

Building Bridges with Local Community



E - B O O K L E T



In this booklet you will find information about the training course Building Bridges with Local Community and the tools that were made by the participants of the training course.

The booklet contains two main parts - first one is about the training course in general and second part contains the tools that were created by the participants.



Building Bridges with Local Community was a training course organized by Carpe Diem that took place in Karlovac, from 25th to 30th November 2024.



On the training course, there were 25 participants from 14 different countries and 16 different organizations.

MEET OUR PARTNERS!



Здраво да сте
Hi Neighbour



Main goal of the training course was to equip youth workers and leaders with enhanced skills and knowledge, enabling them to act as catalysts for disseminating information on migration and inclusion within their communities.



Objectives:

- To increase knowledge and awareness of the participants on contemporary problems and challenges related to migration and to provide in-depth knowledge on the distinction between migrants and refugees.
- To help the participants understand why migrants decide to leave their country and what they endure to reach their destination.
- To help youth workers, understand what problems the migrants face regarding inclusion in their new society.
 - To show youth workers how to encourage intercultural dialogue and build mutual understanding between new arrivals and the receiving communities.
 - To explore the role(s) of youth workers in the inclusion process of migrants and in raising awareness and equipping them with added tools and knowledge to do so.

OUR LOVELY PARTICIPANTS!





TOOLS



Beyond Words: Inclusion through Actions

Objectives: raise awareness about migrants problems, challenges they face, promote tolerance

Target group: youth (age 15+)
2-4 groups each having 3 members

Needed materials/necessities:
papers, Jenga, plastic/paper cups,
flipchart, sticky notes, pens.

Summary:

Introduction

We first ask the participants what they think inclusion means and what difficulties can come with it?

Game Phase

Each team will have a game to play and with each step or action they would be performing a sign. Each 2-3 minutes a member from each team is integrated into a new group and they have to adjust and learn the pattern of the new group

Debrief period

What kind of frustrations did you face when you went to a new community? Or What challenges did you have trying to integrate a new person in your community?

Did you feel left out in the new community?

Which problems did you faced when you became an immigrant?

Can you tie your experience with real life examples?





Full body awareness for dealing with emotions, thoughts and sensations

Objectives: practical skills for better dealing with emotions and thoughts for youth from impoverished environments

Target group: youth (age 16+)

Needed materials/necessities:

chairs

Summary:

All participants should sit together in a circle if possible.

Introduction

We first introduce ourselves, ask participants if they ever think about thinking or about their emotions. Tell participants that they will not be asked to share intimate thoughts and emotions, we will speak about them and if someone wants to share something during the workshop they can, but are under no obligation to do that, since some of these things are very intimate.

Basic exercise

Do you want to try something new? Do the basic body scan meditation.

1. Get comfortable in your chair.
2. Close your eyes or focus them on one spot if it is too uncomfortable to keep them closed.
3. Notice the dried grape in your hand, smell it, feel the texture in your finger tips, place into the mouth, don't chew, what is the taste, texture, move it through the mouth, now gently start chewing on it, still noticing texture, taste, temperature.
4. If you hear some other sounds, just notice them, and bring your attention to the grape.
5. You may notice that your mind wandered on something else, just notice that, and returned to the grape.
6. Do this for 5 minutes, slowly.
7. When you feel comfortable open your eyes.

Reflection and Education

Reflect with next questions: How was the experience for you? Did you have issues to focus on the grape, was it easy or hard, could you go back after your mind goes somewhere?

Educate participants on basic ideas:

Can your mind stop thinking? Brain is thought producing machine, it will always generate pictures and thoughts, often about future or past. Lets for a moment think about our ancestors, while we still lived in a cave, our ancestor would sometimes hear something hear things in a bush, they could think that it is the tiger or that it is the wind. If they think it is a tiger, they will run away. If they think it is the wind they will stay. it could have been both, but in cases it was the tiger, and they thought it was the wind, there was a big chance they would die. So those who were afraid had a bigger chance of survival. That is why we as their descendents have anxious brain, always thinking about what could go wrong. And that is ok, it can be useful, but sometimes hard. we as humans are not always good at making distinguishment between thought and reality, at least our brain is not. What do you think about this, does this make sense to you? Do you have any questions?

Mindfulness practice

Take ten deep breaths, as slowly as possible. (You may prefer to do this with your eyes closed.) Now focus on the rise and fall of your rib cage, and the air moving in and out of your lungs. Notice the sensations as the air flows in: your chest rising, your shoulders lifting, your lungs expanding.

