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Walk in my shoes

Guidebook



AGENCY FOR
MOBILITY AND
EU PROGRAMMES



Co-funded by the
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The training course was held in Zagreb, Croatia from the 29th of November to the 5th of December 2022. There were 30 youth workers and volunteers from 6 partner organizations and 6 EU countries:

- Nezavisna udruga mladih, Croatia (hosting organization)
- EuroMuevete, Spain
- Muhu Noortekeskus, Estonia
- Plan Be Plan It Be It , Cyprus
- Pi Youth Association, Turkey
- PRISMS, Malta

This project was delivered by Abraham Azzopardi and Margaret White as trainers, with the logistical and organizational support of Nezavisna udruga mladih.

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ABOUT ERASMUS+

Erasmus+ aims at boosting skills and employability and modernizing Education, Training and Youth work.

Education, training, and non-formal youth learning are essential to creating jobs and improving Europe's competitiveness. Over the last seven years, Erasmus+ provided €14.7 billion to strengthen education, training, youth, and sport in Europe, allowing more than 4 million young people to gain experience and skills by studying, training, or volunteering abroad.

The program also supported over 125,000 institutions and organizations to work with peers in other countries to innovate and modernize teaching practices and youth work. Together they helped ensure that young people and adults get the skills they need to succeed in today's world.

The general objectives of Erasmus+ contribute to the achievement of:

- the objectives of the Europe 2020 Strategy, including the headline education target;
- the objectives of the strategic framework for European cooperation in education and training (ET 2020), including the corresponding benchmarks;
- the sustainable development of Partner Countries in the field of higher education;
- the overall objectives of the renewed framework for European cooperation in the youth field (2010–2018);
- the objective of developing the European dimension in sport, in particular grassroots sport, in line with the EU work plan for sport;
- the promotion of European values in accordance with Article 2 of the Treaty on the European Union.

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MIGRATION

MIGRATION PATTERNS IN EUROPE :

Migration Patterns in Europe: Migration patterns in Europe have undergone significant shifts over the years due to various economic, political, and social factors.

Historical Migration: Europe has a long history of migration, ranging from ancient movements of tribes to more recent colonization and labor migration during the industrial revolution.

Post-WWII Migration: After World War II, there was a significant wave of migration, particularly to Western European countries, driven by labor demands to rebuild devastated economies. This led to the arrival of workers from former colonies and other parts of the world, such as North Africa, Turkey, and South Asia.

EU Expansion: The enlargement of the European Union in the 2000s led to increased migration flows from Eastern European countries (such as Poland, Romania, and Bulgaria) to more prosperous Western European nations seeking better economic opportunities.

Refugee Crisis: The Syrian civil war and conflicts in the Middle East and North Africa resulted in a large influx of refugees and asylum seekers into Europe, primarily between 2015 and 2016. This sparked debates and challenges regarding asylum policies and integration efforts across the continent.

Internal Migration: There is also significant migration within Europe, often from economically weaker regions to more prosperous ones within the EU. For example, people from Southern Europe may migrate to countries like Germany or the UK in search of better job opportunities.

Recent Trends: In recent years, there has been an increased focus on controlling migration, leading to policy changes, discussions on border security, and efforts to manage refugee flows more effectively.

Impact of Brexit: The United Kingdom's decision to leave the EU has led to changes in migration patterns, particularly affecting the movement of people between the UK and the EU member states.

Integration Challenges: European countries continue to grapple with the challenges of integrating diverse migrant populations into their societies, including issues related to employment, education, cultural integration, and social cohesion.

Demographic Impact: Migration plays a crucial role in shaping Europe's demographic and scape, with implications for population aging, workforce dynamics, and cultural diversity.

Overall, migration in Europe remains a complex and multifaceted issue, influenced by geopolitical events, economic conditions, policy changes, and societal attitudes towards migration and diversity.

