

Scenario for 6 Meetings: New Asylum Seekers and Successfully Integrated Refugees

Meeting 1: Introduction and Pairing Up

Objective: Create a comfortable environment, establish pairs, and set the stage for future interactions.

Activities:

- **Welcome and Icebreakers:**
 - **Introduction to the Project:** Welcome participants and give a brief overview of the workshop series, its goals, and expected outcomes.
 - **Name and Hobbies:** Each participant introduces themselves and shares their hobbies to create a relaxed and open atmosphere.
 - **Two Truths and a Lie:** Participants share two true statements and one false statement about themselves. The group guesses which statement is false, sparking conversation and laughter.
- **Discussion Topics:**
 - **Personal Backgrounds:** Each participant shares where they are from, their journey to the host country, and their initial experiences in the new environment.
 - **Expectations and Goals:** Discuss what participants hope to achieve from these meetings, including personal and professional goals.

Short Exercises:

- **Paired Introductions:** Each participant introduces their partner to the group based on the information they have just shared. This helps break the ice and establishes initial connections.

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Meeting 2: Overcoming Challenges

Objective: Identify and discuss the challenges faced by new asylum seekers and explore solutions provided by successfully integrated refugees.

Activities:

- **Icebreaker:**
 - **BINGO:** Create a BINGO card with facts such as "Loves cooking" or "Speaks three languages." Participants move around to find others who match these facts, encouraging interaction and communication.
- **Discussion Topics:**
 - **Challenges in Daily Life:** Discuss common challenges such as language barriers, navigating bureaucracy, and social isolation. New asylum seekers share their specific challenges, while successfully integrated refugees provide insights and advice.
 - **Strategies and Solutions:** Successfully integrated refugees share the strategies they used to overcome these challenges, such as language learning techniques, finding community resources, and building social networks.

Short Exercises:

- **Problem-Solving Pairs:** Pairs identify a specific challenge faced by the new asylum seeker and brainstorm potential solutions together, drawing on the experiences of the integrated refugee.

Meeting 3: Craft Workshop - Traditional Crafts

Objective: Engage in a creative activity that allows participants to share and learn about each other's cultures through traditional crafts.

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Activities:

- **Icebreaker:**
 - **Show and Tell:** Each participant brings an item that represents their culture and shares its significance, fostering cultural exchange and understanding.
- **Craft Workshop:**
 - **Traditional Crafts:** Participants teach each other how to create traditional crafts from their cultures (e.g., Ukrainian embroidery, traditional Polish paper cut-outs). This hands-on activity encourages learning and appreciation of different cultural traditions.
- **Discussion Topics:**
 - **Cultural Significance:** Discuss the cultural significance of the crafts and how these traditions are maintained in a new country.
 - **Personal Stories:** Share personal stories related to the crafts and their cultural heritage, deepening the connection between participants.

Short Exercises:

- **Craft Sharing:** Each pair presents the craft they created and what they learned about each other's culture, promoting mutual respect and admiration.

Meeting 4: Personal and Professional Development

Objective: Focus on personal growth, skill-building, and career development.

Activities:

- **Icebreaker:**
 - **Common Ground:** Participants find at least three things they have in common with their partner, fostering connection and camaraderie.
- **Discussion Topics:**
- **Career Aspirations:** Discuss career goals and the steps needed to achieve them. Participants share their aspirations and the challenges they face in reaching these goals.

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- **Skill-Building:** Identify key skills participants want to develop and how to acquire them (e.g., language skills, digital literacy). Successfully integrated refugees can share their experiences in developing these skills.
- **Networking:** Talk about the importance of networking and share tips on how to build a professional network. Participants can discuss how to find and connect with local professionals and community groups.

Short Exercises:

- **Goal Setting:** Each pair sets specific, achievable goals for their personal and professional development. They can create a plan outlining steps to reach these goals, providing accountability and motivation.

Meeting 5: Craft Workshop - Modern Crafts

Objective: Engage in a modern craft activity that promotes creativity and collaboration.

Activities:

- **Icebreaker:**
 - **Favorite Things:** Each participant shares their favorite book, movie, or hobby and explains why. This activity helps participants learn more about each other's interests and personalities.
- **Craft Workshop:**
 - **Modern Crafts:** Participants work together to create something new, such as a piece of jewelry, a digital art project, or a DIY home decor item. This collaborative activity encourages creativity and teamwork.
- **Discussion Topics:**
 - **Creativity and Expression:** Discuss the role of creativity in their lives and how it helps them express themselves and cope with challenges.
 - **Collaboration:** Talk about the benefits of collaborating with others on creative projects and how it can enhance their skills and confidence.

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Short Exercises:

- **Craft Collaboration:** Each pair presents their modern craft project and explains the inspiration behind it, showcasing their creativity and collaborative efforts.

Meeting 6: Reflection and Future Plans

Objective: Reflect on the experience, celebrate achievements, and plan for future interactions.

