



SIMPLE

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

Our **S**imple story



The SIMPLE project was born due to the shortage of innovative methods and tools supporting the **emotional wellbeing** of women with a migratory background. We focused on the discovery and adaptation of alternative methods helpful in **elaboration and expression of past distressing events** experienced by a large part of newcomers, especially refugees, during the transition phase.

Our assumptions are based on the research findings and interviews carried out with social operators from Sweden, Italy, Spain, the Netherlands, Germany, the UK involved in the reception and inclusion process.

All findings are collected and presented in the first SIMPLE Research Report, available on our website: <https://www.simple-project.eu/>



HERE'S WHAT'S UP!

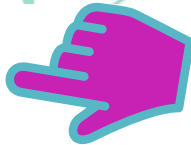
- 1 - Our SIMPLE story
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- 3 - NAME IT TO TAME IT: MIGRANTS' STORIES THROUGH THE USE OF IMAGES
- 4 - PATHWAYS TO SOCIO-ECONOMIC INCLUSION
- 5 - WHAT EVERY WOMEN SHOULD CARRY...
- 6 - SIMPLE EVENTS



SIMPLE VISUAL NARRATIVE METHODOLOGY

Happy to present!!!

SIMPLE results



Available on the SIMPLE website and in e-book version

- IO1: **European Report** mapping existing practices supporting emotional wellbeing of newcomers ([e-book](#))
- IO2: **Methodological Framework** of the SIMPLE non-verbal narrative technique ([e-book](#))
- IO3: **Handbook for practitioners:** materials and tools “Migrants’ stories through the use of images” ([e-book](#))
- IO4: **Learning Pathways** to Socio-economic Inclusion – description of 3 workshops; ([e-book](#))
- IO5: **Sustainability Guide**

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SIMPLE project main objectives:

- Development of a non-verbal narrative method
- Development of 3 pathways to socio-economic integration
- Piloting of the method and pathways in all 6 partner countries



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STORIES THROUGH THE USE OF IMAGES, USING SHUAN TAN'S GRAPHIC NOVEL "THE ARRIVAL"

Silent Books have become a powerful TOOL for illuminating the individual lives and share real-life experiences of **MIGRATION.**



Name it to tame it

MIGRANTS' STORIES THROUGH THE USE OF IMAGES

During the SIMPLE project, we tried to highlight the **importance of the emotional wellbeing** of a newcomer **just as much relevant as material assistance and security.** Emotional awareness and wellbeing can be considered as a trampoline to successful integration.

Empowerment and **self-awareness** are at the centre of our project. In the "Handbook for practitioners" (IO3), you will find tools like "**the window of tolerance**", visual narratives, e.g. "the Arrival" and other mindfulness practices, supporting regulation of emotions, developing self-awareness and with this, greater levels of adaptability, flexibility and independence. "Name it to tame it", quoting Dr Siegel; we need to focus mindfully on how we feel, identify and name emotions for a sense of understanding and validation.

Find video explanation of the tool "[window of tolerance](#)" on SIMPLE YouTube!

Watch moving [real life stories](#) of refugee women narrated with the use of visual narrative technique and the application of images from "The Arrival" book of Shaun Tan.



#1_ITALY
SIMPLE non verbal narrative technique #1 ITALY



ASSESSMENT OF SKILLS

- Awareness about emotions, personal strengths and weaknesses;
- Identification of employability skills

SOCIAL MEDIA AWARENESS

- My social media presence
- awareness about digital footprint with gaming elements

SHOWCASE YOUR SKILLS

- Identification of skills for well-tailored CV
- Showcase of skills with Europass online
- Personal Portfolio Creation

Pathways to socio-economic inclusion

The SIMPLE project provides to professionals who work in the field of social inclusion a set of tools thanks to which individuals (beneficiaries of help) can **reconstruct** their ability to choose and **regain** the **perception of their own value, their potential and opportunities**. IO4 Pathways to socio-economic inclusion widen the dimension of the support actions and extend the intervention to the **future-centred actions facilitating the economic inclusion** of foreign-born women. This includes an active job search, preparing CVs, short courses on soft skills development focused on Personal Branding and Conscious Use of Social Media.

What our Participants said after the workshops:

- *“I was able to reconnect with my achievements through a well structured session.”*
- *“I learned about how to adapt and improve my CV for the UK market”.*

Pictures: courtesy of Joel Bergner



What Every Women Should Carry...

REFLECTIONS, THOUGHTS, FEEDBACK FROM PARTNERS... ABOUT THE SIMPLE PROJECT'S PILOTING IN THE UK

This project was a great success, and we are pleased that we were able to allow so many different women to share their stories through such creative methods.

The IO3 piloting consisted of a Storytelling Workshop that explored mindfulness and art-based tools to encourage a positive perspective, increased resilience and improved confidence.

We shared many resources, and the best thing to come from the workshop was this collaborative poem from the participants titled **'What Every Woman Should Carry'**, which explores their migration journey and identity.

What Every Woman Should Carry...

A sense of being whole, not a half of a whole,
Knowledge she is an artist with the ability to give birth to treasures
A sparkling jewel reflecting inner light

She journeys with a smile on her face,
With a positive mindset, a good heart and humour,
Humming a list of songs that feed her soul

With shoes or barefoot, she has distance to life and herself.
She is practical, has water
Drinks in new experiences

Has freedom, independence, ambition
Has her notebook with handwritten scrawls in the margins
Packs a FUD, (female urination device)!

To remind her she is unique
ID and keys to her safe place
A rainbow packed with dreams and a tissue to share with her favourite sisterhood

In cautious alert mode she holds her pocket knife
Conjures the lion heart of her father
Clutching a packet of seeds to plant new trees

The touch of her mother
Floats her big smile, confidence, curiosity, empathy
Power to disconnect when she wants

Her energy thrums to the tune of her goals
She views life differently
More questions than certainties...is happy.

