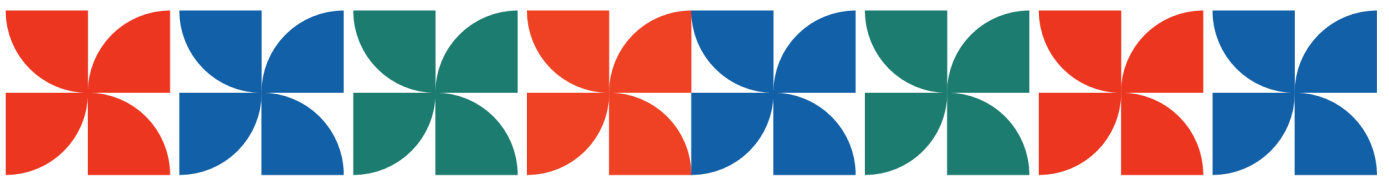


Friends We Share Newsletter

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



International Training Completed in Stuttgart!

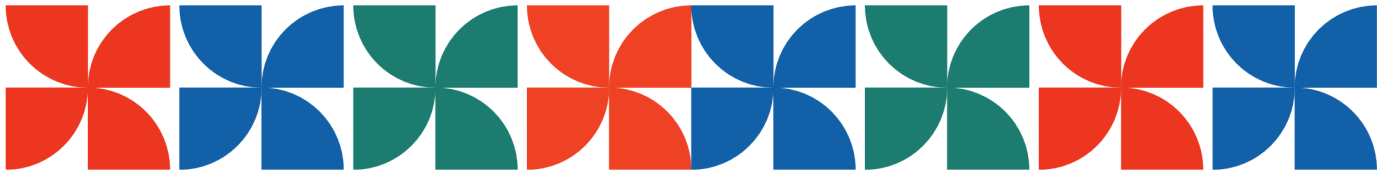
We're excited to share the successful completion of the international training for the Friends We Share – Wellbeing Programme for Refugees with Role Models and Mentors. Held from July 15–17, 2025 in Stuttgart, the event marked a major milestone in the project's development and implementation. The training introduced participants to the Friends We Share methodology, which promotes refugee wellbeing through mentoring, role models, and community-based support.



Who participated?

A total of 21 participants from six partner institutions across Europe took part.

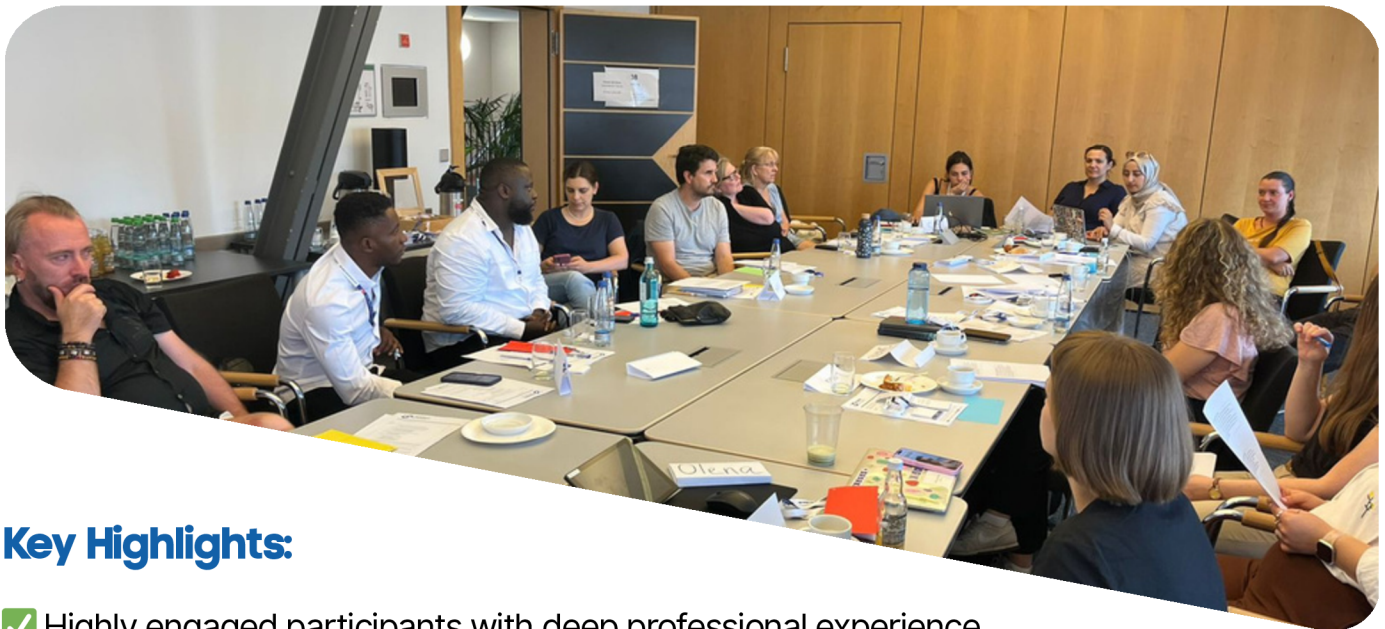
The group represented a diverse range of professional and personal backgrounds, with many already supporting refugee and migrant communities — some with their own lived migration experiences.



What was the focus?

Each partner developed and led one of five core training modules, including topics such as:

- Building emotional resilience
- Thriving skills and empowerment
- Mentoring practices and role models
- Good practices from refugees themselves
- Culturally sensitive support strategies

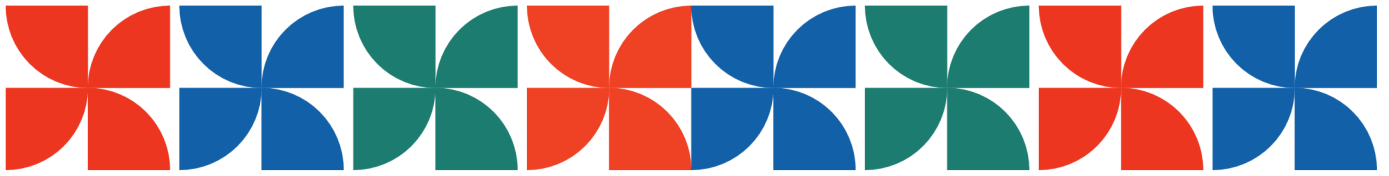


Key Highlights:

- ✓ Highly engaged participants with deep professional experience
- ✓ Peer-to-peer learning became the heart of the training
- ✓ Flexible facilitation allowed for real-time adaptation of content
- ✓ Intercultural exchange and case-based discussions enriched the process
- ✓ Participants valued practical tools for emotional boundaries, mentoring roles, and community resilience

"All modules were very enriching. Cultural sensitivity and resilience factors were especially important."

"The statistics about refugee populations were eye-opening."



Lessons Learned & Improvements

While the training was a success, we also learned that:

- Content should match the experience level of participants — advanced groups need deeper materials and fewer introductions.
- Interactive methods (like small-group discussions and real-life case studies) were most impactful.
- Participants want follow-up opportunities and tools for applying the approach in their own settings.



Next Steps

The international training followed several national pilot trainings conducted by each partner earlier in 2025. Feedback from both levels is now being used to:

- Refine training modules
- Prepare additional tools and resources
- Develop an e-book to support replication of the program across Europe

Thank You!

A big thank-you to all participating educators, facilitators, and coordinators for your dedication, flexibility, and open exchange. You've made this a truly collaborative and inspiring step forward in our shared mission.

Coordinator
MSK:

Partners
SYNTHESIS
CENTER FOR RESEARCH AND EDUCATION

Proportional Message

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