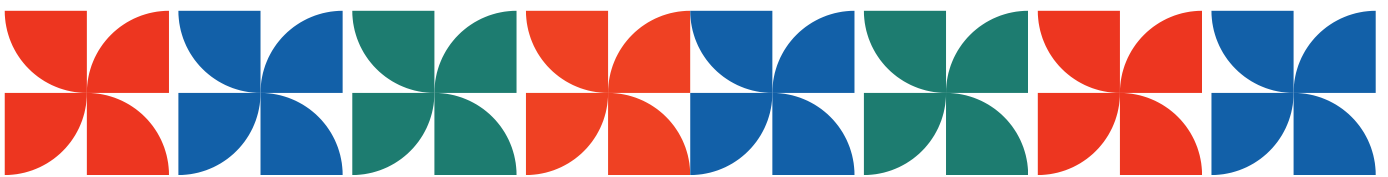


Friends We Share Newsletter

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

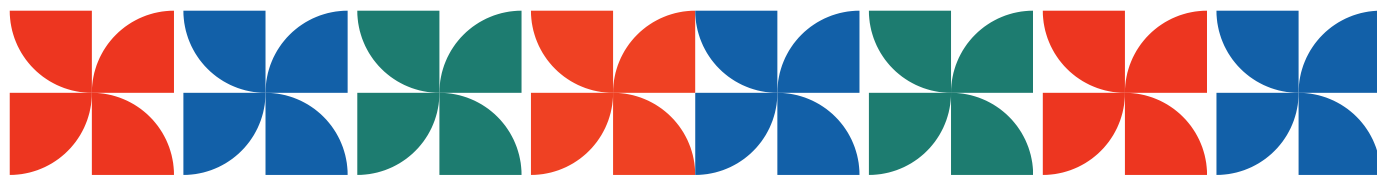


Our eBook is here!

The Friends We Share project was born from a simple but powerful idea: that friendship and peer support can transform integration. Its core methodology promotes refugee wellbeing through mentoring, role models, and community-based support.

Peer-to-peer interventions have proven to be highly effective in addressing the complex, intersectional barriers faced by refugees and migrants. For this reason, the project's main goal was to foster mentorships between successfully integrated refugees and newly arrived asylum seekers — to build a sense of belonging, wellbeing, motivation, and self-esteem.

During its first year, this vision took shape through the Friends We Share Connection Programme, which tested and refined peer-based activities across partner countries. The next step — captured in the newly released Training Programme eBook — transforms these lessons into a practical educational framework.



This publication gathers together the insights, methodologies, and tools piloted during both national and transnational trainings, designed to strengthen the inclusion, wellbeing, and resilience of refugees, asylum seekers, and migrants.

What the eBook Offers:

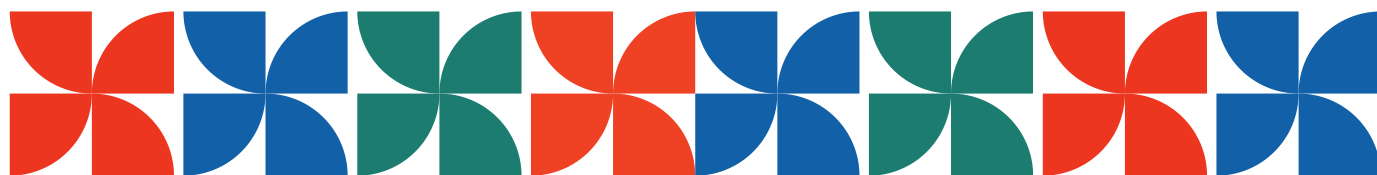
The Wellbeing Programme for Refugees with Role Models and Mentors provides a comprehensive, ready-to-use methodology for adult educators, trainers, social workers, and community mentors. It offers both conceptual grounding and hands-on tools that can be immediately applied in workshops, classrooms, or community initiatives.

At its heart lies the Friends We Share methodology — a model built on peer support, mentoring, and resilience-building. It turns the lived experiences of successfully integrated refugees into a source of empowerment for newcomers.

The programme is structured into five thematic modules:

- 1. The Friends We Share Methodology and Findings** – Introducing the conceptual framework and key research on the role of friendship and peer networks in wellbeing.
- 2. Mentors and Role Models** – Exploring how mentoring and role modelling enhance inclusion and adaptation.
- 3. Core Thriving Skills** – Building communication, empathy, and resilience as core competencies for integration.
- 4. Refugees Identified Good Practices** – Presenting inclusion strategies identified by refugees themselves and translating them into actionable tools.
- 5. Supporting and Empowering Refugees' Self-Resilience** – Focusing on autonomy, adaptability, and long-term self-reliance.

Each module includes three complete lesson plans, combining theoretical background, interactive exercises, and reflective learning activities. Trainers can use the entire programme or select modules to complement existing courses or community projects.



Learning Structure and Flexibility:

The training programme combines face-to-face learning with self-directed study:

- Each in-person session lasts around three academic hours and follows a structured sequence: objectives, energizers, participatory exercises, and reflection.
- Every module is paired with about two hours of self-study, offering additional readings, videos, and reflection tasks.

This blended learning approach ensures flexibility, accessibility, and adaptability across different cultural and institutional contexts — including hybrid or digital settings.



Who It's For:

The Wellbeing Programme for Refugees with Role Models and Mentors is designed for:

- Adult educators, trainers, and social workers working with refugees and migrants,
- Community mentors and volunteers supporting integration,
- Leaders and practitioners who wish to embed wellbeing and resilience into their work.

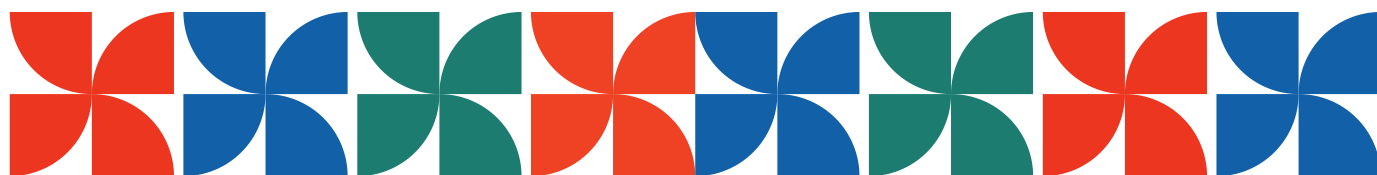
Whether you are an experienced professional or new to this field, the eBook provides adaptable tools and guidance for implementing mentoring-based, inclusive education.

Languages and Access

To ensure its broad accessibility, the eBook is available in English, all partner languages, and additional refugee languages such as Arabic and Ukrainian.

You can freely download the publication in PDF format from the official project website:

👉 www.friendsweshare.eu



Why It Matters:

By turning our shared learning into an open educational resource, the Friends We Share eBook ensures that the project's impact continues long after its conclusion.

It empowers adult educators and social workers to act as facilitators of social inclusion, builders of resilience, and mentors of thriving, empathetic communities.

Ultimately, Friends We Share contributes to a wider European goal: creating cohesive, welcoming, and resilient societies where every individual — regardless of origin — has the opportunity to belong and to flourish.



Download and Share:

We invite you to explore the eBook, use it in your daily practice, and share it with your networks.

Together, we can continue to promote the values at the heart of Friends We Share — empathy, inclusion, and the transformative power of human connection.

➔ Download the eBook here: <https://www.friendsweshare.eu/>

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