

# WELLHOODY

## GOOD PRACTICE GUIDE



# Wellhooody

Wellbeing in Diverse Youth Communities

[www.wellhooody.eu](http://www.wellhooody.eu)



This Guide is licensed under Creative Commons license [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)

# CONTENTS

PART ONE, DENMARK

10

PART TWO, FRANCE

41

PART THREE, IRELAND

62

PART FOUR, GERMANY

82

PART FIVE, SPAIN

110

PART SIX, SWEDEN

133

# About the project: Wellhooody

EU-wide, youth who are either foreign-born or who are native-born with foreign-born parents account for one in five of 15 to 34-year-olds (OECD/EU, 2018).



## OBJECTIVES

They are one of the most at-risk groups in terms of social exclusion due to a lack of economic resources, cultural differences, discrimination, etc. The WELLHOODY project aims at enabling community wellbeing through youth rooted in the use of the power of diversity. It will encourage all community members to become pursuers of mutual wellbeing while nurturing acceptance and inclusion in terms of diversity.

# Project partners

**Wellhoody partnership** is a carefully selected group of expert organisations, across Europe, representing a mix of countries that can contribute to WELLHOODY objectives with optimum capacity.



## *Why this guide?*

The Wellhoody Good Practice Guide's purpose is to present youth workers and educators and youth group with 20+ examples of projects or initiatives that target the participation of youth from diverse communities (immigrants, refugees, native-born of immigrant families) in projects that have significant outcomes and contribute to their inclusion and development.

These good practices (sourced from 6 European countries; Sweden, Germany, France, Spain, Ireland and Denmark 'place a special focus on the use of diversity and interculturality as a tool to empower young people (as well as entire communities ) into getting establishing new ways of collaboration, exchanging knowledge and know-how and applying creativity rooted in different cultural backgrounds etc.

The Guide's purpose is to present youth groups, workers and educators with real life evidence that inspire and motivate them to collaborate, participate and also replicate the practices that they consider will potentially increase the wellbeing of the participants and as well of the whole

# What is youth work ?

According to the Council of Europe, youth work is a generic term that fosters a wide range of activities such as social, cultural, educational, environmental and/or political nature, carried out by, with and for young people. Youth work is based in non-formal and informal learning processes and refers to a social practice that works with people in the environment they live in, facilitating young people active's participation, inclusion in their communities and decision-making.

Similarly, a youth worker a person who helps young people with their personal, social and educational development in an informal setting using educational and leisure processes. Youth work can be paid or voluntary, also que level of their qualification may be very diverse, nonetheless what unifies them all has been the ability to support young people reach their potential.

While the Council of Europe, values greatly the assessment and acquisition of youth work competences, there is an ongoing debate to determine if youth workers should be trained or if youth work is a learned practice that.

Here below characteristics of youth work are resumed.

- Commitment and understanding the factors that affect young people's lives
- Act with integrity in times of stress
- Interpersonal skills
- Patience, tolerance, flexibility
- Organizational skills
- Listening skills
- The ability to treat young people's concerns with respect, tact and sensitivity, whilst remaining confidential and professional
- Resilience

# Who is “the youth” for the Wellhoody Good Practice Guide?

The following guide has been elaborated in the framework of the Wellhoody project, which creates resources for a large age group of people from 15 to 34 years old. This is a varied group, with very different needs and interests. For this reason, it is worth explaining here, that the best practices and examples in this guide have been selected to be read and used directly by youth work practitioners (age 18-34+), and by young people (age 15-29). The material is thus relevant for all age groups concerned with youth work. But, within the group of young people, we understand that those aged 15-18 will be introduced to the content by youth work practitioners, including teachers, educators etc. who will use these resources in their daily practice."

# Tips on how to use this guide

The purpose of the guide is to provide youth workers and educators with good practices that promote or use diversity as a tool to improve the involvement and integration of young people in society and increase their wellbeing at the same time.

The best practices presented in this guide have been selected for their relevance in relation to the WellhooDY main subjects, as well as for their transferability to other EU contexts. No specific indications are given on how to adapt each experience into another context, as there are infinite possibilities. However, we have been careful to select, describe and present the best practices in a way that their transferability is easily understandable.

Each case study provides a direct link to the website of the initiative or the entity which has implemented it where more extended information can be found. This way if the readers is inspired, in particular by a specific initiative the guide can redirect them to the pages of the project itself in order to inquire more.





# Links of interest for youth and youth workers:

Salto: <https://www.salto-youth.net/>



Eurodesk: <https://eurodesk.eu/>



# PART ONE DENMARK

CASE STUDIES

By EUEI.



This Guide is licensed under Creative Commons license [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)

# BEST PRACTICES FROM DENMARK

The following case studies were researched and resumed from Wellhoody's Danish partner organization, European E-learning Institute.



1

## Turning Tables

Music, film, and social movements as WELLHOODY tools.

2

## Dreamtown

Wellbeing of young people in cities.

3

## Rapolitics

Creating a courageous youth generation

4

## Fryhuset Foundation

Supporting marginalised youth

5

## Humanity in Action

Educating youth towards positive social change

# Turning Tables

[www.turningtables.org](http://www.turningtables.org)

Turning Tables is a global non-governmental organization working to empower marginalized youth in different global contexts by providing them with the means to process and express their challenges, hopes and dreams for a better tomorrow through the Creative Arts of music and film. Their programmes build creative environments through inspiration, learning and technology transfer that enable artistic self-expression in spaces where otherwise it would have been considered impossible.

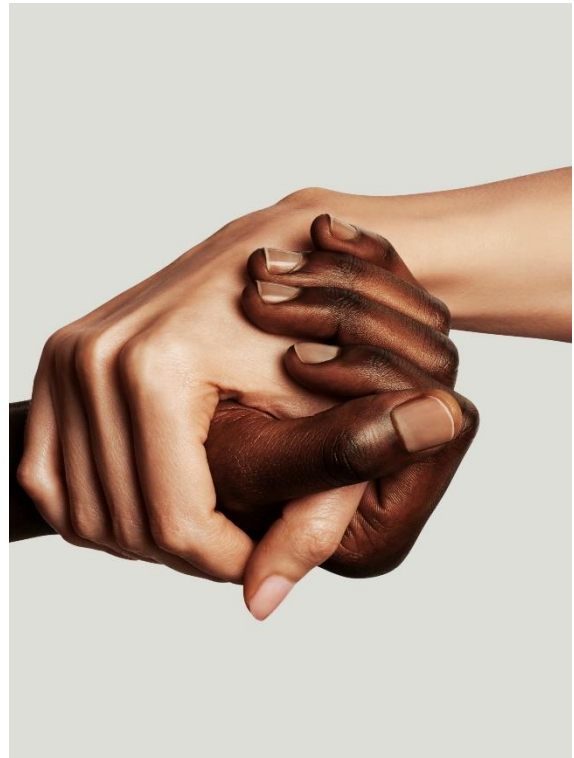


Source: [turningtables.org](http://turningtables.org)

# Initiative Overview

Turning Tables strives to address the root causes of inequality and provide support to psychological challenges faced by youth and the communities in which they reside.

With the provision of digital tools to produce genuine artistic content, we are committed to trauma processing, youth character and skill-development, empowerment, innovation and resilience, recognising and cultivating the tremendous potential and courage within young communities in challenging contexts.



## Objectives

- \*Promoting peace dividends through a non-violent approach.
- \*Supporting youth in their transition into adulthood through trainings and programs
- \*Equipping youth to positively navigate complex environments and bring about meaningful positive change

## Diversity

Currently, running labs in Morocco, Denmark, Sweden and Germany, Morocco, Denmark, Sweden and Germany Turning Tables believes in the power of creating diverse environments. These labs act as a production facility and a creative.

## Results

- A high level of awareness raised in the community
- Possibility (granted by its unique approach) to reach out to the most critically vulnerable youth

*“ A space provided for vulnerable youth to find self-expression, self-reflection and healthy dialogue. ”*

## Impact

Through its work and creative approach Turning Tables has improved the integration of vulnerable youth through the implementation of rights-based, engagement reliance building and participation approaches.



# Potential for WELLHOODY

The work of Turning Tables is a great example of how music, film, and social movements can be great tools to support youth and generate sustainable social change.

- These kind of “borderless tools” may bring together youth of different cultures to develop and aim for change in a common future.



## Action

- Youth embark on a multi-leveled process where they can interact with peers and mentors.
- The process creates an opportunity to develop character skills by supporting one another, through youth-to-youth communication, positive role-modeling and preventing negative coping mechanisms, improving networking capacity, building connectors, accessing resources, and contributing towards social cohesion within their given context.



# Dreamtown

[www.dreamtown.ngo](http://www.dreamtown.ngo)

A Copenhagen - based NGO, Dreamtown works for the wellbeing of young people in cities. Their work focuses on slums that are home to more than one billion people worldwide.

These slums are home to an ethnically diverse group of youth, coming from all different backgrounds.



Source: [dreamtown.ngo](http://dreamtown.ngo)

# Initiative Overview

Dreamtown's vision is to see increased youth wellbeing in cities worldwide. A key focus is on slums, informal settlements, and low-income neighborhoods.

In these, areas the wellbeing of young people is under immense pressure.



Dreamtown contributes towards improved youth wellbeing by increasing young people's participation in community development and supporting them to make their dreams come alive.

# How it's done?

## OBJECTIVES

- ✓ Safe communities that enable all young people to take an active part in city life
- ✓ Green communities that strengthen the resilience of young people and their connection with urban nature
- ✓ Creative communities that inspire young people to learn, play, and artistically express themselves.

## DIVERSITY

- ✓ Working directly in slums, Dreamtown understands the importance of assisting all youth, regardless of background.
- ✓ Slums are ethnically diverse areas with many people coming from immigrant families.

## RESULTS

- ✓ Evidence-based advocacy and best practices guide created based in research, activities.
- ✓ Young people have co-designed and participated in the creation of creative spaces.
- ✓ Negative slum stereotypes deconstructed by positive story broadcast

## IMPACT

- ✓ Children and young people from different backgrounds to learning spaces in Sierra Leone
- ✓ Young people have improved their self-confidence and potential for opportunities.
- ✓ Deeper learning, reflection and through a study visit to Kampala for 16 Danish learners .

# Potential for **WELLHOODY**

The work of Dreamtown inspiring as it empowers youth to practically change their reality through the sustainable change of their physical environment combined with processes of learning, reflection and creation of opportunities





## Action

**SAFE COMMUNITIES**

**GREEN COMMUNITIES**

**CREATIVE COMMUNITIES**

## Safe communities:

- Tackling violence against women through community actors and stakeholders.
- Support young people to analyze the existence of violence, target the key drives and design strategies and projects to eliminate it.

## *Green Communities:*

- *Transformation of slums into green areas.*
- *Climate awareness hubs.*
- *Awareness campaigns.*
- *Community journalism.*

## Creative Communities:

- Supporting young artists.
- Development of art spaces.
- Creation of cultural events and youth centres.

