
Best Practices fostering social inclusion through art, social entrepreneurship, volunteering and intercultural dialogue



FOSTER SOCIAL INCLUSION

Foster Social Inclusion: volunteering, social entrepreneurship and art for social inclusion
The project is funded by Erasmus+



Erasmus+

Title:

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Introduction

Foster Social Inclusion: volunteering, social entrepreneurship and art for social inclusion is an international project exchange of good practices funded under the EU Programme Erasmus+.

The Foster Social Inclusion project wants to improve adult educators' skills and learn about effective methodologies and approaches for people at risk of social exclusion.

In terms of the project, people at risk of social exclusion are migrants, refugees, health-related conditions, low-skilled and low-qualified, female and gender-related discrimination.

The project aims to investigate about the good practices coming from the partners' organisation, organisations at the national level and also from Europe to extend, reply or adapt the best practices elsewhere and in different contexts.

We have been looking for cases that foster social inclusion prospects of people at risk of social exclusion offering measures target personal development, well-being, rights, interests and responsibilities.

We are presenting fifteen Best Practices such as actions, activities, projects fostering social inclusion through art, social entrepreneurship, volunteering and intercultural dialogue.

Our project is aimed at anyone working within adult education with a focus on people at risk of social exclusion. Our goal and wish are that this collection of best practices can be used as a source of inspiration for organisations all over Europe that work with and promote social inclusion. Through our findings, we are hoping to offer new ideas and impulses for the educational activities they are offering.

Please feel free to contact us if you have any questions or comments concerning the content!

We made Best Practices Handbook more accessible, dividing them into four rough categories.

Categories:

- 1) Spaces for people
- 2) Teaching and Learning activities
- 3) Social entrepreneurship
- 4) Wellness, quality of life and well-being

Definitions:

Spaces for people

Spaces for people has been defined as places for service, aid and support, collaboration networks or foster social cohesion, offering safety and a good atmosphere in the environment.

Teaching and learning activities

Has been defined as intentional, meaningful and useful learning experiences for students.

Students can take what they have learnt from engaging with the activity and use it in another context, or for another purpose.

Social entrepreneurship

Social entrepreneurship has been defined as a business approach by individuals, groups or entrepreneurs, in which they develop, fund and implement solutions to social, cultural, or environmental issues. Profit-making social enterprises may be established to support the social or cultural goals of the organization but not as an end in themselves.

Wellness, quality of life and well-being

Wellness, quality of life and well-being refer to the positive, subjective state that is opposite to illness. Wellness has been defined as an active process of becoming aware of and making choices towards a healthy and fulfilling life. A good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity; welfare.

Spaces for people

Food For Thought

TÜCHTIG - Co-working space

Student Refugees Iceland

W.O.M.E.N. in Iceland

RifugiArti

Good Practice No. 1

Food For Thought

where? Denmark, Copenhagen
by who? Crossing Borders
when and for how long? Since 2017 - ongoing
what? Food For Thought is a space for people with different backgrounds to share their life stories.
Topics: <ul style="list-style-type: none"> • intercultural dialogue • volunteering

Description of the practice

Food For Thought is a space for people from different backgrounds to share their life stories and serve food from all over the world.

Crossing Borders host Food For Thought, a weekly event for people to share and listen to life stories related to politics, activism, entrepreneurship or multiculturalism. After the talks, people eat tasty food made by refugee and migrant chefs living in Denmark. The events are held in the Ubuntu house placed in the center of Copenhagen, which makes it accessible for everyone.

Everyone can participate in Food for Thought, but you will often find a wide multicultural spectrum of people at the events. Among the speakers at the Food For Thought events are artists, activists, entrepreneurs, journalists and authors with wide-ranging backgrounds such as Canada, the Congo, Denmark, Ghana, Kurdistan, Trinidad, US, Iran, Syria/Finland, Mexico, the Philippines, and USA.

Why do we recommend this practice

Food for Thought enables refugee and migrant chefs in Denmark to share their knowledge and stories with other like-minded community members, including both locals and internationals. This is done by making food that is representative of their culture, eating together, listening to a story and telling each other stories in an informal setting.

European communities have struggled with integrating and facilitating newcomers to their societies in recent years; they are struggling to help those newly-arrived migrants and

refugees settle and feel safe and comfortable in their respective societies. These ongoing processes are reflective of a steep, uphill climb as negative social and political narratives remain dominant in the mainstream media. Therefore, it is up to us, civil society and engaged citizens to challenge these narratives by bringing people together rather than standing idly by and letting them be separated.

Through Food For Thought, Danes and internationals alike have the chance to meet migrants and refugees face-to-face and learn about their cultures and backgrounds, thereby challenging stereotypes and refuting what is often presented in the media.

In Crossing Borders, they believe that each of us has a unique life story that's worth sharing and from which we can learn a lot, which is reflected in the saying: *I tell my story, therefore, I am*. This is something that connects people no matter their background, nationality, sex, skin-color, age and by sharing stories we can enhance the social coherence in society.

One thing that migrants and refugees state as being the main challenge building a life in a new country is the lack of a social network, which is what Crossing Borders offer at Food for Thought.

Food for Thought has witnessed positive developments in many ways. Whereas in 2017 Food for Thought had two events, this year the number has increased to 20, both in the number of participants and the diversity of their cultural and professional backgrounds. Considering the average number of attendees of each event is about 25, the total number of beneficiaries is around 500 persons!

More information on:

<https://crossingborders.dk/what-we-do-2-2-2-2-2/> /

https://www.facebook.com/CrossingBordersDK/?eid=ARCRLlpXzyG1H2Ks7cPVTsJR191-sCvyRffgLLd1MmpCi3h_W3aI-v_ZtLbQdNIH-ZMrEgv-vh4ogTZQ



Good Practice No. 2

TÜCHTIG – Co-working space

where? Germany, Berlin, Mitte – Wedding
by who? KOPF, HAND + FUSS gGmbH
when and for how long? Since 2018 - ongoing
what? TÜCHTIG - CO-WORKING SPACE FOR INCLUSIVE WORKING AND MEETING
topic: Spaces for people

Description of the practice

TUECHTIG is Germany and Berlin's first inclusive coworking space. This means that here people with and without disabilities work independently or together on a wide variety of projects.

Tuechtig is a space of 720 square meters, it offers rooms to work, networks and learning - without any annoying barriers. Here everybody - regardless of the age, origin, disability, sexuality or gender - can come together, exchange ideas and work on their projects, free of from any barrier.

This space has been adapted to the needs of people by creating a largely barrier-free working environment with wheelchair accessible rooms, electrically height-adjustable desks, a ring loop system and much more. There are no thresholds and the doors are wide enough for any wheelchair. Even the toilets are built that way.

