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# Mentees' Reflection Workshops Report

## I. General Information

Country and Institution: Austria, Verein InterAktion

Title of the event: Mentor's Reflection Workshop - Graz

Date of the event: 27. 06.2024

Location of the event: International Welcome Center, Graz

## II. Participants

Number of participants: 3

Country of origin: Kenya, Guyana, Tunisia

For how long they have been in the country: 3-7 years

What is their official status (Asylum seekers, refugees, undocumented etc): Now they have the full refugee permits

Age range (here you can use an average age of the group): 28-40

Gender: Women

"Friends We Share – Wellbeing Programme for Refugees with Role Models and Mentors ", Erasmus + project nr 2023-1-PL01-KA220-ADU-000150729.

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## Summary of the exchanges during the event

Summarize the main points from the workshop including interesting findings or anything that is worth mentioning for report.

We started with a short introduction to the project and getting to know each other, using the colourful cards activity suggested by LAKA. They shared their expectations regarding the mentoring process and these were:

- for the meentees to get a feeling that they are not alone and that whatever hardship they are passing through, it will pass. Also mentioning that motivation and inspiration/role models are important in the integration process
- providing a framework for the mentees to grow as individuals
- sharing about their knowledge and experience of living in Austria

Regarding fears, they said they have none, except maybe the language barrier.

They have shared that for them it was really important to meet good people that would guide them through the integration process and be there for them, as well as having a community. The language is still a challenge they are facing, even after many years in the country.

After this we have discussed about what mentoring means, its role, as well as responsibilities and after that we went into discussing the Empathy Map.

We have explained them the Empathy Map and asked them to imagine a person and fill up the information on the paper. Here they were a bit confused with the instructions or if they are going in the right direction.

They choose mostly people that were in a way similar to themselves when they arrived in Austria and wrote down the 4 points – How that person thinks and feels, what they see, what they hear and what they say and do.

As the time was rather short, after discussing the Empathy Maps, we have given them the Well-being plans to fill up at home and think about them when they will be in the Mentoring process as well, as this is very important.

As a last point we asked them to share how they felt during the workshop and how did they like it by using abstract postcards and also asked them to fill in the Google form feedback.

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## IV. Workshop development

### 1. Did you include all the activities from the Agenda? If not, which ones did you excluded and why?

No, unfortunately it was not possible due to time constraints. The participants didn't have much time, so we could only have a short version of the workshop, but we gave them some activities to fill up at home and we will discuss about them when we meet for the Connection Cafes.

### 2. Did any issues arise during the workshop? If yes, what kind of problems appeared from the participant point of view?

No, everything was great, except the time constraints. They would have really love to stay longer, but they had to go to work.

### 3. Did you, as an organizer, faced any issues? If yes, what kind of problems did you face during the workshop?

Only time constraints, which led to adjusting and adapting a lot the initial agenda to be able to get as much as possible information from them, but also make it interesting for the participants.

## V. Evaluation of the participants' satisfaction

Please report the feedback on the participants' satisfaction with the workshop – include images or data provided in the feedback form.

For feedback we did again the „Dixit evaluation“ using postcards to represent how they felt and how they liked the workshop and the online Google Form.

They were really happy about the workshop and liked the topics we discussed and are looking forward to the Connection Cafes, at the same time, they were a bit sad they didn't have more time to discuss more on the topics presented and get more in details.

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