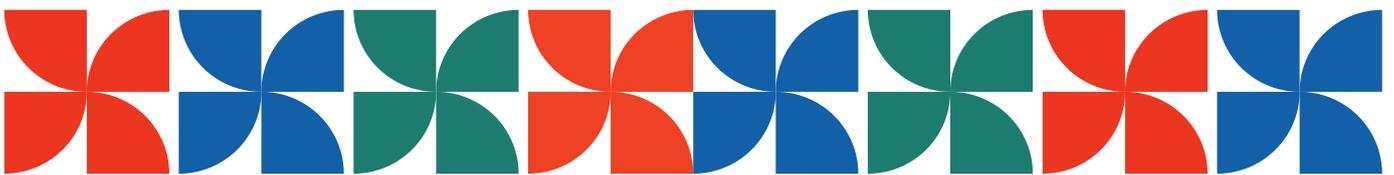


Friends We Share Newsletter

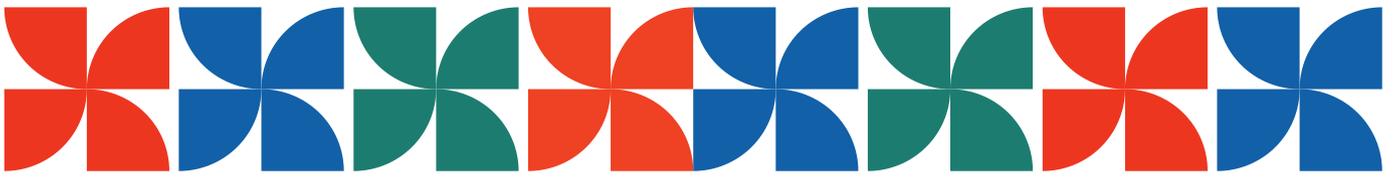
Erasmus+ Friends We Share - 2023-1-PL01-KA220-ADU-000150729



Project summary

We are delighted to share with you a summary of the final activities of the “Friends We Share – Wellbeing Programme for Refugees with Role Models and Mentors” project, implemented between 2023 and 2025. The last few months have brought an intensive exchange of experiences, five Multiplier Events, and numerous meetings and discussions with migrants, mentors, trainers, and representatives of institutions working with people with migration experience.

We would like to thank everyone who contributed to this project – your presence, questions, and commitment have shown how much initiatives supporting the wellbeing, development, and integration of migrant communities are needed.



The final stage of the project included five summary events held in Austria, Cyprus, Portugal, Germany and Poland. Altogether, more +170 participants took part – including migrants, representatives of city institutions, NGOs, trainers, activists, and people interested in mentoring.

Austria – Graz:

In Graz, we met on October 27 at the Seddwell International Community Center. The event was attended by 30 people from very diverse backgrounds, including migrants and refugees participating in Connection Cafés, employees of the city of Graz, members of the Migrant Advisory Board, and representatives of youth community centers.

Participants were particularly interested in how to continue the mentoring program and how to implement it in their work with young migrants. During the event, they were provided with an e-book, a website, and materials summarizing the project. This meeting was a valuable space for exchange - many people expressed their willingness to join future initiatives.

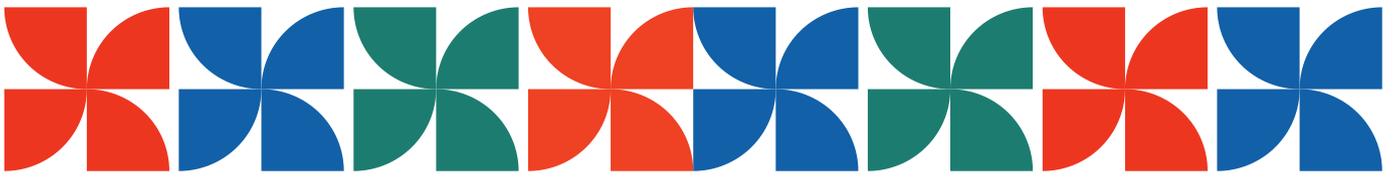


Cyprus – Nicosia:

The event took place in Nicosia on October 24 and attracted another 30 people, mainly migrants from African countries. The meeting was very interactive – participants learned about the structure of the e-book, went through elements of the module on “Core Thriving Skills,” and completed an original reflective exercise called “5 Whys.”

The discussions were lively and focused on topics such as: how to use the materials in their own communities, whether the e-book will be available in other languages.

The feedback was extremely positive: 100% of participants found the materials useful, and 94% declared their willingness to implement a similar program in their organizations.



Germany – Stuttgart:

The final event in Germany, held on November 21st, brought together 60 participants in a joint session organised by LAKA and the Stuttgart Municipality. Participants were reached through the networks of municipal migration and integration advisory councils across Baden-Württemberg (Stuttgart region).



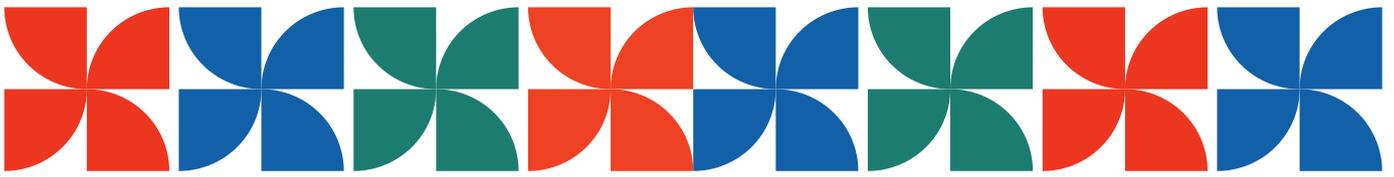
Who attended?

- Social workers
- Municipal integration managers
- Members of advisory councils
- Volunteers in migration work
- Individuals with their own migration experience in advisory and decision-making roles

What stood out?

- Strong interest in the peer mentoring methodology
- High engagement throughout the event
- Practical questions on matching mentors and mentees
- Reflections on setting clear boundaries and realistic expectations
- Interest in integrating the approach into municipal programmes
- Questions about scalability and long-term sustainability

Several participants expressed their intention to explore implementation in their local contexts and requested access to the full project materials. The discussion confirmed the relevance of peer mentoring as a concrete and practical tool to strengthen refugee integration at local level.



Portugal – Porto:

On October 23, two events were held in Porto with 28 participants in total, mainly female migrants from Brazil and African CPLP countries, as well as social workers. The meetings began with integration exercises from the e-book, followed by a presentation of the project results, including the Portuguese version of the e-book, which was handed over to the local organization Casa da Pertença - where the main event in Portugal was organised.

The open discussion on myths about migration was a great success. Migrants shared their own experiences, pointing to the difficulties in accessing reliable information after arriving in Portugal and the problems resulting from misinformation.



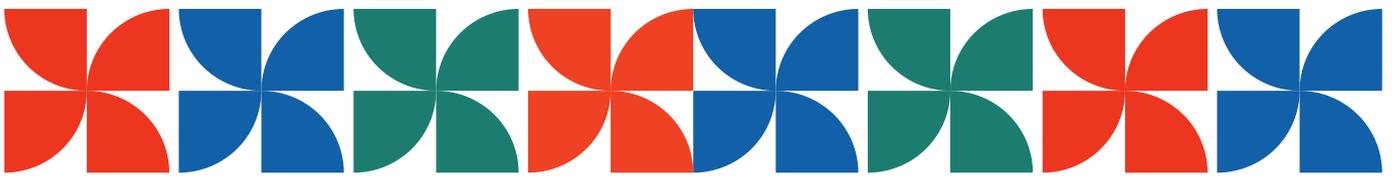
Poland – Łódź:

The final event took place on November 21 in Łódź. It was attended by 30 participants – employees of public institutions, people working with migrants, local activists, NGOs, and people interested in mentoring.

During the meeting, the following were presented:

- the main assumptions of the project,
- the idea of peer mentoring among migrants,
- the experiences of participants in national and international training sessions,
- the material results of the project.

Participants received an e-book and a USB flash drive with the “Overview & Lessons Learnt” report. The discussion also included skeptical voices regarding the application of the tools in the current situation in Poland, but the interest in the topic and full attendance until the end of the event confirmed the high value of the project.



What are the conclusions from these meetings? Key observations

1. There is a huge demand for mentoring programs in migrant communities.

In each country, participants asked about the possibility of continuing the activities and implementing the program in their own organizations.

2. The e-book and training materials are extremely useful.

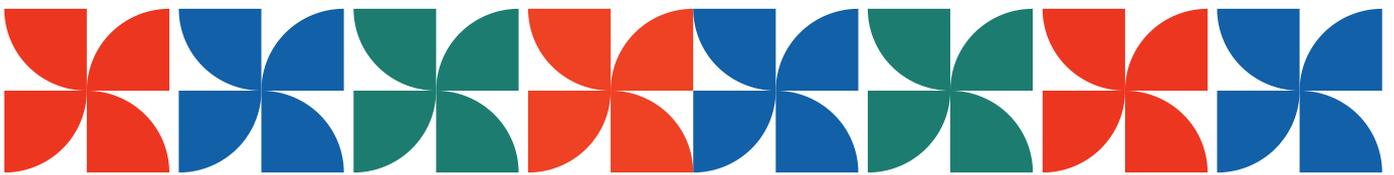
In each location, participants rated them very highly – as practical, well-thought-out, and easy to use when working with groups.

3. The meetings revealed many common challenges faced by migrants in Europe.

The most frequently recurring topics were lack of information, difficulties in integration, the need to strengthen psychosocial skills, and the creation of safe spaces for dialogue.

4. The project created real communities and cooperation networks.

In Portugal, proposals for further joint activities emerged; in Austria, there was a willingness to implement the program by migrant organizations; and in Cyprus, participants were ready to incorporate the program into their daily institutional work.



Although the project is formally coming to an end, its results remain alive and accessible:

- ✓ The e-book and materials are available online to anyone interested
- ✓ Partners plan to continue implementing the methodology developed
- ✓ New contacts and initiatives have been established that will develop the idea of mentoring and empowering migrants in the coming years

We would like to thank all participants and partners of the project for contributing to this initiative. Your voices, energy, and stories have shown that “Friends We Share” is not just a program—it is a space for meeting, mutual support, and building agency.

Coordinator
MSK:

Partners
SYNTHESIS
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Proportional
Message

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