Activities:

- **Icebreaker:**
 - **Memory Lane:** Each participant shares their favorite moment or memory from the past meetings, highlighting the positive experiences and connections made.
- **Discussion Topics:**
 - **Reflections:** Discuss what participants have learned from each other and how it has impacted them. Encourage them to share any changes in their perspectives or new insights gained.
 - **Future Plans:** Talk about their plans for the future and how they can continue to support each other. Discuss potential projects or activities they can pursue together.
 - **Feedback:** Collect feedback on the meetings and suggestions for improvement to enhance future sessions.

Short Exercises:

- **Letter to Self:** Each participant writes a letter to their future self, reflecting on their journey over the past meetings and setting goals for the future. This activity encourages self-reflection and forward-thinking.
- **Pair Presentation:** Each pair presents their journey together, highlighting key learnings and memorable moments. This final presentation celebrates their achievements and reinforces the bonds formed.

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Summary

These six meetings are designed to foster strong connections between new asylum seekers and successfully integrated refugees, providing a supportive environment for sharing experiences, learning new skills, and building a community. The inclusion of icebreakers, discussions, and creative workshops ensures that participants engage in meaningful interactions, build trust, and gain valuable insights for their personal and professional growth.

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GENERAL and SPECIFIC OBJECTIVES

Meeting 1: Introduction and Pairing Up

General Objective: Create a comfortable environment, establish pairs, and set the stage for future interactions.

Specific Objectives:

1. To introduce participants to the project and its goals.
2. To create a welcoming atmosphere through icebreaker activities.
3. To help participants get to know each other by sharing personal backgrounds, expectations, and goals.
4. To establish initial connections and form pairs for future meetings.

Meeting 2: Overcoming Challenges

General Objective: Identify and discuss the challenges faced by new asylum seekers and explore solutions provided by successfully integrated refugees.

Specific Objectives:

1. To foster interaction and communication through an icebreaker activity.
2. To identify common challenges faced by new asylum seekers in their daily lives.
3. To explore strategies and solutions from successfully integrated refugees for overcoming these challenges.
4. To facilitate problem-solving and collaborative thinking through paired activities.

Meeting 3: Craft Workshop - Traditional Crafts

General Objective: Engage in a creative activity that allows participants to share and learn about each other's cultures through traditional crafts.

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Specific Objectives:

1. To promote cultural exchange and understanding through a show-and-tell icebreaker activity.
2. To teach and learn traditional crafts from each other's cultures.
3. To discuss the cultural significance of these crafts and their role in preserving heritage.
4. To strengthen connections by sharing personal stories related to the crafts.

Meeting 4: Personal and Professional Development

General Objective: Focus on personal growth, skill-building, and career development.

Specific Objectives:

1. To create a sense of connection through finding common ground in an icebreaker activity.
2. To discuss career aspirations and the steps needed to achieve them.
3. To identify key skills participants want to develop and explore methods to acquire them.
4. To emphasize the importance of networking and share tips on building a professional network.
5. To set specific, achievable goals for personal and professional development.

Meeting 5: Craft Workshop - Modern Crafts

General Objective: Engage in a modern craft activity that promotes creativity and collaboration.

Specific Objectives:

1. To learn more about each other's interests through a favorite things icebreaker activity.
2. To collaborate on creating a modern craft project.

3. To discuss the role of creativity in personal expression and coping with challenges.
4. To highlight the benefits of collaboration and teamwork through the creative process.

Meeting 6: Reflection and Future Plans

General Objective: Reflect on the experience, celebrate achievements, and plan for future interactions.

Specific Objectives:

1. To share favorite memories and positive experiences from the past meetings.
2. To reflect on what participants have learned and how it has impacted them.
3. To discuss future plans and how participants can continue to support each other.
4. To collect feedback on the meetings and suggestions for improvement.
5. To write a letter to their future self, reflecting on their journey and setting future goals.

Summary

These six meetings are designed to foster strong connections between new asylum seekers and successfully integrated refugees, providing a supportive environment for sharing experiences, learning new skills, and building a community. The inclusion of icebreakers, discussions, and creative workshops ensures that participants engage in meaningful interactions, build trust, and gain valuable insights for their personal and professional growth.

TOPICS FOR DISCUSSION

Meeting 1: Introduction and Pairing Up

General Objective: Create a comfortable environment, establish pairs

Specific Objectives:

1. To create a welcoming atmosphere through icebreaker activities.
2. To help participants get to know each other by sharing personal backgrounds, expectations, and goals.
3. To establish initial connections and form pairs for future meetings.

Topics for Discussion:

1. **Personal Backgrounds:**
 - Participants share their origin, their journey to the host country, and their initial experiences. This topic helps to build empathy and understanding among participants.
2. **Hobbies and Interests:**
 - Discuss favorite pastimes, hobbies, and activities they enjoy. This helps to identify common interests and create bonds over shared activities.
3. **Family and Friends:**
 - Talk about their families and friends, both in their home country and in the host country. Discuss how they stay connected with loved ones and the challenges they face in maintaining these relationships.
4. **Expectations for the Workshops:**
 - Participants discuss what they hope to achieve from these meetings. This helps to set clear expectations and ensure that the workshops meet the participants' needs.
5. **Initial Challenges Faced:**
 - Share the first challenges they encountered upon arriving in the host country and how they dealt with them. This can include cultural differences, language barriers, and navigating new systems.