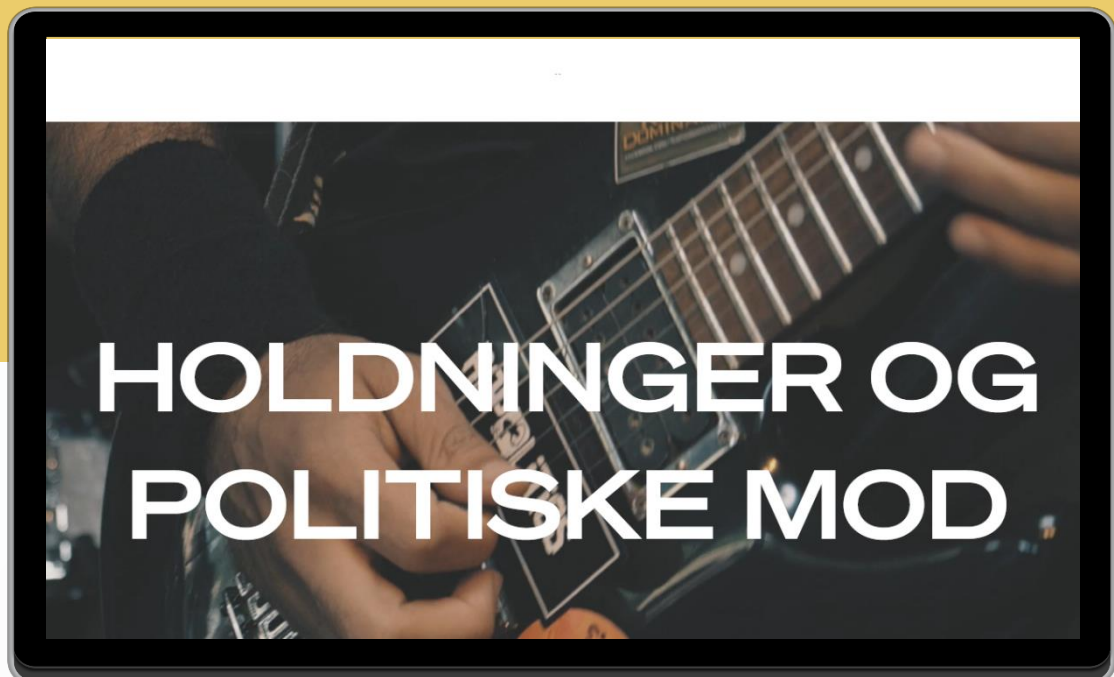


---

# Rapolitics

[www.rapolitics.dk](http://www.rapolitics.dk)

Rapolitics is an association that since 2009 has worked with rap and other urban expressions such as democratic awareness, citizenship and dialogue. Over the years, they have worked from a mission to strengthen young people's self-esteem and community engagement through hip-hop and creative expression, and by breaking down marginalization and building young people's attitude formation. They are one of the key players in hip-hop and creative activism in Denmark and run a nation-wide network.



*Source: rapolitics.dk*

# Initiative Overview

Rapolitics is a non-profit association that works to create a courageous youth generation that challenges and expands democratic debate through culture, art and creative expression.

The organisation works mainly with marginalised youth, ethnically diverse groups and those from immigrant backgrounds. The organization consists of a board of directors, a secretariat, a coaching team with talented dancers, rappers and storytellers and a group of Denmark's coolest volunteers!

## Objectives

- **AUTHENTICITY:** Supporting original voices and take their realities seriously.
- **COURAGE:** Challenging the status quo and motivating political and social change.
- **SOLIDARITY:** Empathy-driven and surpassing Denmark's borders.

## Diversity

Rapolitics collaborates with hip-hop activists in Syria, Palestine, Jordan, Egypt, Sudan and Bolivia. It focuses on diversity and works with youth from all ethnic backgrounds, encouraging them to speak up about their struggles and gain confidence.





# Results

- Nation-wide network and creative platform for youth with migrant and refugee background to rap their concerns.
- Youth festival for artistic activism on Youth Island 2021.
- RE:ACT HUMAN: a series of podcasts, concerts, talks and workshops addressing rights and discrimination.

## Impact

A safe space for  
youth self-  
expression  
(through hip hop)


A paved way to  
social activism,  
education and  
social  
consciousness.



# Potential for **WELLHOODY**

Rapoltics is a great example of using modern day mediums to engage youth and arise their interest in politics and human rights.

As times change and youth interest shift, new appealing ways should be used to approach them.



10 years of fighting  
marginalisation  
through hip-hop  
creative expression  
and creative activism

# Fryshuset Foundation

[www.fryshuset.se](http://www.fryshuset.se)

Fryshuset Foundation is a global non-profit organization that works to achieve societal change and positive development with and for young people, from ethnically diverse and excluded groups, around the world.



Source: [rapolitics.dk](http://rapolitics.dk)

# Initiative Overview

Fryshuset promotes youth empowerment and social inclusion, particularly for those who are at risk or face exclusion. The organization seeks to empower young people, support their development, and ensure that their voices are heard and considered on issues that affect them.



Fryshuset Foundation advocates for worlds coming together, with youth dialogue at the forefront, strongly believing that this is necessary in order to have a positive impact on the development of more equitable and sustainable societies.

# How it's done?

## OBJECTIVES

- ✓ Understand, support and encourage young people to develop their innate abilities to find their place in society

## DIVERSITY

- ✓ Fryshuset works ethnic diverse youth living in marginalized areas where crime and danger are present. Their goal is to facilitate their integration and reintegration in society.

## RESULTS

- ✓ Creation of e environments for holistic learning and personal development
- ✓ Authentic relationship built between young people and mentors to help them develop skill and develop their full potential.

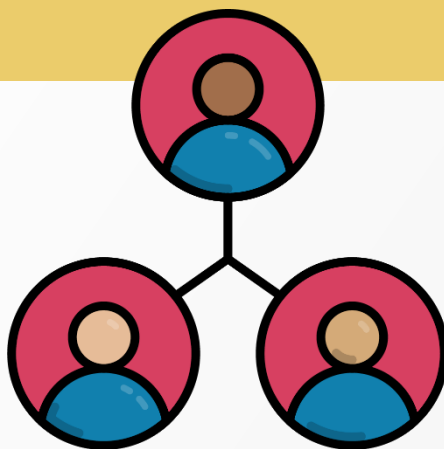
## IMPACT

- ✓ A safe space for youth self-expression (through hip hop)
- ✓ A paved way to social activism, education and social consciousness.

# Potential for WELLHOODY

---

Fryshuset Foundation shows that youth, from marginalised, ethnically diverse and unfortunate circumstances, can be communicated with and reached and that they want to learn and grow.



---

# Action

# Education

- ✓ Fryshuset Grundskolor: secondary schools that combine studies with basketball, dance, skating, music
- ✓ Fryshuset Grundskolor: Secondary school that combines studies with training in sports, music, theatre, design and entrepreneurship
- ✓ Fryshuset Danscenter: vocational school for dance with 2-year programmes for professional dancers
- ✓ Fryshuset Folkhögskolan: A Folk High School where dedicated teachers adapt to small group students based on their present condition
- ✓ Mpower: An educational program for women
- ✓ Young Peacebuilders: Educates young adults to be peace and inclusive community builders



---

# Action

## Work and Entrepreneurship

- ✓ Powerhouse gives young people the opportunity to develop, test, and engage in exactly what they are passionate about. They also receive support and help to launch their own initiatives and projects. Powerhouse brings together young people with activities, inspirations, companies, and tutors, and offers free courses and tools.
- ✓ Up & Coming Executive Program is a mentoring program where CEO's and other relevant leaders get the opportunity to be really challenged by a street-smart mentor for a year.



Fryshuset's vision is based on the conviction that young people require encouragement, confidence, responsibility, and understanding in order to develop their innate abilities and find their place in society

---

# Humanity in Action

[www.humanityinaction.org](http://www.humanityinaction.org)

Fostering awareness, empathy & responsibility for social justice among emerging and established leaders in Denmark. Humanity in Action works with youth from all backgrounds, striving for the social integration of marginalised groups, youth from ethnically diverse backgrounds, and youth from poor areas



Source: [humanityinaction.org](http://humanityinaction.org)

# Initiative **Review**

Humanity in Action Denmark is a non-profit organization that aims to educate, inspire and connect a global network of students and young professionals who are committed to promoting human rights, diversity, and active citizenship in their own communities and around the world.

Humanity in Action Denmark was founded as an association in 2003 but has arranged transatlantic education programs since 1997.



# How it's done?

## OBJECTIVES

- ✓ Democratic awareness
- ✓ Community bridges.
- ✓ International leadership programs.
- ✓ Community-engaged leaders.

## DIVERSITY

- ✓ Humanity in Action works internationally with youth that come from marginalized/impooverished areas and ethnically diverse areas. Their work helps youth confident in themselves through education in social justice and human rights.

## RESULTS

- ✓ Participating disadvantaged youth have pursued careers in social justice, and initiated their own civil society alternatives.
- ✓ An international Alumni Network was created as results of these initiatives, The International Humanity in Action Senior Fellow community.

## IMPACT

- ✓ The creation of a more inclusive and based-on-human-rights society in Denmark.
- ✓ A growing network of young people who take civic responsibility and contribute to creating a more inclusive society.

# Potential for WELLHOODY

---

Youth who are educated in politics and world issues are more likely to strive toward social change and inclusion.



---

# Action

- ✓ Connecting leaders of different backgrounds and mentoring them in acting socially responsibly through understanding other social groups' perspectives.
- ✓ Development of study trips, seminars, workshops, and conferences that challenge contemporary narratives.
- ✓ Creation of a community that discusses issues of critical social justice, identity, human rights, social justice, immigration and diversity in Denmark.



*“For years we have created and nourished a community culture that is collaborative, intensive, caring, open to vulnerability, interdisciplinary, opinionated, eclectic, international, and fun”*





# PART TWO FRANCE

CASE STUDIES

By Le LABA.



This Guide is licensed under Creative Commons license [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)

# BEST PRACTICES FROM FRANCE

Art is a great tool to bring young people together in all their diversity and richness. Theatre, circus, immersive arts build bridges between them, give them a space for expression, creativity, for building self confidence and confidence towards the rest of the world.



1

## **Art en immersion (Art in immersion)**

Young people encountering cultural differences

2

## **Cirque adapté (Adapted circus)**

Young people with immigrant background, facing exclusion from the rest of the population

3

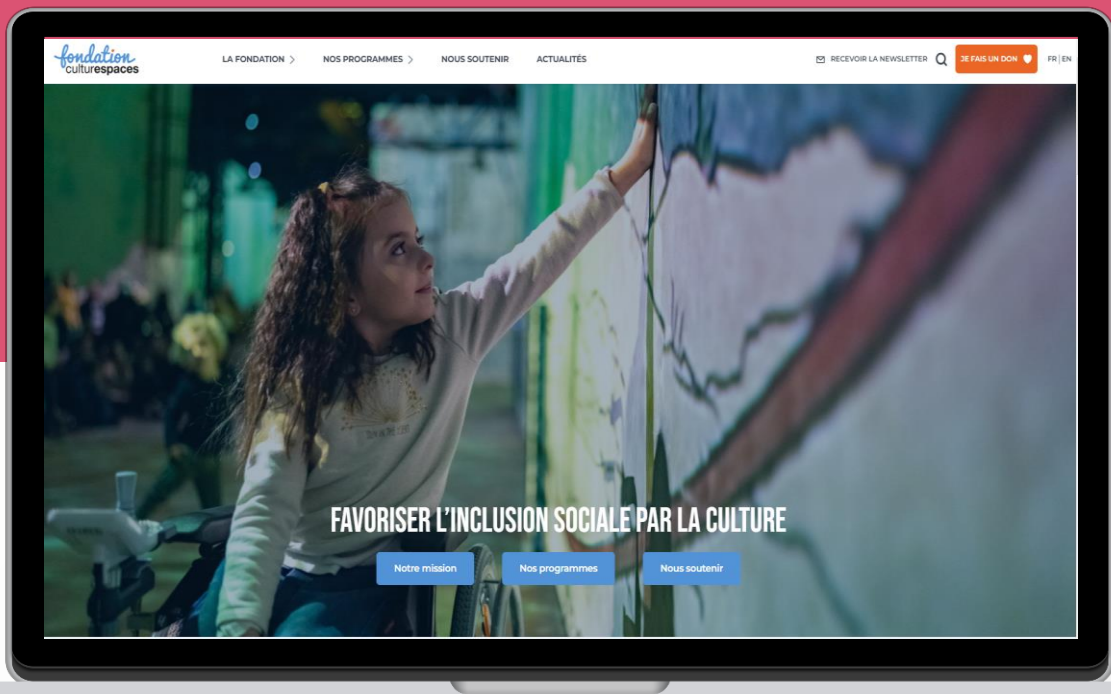
## **Ta vie se raconte au theatre (Your life told in theatre)**

Young teenagers from 14 to 18 years old, native young people from the city of Tullés and recently arrived migrants

# Art in immersion

[www.fondation-culturespaces.com](http://www.fondation-culturespaces.com)

With the artistic and cultural education programme "Art en immersion", the Fondation Culturespaces promotes access to culture for children who are the furthest from it. The programme is offered to children who are in hospital, disabled or in a precarious social situation.