The crucial thing is how workstations are set up and that they can be individually adapted. For example, all desks are electrically height adjustable. The "conFAIRentztisch" has three different heights so that people in wheelchairs can sit comfortably under it and make optimum use of the work surface. Even people of small stature can sit at a table height that suits them. This table has no legs, so that people with visual impairments cannot bump or trip on it. Another example is the designer armchair "Schaumlove", which is completely made of foam and comfortable for people with spastic disabilities.

Everyone can book a co-working place in the big open space or in a quiet room on a monthly or daily basis. Beside co-working places, Tuechtig offers rooms as well in 3 different sizes for co-workers and external organizations. It is available for stable members or externals, as well a Media Box with green screen, which is ideal for smaller photo and film productions.

This place is for people with different disabilities whether they speak with their mouth or hands, they sit in a wheelchair, are blind or hard of hearing, they create straight a company or look for a disease the way back into the working life.

Why do we recommend this practice

The KOPF, HAND + FUSS gGmbH founded Tuechtig because they wanted to improve the social participation of each individual and are constantly working to further reduce existing barriers - whether through additional on-site support from our work assistants and our psychologists or through adaptable pieces of furniture and new technologies, which we develop together with experts from business, IT, research and design.

In Berlin there has been 1500 co-working spaces but there was no space for people with disabilities, as they were working as freelancers or in small organizations, and they did not have any space in Berlin where they could go, work and meet other people, so there was a gap and a need for such an initiative.

KOPF, HAND + FUSS gGmbH is looking for different sources of financing form by the contributions of the members, room rental fees, public founds from national to regional, contribution from health insurance funds.

Regarding the Covid19 period, Tuechtig has started an action with voluntary donation to survive the hard time.

The inclusion in Tuechtig is understood as participating in a society, in which everyone can participate according to their interests and wishes. Barriers in people's minds and infrastructure make the access even more difficult for people with physical or mental disabilities. The inclusion works in the working environment and is ultimately an enrichment for everyone involved. It is reached by creating a working environment in which everyone feels comfortable and can be productive - regardless of whether they are young, old, disabled, non-disabled, mentally ill, with a migration background, female, male or diverse.

Tuechtig has an advisory capacity also in other companies or institutions. Their team is helping other institutions and companies to break down barriers and make the working environment more inclusive.

People with disabilities could be here an equal part of the society. They can develop professionally according to their strengths and preferences. Barriers between people with and without disabilities are broken down and they work together as equals. Employers broaden their perspective and no longer see people with disabilities as a burden, but as an enrichment for the company and the team.

There is a need of a such co-working space available for everybody. Especially in big cities as Berlin the isolation is much more faced then elsewhere. Modern technologies are helping us to work more and more remotely. They create a lot of working places where the office visit is not necessary. Human contact and co-operation is important for breaking the feeling of isolation and that is why Tuechtig helps meeting people with and without disabilities, getting to know each other and working together.

More information on:

<https://tuechtig-berlin.de/>



Good Practice No. 3

Student Refugees Iceland

where? Reykjavík, Iceland
by who? The National Union of Icelandic Students
when and for how long? Since 2018 - ongoing
what? The aim of the project is to assist refugees and asylum seekers in accessing higher education programs in Iceland
topic: <ul style="list-style-type: none"> • volunteering • intercultural dialogue

Description of the practice

Student Refugees is a project for assisting refugees and asylum seekers in accessing higher education programmes in Iceland. The project is based on the idea that education is a human right in itself and should be accessible for everyone.

Therefore, the platform Student Refugees seeks to provide relevant information about how to fulfil requirements and apply for a higher education in Iceland. Moreover, Student Refugees provides information on overcoming common obstacles that refugees and asylum seekers run into when trying to access higher education.

The first step was launching the website of Student Refugees, where everyone could access information on how to apply for University in Iceland. People can also contact them directly, either by email or through Facebook. Most importantly, they host Application Cafes twice a month for two hours each time, where refugees and asylum seekers can receive direct assistance and support with their applications from the student volunteers and ask any questions they might have. The volunteers and project managers also help them to get in contact with the right people and to the Universities if there are any further questions or something is unclear.

The project is aimed at refugees aimed at refugees and asylum seekers living in Iceland.

Why do we recommend this practice

Students in Iceland became aware that people with a refugee status face barriers while accessing higher education within the Icelandic system. Laws surrounding asylum seekers and refugees are subject to constant changes, which makes it difficult for people to fulfil school application requirements. Student Refugees aims to inform asylum seekers and refugees of their rights to education and provide an overview of their options at any given time, with the overall goal of making higher education more accessible for all.

Student Refugees is helping those who are interested in higher education but do not have full access to it, we will shine a light on the problem of inequality in higher education here in Iceland as well as the issue of limited information and assistance for those in vulnerable positions.

The project aims provide-refugees and asylum seekers with the information and assistance they need to continue their studies in Iceland. The project is aimed to reveal the inequality in education and the lack of support refugees receive to continue their education in Iceland.

Granting refugees in Iceland the possibility of furthering their education will encourage a more successful integration process for both refugees and the host country. Education has the power bringing people and societies together and thus fostering social inclusion of refugees and asylum seekers in Iceland.

The project is still very new and in the early stages, so we will not know for sure the influence it will have. However, by helping refugees access higher education, the project will hopefully avert the social exclusion of many through education.

This project is transferable to any other EU country. The increase of refugees is happening in most countries. Ensuring their full access to education will hinder the social exclusion of refugees and help making them active members of the host communities. This ensures a positive integration process both for the refugees and the hosting country.

More information on:

Website: www.studentrefugees.is

Facebook: facebook.com/studentrefugeesiceland

Contact information: info@studentrefugees.is

Education is a human right

Student Refugees is a project assisting refugees and asylum seekers in accessing higher education programmes in Iceland.



This is a photo from the launch of the website, the women in the middle are the current project managers while the women on the left and right are the previous project managers who started the project in Iceland.

They do not provide any photos from the Application Cafes to respect the privacy of those who attend the events.

Good Practice No. 4

W.O.M.E.N. in Iceland

where? Reykjavík, Iceland
by who? Women Of Multicultural Ethnicity Network
when and for how long? Since 2003 - ongoing
what? W.O.M.E.N. in Iceland is an association for foreign women living in Iceland in order to bring equality for them as women and as foreigners in all areas of society.
topic: <ul style="list-style-type: none"> • intercultural dialogue • social entrepreneurship • volunteering

Description of the practice

W.O.M.E.N. in Iceland:

- Educates and advocates for women of different ethnic origins who are victims of violence.
- Cooperates with other organizations to work towards the elimination of violence against women.
- Works on employment and social issues relating to immigrants and women.
- Encourages and supports foreign women to continue their education.
- Demands better access to Icelandic classes for foreigners.
- Encourages immigrant women to participate in the community and promotes active participation in social activities.