Notice what you feel as the air flows out: your chest falling, your shoulders dropping, the breath leaving your nostrils. Focus on completely emptying your lungs. Push out every last bit of air, feeling your lungs deflate, and pause for a moment before breathing in again. As you breathe in, notice how your tummy gently pushes outward.

Now let any thoughts and images come and go in the background, as if they were cars passing by outside your house. When a new thought or image appears, briefly acknowledge its presence, as if you were nodding at a passing motorist. As you do this, keep your attention on the breath, following the air, as it flows in and out of your lungs. You may find it helpful to silently say to yourself, 'Thinking', whenever a thought or image appears. Many people find this helps them to acknowledge and let go of the thought. Give it a go and if it's helpful, keep doing it. From time to time a thought will capture your attention; it will 'hook you' and 'carry you away', so that you lose track of the exercise. The moment you realise you've been hooked, take a second to notice what distracted you; then gently 'unhook' yourself and refocus on your breathing.

Reflection and education

How was this experience for you? Could you notice how your thoughts are coming and going, sensations, emotions... Was this hard or easy? Have you ever tried fighting your thoughts? To push them away, did you succeed? Or do they come back stronger? We do this, not to fight our thoughts, but to observe them, to let them go. Just because our mind is making thoughts, it does not mean we have to do all it says to us. We get better at this with practice. You can do basic exercise by yourselves, take a 5 minute per day, sit somewhere and focus your attention on the breathing, when thoughts come you say thank you for informing me brain, on notice your breathing once more.





Cultural integration – language workshop

Objectives: To integrate cultures, language and traditions. Raise awareness and delve into culture diversities. To help learning basic real life conversations and acceptance of the differences of nationalities.

Target group: youth 15-18

Needed materials/necessities: paper, marker and a PowerPoint.

Summary:

Giving them cards with basic expressions in five different languages (Turkish, Azerbaijani, Maltese, Italian and Spanish) and they have to guess from which country these expressions are coming from with some games.



Forum Theater

Objectives: To show the discrimination and injustice, to bring out of the youth the empathy and understanding of the problem, we want them to learn about the communication and problem solving within the conflict, respect of other people's opinions.

Target group: youth

Needed materials/necessities: open space for performance and interaction, basic props or costumes to represent characters, audio-visual equipment.

Summary:

Forum Theater is an interactive drama where participants watch a scene of injustice, like discrimination, then step in to suggest or act out solutions. It promotes empathy, problem-solving, and reflection in a safe, creative space.

Tips for trainers/facilitators:

Create a safe, welcoming environment for everyone to engage. Handle emotional or triggering topics with care and respect. Focus on solutions and encourage diverse perspectives during debriefing. Be flexible to adjust the activity based on the group's energy and responses.





The end of the journey is just the beginning

Objectives: Understand the challenges that migrants face when they arrive in a new country: language barrier, cultural differences, find a job, find a house...

Target group: youth and adults

Needed materials/necessities:

María: ID Colombia, Boiled egg, Map to get to the hotel, Booking of the hotel, Apple, Teacher diploma, Money (650€), Instructions for the game, Description of the personal situation

Vzorka: Slovenian ID, Cybersecurity diploma, Map to get to the hotel, Booking of the hotel, Apple, Suitcase, Money (900€), Instructions for the game, Description of the personal situation

Hicham: Instructions to get to the hotel, Money, Instructions for the game, Description of the personal situation

Mbaye: Instructions for the game, Instructions to get to the hotel, Money, Face painting (we won't give it to him, but we need it to paint a mark to his face), Description of the personal situation

Happy: Instructions for the game, Instructions to get to the hotel, 2 chairs, Money, Description of the personal situation

POINT 0: Packs for every participant, Extra money (for the bank), Apples, Rope

POINT 1. HOTEL: Card/keys for the room x5

PAPERS: Cultural test

HOUSE: Apartments announcements, Code to decode

GET A JOB: Cacao powder

FORMATION: Tray, Plastic and carton glasses, Water, Diplomas, Papers and pens, QR

Summary:

This tool is like an escape room but it is though to do outdoors, using buildings in the city where it is done. It can be done with teams or individually, depending on the group and the aim.