Source : [www.fondation-culturespaces.com](http://www.fondation-culturespaces.com)

# Initiative overview

The territories targeted by the programme are home to deep social, economic and cultural inequalities, even though access to culture and artistic practice from a very early age is fundamental to the development and construction of personality.

*In this sense, access to artistic and cultural education is a powerful factor of equal opportunity. With the "Art in immersion" programme, the Culturespaces Foundation wanted to respond to this lack of accessibility and inclusion in the field of culture.*

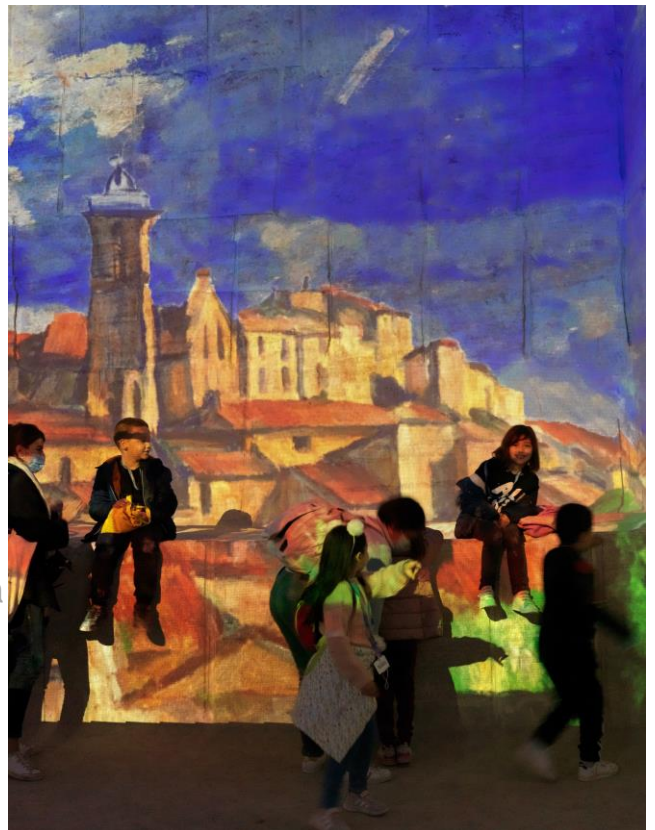
## Objectives

Using the potential of digital art as a means of transmission, this programme allows children to discover new artists and cultural sites in a way that is both accessible and accessible to all.

The aim of the project is to create a playful and original environment to awaken their creativity and curiosity, while encouraging learning and contributing to their well-being and development.

## Diversity

To make culture accessible to children from different backgrounds, with disabilities, in hospital and in socially precarious situations, who are far from the cultural offer for different reasons. Diversity is also present in the variety of artistic mediums and pedagogical approaches, adapted for each audience.



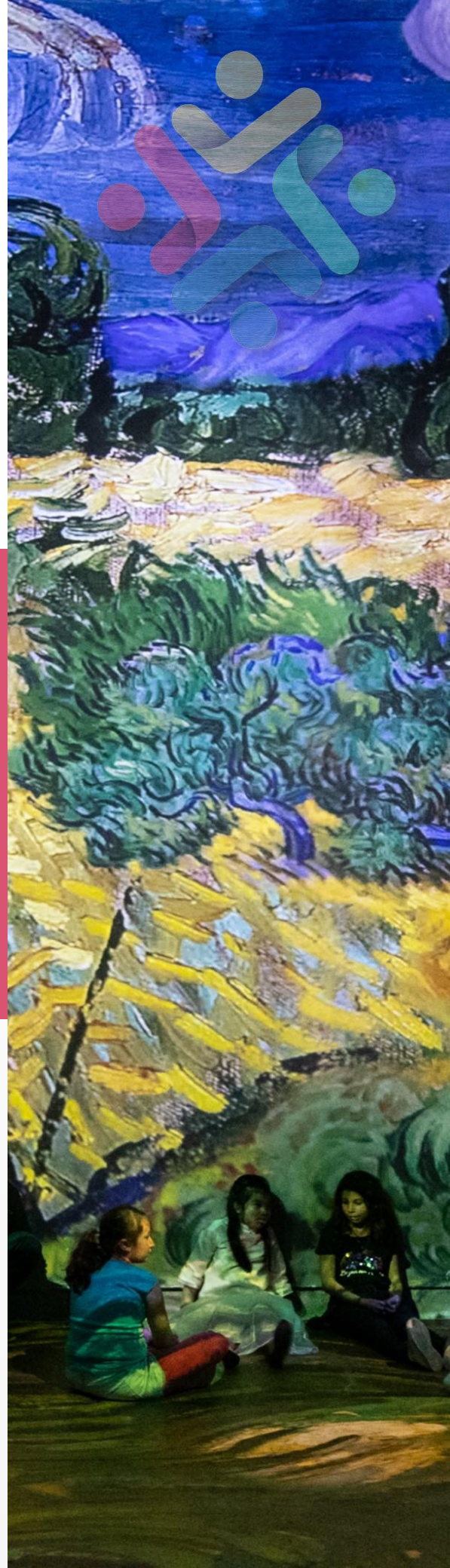
## Results

In 2022, in France, 7395 children benefited from the programme and from 330 educational workshops, in order to give them the keys to reading for the visit, and artistic, in connection with the artist discovered.

“ Each year, more than 7,000 young people participate in the "Art in immersion" programme. ”

## Impact

- Raising awareness among young people who do not regularly attend a cultural venue (97%)
- Changes in children's behaviour (92%)
- New knowledge acquired (96%)



# Potential for WELLHOODY

The use of culture and artistic practice to access a large number of young people with different profiles, in situations of exclusion.

- The pooling of practices, the sharing of experiences and the collaboration between actors allow cultural, educational and social practices to evolve and to develop rich projects with an impact.



# Action

The "Art in Immersion" programme is structured in several stages:

**Stage 1:** Educational workshop led by a mediator from the Foundation within the children's structure. The aim is to introduce children to the world of the artists featured in the immersive digital exhibition.

**Stage 2:** Free visit of the immersive digital exhibition

**Stage 3:** Creative workshop linked to the artist discovered and offering different plastic arts techniques. The workshop is led by a mediator from the Foundation in the children's home.

**Stage 4:** Mini exhibition in the children's home. This moment of appreciation and sharing allows the children to present their work in front of parents and relatives.

Each participating structure receives a kit containing the educational resources and artistic material necessary for the workshops. All of this material, designed by the Fondation Culturespaces, is offered to them.



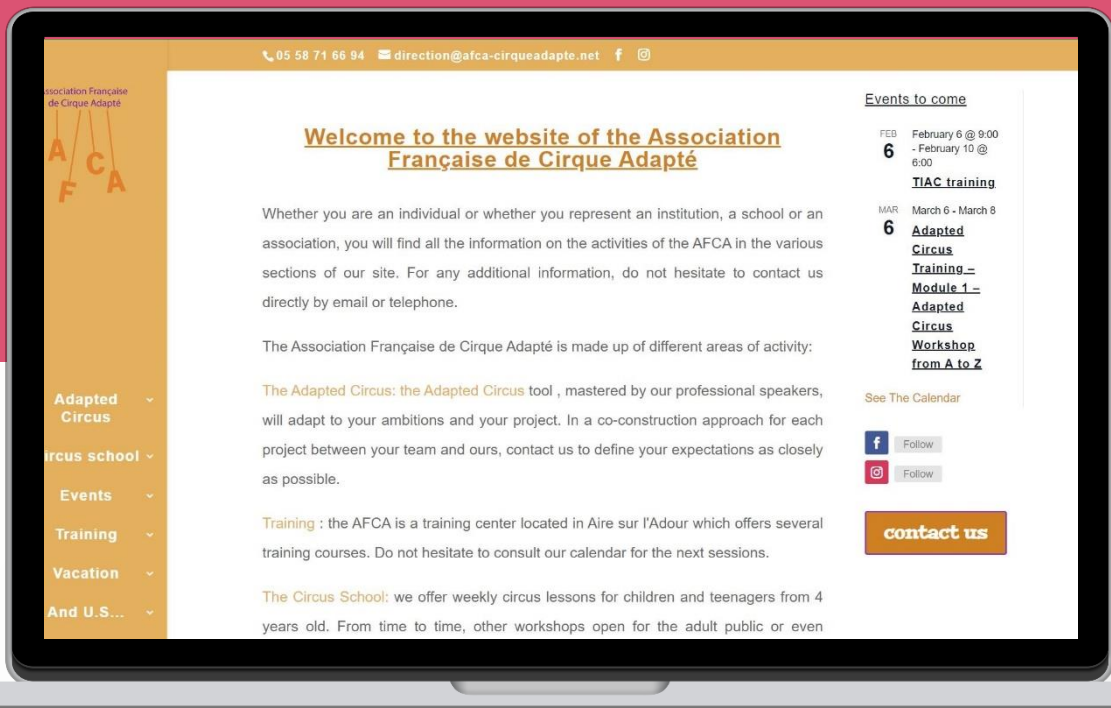
"For all children, access to culture and artistic practice from an early age is fundamental for the fulfilment, development and construction of their personality. It is proven that artistic activities have an impact on their well-being and quality of life."



# Cirque adapté (Adapted circus)

[www. afca-cirqueadapte.net](http://www.afca-cirqueadapte.net)

The concept of the adapted circus has been developed in the hospital sector (adolescents in psychiatry at the Clinique Fondation Santé des Etudiants de France in Aire sur l'Adour) and then aroused the interest of institutions, such as schools, caretaking institutions or reception centers for people in difficulty.



Source: [www.afca-cirqueadapte.net](http://www.afca-cirqueadapte.net)

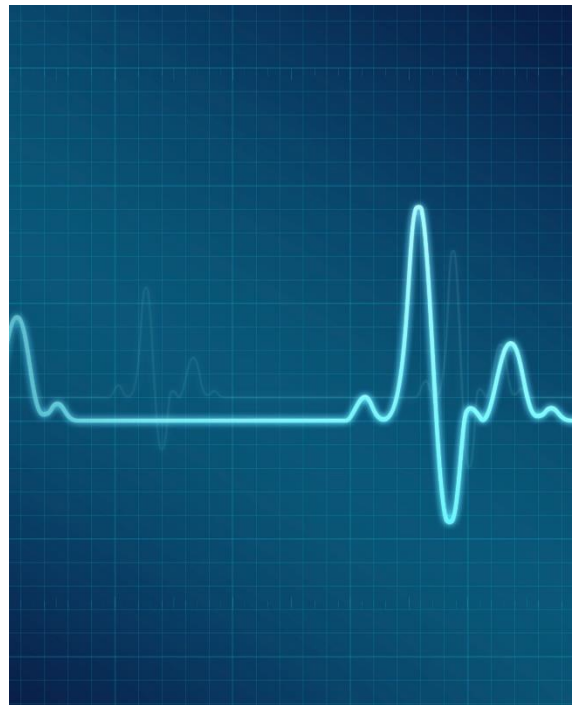


Over the past 30 years, the French Association of Adapted Circus (AFCA) has developed hundreds of projects for a wide range of audiences of all ages and in various situations (disability, exclusion, integration, remobilisation, etc.), including young people with immigrant background, facing exclusion from the rest of the population.