W.O.M.E.N. in Iceland works in different parts of the country and with sister organizations in other countries. Board members cooperate with various organizations, institutions and governmental bodies.

W.O.M.E.N. in Iceland has participated in 16 days of Activism Against Gender Violence campaign since 2005.

W.O.M.E.N. in Iceland offers courses and takes an active role in public discourse.

W.O.M.E.N. in Iceland provides peer support, which is a 'helpline' for women in need by women who may share similar experiences here in Iceland. This is a voluntary, confidential service offered by the members W.O.M.E.N. This service is free to all women of foreign origin.

The Women's Story Circle and The World Food Cafe projects create a forum for all women in Iceland to share their stories and different ethnic cuisines, giving them an opportunity to meet in an informal atmosphere in order to share their cultural backgrounds. It also provides an opportunity for women of foreign descent to practice their Icelandic in a relaxed environment and to learn more about Icelandic culture, literature, and traditions.

W.O.M.E.N. in Iceland is for all women of foreign origin who live in Iceland.

Why do we recommend this practice

This mission of the organisation is to achieve equality for women of foreign origin, socially and financially, in all sectors of society.

W.O.M.E.N. in Iceland approaches the following issues: gender violence, education, employment and social issues.

It advocates for minority women who are victims of violence.

It advocates for the assessment and recognition of foreign education and training.

It removes barriers to opportunities and enables women to participate in public and community life, including business.

The practice foster social inclusion:

by encouraging, educating and empowering women of different ethnic origin, to enable them to support their families effectively during the process of integration;

by bringing to the immigrant women the opportunity to work in positions appropriate to their background.

This practice unites, expresses and addresses the interests and issues of women living in a foreign country, bringing equality for them as women and as foreigners in all areas of society.

It empowered women of different backgrounds.

It increased their self-confidence and self-respect.

It gave them support to continue their education.

<https://womeniniceland.is/>

<https://www.facebook.com/womeniniceland/>

<https://twitter.com/womeniniceland>

More information on:

<http://www.cwgl.rutgers.edu/16days/home.html>

<http://nordicbaltic-assistwomen.net/>

Good Practice No. 5

RifugiArti

where? Italy, Lazio, Rome
by who? In Migrazione - Social Cooperative Society
when and for how long? Since 2015 - ongoing
what? Creation of an art laboratory
topic: <ul style="list-style-type: none"> • art • intercultural dialogue

Description of the practice

In Migrazione is a Social Cooperative Society born in 2015 from the will of people engaged in research, reception and support to foreigners in Italy. The idea of the RifugiArti project was born from an ambitious challenge to try to change the perspective of reception and support towards the social inclusion of refugees. The Cooperative offers a welcoming and protected space where refugees can be involved in a path of discovery and positive growth through art. It is a place where they can express their emotions through painting, drawing and sculpture.

The association offers a laboratory of art, ideas and inclusion where workshops are about: body animation, painting, drawing, sculpture and more generally expressive creativity. The Atelier is a place where people can express their individual creativity and artistic skills.

The project aims to involve adult refugees (men and women) in a path of discovery and positive growth through art, by motivating them to express their emotions through painting, drawing and sculpture and they can discover beauty through visits to museums, palaces, squares, exhibitions, workshops and ateliers of other artists. The beneficiaries are the refugees forced to leave their homes and their loved ones, due to war, persecution or violence.

Why do we recommend this practice

Refugees live in a condition of isolation because they do not know Italian language and culture, or they are in Italy without their families, so they have the opportunity to acquire new knowledge, socialize and learn Italian language and culture by participating in this workshop.

The theme of integration of migrants and refugees represents a relevant social and educational emergency of our time.

In this regard, the artistic laboratory can promote both social inclusion - through the construction and autonomous management of relations, the use of leisure time - and cultural integration, through the acquisition of language skills, access to training opportunities and the development of cultural mediation processes.

RifugiArti aims to affirm the need, through the concreteness of doing, of transforming the reception centres dedicated to asylum seekers and refugees into positive places. This means that the quality of the spaces and of the human relations is assured, and the project aims to help people who do not know Italy to get in touch with the healthiest part of our society and our territories.

The RifugiArti project makes the role of art and artistic expression as a preferential way to connect cultures and foster exchanges. Through artistic language, refugees are able to express their stories, feelings and situations in order to overcome the barriers imposed by verbal language and different cultural backgrounds.

For some refugees, participating in the workshops has turned into a job opportunity, as some of the artworks are sold through constantly updated catalogues and are set in exhibitions of national relevance. The project has proved to be successful as refugee participation has steadily increased.

More information on:

<https://www.inmigrazione.it/it/progetti/rifugiarti>

<https://www.eppela.com/it/projects/17245-rifugiarti-progetto-di-integrazione-attraverso-l-arte>



Teaching and learning activities

Anti-discrimination School Service

Migrants' stories

APS project - Sharing experiences

Good Practice No. 6

Anti-discrimination School Service

where? Denmark, Copenhagen and Aarhus
by who? ActionAid Denmark
when and for how long? Since 2017 - ongoing
what? Interactive and informal anti-discrimination workshops
Topics: <ul style="list-style-type: none"> • volunteering • intercultural dialogue

Description of the practice

ActionAid Denmark’s Antidiscrimination Department offers two informal and interactive workshops: Power in Social Relations and Inequality and Privileges focusing on ethnic discrimination. The workshops are offered to primary and high schools and universities. The workshop’s volunteers aim to make students aware of the power dynamics, stereotypical prejudices and discrimination that people with minority background experience in their everyday life by creating a safe space for the students to share their experiences.

The workshops are booked by teachers and professors, who want students to learn about social exclusion and inclusion for academic or class dynamic purposes . The workshops are facilitated by the volunteer group Together Against Racism, placed in Copenhagen and Aarhus (the two biggest cities in Denmark) consisting of young people with different ethnic and educational backgrounds.

What distinguishes this good practice is that it targets the majority and their perception of minority groups, who are at risk of exclusion due to their nationality, skin color or accent, whereas most socially inclusive practices target the minority groups.

Why do we recommend this practice

ActionAid is promoting an intercultural dialogue in a safe space between students of different backgrounds to discuss and comprehend the privileges that some people are born with and others are not and the invisible power structures that includes some groups in the society and exclude others.

Citizens with ethnic minority backgrounds face daily discrimination in the education system, at work, in the nightlife and in the streets.