6. Cultural Differences:

- Discuss noticeable cultural differences between their home country and the host country. Talk about how they are adapting to these differences and any strategies they have found helpful.

Meeting 2: Overcoming Challenges

General Objective: Identify and discuss the challenges faced by new asylum seekers and explore solutions provided by successfully integrated refugees.

Specific Objectives:

1. To identify common challenges faced by new asylum seekers in their daily lives.
2. To explore strategies and solutions from successfully integrated refugees for overcoming these challenges.
3. To facilitate problem-solving and collaborative thinking through paired activities.

Topics for Discussion:

1. **Language Barriers:**
 - Discuss the difficulties in learning the new language and share effective methods or resources for language learning. Successfully integrated refugees can provide tips and resources that helped them.
2. **Navigating Bureaucracy:**
 - Talk about experiences with legal and administrative systems, such as applying for asylum, accessing healthcare, and enrolling in education.
3. **Social Isolation:**
 - Discuss feelings of loneliness and strategies to build new social connections. This can include joining local community groups.
4. **Access to Services:**
 - Share experiences accessing essential services, such as healthcare, education, and social services. Discuss barriers to access and possible solutions or alternatives.
5. **Employment Challenges:**

- Talk about difficulties finding work, such as non-recognition of qualifications, lack of job opportunities, or discrimination. Share strategies for overcoming these barriers.

6. Housing Issues:

- Discuss problems related to housing, such as finding affordable accommodation, dealing with landlords, and understanding tenant rights. Successfully integrated refugees can share their experiences and offer practical advice.

Meeting 3: Craft Workshop - Traditional Crafts

General Objective: Engage in a creative activity that allows participants to share and learn about each other's cultures through traditional crafts.

Specific Objectives:

1. To promote cultural exchange and understanding through a show-and-tell icebreaker activity.
2. To teach and learn traditional crafts from each other's cultures.
3. To discuss the cultural significance of these crafts and their role in preserving heritage.

Topics for Discussion:

1. Cultural Significance of Crafts:

- Explain the importance of the traditional craft being created and its role in their culture. Discuss how these crafts are used in festivals, ceremonies, or daily life.

2. Crafting Techniques:

- Share specific techniques and skills required to make the craft. Participants can demonstrate techniques and provide step-by-step instructions, enhancing mutual learning.

3. History of the Craft:

- Discuss the historical background of the craft and how it has evolved over time. This can include the origins of the craft, changes in techniques, and its cultural journey.
- 4. **Personal Stories:**
 - Share personal stories related to the craft, such as family traditions or memorable experiences. This helps to create a deeper connection and understanding of each other's backgrounds.
- 5. **Preserving Culture:**
 - Talk about the importance of preserving cultural traditions in a new country. Discuss challenges and strategies for maintaining these traditions in a different cultural context.
- 6. **Comparing Crafts:**
 - Compare and contrast traditional crafts from different cultures. Identify common themes, materials, and techniques, as well as unique aspects of each culture's crafts.

Meeting 4: Personal and Professional Development

General Objective: Focus on personal growth, skill-building, and career.

Specific Objectives:

1. To discuss career aspirations and the steps needed to achieve them.
2. To identify key skills participants want to develop and explore methods to acquire them.
3. To emphasize the importance of networking and share tips on building a professional network.

Topics for Discussion:

1. **Career Aspirations:**
 - Share career goals and discuss the steps needed to achieve them. Participants can talk about their dream jobs, previous experiences, and current aspirations.
2. **Skill Development:**

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- Identify key skills needed for their desired careers and explore ways to develop these skills. This can include language skills, technical skills, or soft skills like communication and teamwork.
- 3. **Education Opportunities:**
 - Discuss available education and training programs that can help achieve career goals. Participants can share information about local schools, online courses, and vocational training.
- 4. **Networking Tips:**
 - Share tips on how to build a professional network and find mentors. Discuss the importance of networking, how to approach potential contacts, and ways to maintain professional relationships.
- 5. **Balancing Work and Life:**
 - Discuss strategies for balancing professional goals with personal life and responsibilities. This can include time management tips, setting priorities, and self-care practices.
- 6. **Success Stories:**
 - Successfully integrated refugees share their career journeys and offer advice and encouragement. These stories can provide inspiration and practical tips for overcoming obstacles and achieving career success.

Meeting 5: Craft Workshop - Modern Crafts

General Objective: Engage in a modern craft activity that promotes creativity.

Specific Objectives:

1. To collaborate on creating a modern craft project.
2. To discuss the role of creativity in personal expression and coping with challenges.
3. To highlight the benefits of collaboration and teamwork through the creative process.