# Initiative Overview

Although the concept of adapted circus was created in the hospital environment, it quickly opened up to a wider public (motor, mental, sensory and social disabilities, early childhood in medical-educational institutes, residential homes, adolescents "on the run", young people from difficult neighborhoods, etc.).

The notion of the adapted circus was thus refined through the contribution and meetings between circus practitioners and specialists in psychomotricity and psychokinetic. From a practice whose primary goal is social integration, the adapted circus is evolving towards a more personalised pedagogy, centred on the individual and his or her relationship, often negative, to his or her own body.



## Objectives

- ✓ Provision of a space for research and exploration for everyone .
- ✓ Developing the potential of everyone.
- ✓ Guaranteeing the right of everyone to participate in cultural life.
- ✓ Development of each person's know-how.

## Diversity,

The concept at its genesis (1989) engulfed young people with mental health issues but its results extended to more communities such as population because of immigrant background, cultural and linguistic differences.

## Results

- Revaluation of potential and self-confidence.
- Better emotional management and knowledge transfer.
- Greater adaptability to fit into a collective organisation.

*More ability to measure the effects of one's expression and to assert one's identity.*

## Impact

- Training in adapted circus has extended to projects addressing health, diversity, exclusion, etc.
- The program has extended to all of France reaching thousands of beneficiaries.



# Potential for WELLHOODY

---

Adapted circus activities have proved to increase young people's wellbeing as the dynamics (juggling, (partner) acrobatics, clowning etc.) make them connect with their bodies, their potential and with other people and progress.

- As such, it is paving the way to finding one's place in society and finding wellbeing.



## Action

The adapted circus workshops are organized in 3 steps:

Step 1 is the stage of the “lived body”, highlighting the whole field of the movement, valorisation of the investigation, daring and putting in movement. Some of the experiences encouraged here are balance, rotation, reversal of sensation (weight, size, etc.), encounter with the object, space and the step towards the other.

Step 2 meets the emotional experience of the body and space through circus games (acrobatics, balancing on objects, aerials, juggling, clowning) which leads to the acquisition of different praxis that allow one to feel one's body as an object in the mechanism of the relationship.

Step 3 stage is around the “represented body”, i.e., the ability to think, to assert oneself, to create and to build with others.

In a dynamic that constantly alternates these three phases, the adapted circus leaves no one without experimentation, hence the idea of the slogan "To each person, their own circus".



“The Circus makes the eye greedy, the ear attentive, the attention sensitive, it allows the cultivation of new forms of expression and representation.” (J. Zémor)

The adapted circus is a circus of relationships open to all that helps the person to "take their place" and "forge their own identity”.

# Ta vie se raconte au theatre (Your life told in theatre)

[www.bottomtheatre.fr](http://www.bottomtheatre.fr)

This project is open to young teenagers from 14 to 18 years old, young people from the city of Tulle, natives or recently arrived migrants (unaccompanied foreign minors, young refugees helped by the centre “MNA Correze”).



Source: [www.bottomtheatre.fr](http://www.bottomtheatre.fr)





Their names are Ali, Mamadou, Abdouli, Kalilou, Ryan, Sikou... They have taken the road to exile, are minors and have been in France for 1 year, 2 years or 1 month. They live in Corrèze.

Their names are Antonia, Florian, Lydie, Alice. They were born in Corrèze, or not far from it, and live there with their families. They come from Kabul, Bamako, Tulle, Conakry, Brive, Dakar, St-Clement, Islamabad, Toulouse, Douala, Argentat, etc.

# Initiative Overview

The MNA Corrèze team, made of specialised educators, psychologists, social workers, vocational counsellors, technical agents, animators, etc., accompanies the young foreign minors once they arrive in France with a personalized path that includes activities such as learning the French language, school and professional integration, health, management of daily life and accommodation, social integration and support for French citizenship, etc.

Cultural activities are often used to help young foreign minors integrate in the local community. A first meeting between the Bottom theater and the MNA 19 platform took place in the summer 2020 with the shared desire to have young people from Corrèze and the young foreign minors participate in theater workshops.

## Objectives

- To promote access to cultural actions to young people from Corrèze and abroad who are not familiar with the theater.
- To create a link between young people and adults in the same area through a rewarding artistic action.
- To develop vectors of inclusion.

## Diversity,

Diversity is the essence of the project where young that are native French speakers meet foreign young people that are not. Cultural tools (theatre, dance, singing, photographs, etc.) allow them to create strong links and express themselves.

## Results

- Creation of a show, a tour and a film.
- 18 trainees involved in 8 years.
- Creation of strong connections between local and immigrant youth.

*Development of a strong interest for cultural life*

## Impact

- Increase in the number of participants every year.
- Development of their creativity.
- Created links between immigrant youth and local community.



# Potential for WELLHOODY

---

Culture is a vector of inclusion and social link, and it helps overcome the language barriers.

- Events, performances, exhibitions, strengthen the links with the local community.
- Long run projects create strong and sustainable connections.



## Action

The theatre project was organized in 3 steps:

During the first week the participants did theatre exercises, sang, danced and built stories of where they will be in 30 years, accompanied by artists and professionals. This week culminated by sharing the stories with parents, friends, associations, companions, etc.

During the academic year 2020/2021, the group of young people met over weekends and holidays around writing, theatre, and photograph workshops. A photo exhibition was set in the town of Tulle, where pictures of the youths were shown.

Once again in July 2021, the group met for 10 days. An amateur video maker was there for the whole duration of the workshop, capturing details, moments, words, expressions of the young people. The film was shown during a theatre festival in the summer of 2022, “La Luzège”. It was made available on Youtube (September 2022).

The same group kept working in 2021/2022 during weekends and holidays on a theatre show and will do so until 2023, when a tour is planned.



# PART THREE IRELAND

CASE STUDIES

By Momentum Educate + Innovate



This Guide is licensed under Creative Commons license [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)

# BEST PRACTICES FROM IRELAND

The following case studies were researched and resumed from Wellhoody's Irish partner organization, Momentum Educate + Innovate



1

## **Ballina Fringe Festival**

The festival hopes to assist disadvantaged groups' well-being through cooperation in the making of street art.

2

## **Jigsaw, Young people's health in mind**

The Jigsaw organization is set to tackle dangers to young people's mental health

3

## **"No to Racism" Zak Moradi**

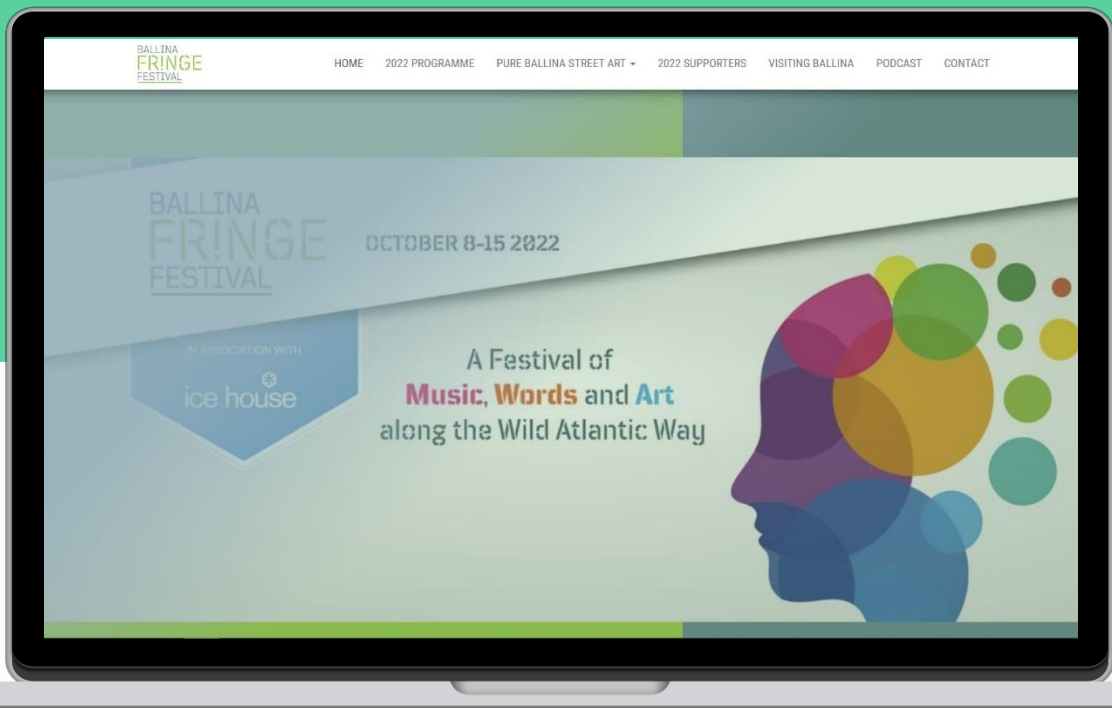
Zak Moradi, a Kurdish migrant soccer player, is their ambassador to disseminate this message and raise awareness against racism.

# Ballina Fringe Festival

[www.ballinafringefestival.ie](http://www.ballinafringefestival.ie)

Ballina Fringe Festival seeks to enhance access to high-quality arts content in Ballina and attract new audiences to the region, by developing and delivering an ambitious and sustainable multidisciplinary Fringe Festival program.

At the same time, the festival hopes to assist disadvantaged groups' well-being through cooperation in the making of street art.



Source: [www.ballinafringefestival.ie](http://www.ballinafringefestival.ie)



# Initiative Overview

Ballina Fringe Festival existed prior to Covid and was one of the very few festivals in the area that adapted to continue taking place during the Covid period too. It learned how best to navigate the restrictions, adapting events to ensure optimal engagement and outcomes. It was vital to keep youth in the community engaged as they lost a lot of their social activities due to Covid restrictions.

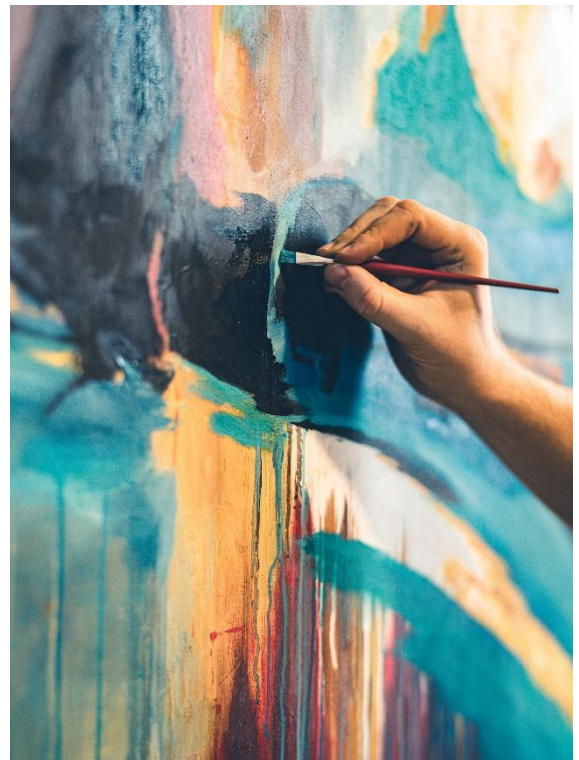
## Objectives

- Enhance access to high-quality arts content
- Deliver an ambitious and sustainable multidisciplinary Fringe Festival program.
- Assist disadvantaged groups' well-being through cooperation in the making of street art.