ActionAid is working to remove the barriers that make people with immigrant backgrounds behind in the queue in many of life's conditions. A way of eradicating social and economic inequality in the society is to make people aware of their privileges by engaging in an intercultural dialogue focusing on topics such as racism, inequality, prejudices and invisible power structures.

During the workshops, students are receiving concrete tools to become aware and to act in different situations about their's or their classmates' experiences suppressing power dynamics such as discrimination or racism. These tools are, for example, the ten Master Suppression Techniques that the students are introduced to through forum theatre or the Privilege Walk.

If social cohesion in the classroom should be promoted, students need tools and knowledge to act in ways that foster instead of preventing social inclusion.

Antidiscrimination workshops have been offered for years by ActionAid to different municipalities in Denmark and there is a rising demand for the workshops due to the increased focus on anti-discrimination in educational institutions.

More information on:

[https://www.verdensklasse.dk/magt-i-sociale-relationer /](https://www.verdensklasse.dk/magt-i-sociale-relationer/)

<https://www.ms.dk/arbejde/danmark/antidiskrimination/kontakt>



Good Practice No. 7

Migrants' stories

where? Poland, Warsaw
by who? Social Diversity Foundation
when and for how long? Since 2010 - ongoing
what? Educational workshops against racism, prejudice and xenophobia based on short movies shows
topic: <ul style="list-style-type: none"> • art • intercultural dialogue

Description of the practice

The Social Diversity Foundation presents the short documentaries "Narrations of Migrants". Their narrators are immigrants living in Poland, looking for acceptance and a place to feel safe and at home.

The word "migrant" in the title, however, does not refer to the legal status. Some of them are just living temporally in Poland, whereas others decided to stay longer or wanted to settle down here, and some of them were born here.

The short movies "Narratives of Migrants" were made available for educational purposes - they can be used as tools for classes with children and youth, as well as for adults.

The Foundation

- offers cultural awareness and intercultural dialogue training and workshops
- provides educational tools free of charge, e.g. short movies "Narratives of Migrants" and many others. They also offer a toolkit for workshops,
- offers intercultural assistance for schools and companies
- offers internships for immigrants in Polish companies, non-governmental organizations, public sector institutions (e.g. social assistance centres), colleges and universities.

The staff is specialized in intercultural dialogue and social inclusion, especially for immigrants, migrants and people at risk of social exclusion in Poland.

Workshops are for public administration, teachers and non-governmental organizations, and students.

Why do we recommend this practice

The project aim is to fight against racism, prejudice and xenophobia.

This practice promotes the social inclusion of immigrants.

It helps to understand the difficulties of immigrants and foreigners living in Poland.

This initiative is giving a possibility to talk on a large scale about immigrant's problems and difficulties and their daily life in Poland.

The stories are co-created by the heroes' ones – the immigrants.

The films show Poland through the stories of people with migration experience who are living in this country.

Viewers are going to learn something new about migration and social diversity in Poland, and also discover what others think about the country.

This practice can be applied elsewhere using social media and the universal language of art.

More information on:

www.ffrs.org.pl

Watch video: <https://youtu.be/JY-NQLaGyAk>

<https://www.youtube.com/user/NarracjeMigrantow/videos>

<https://www.youtube.com/watch?v=JY-NQLaGyAk>



- Home
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- Watch later
- CREATURE PROJECT
- Liked videos

Narracje Migrantow

173 subscribers

HOME

VIDEOS

PLAYLISTS

CHANNELS

DISCUSSION

ABOUT

Q

SUBSCRIBE

Uploads

PLAY ALL

Sort By

Moje miasto Łomża

3.3K views • 4 years ago

The Best of Both Worlds. Mohamed's Son (EN)

323 views • 5 years ago

Po polsku mam na imię Hania (PL, EN, RU)

35K views • 5 years ago

Fatima (PL)

6.1K views • 6 years ago

Wymiana/Обмін (EN | RU)

228 views • 7 years ago

Miśka Aleksandry/Мишенья Александры (EN | RU)

337 views • 7 years ago

Aslan and His Pupils (EN)

453 views • 7 years ago

Аслан и его ученики (RU)

915 views • 7 years ago

Question before the Wedding Day (EN)

57 views • 7 years ago

Долгая дорога к венцу (RU)

57 views • 7 years ago

Почему я шоколадный? (RU)

121 views • 10 years ago

То, что лучше всего из двух миров. Сын Мохамеда (RU)

121 views • 10 years ago

Search

Q

Search

Q

Why am I Chocolate? (EN)

121 views • 20 Feb 2013

1

0

SHARE

SAVE

...

Narracje Migrantow

173 subscribers

SUBSCRIBE

Mostly it was all by accident. I never planned to have a husband from some part of the world out there.

1:23 / 6:17

Settings

Full Screen

Share

Why am I Chocolate? (EN)

121 views • 20 Feb 2013

1

0

SHARE

SAVE

...

Good Practice No. 8

APS project - Sharing experiences

where? Spain, Catalonia, Barcelona
by who? Young and old people
when and for how long? Since 2016 - ongoing
what? Sharing Experiences is an APS project - Learning and Service - that promotes the meeting between young and old in the classroom, for the intergenerational exchange of knowledge and knowledge. It is an initiative that uses photography and new technologies to recover the historical memory of the territory and to learn about popular games and traditions.
topic: <ul style="list-style-type: none"> • intergenerationality • volunteering

Description of the practice

In the district of the Corts of Barcelona, young and old people supply their skills and knowledge for the use of new technologies and to recover the memory of the territory. Sharing experiences in an intergenerational project is done by institutes of the area, where students, their families and senior volunteers confluence to exchange games, histories and appearance.

They make 7 working sessions with the students and the group of old people over the school course. During these meetings, the intergenerational exchange is facilitated through games, photographs and shared stories. During the process, a video is recorded to document the experience, and also because both generations can recognize their picture in front of the others.

Approximately ten older people meet with their grandchildren in the classroom to talk about the documentary memory of the neighbourhood or to learn about applications such as Google Maps. They also share stories about how each generation has fun, online games, the use of digital photography and social media. To finish the workshops, we launched two simple questions for which a little bit of sincerity was needed by the group: how do we see ourselves? and how do the others see us?

Why do we recommend this practice

People feel so many mixed emotions and come to life when putting two generations in a dialogue. The meeting of young and old people from the intergenerational project Compartint Experiències came up with the idea of talking about the influence of technology on our daily life. Escuela Sant Ramon Sagrat Cor, el Instituto Les Corts, la Escuela Maristes Sants, Les Corts y la Escuela Santa Teresa de Lisieux participated in the first season of the Aprenentatge i Servei (APS) proposal.

