

Friends We Share Newsletter

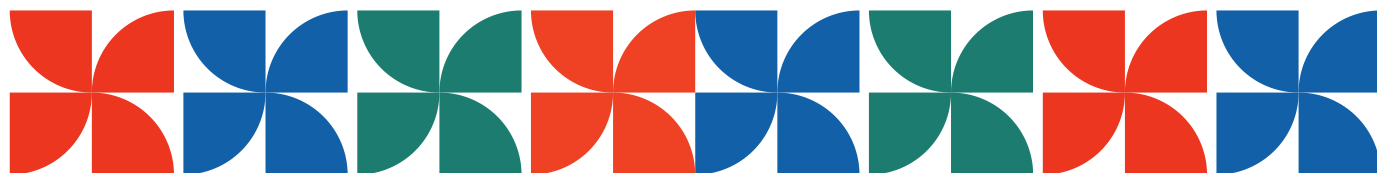
Erasmus+ Friends We Share - 2023-1-PL01-KA220-ADU-000150729



ABOUT THE PROJECT

The Friends We Share Project is designed to support the social inclusion and mental wellbeing of refugees by developing a mentorship model that connects new asylum seekers with successfully integrated refugees. The aim is to foster a strong sense of belonging, motivation, self-esteem, and self-reliance among newcomers, while also encouraging peer support within refugee communities.

In addition to this, the project focuses on strengthening the role of adult educators and policy makers by equipping them with the tools and knowledge needed to become effective facilitators of integration and personal development. By doing so, the project seeks to create long-term, sustainable systems that promote mental health and inclusion.



OBJECTIVES

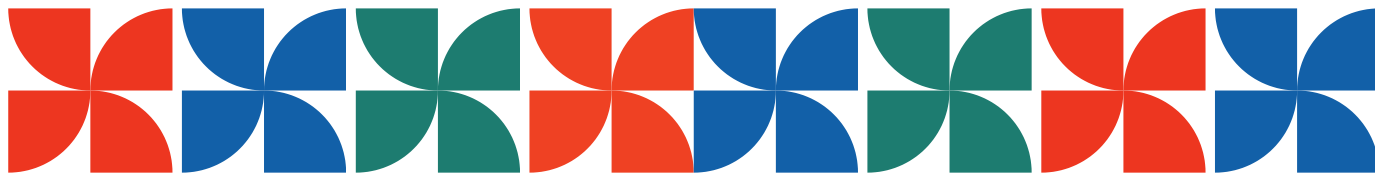
The Friends We Share Project aims to:

- Connect new asylum seekers with successfully integrated refugees in European countries through mentorship groups (“Connection Cafes”) to promote peer learning, cultural exchange, and mutual support.
- Raise awareness of the impact of social and cultural exclusion on refugees by mapping the skills and experiences of integrated refugees, informing the development of training for adult educators.
- Develop tailored learning tools for Adult Educators and Social Workers to integrate mentors and role models into their work with asylum seekers, based on the real-life success factors of refugees.
- Train and empower professionals involved in refugee inclusion, transforming them into facilitators of integration. This will be supported through the Friends We Share Training Programme, an eBook, and national training events.
- Advocate for sustainable refugee inclusion strategies at local, national, and EU levels through outreach activities, reports, and public seminars.



RESULTS

- Implementing the Friends We Share Connection Programme, an intervention methodology designed to promote mentorships between successfully integrated refugees and new asylum seekers, fostering a sense of belonging, well-being, motivation, and self-esteem.
- Delivering the Friends We Share Training Programme to equip and qualify professionals and stakeholders involved in refugee inclusion with the necessary skills and knowledge to act as effective facilitators of integration.
- Producing the Friends We Share – Overview and Lessons Learnt Report, presenting the project’s key achievements, developed outcomes, and the guiding methodology behind the creation of educational pathways that contribute to the well-being and empowerment of refugees.



TARGET GROUPS

The project will involve key groups to ensure the methodology is relevant and widely applicable.

These include:

- Adult Educators and Social Workers (e.g. case workers, psychologists, trainers)
- New asylum seekers and successfully integrated refugees
- Refugee-focused NGOs and organisations
- Policy makers
- Participants—especially asylum seekers—will actively contribute to the project's design and decisions, ensuring their voices shape the outcomes.



Coordinator

MSK:

Partners



SYNTHESIS
CENTER FOR RESEARCH AND EDUCATION



Proportional
Message



STUTTGART



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