
Mentees' Reflection Workshops Report

I. General Information

Country and Institution: Cyprus, SYNTHESIS Center for Research and Education

Title of the event: Mentees reflection workshop - ΑΣ ΜΙΑΗΣΟΥΜΕ ΓΙΑ ΤΗΝ ΕΝΤΑΞΗ

Date of the event: 21-05-2024

Location of the event: Kofinou Asylum Center, Larnaca

II. Participants

Number of participants: 8

Country of origin: Cameroon, Philippines, Somalia, Congo

For how long they have been in the country: 1-5 years

What is their official status (Asylum seekers, refugees, undocumented etc): asylum seekers, refugees

Age range (here you can use an average age of the group): 16-33

Gender: Female

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III. 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.

Introduction:

To help the participants feel more at ease, we began by extending a warm welcome. The facilitator then gave a brief introduction before going over the project, the schedule, and the goals of the session. The eight participants signed the attendance sheet that we distributed around.

Following participant introductions, we played the game Two Truths and a Lie.

Once the participants were more at ease and self-assured, post-its were given out, and they used them to write down their contributions, expectations, and anxieties, as part of the session exploring Needs and Challenges. The participants' fear of prejudice and intolerance—which they have directly experienced—was mentioned as a critical point/stance derived from Cypriot locals.

One of the most enjoyable activities for the participants was the "Needs mapping" that we devised. Here, the participants discussed a variety of difficulties they are having, including: obtaining work in their field of study or training; paying rent, given Cyprus's high housing costs and low pay; the language barrier; and their fear of approaching the appropriate authorities regarding their legal status in the nation out of concern for deportation. The participants' demands were met when they asked for information provided by the government or NGOs in more languages, voiced complaints about the drawn-out legalization process, and recommended that casework be handled individually with individualized support.

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In the third section, we went over the WorldCafe's purpose and the fundamental guidelines for this activity. Following the "Strengths mapping" exercise, each participant selected a skill they wanted to concentrate on honing: someone wanted to learn Greek, another wanted to attend a hospitality and management class, the group's youngest member wanted to study to become a teacher, and the group's oldest member wanted to open a restaurant.

The discussion ended with the Connection Cafes introduction. This was explained in connection to SYNTHESIS sister NGO Hub Nicosia social cafes organised every Sunday. Some of the participants were therefore already familiar with the concept and enjoyed it. It was generally evident that participants would appreciate support to enhance their digital skills, as nowadays many procedures and forms have to be filled in online.

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We ended the session with a feedback activity using a circular chart.

IV. Workshop development

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

- We didn't carry out the BINGO game because we preferred to do Two Truths and a Lie.
- We couldn't complete the Passion Mapping because the Needs Mapping took longer than estimated and we ran out of time.

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

No major problems.

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

No problems as we work with these participants frequently and they are familiar with the procedures and type of workshops.

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.

The workshop left the participants feeling quite happy. They expressed their desire to see more programs of similar nature for their fellow citizens who have just moved to Cyprus. There was a spirit of kindness and cooperation. The attendees were relaxed and inspired to participate in other project activities.

We decided to use a roundtable discussion for feedback evaluation.

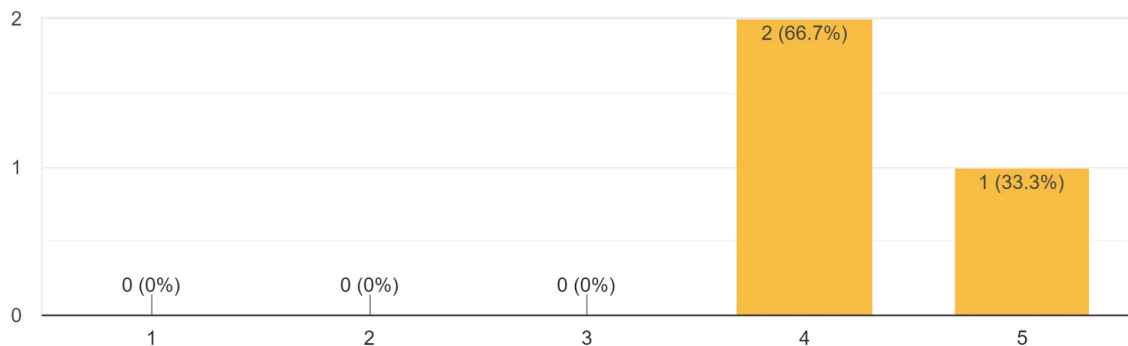
We completed the feedback evaluation on behalf of the participants on 22/7/24.

