
Mentees' Reflection Workshops Report

I. General Information

Country and Institution: Portugal, Proportional Message

Title of the event: Mentees' Reflection Workshop – “Vamos Falar Sobre Integração?”

Date of the event: 04/07/2024

Location of the event: Rua Costa Cabral, n 167, Porto

II. Participants

Number of participants: 5

Country of origin: Brazil and Ukraine

For how long they have been in the country: 6 months – 1year

What is their official status: 1 refugee and 4 migrants

Age range (here you can use an average age of the group): 25 – 70

Gender: 3 women, 2 men

“Friends We Share – Wellbeing Programme for Refugees with Role Models and Mentors ”, Erasmus + project nr 2023-1-PL01-KA220-ADU-000150729.

III. Summary of the exchanges during the event

We started by welcoming the participants to make them feel more comfortable. Then, the facilitator introduced herself and presented the project, the agenda, and the workshop objectives. We passed around the attendance sheet for the 5 participants to sign.

In the second part of the event, each participant introduced themselves, and we played the game Two Truths and a Lie.

After the participants were more relaxed and confident, post-its were distributed, and the participants wrote down their fears, expectations, and contributions. One of the main fears of the Ukrainian participant was not mastering the Portuguese language. Another concern shared by the participants was the fear of discrimination and intolerance, not experienced by them personally, but by people from their same country living in Portugal.

Regarding contributions, the participants committed to spreading the knowledge they gained throughout the project to their communities.

We developed a "Needs mapping," which was one of the activities that the participants enjoyed the most. Here, the participants described various challenges they are facing, such as: finding employment in their field of studies/training, managing to pay rent, as housing prices in Portugal are very high and salaries are low, the language barrier, and the fear of approaching competent authorities about their legal status in the country due to fear of deportation. Regarding their needs, the participants requested more reliable information in more languages and complained about the lengthy legalization process, suggesting that there should be individual support to handle cases individually. Since most of the information nowadays is online, they miss a physical presence that gives them security and reliability.

In the third part, we explained the objective of the WorldCafe and the basic rules of this activity. The participants found this activity very interesting, as they shared that one of the biggest difficulties, they face is the lack of personal contact to receive reliable information on important issues for their integration. They mentioned that they find a lot of contradictory information on the internet and would like to have someone to guide them through this process.

After the “Strengths mapping” activity, everyone chose a skill they would like to focus on developing: one person chose to learn Portuguese, another wanted to take a cooking course, the youngest member of the group wanted to learn programming, the oldest member of the group wants to reinvent herself, and another participant wanted to focus on helping his migrant community coming to Portugal.

We ended the session with a feedback activity using a circular chart.

IV. Workshop development

1. Did you include all the activities from the Agenda? If not, which ones did you excluded and why?

- We didn't carry out the BINGO game because we preferred to do Two Truths and a Lie.
- We couldn't complete the Passion Mapping because the Needs Mapping took longer than estimated and we ran out of time.

2. Did any issues arise during the workshop? If yes, what kind of problems appeared from the participant point of view?

The only problem was the language barrier experienced by the Ukrainian participant. She didn't feel very comfortable speaking because she thought her Portuguese wasn't perfect, although she was perfectly understandable.

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3. Did you, as an organizer, faced any issues? If yes, what kind of problems did you face during the workshop?

- Fortunately, we had many contributions from the participants, but sometimes we wanted to move on, and the participants were so enthusiastic talking to each other that we didn't feel comfortable interrupting them. The problem we had was time management according to the agenda.

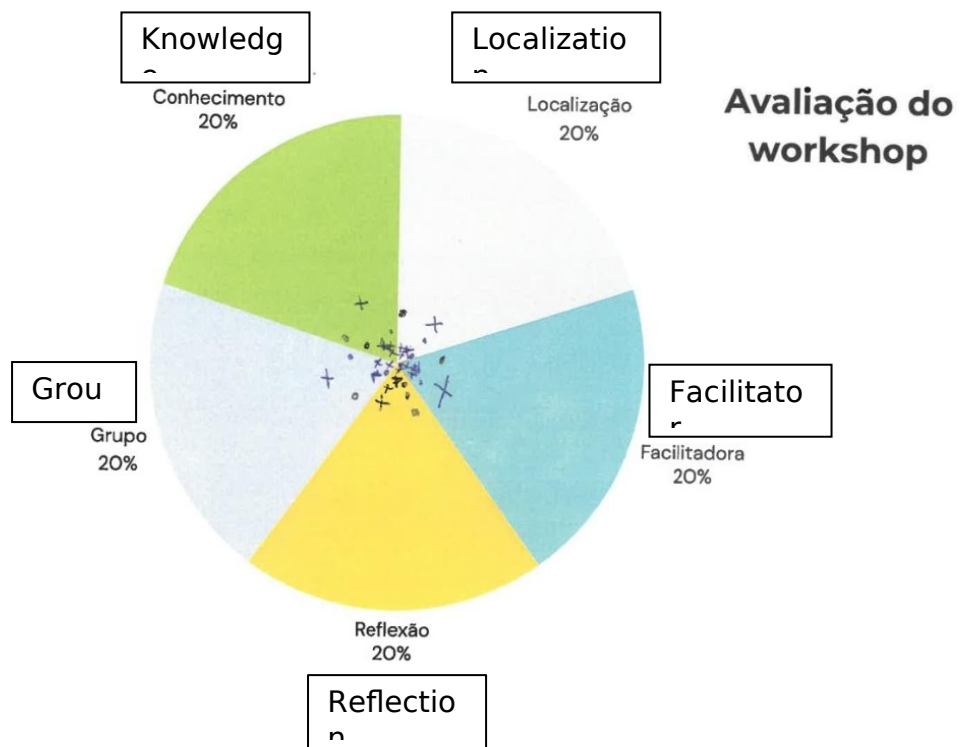
V. Evaluation of the participants' satisfaction

The participants were very satisfied with the workshop. They mentioned that they would like to see more initiatives of this kind for their compatriots who have recently arrived in Portugal. As the venue was centrally located, the participants had good access to transportation. The atmosphere was of compassion and mutual help. The participants felt at ease and motivated to take part in more of the project's initiatives.

We chose to conduct the feedback activity using a circle graph. Each participant marked their level of satisfaction with a dot or a cross. The closer they placed their symbol to the center, the more satisfied they were with the workshop.

The activity that the participants enjoyed the most was the Needs Mapping, as it allowed them to express the difficulties they have faced and some still experience today and gave them hope that by drawing attention to their fears, challenges and needs, improvements could be made for the next refugees and migrants who decide to come to Portugal.

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