THE COMPLEXITY THAT MIGRATION BRINGS WITH IT:

Understanding the complexities of migration is crucial for various reasons, spanning social, economic, political, and humanitarian aspects:

Humanitarian Obligations: Migration often involves people fleeing conflict, persecution, poverty, or natural disasters. Understanding these complexities is crucial for addressing the humanitarian needs of migrants and refugees, ensuring their safety, providing aid, and offering asylum to those in need.

Policy Formulation: Policymakers need a comprehensive understanding of migration complexities to create effective and fair immigration policies. This includes managing borders, addressing asylum requests, and developing integration programs that consider cultural, social, and economic aspects.

Economic Impact: Migration significantly impacts economies, from labor market dynamics to contributions to GDP. Understanding these complexities helps governments make informed decisions about labor needs, skills shortages, and the overall economic impact of migration on both sending and receiving countries.

Social and Cultural Integration: Successful integration of migrants into host societies depends on understanding their cultural backgrounds, languages, and social norms. This knowledge is essential for fostering social cohesion, minimizing cultural clashes, and promoting inclusivity.

Global Cooperation: Migration is a global phenomenon, and understanding its complexities facilitates international cooperation. Collaborative efforts between countries can address challenges related to border control, human trafficking, and the fair treatment of migrants.

Demographic Changes: Migration affects population demographics, including aging populations and workforce dynamics. Understanding these changes helps governments plan for healthcare, retirement, and labor market needs.

Conflict Prevention: In some cases, migration can be a result of conflicts or tensions within or between countries. Understanding the root causes of migration can aid in conflict prevention and resolution, contributing to greater stability.

Human Rights Protection: Acknowledging the complexities of migration is essential for upholding the human rights of migrants. This includes ensuring access to basic services, protecting vulnerable groups (such as women and children), and preventing exploitation and discrimination.

Public Perception and Discourse: Understanding the complexities of migration helps challenge misconceptions and stereotypes. It promotes informed public discourse, encouraging empathy and support for migrants, while also addressing concerns that might arise within host communities.

Overall, grasping the complexities of migration is crucial for formulating compassionate, effective, and sustainable policies that benefit both migrants and host societies while addressing the challenges and opportunities migration brings.

WHAT ARE THE SOCIO ECONOMIC IMPACTS OF MIGRATION?

Migration has significant socio-economic impacts on both the sending and receiving countries. Here are some key effects:

1. Economic Growth:

Remittances: Migrants often send money back to their home countries, contributing significantly to their economies. Remittances can be a substantial source of income for families and can stimulate economic growth in sending countries.

Labor Force Contribution: Migrants often fill gaps in the labor market of receiving countries, especially in sectors facing shortages of skilled or unskilled workers. Their contributions can boost productivity and economic output.

2. Cultural Diversity and Exchange:

Migration introduces cultural diversity to host countries, enriching societies with new languages, traditions, cuisines, and perspectives. This cultural exchange can lead to innovation, creativity, and social enrichment.

3. Demographic Changes:

Aging Populations: Migration can help counteract declining birth rates and aging populations in some countries by providing a younger workforce.

Dependency Ratio: Migrants can contribute to reducing the dependency ratio (the ratio of the working-age population to the non-working-age population), positively impacting the economy and social welfare systems.

4. Labor Market Dynamics:

Skill Diversification: Migrants bring diverse skills and expertise, filling gaps in specialized sectors or industries that may be lacking in the host country.

Competitiveness: In some cases, migrant labor can affect wages or job availability for local workers, leading to debates about the impact on competitiveness and employment opportunities.

5. Social Dynamics and Integration:

Challenges and Opportunities: Integrating migrants into host societies can pose challenges related to cultural assimilation, language barriers, and social cohesion. However, successful integration can lead to a more diverse and inclusive society, fostering understanding and tolerance.

6. Public Services and Welfare:

Strain on Services: In some instances, a sudden influx of migrants can strain public services such as healthcare, education, and housing, leading to debates about resource allocation.

Contributions to Services: Over the long term, migrants often contribute to these services through taxes and labor participation, easing the strain.

7. Entrepreneurship and Innovation:

Business Creation: Migrants often start businesses, contributing to local economies and generating employment opportunities.