The activity that the participants enjoyed the most was the Needs Mapping, as it allowed them to express the difficulties they have faced and some still experience today and gave them hope that by drawing attention to their fears, challenges and needs, improvements could be made for the next refugees and migrants who decide to come to Portugal.

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How would you rate the relevance of the workshop content to your needs and interests?

3 responses



What aspects of the workshop content did you find most valuable?

3 responses

discussing with peers on shared experiences

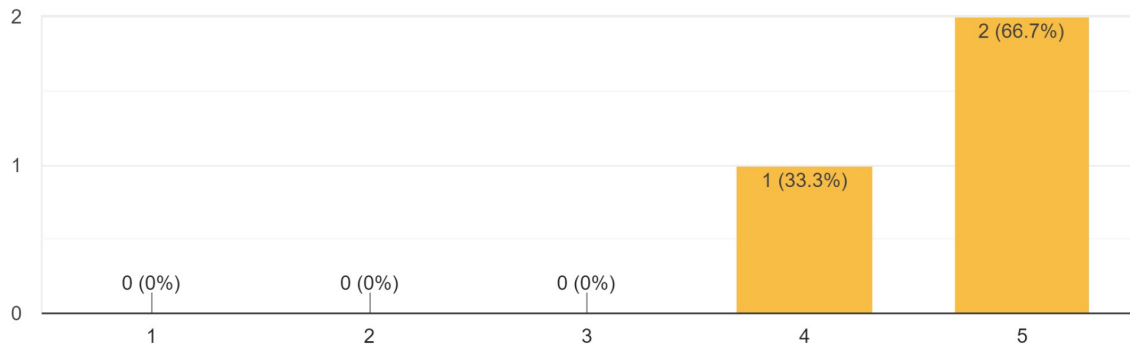
discussing and learning about the experience of others and useful information for integration

helping me with information I need from authorities

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How would you rate the variety and effectiveness of the activities included in the workshop?

3 responses



Which activities did you find most engaging or helpful in exploring your challenges, needs, interests, and goals?

3 responses

Needs session

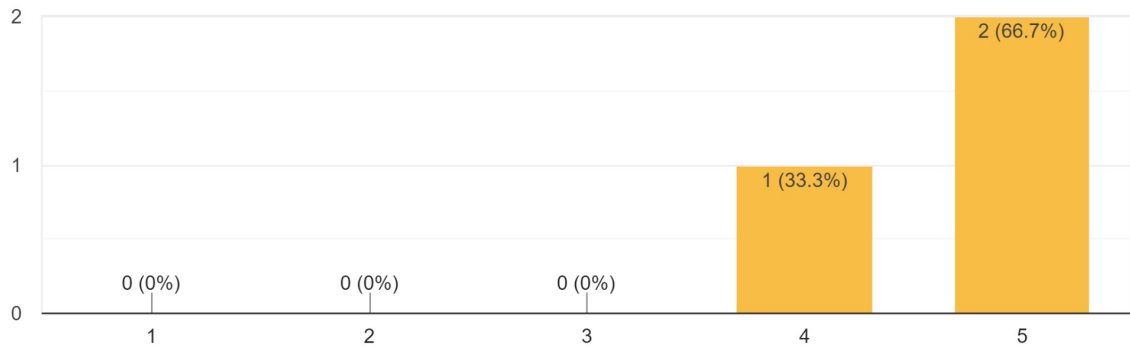
every activity was meaningful

all

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How would you rate the facilitator's ability to guide the workshop and create a supportive environment?

3 responses



Do you have any feedback or suggestions for the facilitator?