## Diversity,

A special focus is placed on culturally diverse groups who are marginalized, disadvantaged, or disenfranchised, to enhance their representation and wellbeing.

Youth are active collaborators of the festival through the Ballina Foroige Neighborhood Youth Project



## Results

The festival has also brought more collaboration between groups like the Ballina Foroige Neighborhood Youth Project. The group has participated in street art launches, tours and shared their experience.

“

Youth in the community got to express themselves during severe Covid restrictions helping in their mental well-being.

”

## Impact

- Online sharing on social media has reached hundreds of thousands of people.
- Increased the number of visitors once the restrictions were lifted.
- Improvement of the wellbeing of the whole town during the Covid season.



# Potential for WELLHOODY

It is a great example in mental health wellbeing support to youth through street art.

During Covid times it was essential to give young people in the community an activity with the purpose of keeping their spirits up.



## Action

A yearly street festival with a very strong community focus. Every year, a street artist is selected via an international competition, and then spends time in Ballina engaging with one or more community groups on a pre-chosen theme. Their engagement then results in one or more community street art pieces, and an artist piece decided by the theme and the consultation.

Each of the artists spent time in consultation with the community groups identified, exploring pre-agreed themes relating to the groups' experience of and lives in Ballina. Each of them creates a community street artwork, and the artists each create an individual artwork on the same theme, informed by their interactions with the community groups.



“The concept for my mural at Ballina Fringe Festival is to approach the theme of ‘The Place’ in a considered and abstract way. It will be specially designed to be inclusive to locals and visitors alike, encouraging positive engagement and discourse by people from all walks of life.

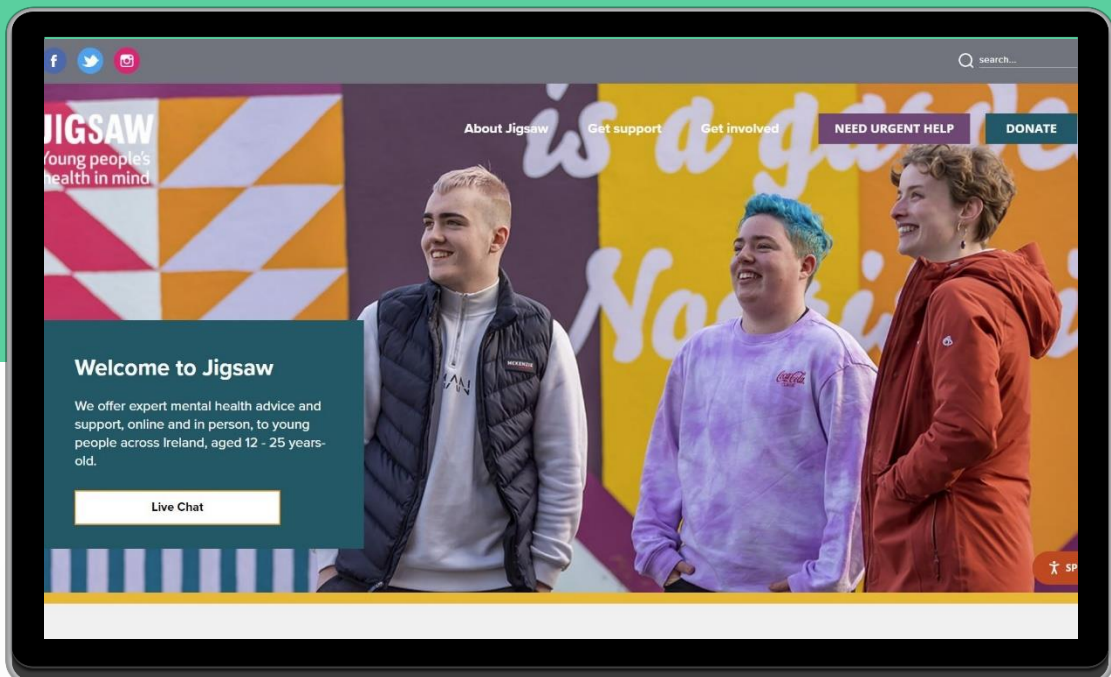
Taking my point of departure from the North Mayo phrase ‘it’s not just a place to visit, but a place where you feel alive’, my ambition is to capture the vibrant energy of Ballina town with my signature style of street art.” *Maser*

# Jigsaw, young people's health in mind

[www. jigsaw.ie](http://www.jigsaw.ie)

The Jigsaw organization is set to tackle dangers to young people's mental health that derive from rivers of change-the defining role the Covid-19 pandemic has played and will continue to play, in all our lives.

In addition, it addressed the scale and impact of climate change on our lives and the lives of those to come; the ever-increasing role of digital technologies across societies; changes to patterns of consumption; the growing global debate on issues of social justice, race, and diversity and more.



Source: [www.jigsaw.ie](http://www.jigsaw.ie)

# Initiative Overview

We want to actively promote diversity and inclusion and acknowledge the value that difference brings to our organisation. Characteristics such as gender, civil status, family status, sexual orientation, disability, age, ethnicity, religion and membership of the Traveller community open up alternative ways of perceiving, thinking and acting that enrich our understanding of mental health and each other.

## Objectives

- Achieve better mental health outcomes for young people through services, mental health promotion, public awareness and advocacy.
- Build a high-performing organisation fit for the future through people, technology, funding, evidence.

## Diversity,

Diversity is one of Jigsaw's core values as its promotion, along with inclusion and human rights, can positively impact on our mental health.

Jigsaw commits to a creative, supportive, and inclusive culture, where people feel a sense of belonging, regardless of their background, gender, civil status, family status, sexual orientation, disability, age, ethnicity, or religion.



## Results

Jigsaw implements diversity and inclusion in their mental health support services, advocacy and promotion.

As a result, Jigsaw helps to create an environment which is more tolerant, accepting and supports mental health.

## Impact

As of 2020 Jigsaw reached out to 23,075 young people:

- 5,165 by phone
- 5,381 video
- 12,232 in-person

Over 90% of parents and young people reported satisfaction while 18,416 people have taken part in their workshops and 12,384 people have registered for their online courses. Areas such as social inclusion policy have been acknowledged more by social actors due to Jigsaw's advocating.





# Potential for WELLHOODY

---

The respect, support and ensure the inclusion of all voices and cultures that from all sections of society, from existing and new communities, people with disabilities and people from all social backgrounds, ethnicities and traditions.

This policy is the foundation to support the achievement of the above and advance change that we want to embrace and achieve.



## Action

Both online and in-person services around the country to advise and support are made available to young people aged 12-25 years old.

Support is also given to families, educators, and those who support young people's mental health with ways to cope and the skills to be there for young people. Using collective power, knowledge, and expertise, Jigsaw makes sure that youth mental health is a national and local priority.

Knowledge and expertise sharing to use collective power to change attitudes and make sure that youth mental health is a local and national priority.



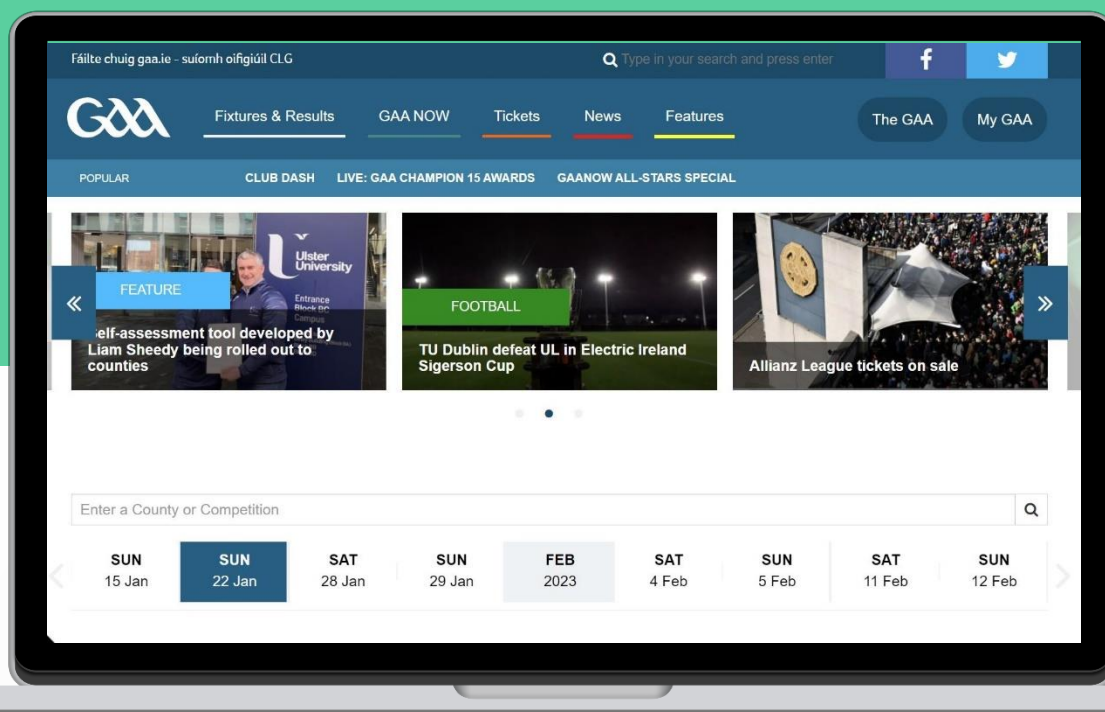
“Diversity, Equity and Inclusion. They are ‘more than words’ . They are some of the principles that guide how we want to build our teams, cultivate leaders and create an organisation that is diverse, equitable and inclusive for every staff member and service user” Jigsaw.

# “No to Racism” Zak Moradi

[www.gaa.ie](http://www.gaa.ie)

The Leitrim Hurling team has chosen to partner with Migrants Rights Centre Ireland because of its long history in tackling racism and discrimination in the labour market and fighting for the rights of migrant workers and their families.

Zak Moradi, a Kurdish migrant soccer player, is their ambassador to disseminate this message and to raise awareness against racism.



Source: [www.gaa.ie/](http://www.gaa.ie/)

# Initiative Overview

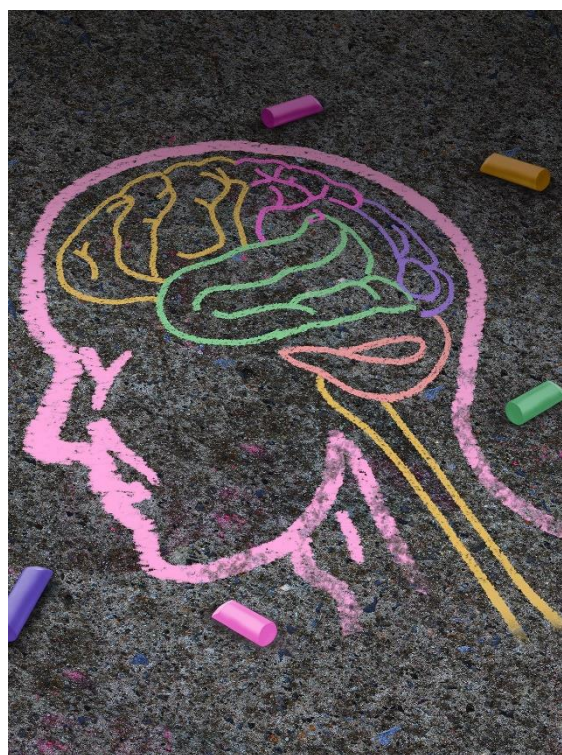
The initiative takes a stance against racism in society, communities, workplaces, schools, and in sports. Racism has a terrible impact on people's lives. It affects mental wellbeing, families, and the community. Sport plays an important role in advancing diversity and inclusion in communities. The Leitrim jersey sends a message, raises awareness, and shows solidarity with everyone impacted by racism.