Topics for Discussion:

- 1. Creative Inspirations:**
 - Discuss sources of creative inspiration and how they come up with ideas for projects. Participants can share their favorite artists, nature, personal experiences, or any other inspirations.
- 2. Modern Craft Techniques:**
 - Share new techniques or materials used in modern crafts. Participants can demonstrate techniques and explain how they discovered or developed them.
- 3. Personal Expression:**
 - Talk about how they express their identity and experiences through creative work. Discuss how crafting helps them process emotions, tell their stories, and connect with others.
- 4. Collaborative Projects:**
 - Discuss the benefits and challenges of working on collaborative projects. Highlight how collaboration can enhance creativity, bring new perspectives, and build teamwork skills.
- 5. Creative Goals:**
 - Share their creative goals and how they plan to achieve them. Participants can discuss personal projects they want to undertake, new skills they want to learn, or exhibitions they want to participate in.
- 6. Showcasing Work:**
 - Talk about ways to showcase their work, such as through exhibitions, online platforms, or community events. Discuss the importance of sharing their creations with a broader audience and how to effectively promote their work.

Meeting 6: Reflection and Future Plans

General Objective: Reflect on the experience, celebrate achievements, and plan for future interactions.

Specific Objectives:

1. To share favorite memories and positive experiences from the past meetings.
2. To reflect on what participants have learned and how it has impacted them.

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3. To discuss future plans and how participants can continue to support each other.
4. To collect feedback on the meetings and suggestions for improvement.
5. To write a letter to their future self, reflecting on their journey and setting future goals.
6. To present their journey together, highlighting key learnings and memorable moments.

Topics for Discussion:

1. **Workshop Reflections:**
 - Reflect on the most valuable lessons learned from the workshops. Participants can discuss personal insights, new skills acquired, and any changes in their perspectives.
2. **Personal Growth:**
 - Discuss personal growth and changes over the course of the meetings. Participants can share how they have developed, what they have achieved, and any new goals they have set.
3. **Future Plans:**
 - Share plans for the future and how they can continue to support each other. Discuss potential projects or activities they can pursue together, and ways to stay connected.
4. **Continued Learning:**
 - Talk about areas they still want to learn about and how they can

Summarizing Each Meeting

Meeting 1: Introduction and Pairing Up

Summary Activities:

1. **Roundtable Summary:**

- Each participant briefly shares one thing they learned about another participant, helping to reinforce the connections made.
- 2. **Highlight Reel:**
 - Participants mention their favorite part of the meeting, whether it was an icebreaker game or a particular story shared, to highlight positive moments.
- 3. **Expectation Check:**
 - Ask participants if the meeting met their expectations and if they have any new expectations for future meetings.
- 4. **Reflection Cards:**
 - Provide small cards for participants to write down one key takeaway and one thing they hope to achieve in the next meeting. Collect these for review.

Meeting 2: Overcoming Challenges

Summary Activities:

1. **Challenge Recap:**
 - Each pair summarizes one major challenge discussed and the suggested solutions, reinforcing problem-solving outcomes.
2. **Solution Sharing:**
 - Participants share one practical tip or resource they learned that can help with overcoming challenges.
3. **Feedback Round:**
 - Conduct a quick round where participants share feedback on the discussion format and suggest any changes for future meetings.
4. **Action Plan:**
 - Participants write down an action they plan to take based on what they learned about overcoming challenges. These plans can be revisited in future meetings.

Meeting 3: Craft Workshop - Traditional Crafts

Summary Activities:

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- 1. Craft Showcase:**
 - Each pair presents the traditional craft they made, explaining its cultural significance and what they learned from the experience.
- 2. Cultural Reflection:**
 - Discuss what participants found most interesting about each other's cultures and crafts.
- 3. Learning Points:**
 - Each participant shares one new thing they learned about crafting techniques or cultural traditions.
- 4. Crafting Feedback:**
 - Gather feedback on the craft activity itself: what participants enjoyed, what could be improved, and suggestions for future craft workshops.

Meeting 4: Personal and Professional Development

Summary Activities:

- 1. Goal Sharing:**
 - Each pair shares the specific, achievable goals they set for their personal and professional development.
- 2. Skill Discussion:**
 - Participants discuss one new skill or piece of knowledge they plan to pursue and how they intend to do so.
- 3. Networking Takeaways:**
 - Each participant shares a new networking tip or strategy they learned and plan to use.
- 4. Progress Plan:**
 - Write down one immediate step they will take towards their professional development goals, which can be reviewed in the next meeting.

Meeting 5: Craft Workshop - Modern Crafts

Summary Activities:

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1. **Modern Craft Presentation:**

- Each pair presents their modern craft project, explaining the inspiration and creative process behind it.

2. **Creativity Insights:**

- Participants discuss how the activity helped them express themselves and any new creative techniques they learned.

3. **Collaboration Reflection:**

- Reflect on the collaborative process: what worked well, what challenges they faced, and how they overcame them.

4. **Future Projects:**

- Discuss any future creative projects they would like to pursue and how they can continue collaborating.

Meeting 6: Reflection and Future Plans

Summary Activities:

1. **Memory Sharing:**

- Each participant shares their favorite memory or most significant learning moment from the entire workshop series.

2. **Growth Reflection:**

- Discuss personal growth: how participants have changed, what they have learned, and how they feel now compared to the start.

3. **Future Plans Sharing:**

- Share future plans and how they intend to stay connected and support each other moving forward.