Intergenerational meetings allow us to exchange knowledge and skills. The project seeks to raise awareness about the multiple realities of young and older people in the territory, by dismantling prejudices and stereotypes about their realities.

Older people are unknown to a large part of the population, especially to young people. They often forget that the elderly today were young in the past and they accumulated experiences and experiences like them. In order To put them in common, this initiative brings together each other, encourages them to have a dialogue, get to know each other and understand each other day by day.

This project aims to increase coexistence and enhance intergenerational communication, in a space in which they can understand each other, regardless of the years that separate them.

Today the elderly, once a symbol of experience, wisdom and serenity and, therefore people respected by the community, have become one of the least protected sectors of our society. In order to recover the culture of respect for the elderly, this project promotes the closeness between young and old with the exchange of experiences and knowledge. By both the parts.

This project makes visible the benefits that these types of actions have for both groups and manages to motivate them to get involved in them. Through this approach, young people can acquire non-formal knowledge of vital importance day by day and the values that adults have rooted and put into play, both using words and actions; and they can also learn about their life experiences, since they are a permanent testimony of the events that they lived as protagonists. On the other hand, older people can catch the enthusiasm and vitality that characterizes youth and approach to a whole computerized world that is necessary for doing daily tasks today.

Impact

1080 young and 120 Adults directly affected + 600 Views to social networks

3 seasons made between 2016, 2018 and 2019.

More information on:

[https://compartintexperiencies.elparlante.es/ca/c](https://compartintexperiencies.elparlante.es/ca/compartint-experiencies/)

[ompartint-experiencies/](https://compartintexperiencies.elparlante.es/ca/compartint-experiencies/)

<https://compartintexperiencies.elparlante.es/ca/resultat/>



Social entrepreneurship

The Academy of Independence

**Sartorial Lakruna - crafts and social
inclusion project**

INOUT Hostel Barcelona

Good Practice No. 9

The Academy of Independence

where? Italy, Asti, Monferrato, Rome
by who? Associazione Albergo Etico Italia ONLUS
when and for how long? Since 2006 - ongoing
what? Initial and continuous learning pathway for people with Down syndrome
topic: <ul style="list-style-type: none"> • social entrepreneurship

Description of the practice

The Academy of Independence is a three-year training and work internship realized to give people with Down Syndrome the opportunity to learn about how to live and work independently in the hospital business.

The training has been tested with the target group. After monitoring and measuring the results of learning, the trainers established a 3 years training course. This is the average time needed to achieve total autonomy.

The training aims to guarantee social inclusion, offering authentic and sustainable work opportunities to people with the Down Syndrome in hotel and restaurants.

Disable learners can learn how to perform all of the tasks needed in hotels and restaurants and replicate them in a family context.

Through the management of back-office activities (preparing meals, cleaning and tidying up rooms, carrying out washing and ironing tasks ...), people with the Down syndrome develop the preparatory skills to face the outside world. In this phase they learn about the working environment, become familiar with different, even dangerous tools, and avoid those that are too complex.

Why do we recommend this practice

People with disabilities are often marginalised and they do not participate actively in society and they are not autonomous, because of lack of professional experience.

The idea was born in 2006 in the Italian town Asti (Piedmont, north Italy).

The group is made of professionals in the fields of catering sector, tourism architecture, journalism and marketing; everybody has the same intention of improving the society where they live.

For this reason, the project develops in hotels and sustainable tourism development.

Hotel in Asti <https://www.albergoetico.asti.it/turismo-asti-alba.php>

Hotel in Rome <https://www.albergoeticoroma.it/>

The story

Therefore the first trials were aimed to lead disadvantaged people in order to improve their capability of work and favour their overall social growth. They allowed Niccolò, a man with the Down syndrome, to finish his school degree at the Hotel Training School “Colline Astigiane” with an internship. For this reason, chef Antonio De Benedetto, who was an alumnus of the school, enthusiastically accepted Niccolò in his restaurant. The internship was originally meant to last a few weeks, but they honestly didn't expect great results. The environment which surrounded Niccolò had an incredible effect on him. Today that man is the symbol of the restaurant Tacabanda, and also of a movement, a process which is transforming the city of Asti. He has a regular permanent working contract and is tutoring other young people with disabilities.

For decades disabled people have not been recognized as a resource to be integrated into the working world, probably because of the deep-rooted cultural belief that a disability meant productive incapacity.

The Academy of Independence is a formative process, mainly based on a direct experience of people with independence as the ultimate goal. Personal independence is reached by progressive steps through the acquisition of specific professional skills, the ability to adapt the skills learnt at work with private life and the maturation of the ability to relate with strangers. It is an intense teaching process, which concerns on the learner and on his/her family and, more in general, on the customers who choose to use Albergo Etico services.

The project results also show political attention which, if constantly stimulated, generate thinking processes by the local administrations, leading them to make choices that favour a solid social inclusion.

In seven years of experience on the field, our group realized that people often tend to

exclude people with disabilities for a sense of inadequacy thinking that they are not able to handle relationships because of ignorance or misinformation.

Thanks to this project, young disabled people work in cafes, restaurants, butcheries, delicatessen shops, they manage the café of the City Theater, the catering for public and private associations, they participate to fairs and events.

More information on:

<http://www.albergoetico.it/>

<https://www.facebook.com/hotelalbergoeticoasti/>

www.albergoetico.asti.it

www.albergoeticoroma.it



Good Practice No. 10

Sartorial Lakruna - crafts and social inclusion project

where? Italy, Lazio, Rome
by who? Sartorial Lakruna
when and for how long? Since 2011 - ongoing
what? The pilot project for the social inclusion of people with mental diseases involves women who come from paths of fragility and discomfort.
topic: <ul style="list-style-type: none"> • art • social entrepreneurship

Description of the practice

The project combines fashion, social inclusion, and social entrepreneurship. Sartorial Lakruna supports work, integration and skills of people at risk of social exclusion. The pilot project involved women who have been for years in Mental Health Centres, eager to get back into the labour market. Women with mental diseases have training courses for their recovery and acquisition of the necessary skills to work in tailoring.

The activities in the Lakruna workshop allowed the participants to consolidate their experience in tailoring, as they were supported by a business tutor during all of the phases of the start-up project, from management to business development, in order to achieve an ambitious goal: the creation of a craft workshop managed independently. Lakruna is a job opportunity for people affected by mental diseases and therefore at risk of marginality. It is A place where a lot of women have collaborated for years, finding their professional and personal dimension, motivated by their job in a path of re-appropriation of their skills and the acquisition of new ones.