## Objective

Raise awareness and fight against racism

## Diversity,

The Gaelic Athletic Association (GAA) has as one focus youth participation through sport and it's composed of cultures. It has a wide influence in Irish society so a great driver towards combating racism. The Migrants Rights Centre's mission is to stand for social justice, antiracism and equality, thus an ideal partnership in action to combat racism.



## Results

There has been a lot of support for the jersey and Zak. The message and jersey have been spread across Ireland. Leitrim has been the first county to put such a slogan on their jersey

## Impact

The news went viral, and a lot of support and awareness was built for racism. It also helped the Gaelic Athletic Association (GAA) become more inclusive



# Potential for WELLHOODY

---

Sometimes diverse groups of young people need to come together to fight racism together.

Once they go into action together, their wellbeing improves and multiplies. A good way to do this also is to include role models, such as a role model from the sport in this example.

# Welcome to The GAA

Home of everything you need to know regarding the GAA's administration, structures, history and regulations



Transfers and Sanctions



Rules and Regulations



Children's Program

## Action

A campaign to fight racism was launched from Leitrim hurling team in collaboration with the Migrant Rights Centre Ireland which consisted of the design of a new jersey for the team containing a “No to racism” slogan. The ambassador of this campaign is Zak Moradi, a senior player and also a Kurdish migrant from Iraq.





“You might be living in an area of 50,000 people, but all you need is 20 anti-social people to destroy the whole area. And if they feel they can get away with it, that's when you'll see racist behavior increase because it's just another form of bullying or anti-social behavior.

It's only a small minority and I think a lot of it is coming from younger kids. People who have these arrogant and racist attitudes quite often are acting out because of problems they have at home or elsewhere in their lives”.

*Zack Morandi for GAA*



# PART FOUR GERMANY

CASE STUDIES

By YOUTH POWER and  
OUTSIDE MEDIA & KNOWLEDGE



This Guide is licensed under Creative Commons license [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)

# BEST PRACTICES FROM GERMANY

The following case studies were researched and resumed from Wellhooody's German partner organizations, Youth Power and Outside Media and Knowledge..

1

## Elvan Alem

Creating safe spaces for youth

2

## STATTHAUS BÖCKLERPARK KINDER-UND JUGENDKULTURZENTRUM

Protecting „street youth”

3

## Music Lab Emmendingen

Diversity as a tool to enrich culture, music and art

4

## Tandem Meissen

Befriending and encouraging young people to socialise together in intercultural tandems

5

## Schwulenberatung Berlin

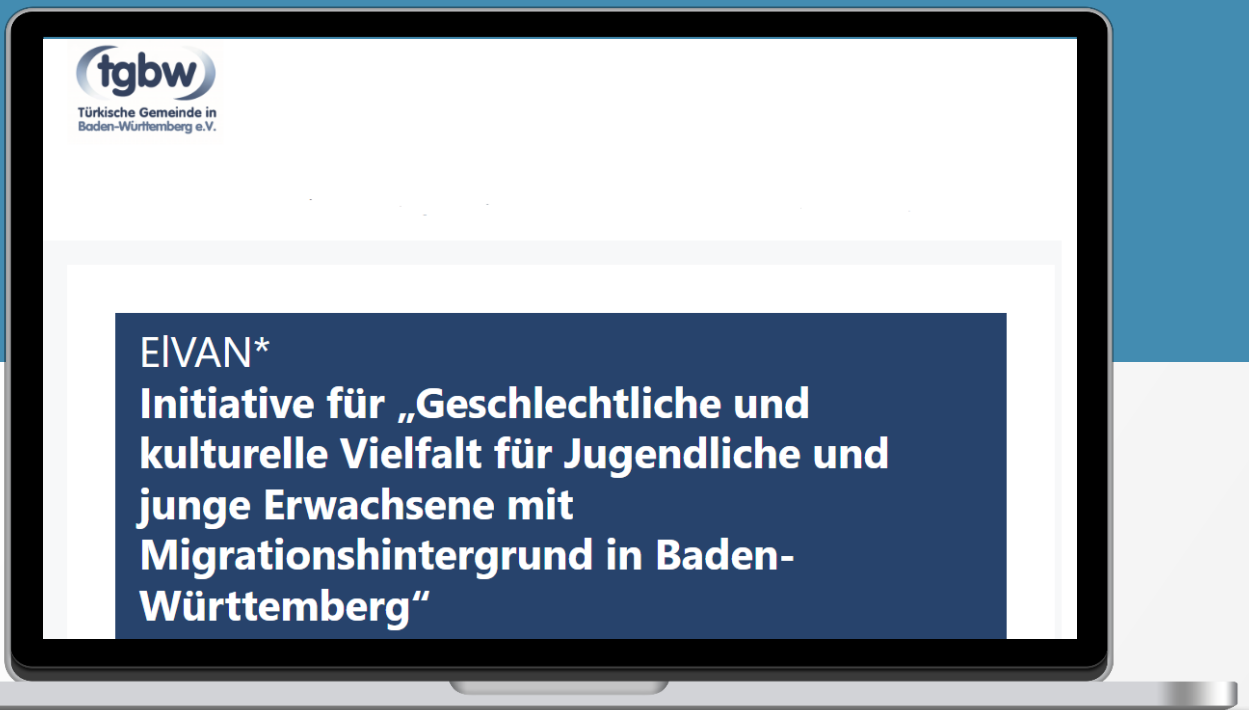
Providing a safe space and support for Queer refugees to promote their integration

---

# Elvan Alem

## [www.tgbw.de](http://www.tgbw.de)

Elvan Alem supports those people with immigrational background (this also include a religion background who do not know how to deal with their sexuality as individuals and also with family members. That's why Elvan created a program which will support all members of family and society.



Source: [www.tgbw.de](http://www.tgbw.de)

# Initiative overview

The project has 3 lines of work: supporting of individuals, families and professionals who work with the LGBTQ people

## OBJECTIVES

- ✓ Awareness raising among the LGBTQI+ community about racism, religion and migration.
- ✓ Education about LGBTQ+ issues, migration and religion to professionals and volunteers.
- ✓ Individual consultation for LGBTQI+ people: of ow-threshold, culturally sensitive, critical of power.
- ✓ Empowerment by offering a safe space for socializing, exchange for LGBTQI+ people facing racism
- ✓ Public relations to raise awareness in public areas.

## DIVERSITY

- ✓ LGBTQ people with different ethnical or racial backgrounds, work together on accepting them like how they are, and they are getting the feeling of belonging no matter their sexual orientation

## RESULTS

- ✓ The "Advisory Service for Gender and Cultural Diversity in Stuttgart, a counseling center specifically for LGBTIQ\* experiencing racism. A long learning program.
- ✓ Counselling and health care services offered by the Turkish Community in Baden-Württemberg to LGTBI+ people.

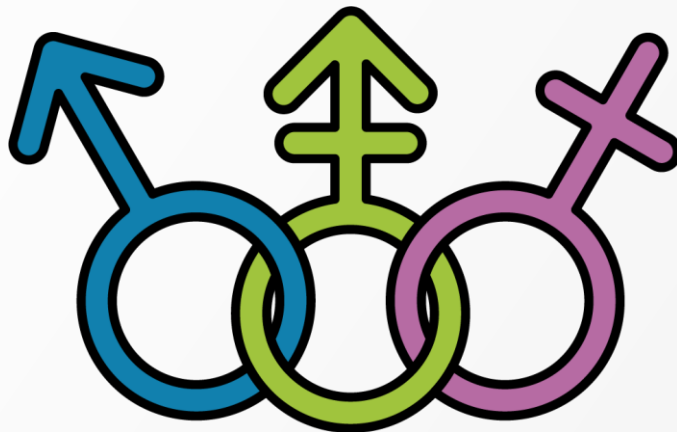
## IMPACT

- ✓ The initiative produced a change of mindset of LGTBI+ youth to talk about themselves and their families creating a positive change in society.
- ✓ The "LGBTIQ\* to go" project extended to the rural areas where such communities do no exist as such.

# Potential for WELLHOODY

---

Creating safe spaces for young immigrant of LGTBIQ+ orientation to come out, accept themselves and for family members to accept them.





*All young people have the right to belong, no matter their sexual orientation, ethnic, cultural or religious background*

## Action

Online counseling is coordinated throughout Baden-Württemberg.

Safe spaces for LGTBI+ youth who belong to diverse ethnicities and religious backgrounds to talk.

Work and counseling with LGTBIQ+ member families and relatives to progress towards acceptance.

# STATTHAUS BÖCKLERPARK KINDER-UND JUGENDKULTURZENTRUM [www.kma-ev.de](http://www.kma-ev.de)

The Kreuzberger Musikalische Aktion e.V. is a non-profit initiative and a recognized independent provider of child and youth welfare. It is founded by artists, social workers, teachers and many others who use their respective skills to prevent violence, child and juvenile delinquency, drug addiction and sexual abuse of children and young people.



Source: [www.kma-ev.de](http://www.kma-ev.de)



## INITIATIVE OVERVIEW

The Culture Center For Children And Youth Statthaus Böcklerpark is a meeting place for all children and young people from the district.

*The youngsters come from different ethnical backgrounds, groups, and also LGBTIQ+ groups, the aim is to create a safe space for everyone.*



The most of youngsters who use their services are children of immigrants and they are already second the third generation of immigrants (mostly from Africa, Syria, Afghanistan, Turkey). Here they can organize their free time in a self-determined manner by using the diverse sporting and cultural offers and projects, meeting in the open area, playing, watching films, planning campaigns, organizing or attending events, and much more.

# How it's done?

## OBJECTIVES

- ✓ Offering a healthy space for youth and children to socialize, have homework support, have a daily hot meal and participate in cultural workshops and classes.
- ✓ Personalized assistance and advice for individual problems.
- ✓ Keep young people “away from the street”

## DIVERSITY

- ✓ The project and program include street children, children from different ethnic groups, and sexual orientations.
- ✓ The project aims to provide young people with the possibility of inclusion in diversity and to provide them with a safe environment.

## RESULTS

- ✓ Provide a safe space for youth who are under street risky influence and display risky behavior.
- ✓ Support of social workers in everyday problems, relationships with parents, school, peers.

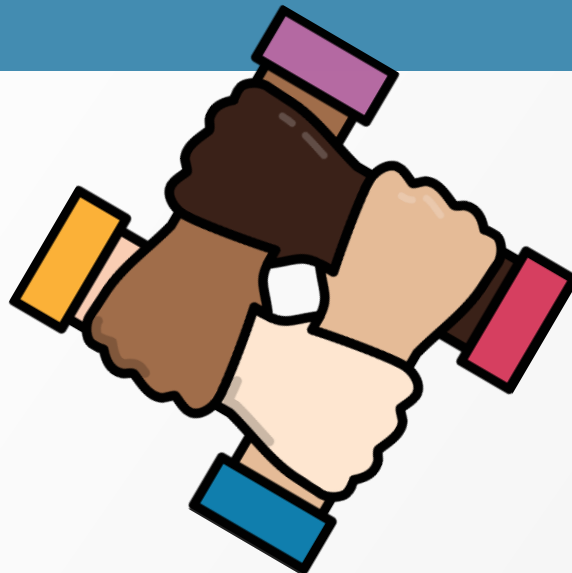
## IMPACT

- ✓ With the support of the municipality of Kreuzberg Friedrichan it has reached out to immigrant families and group at risk providing a space to participate in cultural activities and to socialize.