2 responses

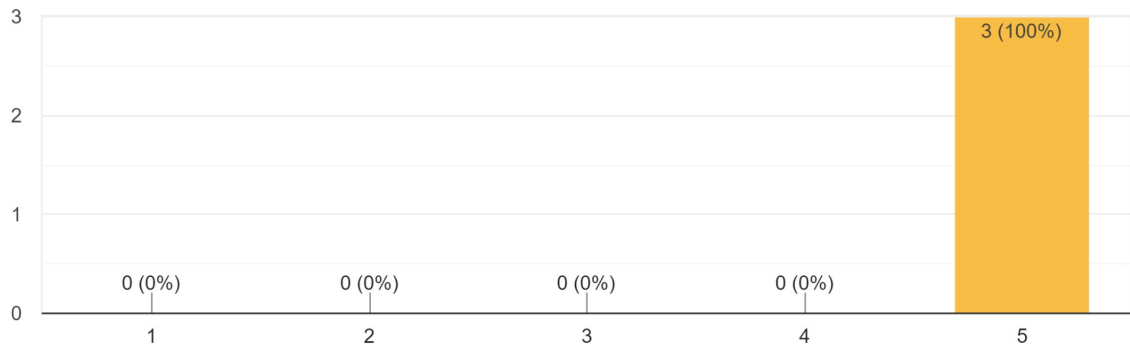
nope

very helpful

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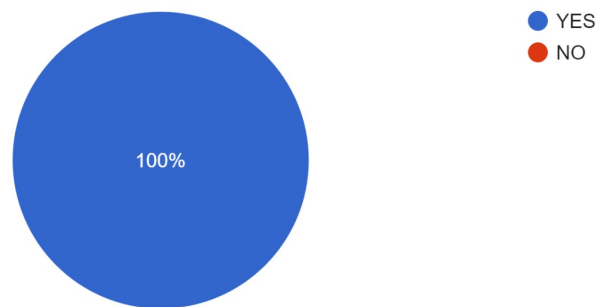
How would you rate the level of participation and engagement within your group?

3 responses



Did you feel comfortable sharing your experiences and perspectives within your group?

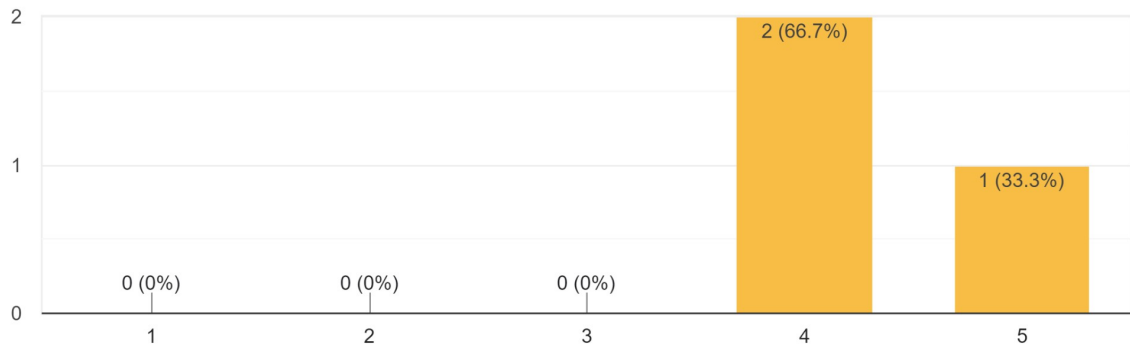
3 responses



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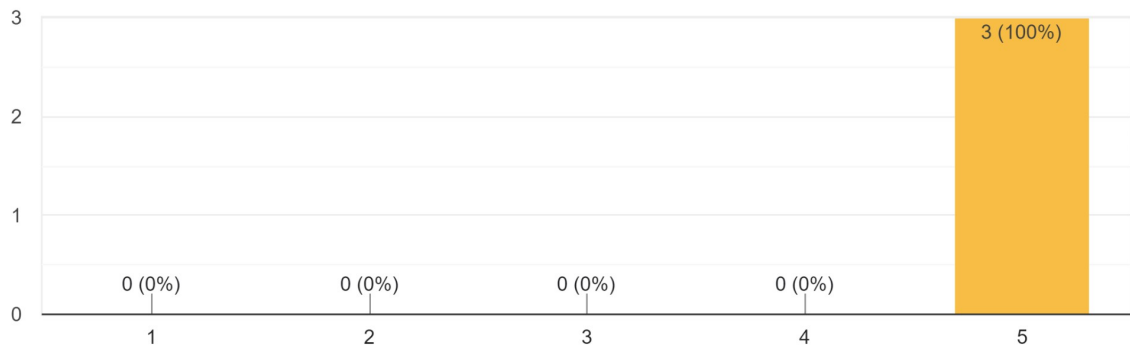
How would you rate the organization and logistics of the workshop (e.g., timing, materials, venue)?

3 responses



.Overall, how would you rate your experience attending this workshop?

3 responses



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What did you enjoy most about the workshop? What could be improved?

3 responses

just have more time for the conduct of activities

nothing all was ok

the collaboration with other people like myself

Please share any additional comments, suggestions, or feedback you have about the workshop.

0 responses

No responses yet for this question.

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