4. **Pair Presentation:**

- Each pair presents their journey together, highlighting key learnings, memorable moments, and future plans. This helps to celebrate their achievements and reinforce the connections made.

These summary activities ensure that each meeting is effectively concluded, reinforcing the key takeaways, addressing any issues, and setting the stage for the next meeting. They help participants consolidate their learning and keep them engaged throughout the workshop series.

Additional Ideas to Enhance the Meetings

Meeting 1: Introduction and Pairing Up

- Welcome Kit:**
 - Provide a small welcome kit with a notebook, pen, and a guide to local resources (e.g., community centers, language classes, support services).
- Interactive Name Tags:**
 - Create name tags with space for participants to write their names and a fun fact about themselves. This can serve as an icebreaker and conversation starter.
- Photo Wall:**
 - Set up a photo wall where participants can pin a photo of themselves or a picture that represents something important to them. This visual element can help build connections.

Meeting 2: Overcoming Challenges

- Guest Speakers:**
 - Invite guest speakers, such as local community leaders or professionals who work with refugees, to share insights and offer additional support and resources.
- Resource Sharing Table:**
 - Set up a table with brochures, pamphlets, and flyers about local services and resources. Participants can take what they need and add any they know of.

Meeting 3: Craft Workshop - Traditional Crafts

- Music and Ambiance:**

- Play traditional music from the participants' home countries during the craft workshop to create an immersive cultural experience.
- 2. **Craft Kits:**
 - Provide pre-prepared craft kits with all the necessary materials for the traditional crafts being made. This ensures everyone can participate fully.
- 3. **Photo Documentation:**
 - Take photos of the craft-making process and the finished products. Share these photos in a follow-up email or a shared online album to celebrate the participants' work.

Meeting 4: Personal and Professional Development.

1. **Resume and Interview Workshop:**
 - Organize a mini-workshop on creating resumes and preparing for interviews. Provide templates and practice questions.
2. **Local Job Board:**
 - Create a job board with postings for local job opportunities, internships, and volunteer positions that are suitable for participants.

Meeting 5: Craft Workshop - Modern Crafts

1. **Digital Showcase:**
 - Create an online gallery or social media page to showcase the modern crafts created by participants. This can help them gain recognition and potentially sell their work.
2. **Guest Artist:**
 - Invite a local artist to lead the workshop or provide a demonstration. This can inspire participants and introduce them to new techniques.
3. **Collaborative Art Piece:**
 - Work together to create a large, collaborative art piece that can be displayed in a community center or donated to a local organization.

Meeting 6: Reflection and Future Plans

1. Certificates of Participation:

- Award certificates of participation to all attendees. This formal recognition can boost their confidence and serve as a keepsake.

2. Follow-Up Plan:

- Develop a follow-up plan where participants commit to checking in with their partners or the group at regular intervals after the workshops end.

3. Group Photo:

- Take a group photo at the end of the final meeting. Share it with participants as a memento of their time together.

General Ideas for All Meetings

- 1. Language Support:**
 - Provide translation services or bilingual facilitators to ensure everyone can participate fully and understand the discussions.
- 2. Childcare:**
 - Offer childcare services during the meetings to make it easier for parents to attend.
- 3. Refreshments:**
 - Provide snacks and drinks from different cultures to make the environment more welcoming and encourage informal conversations.
- 4. Transportation Assistance:**
 - Arrange transportation or provide travel stipends for participants who may have difficulty attending due to distance or cost.
- 5. Feedback Mechanism:**
 - Use a variety of feedback mechanisms (e.g., anonymous surveys, suggestion boxes) to continuously gather input and improve the meetings.
- 6. Digital Connection:**
 - Create a digital platform (e.g., WhatsApp group, Facebook group) for participants to stay connected between meetings, share resources, and support each other..
- 7. Cultural Celebrations:**
 - Integrate cultural celebrations or festivals into the meetings to honor participants' heritage and create a festive atmosphere.

These additional ideas can help make the meetings more engaging, supportive, and beneficial for both new asylum seekers and successfully integrated refugees.

ICEBREAKERS for PAIRS

Icebreaker Games for Pairs

1. Commonalities and Differences:

- **How to Play:** Each pair has five minutes to find five things they have in common and five unique differences. They then share these with the larger group.
- **Purpose:** This activity helps participants quickly identify common ground and appreciate their unique traits.

2. Interview and Introduce:

- **How to Play:** Pairs interview each other for five minutes using a set of provided questions (e.g., "What is your favorite book?" "What are you passionate about?"). Each participant then introduces their partner to the group.
- **Purpose:** Encourages active listening and helps participants learn interesting details about each other.

3. Two Truths and a Dream:

- **How to Play:** Each participant shares two truths about themselves and one dream or goal they have. Their partner guesses which one is the dream.
- **Purpose:** This variation of "Two Truths and a Lie" not only breaks the ice but also encourages participants to share their aspirations.

4. Would You Rather?

- **How to Play:** Pairs take turns asking each other "Would you rather" questions (e.g., "Would you rather travel to the past or the future?"). They discuss their answers and the reasons behind them.
- **Purpose:** This game sparks interesting conversations and helps participants learn about each other's preferences and values.