# Potential for WELLHOODY

---

The idea for youth centers to create a program that focuses especially on street youth.





*Children and young people are the youngest members of society and often their concerns are put behind those of adults. Projects are needed strengthen the children and young people and help them to discover their potential and develop theirs kills*

## Action

- ✓ Workshops and classes of various activities such as choir, rap, breakdance, oriental dance or graffiti, video, fashion, cooking hula hoop, and sports-everything is free of charge.
- ✓ A space to do homework and have homework support, regular excursions, counseling services, GIRLZ SPACE: a space just for girls.

---

# Music Lab Emmendingen

## [www.music-lab.de](http://www.music-lab.de)

Music Lab Emmendingen teaches music in an unconventional way. The pedagogy approach is built around the diverse pool of learners and their needs. It reaches diverse music learners, of all ages (from 6 months to 90 years), intercultural, diverse abilities spectrum.



Source: [music-lab.de](http://music-lab.de)

# Initiative Overview

There is a need to make a stress-free learning environment, that suits interculturally diverse groups, of different ages and abilities. There is also a need to create an enjoying and pleasant environment, thus contributing to overall satisfaction with the learning activity.



Therefore, the work of  
Music Lab

Emmendingen becomes  
a great tool to bring  
young people of all  
backgrounds together  
and also to provide an  
educational and  
creative activity that  
contributes to their  
development and  
wellbeing.

# How it's done?

## OBJECTIVES

Teaching music through exploration of styles, an open approach, where everyone has a chance to express themselves through their own cultural background.

Bringing people together around music in order to enjoy art.



## *Diversity*

*Learners of all ages and cultural backgrounds, as well as abilities. There are several bands of young people active in Music Lab.*

### **RESULTS**

Multiple music events in the town of Emmendingen each year, where the wider community participates in showcasing diverse music offered by talented learners.

Unique pedagogic methodology on the principles of inclusiveness.

Overall happier learning path and outcomes for many 500+ young people each year, who learn music together, on their own terms, while taking into account each other's cultures and diversity.

### **IMPACT**

- ✓ The innovative pedagogic methodology starts from the learner's needs.
- ✓ 500 - 1000 learners are brought together into the creation of a sense of belonging and community.
- ✓ Friendships are born from the youth of different backgrounds who navigate life with a sense of togetherness.



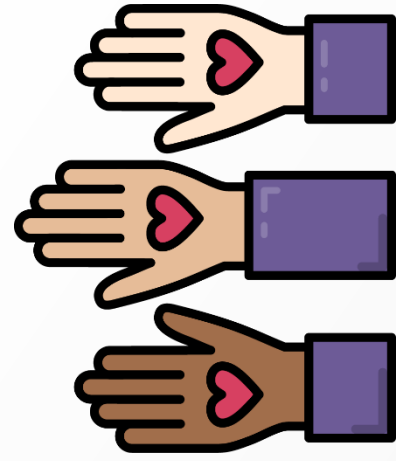
# Potential for WELLHOODY

---

Potential to replicate the approach of seeing diversity as a tool to enrich culture, music and art.

This approach increases the levels of joy and enjoyment, thus contributing positively to wellbeing.

*“Teaching music through exploration of styles, an open approach, where everyone has a chance to contribute to the “musical conversation” with their own cultural background”*



## Action

- ✓ Right from the start, the teaching has expanded across instruments and teachers, it is referred to as cross-teaching.
- ✓ As a music school with a focus on improvisation, the classes stress the importance of knowing other instruments, finding out how other musicians tick, thinking outside the box, feeling the music as a common language on different instruments, and finally understanding music as a social element.
- ✓ Intercultural learning is included, and our stress-free method contributes much to the overall wellbeing of youth that comes here.

---

# Tandem Meissen

[www.museumunterwegs.de](http://www.museumunterwegs.de)

This project focused on providing opportunities for girls to participate, and become active in the fields of sustainability and develop job skills while practicing intercultural exchange and socialising. The participants were an intercultural group of girls from 12 to 25 years old.



*Source: [museumunterwegs.de](http://museumunterwegs.de)*

# Initiative Overview

Girls\* and young women\* from all countries of the world learn more about the topic of sustainability and resource protection and can try out creative things. They form intercultural tandem pairs and work together on challenges.



In this way, new contacts are made, mutual respect is encouraged and there are many uncomplicated tricks and tips on how our everyday life can become more environmentally friendly.

# How it's done?

## OBJECTIVES

- ✓ Providing opportunities for girls and young women to get involved in civil society in the district of Meißen and see themselves as a bridge builder for intercultural networks of a private and professional nature.
- ✓ Getting to know potential fields of work and sustainability stakeholders in the district of Meißen.



## *Diversity*

*Girls form intercultural tandem pairs and work together on challenges. In this way, new contacts are made, mutual respect is encouraged.*

## **RESULTS**

The results consist mainly the development and participation in different activities throughout the project:

Girl\*meetings: Regular meetings on Thursdays with lots of fun, new experiences, and exciting activities.

"Urban Sketching-MY City"-Exhibition-which became a part of the Intercultural Week event.

Local visits such as "You, me and a tandem" trip to Moritzburg, to explore the former territory and boost young people's socialisation during the pandemic, in alignment with the health regulations at the time.

DIY workshops.

# IMPACT

- ✓ The participants of Tandem Meissen have had a variety of experiences. Through their regular workshops, they have learned much about how sustainability affects everyday life in terms of "Climate & Clothes", "Food-Sustainability", "Hammer Crafts".
- ✓ Experts were invited to visit the participants. Visits to workshops and handicraft workshops facilitated contact with craftswomen and restorers from the region. As "role models" they showed the participants how self-employment works and motivate them to make their dreams come true.
- ✓ Impact in the short and medium run is to inspire and change the daily practices toward sustainability



# Potential for WELLHOODY

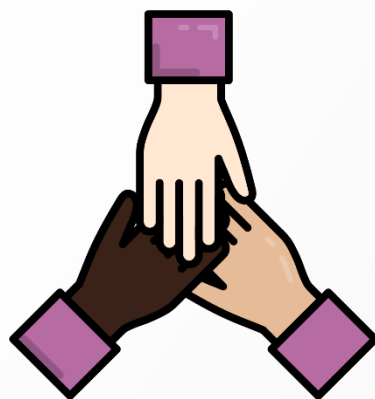
---

Befriending and encouraging young people to form socialisation, and to socialise together in intercultural tandems, can boost learning and creativity. In this pedagogic approach, successful learning of other skills such as sustainability skills can thrive.

Enabling regular activities that are comfortable and interesting to young people, empowers them to have continuity and creativity, as well as a desire to explore new regions and cultures, and showcase their own cultures and work.



*“At “Tandem Meissen” we see together how life can be made more sustainable. Creativity plays a key role in this, as it makes pushes us to find new ways and solve problems better.”*



## Action

- ✓ Girls\* and young women\* from all countries of the world learn more about the topic of sustainability and resource protection through creative activities. They form intercultural tandem pairs and work together on challenges. In this way, new contacts are made, mutual respect is encouraged and there are many uncomplicated tricks and tips on how our everyday life can become more environmentally friendly.
- ✓ Girls' meetings take place regularly. Whether joint games, creative workshops, or seasonal campaigns- the participants can expect a colorful range. During the themed afternoons, the girls\*meet becomes an interactive educational event. For several weeks, the participants deal with environmentally relevant things such as clothing, nutrition, mobility, or cosmetics because a resource-saving and sustainable way of life starts with simple everyday actions

# Schwulenberatung Berlin

[www.schwulenberatungberlin.de](http://www.schwulenberatungberlin.de)

The project was founded with the purpose of helping and providing support to QUEER REFUGEES arriving in Germany. It also aims at providing a space for integration, psychological support and legal advice for asylum seekers in Germany.



Source: [www.schwulenberatungberlin.de](http://www.schwulenberatungberlin.de)

# Initiative overview

The underlying philosophy of the Berlin Schwulenberatung is the humanistic understanding of people: every individual or system has the necessary resources for further development and it needs a framework in order to be able to go through the necessary processes to reach his/her potential.

## OBJECTIVES

- ✓ Drop-in Centre at “Café Kuchus”: A pleasant space to meet with other LGBTI refugees and social workers.
- ✓ Specialized Counselling Centre for LGBTI Refugees: Assistance to apply for social, legal, medical, and psychotherapeutic services.
- ✓ Legal Advice on Asylum: Procedures and Migration Laws for LGBTI Refugees: Preparation for asylum case hearings and asylum procedures.

## DIVERSITY

- ✓ The project is created on the idea of ethnic diversity, and integration through freedom, diversity, mental health, and legal support. One idea is to provide and support each person to become a full member of society with their full potential.

## RESULTS

- ✓ Long-term financial support from the city of Berlin
- ✓ Yearly increasing number of users
- ✓ Public recognition from the local institutions

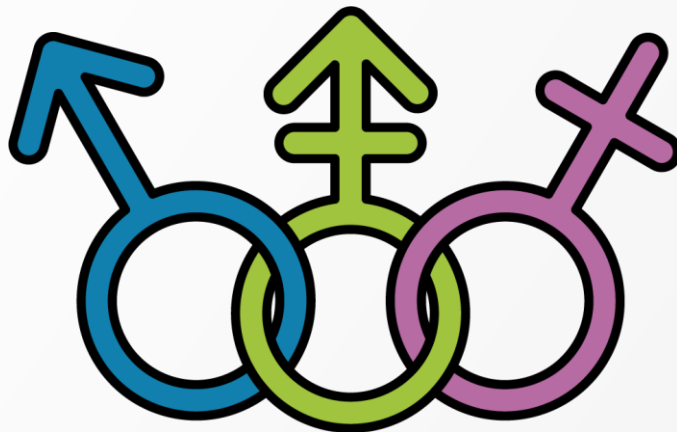
## IMPACT

- ✓ The direct support provided for young immigrants in their process of integration

# Potential for WELLHOODY

---

This bottom-up approach identifies the common needs of a diverse group and finds the sources within the system to support lives, enhance integration and create potential.





*Human experience and action always strives for growth, expansion and perfection*

## Action

- ✓ A communal accommodation center for LGTBI refugees with 122 opened in Berlin-Treptow.
- ✓ Advice on asylum and migration law and psychological support (in addition to Café Kuchus).
- ✓ Special refuge center for LGTBI refugees, hosting 100+ people.



# PART FIVE

# SPAIN

CASE STUDIES

By DRAMBLYS



This Guide is licensed under Creative Commons license [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)

# BEST PRACTICES FROM SPAIN

The following case studies were researched and resumed from Wellhoody's Spanish partner organization, Dramblys.



1

## Citizenship school

Integration has to be more than helping immigrant community learn the local language or deal with paperwork.

2

## The Vitamin Programme

Generating human capital that may serve as an engine of change in the lives of young people

3

## The culture fair

Members of different cultures get together to share their culture through costumes, music, dances, food

---

# Citizenship school

## [www.jovesolides.org](http://www.jovesolides.org)

The immigrant community in the Valencia district lacks representation in the political area, and their challenges do not meet regional and national policy. Integration has to be more than helping immigrant community learn the local language or deal with paperwork.



Source: [jovesolides.org](http://jovesolides.org)



# Initiative Overview

The program is created with the aim of creating leaders of the immigrant community who will in the future represent and give a voice to all the immigrants in Valencia.



It also aims at providing training to inform the attendees of their rights, their integration process, forms of discrimination they face, and so on.

