SIMPL

ocial Integration of Migrants and activation of Paths for Learning and Employability

About SIMPLE



The SIMPLE project - Social Integration of Migrants and activation of Paths for Learning and Employability - is going to develop an innovative approach to be applied for facilitating the narration of past stories and events faced by migrant women. Simple will help women to restore their emotional and psychological wellbeing and support a full and fruitful process of social and economical inclusion into the new community. The project activities put in the centre migrants with a special attention to women traumatised by the travel and the human trafficking. In the SIMPLE project the concept of **empowerment** acquires a significant meaning, as an individual and organized process, through which individuals can reconstruct their ability to choose, design and regain the perception of their own value, their potential and new opportunities.

HERE'S WHAT'S UP!

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5 - OVERVIEW OF THE NEXT ACTIVITIES





SIMPLE OVERVIEW

SIMPLE programme

Simple

The project's activities are divided in **5 Intellectual Outputs** and will be developed in two years framework: **from November 2019 until October 2021** by a partnership of 7 institutions from 6 countries: Sweden, Italy, Spain, the Netherlands, Germany and UK. The project is co – funded by the **Erasmus+ Programme of the European Union**.



27-28 May 2020 Training for trainers - presentation of the Approdi approach

At the end of May, Antoniano Onlus in cooperation with Approdi (Italy) provided an online staff training: MIGRANTS' STORIES THROUGH THE USE OF IMAGES, during which a new narrative tool using SHUAN TAN'S GRAPHIC NOVEL "THE ARRIVAL" was presented.





Co-funded by the Erasmus+ Programme of the European Union



About the first results

Presentation of the IO1

In the initial phase of the project, the SIMPLE partnership carried out a **research** composed of practices collection and interviews with professionals. We mapped 80 practices and consulted 60 intermediaries working with migrants.

What we were looking for? Alternative non-verbal tools and approaches, helpful in the elaboration and expression of past distressing stories, events. "ALTERNATIVE APPROACHES AS CATALYSTS FOR SELF-DISCOVERY AND HEALING"

"THE POWER OF ART – IT GIVES A WAY TO EXPRESS FEELINGS WHEN IT'S JUST TOO PAINFUL TO SPEAK"









Co-funded by the Erasmus+ Programme of the European Union Women tend to be more emotionally expressive in sharing their experiences. For men it is harder to show weakness and emotions

Capacity to face and overcome distress depends on one's personality rather

than gender

A major part of newcomers is traumatized as a result of the situation in their home countries, their journey and the arrival process

Almost all newcomers face discomfort, difficulty or even incapacity in expressing and describing past events.

MIGRANT WOMEN'S MOST PREFERABLE WAYs TO EXPRESS AND DESCRIBE DIFFICULTIES

According to the research

NONVERBAL TECHNIQUES - which include symbolic language, BASED ON ART and THEATER PERFORMANCE;

GROUP MENTORING: WOMEN EMPOWERING WOMEN;

INTENSIVE INDIVIDUAL SUPPORT;

THE VERBAL PART is important but as the following step. Traditional verbal techniques are perhaps among the most difficult to achieve (difficulty to explain suffering in words, linguistic obstacle). "GRAPHIC NARRATIVES - A VALUABLE MEDIUM FOR EXPLORING THE LONG-TERM EFFECTS OF BEING A REFUGEE, ILLUSTRATING HOW A PERSONAL STORY IN THE PRESENT IS HAUNTED BY TRAUMATIC MEMORIES FROM THE PAST"









Co-funded by the Erasmus+ Programme of the European Union Reliaious practices and famiy/friends networks are the main copina methods used by migrants to overcome trauma.

In most cases, there is a need of professional support but in some cultures the mental health is stiamatized (associated with being crazy). For uprooted people, trauma processing is crucial for rerooting. If you still suffer from the past you cannot engage in the present Creative methods are experienced as powerful, complementary to the integrated approach.

What's next

Planned activities

The research activity and the training prepared us to better develop next SIMPLE activities:

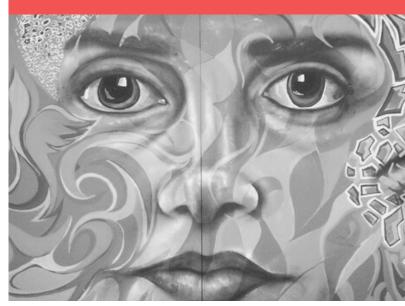
- IO2: the visual narrative model and the guide on how to provide the methodology;
- IO3: development of materials and tools; organisation of the pilot training in each country;
- IO4: development of the pathways to socio-economic inclusion;
- IO5: development of the sustainability guidelines.

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"IT IS VERY IMPORTANT TO OVERCOME THE SITUATION OF DISTRESS TO SUCCESSFULLY INTEGRATE WITH THE NEW COMMUNITY. TRAUMA IS HEAVY LUGGAGE..."





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