5. Memory Match:

How to Play: Each participant thinks of three important memories from their life and shares them with their partner. The partner then tries to recall these memories in order, and vice versa.

- **Purpose:** Enhances memory recall and deepens understanding of significant events in each other's lives.
6. **Five-Finger Introduction:**
- **How to Play:** Each finger represents a different aspect of their life (e.g., thumb for family, index for hobbies, middle for work or school, ring for dreams, pinky for a unique fact). Partners share a detail for each finger.
 - **Purpose:** Provides a structured yet comprehensive way for participants to introduce themselves.
7. **Speed Friendship:**
- **How to Play:** Set a timer for three minutes. Pairs talk to each other for the duration, then switch partners. This continues until everyone has met. Afterward, they return to their original partner to discuss the people they met.
 - **Purpose:** Facilitates quick introductions and helps participants feel more comfortable with the group..
8. **Alphabet Backstories:**
- **How to Play:** Each pair takes turns telling a backstory using the alphabet sequentially. For example, one starts with "A" ("I am Alex"), and the next continues with "B" ("Born in Belarus").
 - **Purpose:** Promotes quick thinking and teamwork while sharing personal information.
9. **Desert Island:**
- **How to Play:** Pairs discuss and decide on five items they would take if stranded on a desert island and explain why.
 - **Purpose:** Encourages collaboration and reveals personal priorities and survival instincts.
10. **Fact or Fiction:**
- **How to Play:** Each participant shares three statements about themselves—two facts and one fiction. Their partner guesses which is the fiction.
 - **Purpose:** Promotes engagement and learning interesting, surprising details about each other.

11. Emotional Bingo:

- **How to Play:** Create Bingo cards with emotions (e.g., excited, nervous, happy, sad). Pairs discuss recent times they felt each emotion and mark off the corresponding squares.
- **Purpose:** Encourages emotional sharing and helps build empathy.

12. Bucket List Exchange:

- **How to Play:** Each participant lists three items from their bucket list. Partners discuss these items and share why they are important to them.
- **Purpose:** Fosters discussions about dreams and aspirations, helping partners understand each other's long-term goals.

13. Guess the Object:

- **How to Play:** Each participant brings a small object that has special significance to them. They describe the object to their partner without showing it, and the partner guesses what it is.
- **Purpose:** Encourages descriptive communication and storytelling.

14. Personality Quiz:

- **How to Play:** Pairs take a short personality quiz together (e.g., Myers-Briggs, color personality test) and discuss their results and whether they feel it's accurate.
- **Purpose:** Offers insight into personality traits and can lead to deeper understanding of each other.

These icebreaker games are designed to foster interaction, build trust, and create a fun and engaging environment for participants. They encourage sharing and communication, helping new asylum seekers and successfully integrated refugees to form meaningful connections.

Key Considerations for Organizers When Pairing Participants Who Do Not Know Each Other

- 1. Cultural Sensitivity:**
 - **Respect Differences:** Be mindful of cultural, religious, and social differences. Educate participants on respecting each other's backgrounds and beliefs.
 - **Inclusive Environment:** Ensure that the environment is welcoming to all participants, regardless of their background. Use inclusive language and be aware of cultural norms.
- 2. Language Support:**
 - **Translation Services:** Provide translation or interpretation services if needed to ensure clear communication between pairs.
 - **Bilingual Materials:** Offer materials in multiple languages to accommodate participants' language preferences.
- 3. Creating a Safe Space:**
 - **Confidentiality:** Emphasize the importance of confidentiality. Participants should feel secure that their personal stories and information will be kept private.
 - **Ground Rules:** Establish and communicate clear ground rules for interactions, such as respect, active listening, and non-judgment.
- 4. Balanced Pairing:**
 - **Skill Matching:** Pair participants with complementary skills and experiences to maximize learning opportunities.
 - **Personality Considerations:** When possible, consider personality traits to ensure that pairs can work well together. Introverts might be more comfortable with patient and understanding extroverts.

5. **Icebreaker Activities:**

- **Facilitated Introductions:** Use structured icebreaker activities to help participants get to know each other in a fun and engaging way.
- **Common Interests:** Start with activities that highlight common interests to build rapport quickly.

6. **Monitoring and Support:**

- **Check-Ins:** Regularly check in with pairs to ensure they are comfortable and to address any issues or concerns.
- **Facilitator Availability:** Make facilitators available during and after meetings for additional support and guidance.

7. **Flexibility:**

- **Adjust Pairings:** Be prepared to adjust pairings if participants express discomfort or if the pairing is not working well.
- **Adaptive Activities:** Adapt activities based on the dynamics and feedback from participants to maintain engagement and effectiveness.

8. **Structured Agenda:**

- **Clear Objectives:** Each meeting should have clear objectives and a structured agenda to provide direction and purpose.
- **Varied Activities:** Include a mix of discussion, creative activities, and practical exercises to cater to different learning styles and keep participants engaged.