# How it's done?

## OBJECTIVES

- ✓ Creating leaders in the immigrant community to serve as role models in the Valencian province.
- ✓ Creating connections and relations that will give immigrants a voice, as a means to achieving their representation in the Valencian political arena.
- ✓ Promoting social inclusion of immigrants in the Valencian political arena.
- ✓ Providing mentoring from local and regional politicians.

## DIVERSITY

Diversity is revindicated as a core value of the training programme. The topic is addressed in detail in Module 2 addressing phenomena that attack the diversity and interculturality in our societies and the strategies to identify them. Finally, the participants are guided to configure” their own identity in it along with the rights and coexisting citizenship.

## RESULTS

Informing the participants (these consisting of immigrants) of basic rights such as healthcare and education.

Development of leadership skills through practical tools.

*The creation of a space for them to understand how the politics work in Valencia*



## IMPACT

The long-term and the desired impact that this initiative is working towards is to create a more inclusive and equalitarian and just society. The means to achieve this would be to create leaders from the immigrant community that will give them and their rights a voice and representation. The program has reached 2022 135 participants from 15 nationalities.

# Potential for WELLHOODY

---

This way of addressing the desired change is less common and more ambitious as it targets the main policy makers. The full integration of the immigrant community will be boosted if they are represented in the political arena. For that, specific training and mentoring is needed.



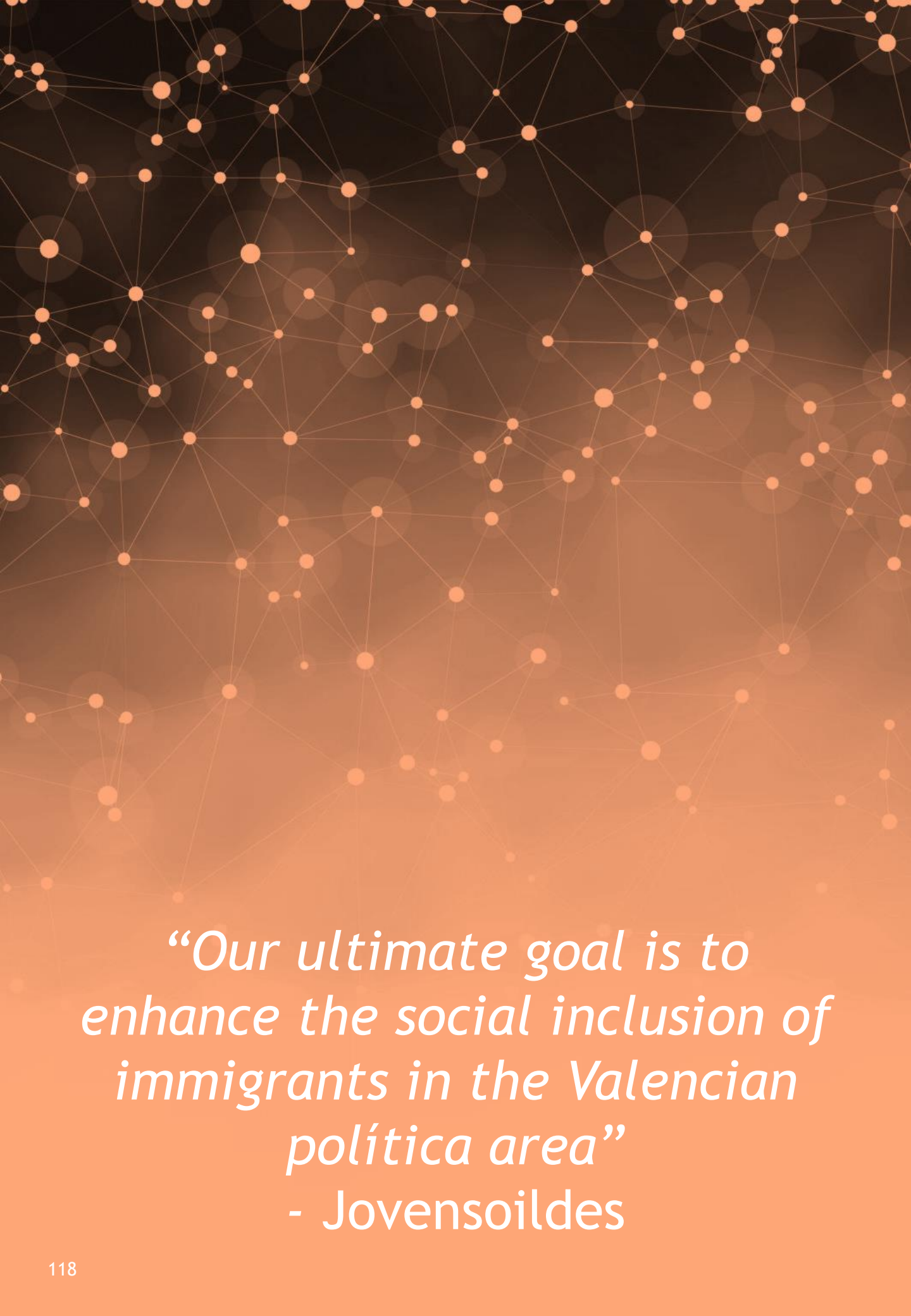
---

# Action

Escuela de Ciudadanía is a training and mentorship program that aims at increasing immigrants' participation in the Valencian political arena.

The training sessions consist of:

1. Four modules 40 training hours in total) addressing the topics of:
  - Activism and political influence
  - Political diversity in diverse and polarized societies
  - Citizen rights
  - Voice in the political arena: Leadership and efficient communication
2. Open-doors sessions in the headquarters of different political parties in Valencia to gain knowledge of how these parties operate internally.



*“Our ultimate goal is to enhance the social inclusion of immigrants in the Valencian política area”*  
- Jovensoildes

# The Vitamin Programme

[www.cartadelapaz.org](http://www.cartadelapaz.org)

It consists in a 4-year-old training and mentoring program which aims at generating human capital that may serve as an engine of change in the lives of young people at risk of exclusion living in underprivileged neighborhoods.



Source: [cartadelapaz.org](http://cartadelapaz.org)

# Initiative Overview

The neighborhoods at risk of exclusion harbor diverse communities of young people (native Spanish and native-born immigrant families).



The environment of these neighborhoods does not offer good role models for young people; on the contrary, it generally presents them with negative practices of leadership which repeat and perpetuate, becoming obstacles to progress and community harmony.



Therefore Programa Vitamina, collaborating with other entities in the area, seeks to generate social change.



# How it's done?

## OBJECTIVES

- ✓ Build the capacities of teenagers so that they can become leaders and role models in their neighborhoods.
- ✓ Enhance young people's personal growth and talent development
- ✓ Promote educational success and studying to reduce absenteeism and academic failure.
- ✓ Create quality support networks to foster change and improvement.

## DIVERSITY

Diversity in Programa Vitamina is reflected firstly in the group of participants consisting of national-born children of immigrant families and young people of native origin. It is also displayed through the values and competencies that the activities aim at developing such as equity, equality, and tolerance and respect of other people and their integrity.

## RESULTS

- ✓ 953 sessions with young people held,
- ✓ 306 family sessions held, 96 family members reached,
- ✓ 86 specific workshops delivered,
- ✓ 58 impactful outings,
- ✓ 5 VITA-campuses organized.

*During 2015 ' -2021 213 young people have participated in the program*



## IMPACT

- 92 young people have led and implemented a social transformational project. 98% of the participants carry on with their studies during their participation in the program. 65% carry on with their studies after they finalize the compulsory cycle.
- 22 mentors and volunteers have carried out 88 individual mentoring sessions with 30 young participants if the 4th year

# Potential for WELLHOODY

---

Some of the best take aways for Wellhody are working with young people in programs that follow up with their initiatives and community interventions.

Family sessions are also a great idea for the development of young people and the strengthening of their relations with their main support network.

*Ethical leadership  
and social  
transformation are  
powerful tools that  
tackle social  
exclusion in  
marginalized areas*

# The culture fair

[www.facebook.com/FeriaDeLasCulturasCiudadAlbacete/](http://www.facebook.com/FeriaDeLasCulturasCiudadAlbacete/)

The aim of Culture Fair of Albacete started 10 years ago with the objective of giving visibility and promote the diversity and interculturality of the city. Every year, on the (The World Day for Cultural Diversity for Dialogue and Development) (21 May) members of different cultures get together in Albacete to share their culture through costumes, music, dances, food etc.



Source: [facebook.com/FeriaDeLasCulturasCiudadAlbacete/](http://facebook.com/FeriaDeLasCulturasCiudadAlbacete/)

# Initiative Overview

The aim of Culture Fair of Albacete started 10 years ago with the objective of giving visibility and promoting the diversity and interculturality of the city. It's not uncommon for the immigrants in Albacete to form associations which serve as a get-together space, or one to offer different activities.



The idea of having a Culture Fair for the city came to life 10 years ago, by 20+ associations which got together and organized a joined event on 21 May (The World Day for Cultural Diversity for Dialogue and Development).

# How it's done?

With the years the City Hall became one of the main promoters of the fair, and the fair was given a public space so it could be an open-to-the-public event and could accommodate many more activities such as workshops, talks, concerts, food-tasting, etc.

## OBJECTIVES

- ✓ Manifest, promote, and share the existing cultural diversity in Albacete.
- ✓ Inform of the work, projects, and activities that different associations are carrying out with the .immigrant community.
- ✓ Promote the peaceful coexistence between different cultures in Albacete.

## DIVERSITY

The fair was created with the scope of promoting, sharing, and manifesting the diversity rooted in the city's interculturality. Diversity itself is addressed by sharing with all citizens (local and immigrants alike) the multicultural richness that the members of the immigrant community bring to the city.

## RESULTS

The support of the City Hall is a great result which means that the political representatives take pride in the city's cultural diversity and support it.

*The main result is the promotion done to the diversity of different cultures in Albacete*



## IMPACT

The long-term impact is that all citizens of Albacete take pride in living in a diverse and multicultural city. This will promote the inclusion of all expatriates and will contribute to the fight against discrimination and to a more equalitarian and just society.



# Potential for WELLHOODY

---

Such activities can be organized in a smaller scale in every neighborhood, association (and organizations whose members come from different nationalities) in the form of a Pot Luck (people cooking a dish and sharing it with the rest), workshops focusing on different cultural elements (dances, songs, hair braiding etc.)

The appreciation of cultural diversity and multiculturalism and appreciation of diversity will result in a more respectful coexistence between the members of a society and will contribute to higher inclusion and wellbeing.



The Culture Fair of Albacete consist in a 2-day fair that is organized every year by associations of the city and the City Hall. It always takes place in the month of May at the occasion activities and celebrations for The World Day for Cultural Diversity for Dialogue and Development.

Each association is appointed a booth where cultural elements of each country are displayed (artisan work, pictures, videos, tapas, traditional costumes etc.).

The fair also counts with associations that work with immigrant that inform of their work and give specific talks and workshops.

---

# Action

The first day of the fair is inaugurated by representatives of the City Hall. Subsequently the fair is declared open and the program of activities begins.

A program is elaborated every year. For instance, the 2022 program included activities such as:

- Workshops (African dances, handcraft etc.)
- Traditional costume parade
- Activities for children
- Tapas-of-the-world tasting
- Concerts
- Dancing shows and exhibitions, etc.
- Holi celebration

# The Albacete Culture Fair is a reflection of:



richness and peaceful  
coexistence that every  
culture brings to the city.

# 6

## PART SIX SWEDEN

CASE STUDIES

By FOLKUNIVERSITETET



This Guide is licensed under Creative Commons license [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)

# BEST PRACTICES FROM SWEDEN

The following case studies were researched and resumed from Wellhoody's Swedish partner organization, Folkuniversitetet

1

## Youth for increased participation

Youth intercultural exchange

2

## