them in host environments (Dahal et al., 2022). This is a qualitative and interpretative research: we analyze the data collected from two 1 hour-long, free, anonymous and voluntary self-reflection group sessions (12 and 10 participants, five questions) on gender issues with Nepali female migrants living in Portugal, along with data collected from an extra session with 10 Nepali male participants. The sessions were conducted at migrant association NIALP in Lisbon. We then combine data gathered via participant observation, the field diary and ethnographic method via NVIVO 12. We used non-probabilistic sampling (snowball method) and the sessions were conducted by the researcher. Our methodology supports the positive role of female migrant groups in promoting self-reflection and freedom of speech among their participants, as well as agency and solidarity. The novelty of our results: they reveal a number of areas where these women feel that they need more support in the host country, while male migrants found themselves more conflicted between origin and host country norms. The female participants were very critical regarding gender norms and gender roles in Nepal, contrasting them with European gender norms, roles and policies.

Key words Gender Issues, Social Norms, Female Migrants, Nepal, Portugal

References Bhattarai, B. (2020). How do gender relations shape a community's ability to adapt to climate change? Insights from Nepal's community forestry. *Climate and Development*, 12(10), 876-887.

Bista, M. B. (2008). Policies and realities for women teachers in Nepal. *Women teaching in south Asia*, 87-107.

Dahal, R., Thapa Bajgain, K., Bahadur Bajgain, B., Adhikari, K., Naeem, I., Chowdhury, N., & Turin, T. C. (2022). Patient-reported experiences in primary health care access of Nepalese immigrant women in Canada. *International Journal of Migration, Health and Social Care*, 18(4), 315-331.

- Grossman-Thompson, B. (2019). Shoma Hamal Gurung. Nepali Migrant Women: Resistance and Survival in America. *Journal of World-Systems Research*, 25(1), 229-232.
- Gurung, S. H. (2015). *Nepali Migrant Women: Resistance and Survival in America*. Syracuse University Press.
- Khanal, S. (2021). Images of women in Abhijnanashakuntalam as role model for women empowerment. *Haimaprabha*, 20, 87-96.
- Msengi, C. M., Arthur-Okor, H., Killion, L., & Schoer, J. (2015). Educating immigrant women through social support. *SAGE Open*, 5(4), 2158244015611935.
- Shakya, M., & Yang, Y. (2019). Migration as a window to empowerment: Nepalese women's experiences in South Korea. *Gender & Development*, 27(1), 105-122.
- Wali, N., Georgeou, N., Simmons, O., Gautam, M. S., & Gurung, S. (2020). Women and WASH in Nepal: a scoping review of existing literature. *Water International*, 45(3), 222-245.
- Wu, J., & Kilby, P. (2023). The precarity of gender, migration, and locations: case studies from Bangladesh and Nepal. *Development in Practice*, 33(2), 145-155.