Innovation: Cultural diversity fosters innovation and creativity, leading to the development of new ideas and solutions.

Migration's socio-economic impacts are diverse and complex, often influenced by policies, societal attitudes, and the specific circumstances in both sending and receiving countries. Acknowledging these impacts is essential for developing inclusive policies that maximize the benefits of migration while addressing its challenges.

WHERE TO LOOK FOR HELP?

During the project participants from different countries that were part of the project looked up for three organisations that newly arrived migrants within their communities could approach for help if they needed.

MALTA

Name of Organisation: Jesuit Refugee Service (JRS)

Brief Description: The Jesuit Refugee Service (JRS) is an international Catholic organization with a mission to accompany, serve, and advocate for refugees and forcibly displaced persons. JRS operates in various countries, including Malta, providing assistance and support to refugees and asylum seekers.

In Malta, the JRS focuses on several key areas:

- **Direct Support:** JRS Malta offers direct services to refugees and asylum seekers, including accommodation, food, healthcare, education, and psychosocial support. They aim to meet the immediate needs of individuals and families who have fled their home countries.
- **Advocacy:** The organization advocates for the rights of refugees and marginalized individuals. They work to influence policies and practices at local, national, and international levels to promote more compassionate and inclusive approaches to refugee protection.

Address: 1 Pjazza Emanuel S. Tonna, Il-Furjana

Contact Number: +3562144 2751

Website: <https://jrs.net/en/country/malta/>

Email: info@jrsmalta.org

Facebook: <https://www.facebook.com/jrsmaltapage/>

Name of Organisation: Aditus Foundation

Brief Description: Aditus Foundation works to promote and monitor the observance of human rights in Malta, particularly concerning migrants, refugees, and asylum seekers. They provide legal information, advocacy, and support for individuals navigating the asylum process.

Address: Aditus Foundation, Rhea Building, 1A, Triq is-Santissima Trinitá, Ħamrun MRS 2280, Malta

Contact: +356 20106295

Website: <https://aditus.org.mt/>

Email: info@aditus.org.mt

Facebook: <https://www.facebook.com/aditus.accessingrights/>

Name of Organisation: Integra Foundation

Brief Description: Integra Foundation concentrates on providing support, integration services, and advocacy for migrants, including refugees and asylum seekers. They offer educational and vocational programs to facilitate integration into Maltese society.

Address: 81/83, Old Church Street Siggiewi

Contact: +35679756463

Email: pblijden.integra@gmail.com

Facebook: <https://www.facebook.com/integrafoundation/>

CYPRUS

Name of Organisation: Cyprus Refugee Council

Brief Description: Cyprus Refugee Council is an NGO that works specifically with refugees, asylum seekers, and vulnerable migrants. They provide legal assistance, social support, and integration programs to help refugees rebuild their lives in Cyprus.

Address: Stasandrou 9, Flat 401- 4th Floor, 1060 Nicosia, Cyprus

Contact: (+357) 22 205959

Website: <https://www.cyrefugeecouncil.org/>

Email: info@cyrefugeecouncil.org

Facebook: <https://www.facebook.com/cyrefugeecouncil/>

Name of Organisation: **UNHCR Cyprus**

Brief Description: The United Nations High Commissioner for Refugees (UNHCR) has a presence in Cyprus, working to protect the rights and well-being of refugees. They collaborate with local authorities and organizations to provide aid, support, and advocacy for refugees.

Address: Polyviou Dimitrakopoulou, Egkomi 1090, Cyprus

Contact: +357 22 359057

Website: <https://www.unhcr.org/cy/>

Email: cypni@unhcr.org

Facebook: <https://www.facebook.com/UNHCRCyprus/>

Name of Organisation: Estonian Refugee Council (Eesti Pagulasabi)

Brief Description: This organization works extensively with refugees and asylum seekers, providing legal assistance, integration programs, and support services to help them rebuild their lives in Estonia.

Address: Rüütli 4, Tartu, Estonia

Contact: +372 5881 1311

Website: <https://www.pagulasabi.ee/en>

Email: info@pagulasabi.ee

Facebook: <https://www.facebook.com/pagulasabi/>

Name of Organisation: MISA (Integration Foundation)

Brief Description: MISA focuses on integrating immigrants and refugees into Estonian society. They offer language courses, cultural orientation, job integration programs, and various support services aimed at facilitating their inclusion in Estonian communities.

Address: Mai 6, Pärnu, 80025 Pärnu maakond, Estonia

Contact: +372 5846 1871

Website: <https://www.meis.ee/est>

Email: sirli.tooming@kul.ee

Name of Organisation: International Organization for Migration (IOM) Estonia

Brief Description: IOM works globally but also has a presence in Estonia, supporting migrants and refugees with various programs aimed at integration, information dissemination, and capacity building.

Address: Parda 4, 10151 Tallinn, Estonia

Contact: +372 611 6088

Website: <https://estonia.iom.int/>

Email: iomtallinn@iom.int

Facebook: <https://www.facebook.com/IOMEstonia/>

TURKEY

Name of Organisation: UNHCR Turkey

Brief Description: The United Nations High Commissioner for Refugees (UNHCR) has a substantial presence in Turkey, providing aid, protection, and assistance to refugees. They work in collaboration with the Turkish government and other organizations to address the needs of refugees.

Address: Sancak, 552. Sk. No:3, 06550 Çankaya/Ankara, Türkiye

Contact: +90 312 409 70 00

Website: <https://www.unhcr.org/countries/republic-tuerkiye>

Email: turan@unhcr.org

Facebook: <https://www.facebook.com/TURKIYEUNHCR/>

Name of Organisation: The Turkish Red Crescent (Kızılay)

Brief Description: This humanitarian organization is active in supporting refugees in Turkey by providing aid, healthcare services, food, and shelter to both refugees and migrants.

Address: Ataç-1 Sokak No:32 Yenişehir, Ankara, Turkey

Contact: +90 312 430 23 00

Website: <https://www.kizilay.org.tr/what-we-do>

Email: iletisim@kizilayakademi.org.tr

Facebook: <https://www.facebook.com/RedCrescent/>

Name of Organisation: Association for Solidarity with Asylum Seekers and Migrant (ASAM)

Brief Description: ASAM operates various centers across Turkey, offering support, legal aid, social services, and integration programs for refugees and asylum seekers.

Address: Birlik Mah. Katar Cad. No:11 Çankaya/Ankara, Ankara, Turkey

Contact: +90 312 212 60 13

Website: <https://sgdd.org.tr>

Email: info@sgdd-asam.org

Facebook: <https://www.facebook.com/asamsgdd/>

SPAIN

Name of Organisation: Spanish Red Cross (Cruz Roja Española)

Brief Description: The Red Cross in Spain offers assistance to migrants and refugees, providing healthcare services, social support, emergency aid, and integration programs to help them rebuild their lives.

Address: Avenida Reina Victoria, 26, Madrid, Spain

Contact: +34 900 221 122

Website: <https://www2.cruzroja.es/>

Email: informa@cruzroja.es

Facebook: https://www.facebook.com/CruzRoja.es/?locale=es_LA

Name of Organisation: Accem

Brief Description: Accem is an NGO that works with refugees and migrants, providing services such as reception and integration programs, housing assistance, legal aid, and social support to facilitate their inclusion in Spanish society.

Address: Calle de Magallanes, 3, 8ª planta, 28015. Madrid, Madrid, Spain

Contact: +34 915 31 23 12

Website: <https://www.accem.es>

Email: accem@accem.es

Facebook: <https://www.facebook.com/accem/>

Name of Organisation: Spanish Platform for Refugee Aid (CEAR Euskadi)

Brief Description: This is a regional branch of CEAR, specifically operating in the Basque Country, providing similar services such as legal aid, social support, and integration programs for refugees and migrants in that region

Address: Rec 27, Barcelona, Spain

Contact: +34 667 82 14 72

Website: <https://openculturalcenter.org>

Email: info@openculturalcenter.org

Facebook: <https://www.facebook.com/OpenCulturalCenter/>

CROATIA

Name of Organisation: Ministry of Internal Affairs

Brief Description: The Ministry of the Interior conducts the administrative procedure and carries out tasks related to the procedure regarding asylum requests. It provides information on the rights and obligations of persons granted international protection and helps them exercise their rights. It cooperates with other organizational units of this Ministry, state authorities, and international and non-governmental organizations in the asylum procedure.