9. **Feedback Mechanism:**

- **Regular Feedback:** Provide opportunities for participants to give feedback on the meetings and pairings. Use this feedback to make continuous improvements.
- **Anonymity Option:** Allow for anonymous feedback to ensure honest and open responses.

10. **Preparation and Training:**

- **Pre-Meeting Orientation:** Offer an orientation session to explain the goals, structure, and expectations of the meetings.

- **Facilitator Training:** Ensure facilitators are trained in conflict resolution, cultural sensitivity, and effective communication techniques.

11. Emotional Support:

- **Access to Counseling:** Provide information on counseling and support services for participants who may need emotional or psychological assistance.
- **Empathy and Understanding:** Encourage facilitators and participants to practice empathy and understanding, recognizing that everyone's journey is different

12. Physical Environment:

- **Comfortable Setting:** Ensure the meeting space is comfortable, accessible, and conducive to open communication. Consider factors like seating arrangements, lighting, and noise levels.
- **Refreshments:** Provide refreshments to create a relaxed and hospitable environment.

By keeping these considerations in mind, organizers can create a supportive and effective environment for pairing participants who do not know each other, fostering meaningful connections and achieving the objectives of the meetings.

How to Encourage Participants to Attend All Meetings

- 1. Clear Communication:**
 - **Detailed Agenda:** Provide a clear and detailed agenda for the entire series of meetings at the start. Let participants know what to expect at each session.
 - **Objectives and Benefits:** Clearly communicate the objectives and benefits of attending all meetings, emphasizing personal growth, skill development, and networking opportunities.
- 2. Engaging Content:**
 - **Variety of Activities:** Plan a variety of engaging and interactive activities for each session to keep participants interested.
 - **Relevant Topics:** Ensure the topics discussed are relevant to participants' needs and interests, addressing both personal and professional aspects.
- 3. Building Relationships:**
 - **Pair Consistency:** Maintain the same pairs throughout the series to build strong relationships and a sense of accountability.
 - **Social Bonds:** Encourage social interactions and bonding through icebreaker activities and informal discussions.
- 4. Incentives:**
 - **Certificates:** Offer certificates of participation at the end of the series, recognizing their commitment and attendance.
 - **Rewards:** Provide small incentives, such as gift cards or vouchers, for those who attend all meetings.
- 5. Support and Accessibility:**
 - **Childcare Services:** Offer childcare services during the meetings to make it easier for parents to attend.
 - **Transportation Assistance:** Provide transportation assistance or travel stipends for participants who may have difficulty attending due to distance or cost.

- **Flexible Scheduling:** Consider the participants' schedules when planning meeting times, and provide flexible options if possible.
6. **Regular Reminders:**
- **Calendar Invites:** Send calendar invites for all meetings to participants' email addresses to help them remember the dates.
 - **Reminders:** Send regular reminders via email, SMS, or messaging apps a few days before each meeting.
7. **Follow-Up:**
- **Check-In Calls:** Make check-in calls or send personalized messages to participants who miss a meeting, expressing that they were missed and encouraging them to attend the next one.
 - **Meeting Summaries:** Send summaries of each meeting to participants, highlighting what was discussed and learned, and what to expect in the next session.
8. **Participant Involvement:**
- **Roles and Responsibilities:** Give participants specific roles or responsibilities during the meetings, such as leading a discussion or organizing an activity.
 - **Feedback Integration:** Actively seek and integrate participants' feedback to show that their input is valued and to make improvements based on their suggestions.
9. **Community Building:**
- **Group Chats:** Create a group chat or online community where participants can interact, share resources, and support each other between meetings.
 - **Social Events:** Organize occasional social events or outings to strengthen the community bond outside the formal meeting structure.
10. **Positive Environment:**
- **Encouragement:** Foster a positive and supportive environment where participants feel valued and appreciated.

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- **Celebrating Milestones:** Celebrate milestones and achievements, both small and large, to maintain motivation and a sense of accomplishment.

By implementing these strategies, organizers can encourage participants to commit to attending all meetings, ensuring a cohesive and enriching experience for everyone involved.

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Additional Attractions Organizers Can Provide at Such Meetings

- 1. Guest Speakers:**
 - **Inspirational Talks:** Invite guest speakers who can share their success stories, experiences, or expertise. This could include professionals from various fields, community leaders, or former refugees who have successfully integrated.
 - **Q&A Sessions:** Organize Q&A sessions with guest speakers to allow participants to engage directly and ask questions.
- 2. Workshops and Skill-Building Sessions:**
 - **Professional Development:** Conduct workshops on resume writing, interview skills, job searching, and professional networking.
- 3. Cultural Activities:**
 - **Cooking Classes:** Host cooking classes where participants can learn to prepare traditional dishes from each other's cultures.
- 4. Outdoor Activities:**
 - **Picnics or BBQs:** Plan outdoor events like picnics or BBQs in local parks, providing a relaxed setting for socializing and bonding.
 - **Nature Walks or Hikes:** Arrange group nature walks or hikes to promote physical activity and relaxation.
- 5. Creative Arts:**
 - **Art Exhibitions:** Set up exhibitions where participants can display their artwork, crafts, or photography.
 - **Music and Dance:** Organize music and dance workshops or performances.
- 6. Sports and Recreation:**
 - **Sports Tournaments:** Organize friendly sports tournaments or games, such as soccer, volleyball, or basketball, to encourage teamwork and physical activity.
 - **Yoga or Fitness Classes:** Offer yoga, fitness, or meditation classes to promote physical and mental well-being.

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7. Field Trips:

- **Local Attractions:** Plan visits to local attractions, such as museums, historical sites, or cultural centers, to help participants learn more about their new environment.
- **Community Service:** Organize community service projects or volunteering opportunities, allowing participants to give back to the community and build connections.

8. Movie Nights:

- **Cultural Films:** Screen films from different cultures, followed by discussions or debates to enhance cultural understanding.
- **Family Movies:** Organize family-friendly movie nights to provide entertainment and relaxation for participants and their families.

9. Resource Fairs:

- **Information Booths:** Host resource fairs with booths from local organizations, government agencies, and community groups offering information and support services.

By incorporating these additional attractions, organizers can enhance the overall experience of the meetings, making them more engaging, enjoyable, and valuable for all participants. These activities not only provide entertainment but also foster community building, personal growth, and cultural exchange.

Additional Guidelines for Organizers Considering Cultural Differences and Traumatic Backgrounds

- 1. Cultural Sensitivity Training:**
 - **Facilitator Training:** Ensure all facilitators undergo cultural sensitivity and diversity training to understand and respect the participants' cultural backgrounds.
 - **Participant Awareness:** Educate participants about cultural sensitivity and respect for differences, including religious beliefs, customs, and gender roles.
- 2. Creating a Safe and Respectful Environment:**
 - **Ground Rules:** Establish clear ground rules for respectful behavior, including active listening, non-judgment, and confidentiality.
 - **Safe Space:** Designate meeting spaces as safe zones where participants feel secure to share their experiences without fear of judgment or reprisal.
- 3. Gender Considerations:**
 - **Separate Groups:** For certain activities, consider having separate groups for men and women if cultural or religious beliefs require it.
 - **Respect Boundaries:** Be aware of and respect personal space and boundaries, especially between different genders. Avoid physical contact that might be inappropriate or uncomfortable.
- 4. Addressing Trauma:**
 - **Trauma-Informed Approach:** Train facilitators in trauma-informed care to recognize signs of trauma and respond appropriately.
 - **Professional Support:** Have mental health professionals available or provide information on where participants can seek professional help.
 - **Voluntary Participation:** Make it clear that sharing personal stories is voluntary and participants should not feel pressured to disclose traumatic experiences.

5. **Inclusivity and Representation:**

- **Diverse Representation:** Ensure that facilitators and guest speakers represent the diversity of the participants. This can help in creating a relatable and inclusive atmosphere.
- **Cultural Celebrations:** Acknowledge and celebrate important cultural and religious holidays of the participants to show respect and inclusivity.

6. **Flexible Meeting Structure:**

- **Adaptable Agendas:** Be prepared to adjust the meeting agenda based on the participants' needs and comfort levels. Flexibility is key to accommodating different comfort levels and ensuring everyone feels included.
- **Optional Activities:** Provide a range of activities so participants can choose what they feel comfortable with, ensuring no one feels pressured to participate in any specific activity.

7. **Effective Communication:**

- **Language Support:** Provide translation services or bilingual facilitators to bridge language gaps and ensure clear communication.
- **Clear Instructions:** Give clear and simple instructions for activities, ensuring that all participants understand what is expected of them.

8. **Handling Sensitive Topics:**

- **Avoid Triggering Subjects:** Be mindful of topics that could trigger traumatic memories or strong emotional reactions. Avoid discussions about specific traumatic events unless participants are willing and prepared to share.
- **Supportive Listening:** Encourage active listening and empathetic responses. Participants should feel heard and supported without judgment.

9. **Structured Sharing:**

- **Guided Discussions:** Use guided discussion questions to help structure conversations, making it easier for participants to share at their own pace.
- **Time Limits:** Set time limits for sharing to ensure that no one person dominates the conversation and that all voices are heard.

10. Privacy and Confidentiality:

- **Confidentiality Agreements:** Have participants sign confidentiality agreements to ensure that what is shared in the meetings stays within the group.
- **Anonymous Feedback:** Provide options for anonymous feedback to gather honest insights and improve the meetings without putting anyone on the spot.

11. Community Building:

- **Team-Building Activities:** Include team-building activities that promote trust and cooperation among participants.
- **Regular Check-Ins:** Conduct regular check-ins with participants to gauge their comfort levels and address any issues promptly.

12. Religious Sensitivity:

- **Prayer and Reflection Time:** Schedule breaks or provide space for participants who need time for prayer or reflection according to their religious practices.
- **Dietary Restrictions:** Be mindful of dietary restrictions and preferences based on religious beliefs when providing refreshments.

By incorporating these guidelines, organizers can create a respectful, supportive, and inclusive environment that acknowledges and addresses the diverse cultural backgrounds and potential traumas of participants. This approach helps to build trust, encourage meaningful interactions, and ensure that all participants feel valued and respected.