Every group/person will receive a description of a person. During the game they will be this person and they will have to act in an specific way. The roles are people from different ages and nationalities and also they experiment different types of migration, so they have to face different situations and they have different tools to use or not use. The activity can be explained to participants and you can give them a paper with all the instructions just in case that they forget. Also can be directly with the instructions, without the previous explanation. Of course, the situation of the people can be modified depending on the country and the problems that they face.

Our people:

Name: María Daniela Martínez García

Age: 36 years old

Country: Colombia

Life story: You are in Croatia to find a job. You are here alone with your 2 years old child, because you decided to quit your place after divorcing from your husband. In the bag you will find an egg. It will be your son during this process. So you have to be careful and take care of him/her while you are searching for a new life. In Colombia, you were a teacher, and you would like to find a job in this field. You enter Croatia by plane. You are a little bit tired, but this is not a problem. Before you came here you had booked a hotel, so you are going to go there to have rest, eat something and rest to start to find a house and a job tomorrow morning.

Name: Vzorka Specimen

Age: 33 years old

Country: Slovenia

Life story: You came to Croatia with your boyfriend. He is original from there and now you have decided to move there together. You have studied cyber-security, and you would like to find a job in this field in Croatia. You and your boyfriend want a house with a swimming pool. This is not negotiable, of course. You just arrive to Karlovac. The journey was quickly, as you decided to come here with your own car. After coming here, you booked a hotel, so now you must go there, eat something and have rest. Tomorrow, you will start all the administrative process. As you came here with your own car, you take all your things from your house. For this reason, during this process you will have to carry your suitcase. You cannot leave it.

Name: Hicham Bouzziani

Age: 18 years old

Country: Morocco

Life story: Last year, your father passed away and since then you have the responsibility to take care of your family. You are the older brother of 6 siblings, and you must work to get money. In Morocco is hard to find a well-paid job, so you decided to come here to find a good job and send money to your family. You have arrived here after a long journey. You are hungry and tired. You want to find somewhere to eat and rest to start tomorrow to search for what you need to live here. As you weren't sure where you will arrive, you are a little bit lost. In your bag there are the instructions to arrive in the place where you will be able to sleep and eat. But you don't know the name of the place and you don't have a map. You don't understand the language, so to get the job, the papers and the house, you won't be able to speak.

Name: Mbaye Ndiaye

Age: 34 years old

Country: Senegal

Life story: You are in Croatia escaping from your family. Your family think that your age is perfect to marry, and they have found you a perfect husband. Is your second cousin, whose family is rich. You don't agree with your family. You are in love with another boy. So, you two decided to move to another country to live. Unluckily, your boyfriend has lost his live during the journey in the Mediterranean Sea. You have arrived here after a long journey. You leaved your country with a dinghy and you have lost all your belongings that you had. Some of them are in your house, some of them are in the middle of the sea. After crossing the sea, you have walked, taken little cars driven by smugglers and so on. Now you are hungry and tired. You want to find somewhere to eat and rest to star tomorrow to search for what you need to live here. As you weren't sure where you will arrive, you are a little bit lost. In your bag there are the instructions to arrive in the place where you will be able to sleep and eat. But you don't know the name of the place and you don't have a map. During your journey you were victim of human trafficking. They have marked your face to recognize you. You need to cover this part to not get caught. If you get caught you will have to pay 20€. If you don't have enough money, you will have to go to the City Hall.

Name: Happy Christmas

Age: 41 years old

Country: Uganda

Life story: You have escaped from your country because there you are persecuted for your sexual orientation (you are gay). After a long journey, you have arrived in Croatia. Here you want to seek asylum. Now you are hungry and tired. You want to find somewhere to eat and rest to start tomorrow to search for what you need to live here. As you weren't sure where you will arrive, you are a little bit lost. In your bag there are the instructions to arrive in the place where you will be able to sleep and eat. But you don't know the name of the place and you don't have a map. You took all the memories that you had in your backpack. You will have to carry two chairs during all the process.

Explanaiton of the game:

JOURNEY'S END IS JUST THE BEGGINIG

You are people that has left your own country to go and live in Croatia. Each of you will receive a paper with your name, age and the reasons to leave your own country. Your objective in Croatia is to get a job and to have a house to live. Also, you will have to get your Croatian ID. In the beginning of this game, you will receive money, your documents (in case that you don't have the documents, you will have to get them) and information about the journey. Some of you have food, and some of you will have to get it.

Storyline: It is night. You just arrived in the city hall of Karlovac, Croatia. You are super tired. You should get food and find a place to sleep tonight. Tomorrow morning, you will start to find job, house and the ID.