Address: Ulica grada Vukovara 33, 10 000 Zagreb, Croatia

Contact: +385 01 6122 111

Website: <https://mup.gov.hr/en>

Email: pitanja@mup.hr

Name of Organisation: Office of the United Nations High Commissioner for Refugees

Brief Description: The Office of the United Nations High Commissioner for Refugees manages and coordinates international refugee protection operations and resolves refugee issues throughout the world, strives to ensure the exercise of the right to asylum and finding a haven in another country, with the possibility of voluntary return home, local integration or relocation to a third country; helps stateless persons

Address: Radnička cesta 41/7, 10 000 Zagreb, Croatia

Contact: +385 01 3713 555

Website: www.unhcr.hr

Email: hrvza@unhcr.org

Name of Organisation: International Organization for Migration

Brief Description: The International Organization for Migration deals with all aspects of contemporary migration (strategy and policy), and tries to find practical solutions for the problems of migrants; helps with the voluntary return of forcibly displaced persons or foreigners to their countries of origin

Address: Ul. Franje Račkog 3, 10 000 Zagreb, Croatia

Contact: +385 01 4816 884

Website: www.iom.int

Email: iomzagreb@iom.int

GUIDELINES ON HOW TO BE INCLUSIVE WITH REGARDS TO MIGRATION

Educate Yourself: Take the initiative to learn about different types of cultures of the migrants that are part of the community. When it come to the culture its not just about way of living and food but includes other things like values and religion. Learn more about the challenges individuals may face, and appropriate language and etiquette. When learning about the culture of others you create a sense of understanding. Understanding promotes empathy and reduces stereotypes.

Be Respectful and Patient: Treat migrants with the same respect and patience as you would anyone else. Avoid making assumptions or judgments based on any stereotypes that you might have on such people.

Promote Diversity and Cultural Awareness: Encourage acceptance and celebration of diverse cultures, languages, and traditions within communities. Provide opportunities for cultural exchange and education to increase understanding and reduce stereotypes.

Ensure Equal Access to Services: Ensure that migrants have equal access to essential services such as healthcare, education, housing, and social support systems. Eliminate barriers to access based on immigration status or nationality.

Combat Discrimination and Xenophobia: Implement measures to combat discrimination, racism, and xenophobia towards migrants. Promote tolerance, empathy, and respect for all individuals regardless of their background.

Language Support: Provide language support services to help migrants overcome language barriers and effectively access information and services in their new environment. This could include language classes, translation services, and multilingual materials.

Employment Opportunities: Create pathways for migrants to access employment opportunities that match their skills and qualifications. Offer support programs such as job training, vocational education, and recognition of foreign credentials.

Integration Programs: Develop comprehensive integration programs that facilitate the social, economic, and cultural integration of migrants into their host communities. These programs could include orientation sessions, mentoring, and community engagement initiatives.

Legal Protection and Rights: Ensure that migrants are aware of their legal rights and provide them with access to legal assistance and representation if needed. Uphold international human rights standards and protect migrants from exploitation, abuse, and trafficking.

Family Reunification: Facilitate family reunification processes to ensure that migrants can be reunited with their loved ones. Recognize the importance of family unity and support mechanisms for migrants' emotional well-being.

Community Engagement and Participation: Encourage migrants to actively participate in community life and decision-making processes. Create opportunities for their voices to be heard and valued in shaping policies and programs that affect them.

Collaboration and Partnership: Foster collaboration and partnership between governments, civil society organizations, the private sector, and migrant communities to address the challenges and opportunities associated with migration. Work together to develop inclusive policies and initiatives that benefit everyone.

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