The activities held in the Lakruna laboratory are:

Third-party production

The experience acquired, the professionalism and skills of the seamstresses allow Lakruna to guarantee precision, competence and commitment to create tailoring dresses of excellent workmanship. Tailored and wedding dresses and dresses for important occasions, fashion garments are made here and designed by young designers and brands

ensuring an efficient and a high-level service during the process. The workshop combines tradition, innovation, creativity, respect for the work and people employed to offer care and attention to every single product made.

Repairs

The tailoring shop is a reference point for simple and complex tailoring repairs.

Tactile books

Lakruna has produced the first supply of n.50 copies of the fabric booklet "Il Cielo in Tasca" by Daniela Piga, which won the First Prize in the category "Best Artist's Book" at the 3rd edition of the National Tactile Publishing Competition "TOUCH TO YOU!". The competition was organized by the National Federation of Pro Blind Institutions, the Robert Hollman Foundation, the Regional Institute for Blind people "G. Garibaldi" of Reggio Emilia, in collaboration with the Ministry of Culture. IL CIELO IN TASCA by Daniela Piga is a multisensory product, with indications in Braille and is divided into a series of mini-books. The reader goes through different natural landscapes, suggested by olfactory, tactile, auditory and anamnestic sensations. Each small book is a work in itself, with its expressive power and style, even in very few pages, but the final work has a clear and original poetic unity.

Clothing and Disability

Lakruna YOU&ME is a brand of a FASHION CLOTHING line dedicated to people with motor disabilities, and not only. Tailoring, concept and original design come together to create fit, innovation and practicality aiming to offer clothing suitable for people with particular physical needs. Digital craftsmen, traditional seamstresses, design visionaries are already collaborating to develop the project, experiment sartorial solutions and technologies to offer comfortable garments that enhance the wearer. The project and the idea of "Lakruna You&Me" won the FIRST PLACE in the Sector "Open Lab Fashion&Design" organized by BIC LAZIO Regione Lazio. The "Modelle & Rotelle" format organized by the Vertical Foundation has brought disabled women and men on the most important fashion catwalks, demonstrating the need for a new vision of aesthetics and beauty that does not stop at people's physical condition and disability. Lakruna is inspired by this vision and aims to create a contemporary and accessible clothing for people with disabilities, at the same time, functional, innovative, and appealing even for people who do not have special physical needs.

Why do we recommend this practice

The Lakruna project was born to give an opportunity of social and work inclusion to people coming from uneasy and fragile backgrounds.

The good practice solves the problem of overcoming prejudices, creates a path of social reintegration, training and employment opportunity.

Through tailoring, daily commitment, work responsibility and enterprise Lakruna has become for the people involved:

- an opportunity for training and cohesion of a group,
- a challenge for economically self-sufficient enterprise,
- an opportunity for women to offer themselves with their craft skills and creativity,
- a job from which to obtain economic autonomy and personal fulfilment.

More information on:

<http://www.lakruna.it/impresa-sociale/la-storia>

<https://www.facebook.com/sartorialakruna/>



Good Practice No. 11

INOUT Hostel Barcelona

where? Spain, Catalonia, Barcelona
by who? People with disabilities, primarily mental disabilities.
when and for how long? Since 2004 - ongoing
what? <p>INOUT Hostel belongs to Icària Iniciatives Socials, a non-profit organization whose mission is the social and employment inclusion of people with disabilities, who make up the workforce of professionals working there. 90% of the workforce is made up of people with disabilities. INOUT Hostel workers, as well as other workers, own 51% of the company. 100% of the staff has an indefinite contract and the relationship between men and women is equal. There is a woman in the general direction.</p>
topic: <ul style="list-style-type: none"> • Social entrepreneurship • volunteering

Description of the practice

Their hostel is a non-profit organization, and at the same time, the first European tourist service whose workforce is made up of people with primarily mental disabilities. The hotel was a bet of Icària Initiatives Socials, a private non-profit entity that since 1976 worked in favor of the integration of people with disabilities through another company, Icària Arts Gràfiques, and that in 2004 decided to bet on the service sector.

The hostel is located in the Collserola mountain, located 10 minutes by train from the center of Barcelona, more than 250 beds in shared rooms in a space loaned by the city council. And apart from having ratings above 80% satisfaction of its users, it is a totally social project. The working area and the hostel is not for profit, 90% of its workers are people with intellectual disability, and the entire site is 100% accessible to people with reduced mobility.

Why do we recommend this practice

Its main objective is to give work and attention to people with intellectual disabilities so they can integrate in the society through decent work. The intention is to learn a profession and develop in it.

The hostel was born out of the need to replace a part of the staff of Icària Gráficas - another company created by the association -, which was affected by imports from China and the implantation of new digital technologies. The turning to the service sector, in its case for low cost tourism, was a wise but daring decision, since there were no precedents and there was a threat of social non-acceptance in this type of company where the workers had their characteristics.

They aim to improve the quality of life of people with disabilities, offering a service for social and labor inclusion in a "normalized environment". These professionals feel useful and gain confidence to improve in other aspects of their social life.

In 2004, the Icaria Iniciatives Sociales entity decided to expand its business unit to seek more employment opportunities for its users, people whose disabilities place them at risk of exclusion from work. The incorporation of this group into the labor market is an outstanding factor to achieve full integration.

It is a non-profit entity in which everyone participates in the property, from parents, people with disabilities and workers. At INOUT everyone works and has his/her payroll. There are 54 people with disabilities, and all of them work full working days, in four shifts, which allows the hostel to be open 24 hours a day, every day of the year. Their employees are fully supportive but also feel overwhelmed by the fact that they work with people with same characteristics. This point of security and trust also influences the fact that many of them already know about the special education school that also runs this social initiative. In it, students from 3 to 21 years old with special needs are preparing day by day to face their employment.

They have been awarded with the Medal of Honor 2019 of the Barcelona City Council for the integration and social labor insertion of people with different disabilities and for their commitment to the environment and sustainability. This reward represents a recognition of years of continued work. The initial investment of 3 million euros was paid off in 3 years. The director of Icària and founder of Inout Hostel, María José Pujol says: "before then, the inclusion of disabled people in the world of work was focused on the industrial

sector, so the commitment to create this concept of hospitality, unique in the world, was a major challenge, which ultimately turned out to be a successful project of reconversion from an industrial company to the service sector within the social economy . Its occupancy is 71 percent, higher than the average for hotels in Spain. The social enterprise started the project with a registered capital of 200,000 euros and has already invested four million. Another noteworthy fact is the significant presence of INOUT in the Network. More than 60,000 references to the hostel appear in the major search engines.”