Instructions:

Objectives:

- First night: find food and a place to spend the night.
- During the next days: find a job, find a place to live and get the Croatian ID. Also, you have to notice your arrival in the city.

How to do it:

- You can use all the stuff in your bag.
- If you need more money, you can get it in two different ways:
 - o Going to the bank. You can go to the bank one time every 15 minutes if you need it. To get the money you will have to follow the instructions in there. As better you do it, as much you can get.
 - o Stealing money from other people. To steal the money, you must touch them and play a giant “rock, paper, scissors”. If the thief wins, he/she gets the money. If he/she loses, the game continues, and nothing happens. You can get a maximum of 50€.

- Check point. After every station, you must go to the city hall to prove that you have succeed. You can also go there if you need help. They can provide you translators or maybe they can help you in other aspects.
- Extra-points. Apart from reach the objective, there are some extra points that you can get.

Activities to get them:

- o Take a selfie with five different people (they cannot be participants of this game).
 - o Record 5 different videos, meeting people and asking them "How are you?". This question must be made in five different languages (one language for each person that you meet).
 - o Take five photos from five different natural elements that are autohtone from Croatia.
- The City Hall is a safe place. You cannot steal anyone.

That is all for now. GOOD LUCK!

Points for the game (the ideal is to put them in different buildings in the city, but of course you can adapt them to the space that you have):

THE FIRST NIGHT:

POINT 0. CITY HALL

Migrants will start their process in the city hall. There, they will receive the instructions and a bag with their own things. The city hall will also be the reference point for the participants. If they need something that they cannot find in the place that they are, they will have to come back. This has the aim to represent the bureaucratic system and all the setbacks that they can face to.

POINT 1. HOTEL

The first thing that participants must do is to spend the night and sleep. This place is the hotel.

But in here we have two different options:

- Regular migrants (they enter the country by plane/bus/own car regularly): they will receive food (for example an apple) and the hotel card. They will know the hotel direction (in a map).

- Irregular migrants: they will have to go to the hotel but with instructions, not with a map (they will arrive irregularly, so they won't have time to plan, and they will be lost). The instructions can be steps (if it's not far) or with building references. The idea is to make them do a long way, even if the place is near.

In the hotel they will have to pay 50€ to sleep and 30€ to eat. If it's possible, you can talk with the people in the "hotel" to give them the keys and a ticket to have food. To eat, they will have to ask in the city hall for the food, but getting the food won't be easy. They will have to eat an apple/pear without their hands and the apple will be hanging with a rope from a tree.

OTHER POINTS

GET THE PAPERS

When they come to get the papers in the city hall, we will ask them for a house and for a job. If they don't have it, they will have to go for a house and for a job, and finally come back. When they have all these items, and they come back, they will have to answer a cultural test.

FIND A HOUSE

Migrants will arrive in the agency, and they will try to rent a house/flat. To rent a flat they need to fill in the requirements. To know these requirements, they will need to solve a code. Also to know the price of the apartment. It's also possible to ask them for a job.

FIND A JOB

To find a job they will be asked for some formation and maybe other requirements. In the point where they are supposed to find a job, they will find a paper that it will say to go to the city hall and ask for the diplomas (if there's enough people organizing, they can be in each point). As we are very exigent and we want qualified people, we will ask them at least to have 3 diplomas (some of the migrants will have diplomas from their country but maybe they are not accepted in the host country, so it won't count). The possible jobs and their needs are teacher, builder, coach, waiter/waitress, storekeeper and cyber-security expert. When migrants come with the diploma, they will have to pass a job interview. As normally they have a language barrier, they will have to introduce themselves in another language, saying "My name is... I'm ... years old. And I want to be a ..." They will do it with cacao in their mouth.

FORMATION

To get the diploma of the formation, participants must pass different tests (depending on the diploma that they want to get). These are:

- Teacher: do a drawing and describe it at the same time to group members or to us.
- Builder: they have five minutes to find objects and to build a structure.
- Coach: they must do 10 push ups, 20sec plank (run, or other physical activities).
- Waiter/waitress: carry a tray with water glasses.
- Storekeeper: they must do a circuit doing the wheelbarrow.
- Cyber-security expert: find a QR. There will be written to create a PC with their body.

There will be a three diplomas for each formation (like this, the participants that arrive before have more possibilities than the others).

Participants will get a check list. After completing a task (they have to take a photo to prove it), they will come to the city hall (check point) and we will cross the box.





THANK YOU!