- Written by the women of the SIMPLE training.

Read what our amazing participants had to say:

- *"Some excellent discussion on self narrative. I am currently writing some personal essays and I found some excellent information"*
- *"I enjoyed it immensely and loved the poem. While sharing my photo I got inspired by the memories and feelings about it and wrote a brief poem that connects me with my roots and land"*
- *"This workshop helped me to take a moment in my life to understand my environment, relax myself a little bit, and express my emotions through art. I learnt that I only need 2 minutes to find peace in my life."*





Seeing comes
before words.

John Berger, Ways of Seeing

SIMPLE EVENTS

As part of the SIMPLE project, each country conducted a multiplier event to celebrate the projects' successes and their progress. The project's outputs were presented during the event to showcase the work carried out on an international scale. The event invited the wider public, including policymakers, organisations and professionals and operators dealing with migrants in the reception process.

The event was organised in two parts. The first part of the session was theoretical, with a description of the project and its activities. The second part was a practical one. The participants were able to have a hands-on experience with the materials and relate these to themselves or their own practice. Overall, the event was a great success and a useful way to disseminate the SIMPLE projects, its outputs and materials developed, supporting the project's sustainability.

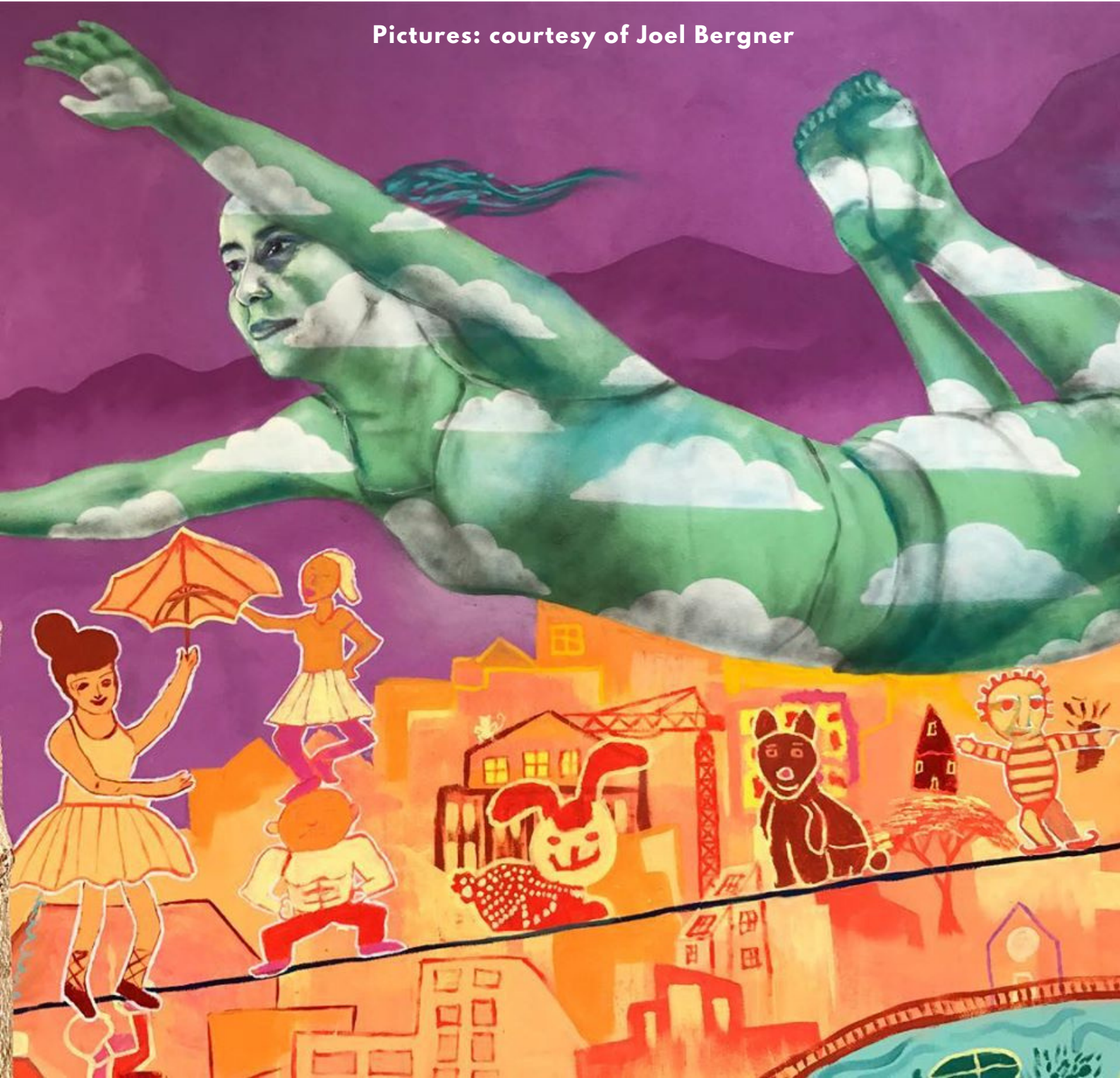
"Me as a woman from a foreign country usually get the notes from relatives and friends that it is really hard to get a job that suits me as this is not my home country, hearing this hurts and in the long run I have been buying it. Just sharing. session is helped me to highlight those fears and now I need to work on overcoming them" - feedback from a participant

MULTIPLIER EVENT SIMPLE VISUAL NARRATIVE METHODOLOGY



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Pictures: courtesy of Joel Bergner



[HTTPS://WWW.SIMPLE-PROJECT.EU/](https://www.simple-project.eu/)



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