More information on:

<https://www.icaria.biz/inout-alberg/>

<https://www.inouthostel.com/en/>

<https://www.youtube.com/watch?v=Wl5s2r8B94>

M

Wellness, quality of life and well-being

Social Farming

Made For My Wheelchair

Healthy people, healthy world

Find Your Voice

Good Practice No. 12

Social Farming

where? Poland and EU
by who? Social Farmers
when and for how long? ongoing
what? Social farming includes elements such as provision, inclusion, rehabilitation, training and a better quality of life
topic: <ul style="list-style-type: none"> • volunteering • social entrepreneurship

Description of the practice

Social Farming supports multifunctional farming, whilst also overlapping with health and social care policy by providing valuable supports to people with a range of needs and challenges. Its aim is to provide an opportunity for inclusion, allowing participants to engage in everyday on-farm activities, boosting their social skills, self-esteem and confidence, as well as allowing them to improve their health and wellbeing by being out and involved in the natural environment.

The leader in Social Farming in EU is Netherlands.

In Poland SF is financed by European Social Found.

In general, Social Farms can develop in different fields. This depends on the professional background of people working on the farm and the institutional basis of the farm.

Farms offers different services based on:

1. Agriculture
2. Farmhouse
3. Social work carried out by people at risk of social exclusion (for example long time unemployed, drag edited in therapy, disabled persons)
4. Social activities with children, youth and adults:
 - farming or gardening activities
 - making environmental or animal care workshops (social farm)
 - caring for individuals at risk of social exclusion
 - making horticultural therapy
 - caring for people with addictions or health related problems (disabilities, alders)

Beginning a “social farming” - activity can be based upon two different starting points: either an institution that includes farming or gardening activities, for example a workshop for people with learning disabilities establishing a social farm; a hospital starting

horticultural therapy or a school that builds up a small farm for children with special needs.

Another starting point can be a typical food production farm that wants to widen its activities by integrating social work, i.e. by caring for individuals in specific circumstances or in need of help, or by orienting the whole farm towards a school farm, a farm caring for people with addiction or for long-term unemployed.

Social farming is for people at risk at social exclusion and rural areas inhabitants.

- seniors - people requiring care, therapy, rehabilitation, integration classes due to age,
- people with disabilities - related to mobility difficulties, intellectual deficits, etc.,
- people with mental illnesses,
- people fighting addictions,
- people requiring social reintegration, e.g. due to the fact of leaving prison, long-term unemployment,
- children with special educational needs, also so-called "difficult youth".

Why do we recommend this practice

Many young people move to cities and rural areas are full of alders and lonely people without social care and support.

Social Farming offers new jobs in rural areas through the creation of social services, following the needs of villagers and farmers.

This solution makes social care services available in rural areas.

Social farming includes agricultural enterprises and market gardens which integrate people with physical, mental or psychological disabilities. Farms provide opportunities for the socially disadvantaged, for young offenders, those with learning disability, addicts, the long-term unemployed and active senior citizens, school and kindergarten farms and much more besides.

Green care is more than just a “tool to reach therapeutic goals” - it allows participation in labour processes; it allows people to feel productive; it invokes experiences using all the senses and it allows people to re-connect to the environment, to nature, animals, plants and the soil.

Social Farming takes an individualistic, person-centred approach in each participant who decides to participate in social farming and sets his/her goals or objectives–This allows organisers to match participants to suitable social farmers and allows the farmer to cater the activities to specific interests.

Social Farming not only “uses” nature for therapy purposes, but furthermore provide services to care for nature and landscape development in a multi-functional way.

More information on:

Read more:

<https://www.egina.eu/documents/Del%203.1%20Social%20Farming%20in%20Europe.pdf>

[http://cdr112.e-](http://cdr112.e-kei.pl/gospodarstwaopiekuncze/images/publikacje/broszura/gospodarstwa_opiekuncze.pdf)

[kei.pl/gospodarstwaopiekuncze/images/publikacje/broszura/gospodarstwa_opiekuncze.pdf](http://cdr112.e-kei.pl/gospodarstwaopiekuncze/images/publikacje/broszura/gospodarstwa_opiekuncze.pdf)

http://ksow.pl/uploads/tx_library/files/uslugi_opiekuncze.pdf

About Social Farming

<https://www.youtube.com/watch?v=OD4oqK2zIvw&feature=youtu.be>

<https://www.youtube.com/watch?v=XVnSKWKzi74&feature=youtu.be>

<https://www.youtube.com/watch?v=vxWt0ovoaSA&feature=youtu.be>

<https://youtu.be/3HrdK0vd6D4>

Social Farms in Poland:

<https://toskaniakociewska.pl/#info>

video

<https://vimeo.com/343183588/63eb1f5504>

<https://www.facebook.com/komisjaeuropejska/videos/2398745520383695/UzpfSTUzMzQ0NjE1MzM4Nzk1MDoyNjAxMTczNDZMjgxODcx/>



Good Practice No. 13

Made For My Wheelchair

where? Germany, Brandenburg, Berlin
by who? Makea Industries GmbH, Fab Lab Berlin and be able e.V..
when and for how long? Since 2016 - ongoing
what? MADE FOR MY WHEELCHAIR is a project in which a team including wheelchair users, engineers and designers works together. Over the years, they have been developing open source wheelchair add-ons through user research, ideation, design, prototyping and testing.
topic: Social entrepreneurship

Description of the practice

This project is developing an open source product for wheelchair users through creative process and maker technologies in a team of wheelchair users, technicians and designers.

The product shall bring convenience and fun to the daily life of wheelchair users. Driven by the ideas of the users, in the first project phase "Scout", a variety of ideas are developed through simple visualization methods such as drawing and paper modeling. After a public presentation, 3 ideas are selected for the next phase "Make". In the meantime, the team works on the individual designs with the users, each with a two-day design camp and a month for developing functional prototypes, which are then tested. The result of the project are an open source product which can be individually adjusted and built with the help of technologies. The final product is spread globally through the third phase "Share".

Why do we recommend this practice

The project started with a wheelchair hackathon at MakerFaire. The team intensively worked on three topics: transport and storage, driving in the snow and lighting. In particular, following criteria played a central role: feasibility, time spent on DIY production, costs, aesthetics and impact on wheelchair users.

It empowers wheelchair users to proactively express their needs and be included in

designing solutions for their daily problems related to mobility.

From numerous ideas and prototypes, two products have gained resonance amongst users: - OPEN LIGHTS, a wheelchair lighting feature and OPEN TRAILER, a wheelchair trailer.

The project is completely open source and can be reproduced by the users with DIY rapid prototyping technologies. The designs and files can be downloaded for free under Creative Commons License. It is important to us that the products can be easily and inexpensively replicated so that as many wheelchair users can benefit from them.

OPEN LIGHTS example ([Download](#) the DIY instructions or [view online](#))

A big challenge in the everyday life of wheelchair users is lighting - it's difficult to see and be seen in traffic in the dark. Although it is at least as important for wheelchair users as for cyclers, you hardly find wheelchair lights on the market.

This project developed OPEN LIGHTS for wheelchairs that can be built with the most common DIY technologies. The components can be ordered online and produced with 3D printers and laser cutters. It is possible to pick a colour and shape and even program the lighting modes.

More information on:

Source:

<http://madeformywheelchair.de/>

<http://madeformywheelchair.de/>



Wie kann der Alltag von Rollstuhlnutzern erleichtert und bereichert werden? In dem Projekt MADE FOR MY WHEELCHAIR arbeiten wir in einem Team von Rollstuhlnutzern, Technikern und Designern an open source Produkten zum selber bauen. Von Bedürfnisanalyse, über Ideenentwicklung, Prototyping und Testing haben wir über ein Jahr gemeinsam Rollstuhl-Add-Ons entworfen.

How can the everyday life of wheelchair users be supported and enriched? MADE FOR MY WHEELCHAIR is a project in which we work as a team including wheelchair users, engineers and designers. Over the past year, we have been developing open source wheelchair add-ons through user research, ideation, design, prototyping and testing.

Good Practice No. 14

Healthy people, healthy world

where? Lithuania, Vilnius
by who? Well-being centre “SANUS” Team leader Tomas Radišauskas
when and for how long?
what? Trainings and educational workshops about optimal physical activity, recommended nutrition, stress management, hardening and formation of essential habits. All activities are kept through practice and active learning methods thus to have more engagement and better results.
Topics: <ul style="list-style-type: none"> • intercultural dialogue • social entrepreneurship • volunteering (and movement)

Description of the practice

This practice Uses innovative activities while promoting physical activity, enhancing mental health through non-standard problem solving, improving their physical and mental health.

A professional public health specialist provides trainings about the main nutrition rules, introduces them how to prepare healthy food, shares some good practices, educates them about physical activity methods, human physiology, and inactivity results, shows different types of workout and other physical activities, uses hardening methods, presents the benefits for health, and uses stress management techniques.

This project is for foreigners seeking refugee people in Lithuania.

Why do we recommend this practice

The processes of migration and displacement can cause significant risks and increased vulnerability for poor health outcomes, as the majority of refugees have little knowledge of the importance of wellness.

The practice Improves health literacy which is important in everyday life in order to make people realize their aspirations, satisfy needs and adapt and cope with their personal environment, so they achieve physical, social and mental wellbeing. These activities help to maintain a healthy emotional state, and reduce the signs of anxiety and depression.

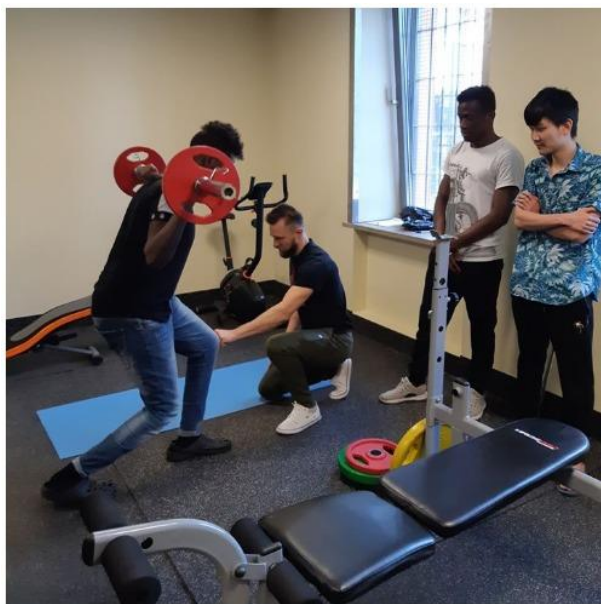
The most basic element of sport is people coming together to play. Sports break down barriers and build bridges instead of boundaries. They help to settle in and become an active part of society, to facilitate their inclusion.

The Participants learned the essentials needed to maintain good physical and emotional health. They Learned how to exercise by themselves, what kind of exercises to do, and how to eat healthy. Thanks to the knowledge they got, they became more confident and aware that good physical and emotional health make-it easier to adapt to new living conditions.

Active learning is the easiest way to gain new skills , and we know that 70 percent of our health depends on our lifestyle and environment we choose. It can also be a positive catalyst to empower the refugee communities, helping to strengthen social cohesion and forge closer ties with the host communities.

More information on:

www.sanuscentras.lt/



Good Practice No. 15

Find Your Voice

where? Lithuania, Kaunas
by who? Academy of Self-Education and Health Team leader Skaidra Jančaitė
when and for how long?
what? Find Your Voice Voice workshops promoting confidence, wellbeing and social inclusion
Topics: <ul style="list-style-type: none"> • intercultural dialogue • social entrepreneurship • intercultural dialogue • art

Description of the practice

A Professional singer and lecturer using a variety of exercises helps the participants to become aware of how they breathe, leading to their awareness and adoption of correct breathing techniques for stress relief. The participants use vocal sounds and group games/exercises through speaking and singing voice incorporating projection, placement and creative colouring of the voice. This process also helps them to understand the meaning of conscious motion, sound, thought.

The participants carry out different exercises that help them to focus on mindfulness, memory, including musical hearing, rhythm, motion plastic, free voice.

This project is for refugees.

Why do we recommend this practice

The traumatic reasons for leaving the host country as well as the potentially long and hazardous journey and process of resettlement increase the risk for refugees of suffering from a variety of mental health issues. The most common mental health diagnoses associated to refugees include post-traumatic stress disorder (PTSD), major depression, generalized anxiety, panic attacks, adjustment disorder, and somatization.

This practice help refugees to develop their emotional state and social inclusion, and recover from depression.

Singing boosts the immune system and produces endorphins, which alleviate stress, depression and anxiety. The participants can learn about their physical capabilities and limits.

Engagement in musical activities may impact on social inclusion. More confidence is gained using speaking voice correctly and engaging the listeners, aiding effective communication. The participants gain communication skills and teamwork within the group, and improves the quality of speaking voice through understanding of connection between the voice and the body.

Singing together can create a strong, emotional and happy connection, even between people with very different lifestyles.

More information on:

<http://www.saviugdosakademija.lt/>

<http://skaidrajancaite.lt/>



Project

Foster Social Inclusion: volunteering, social
entrepreneurship and art for social inclusion

KA2 Strategic Partnerships for Adult Education – Exchanges of Practices, ERASMUS+

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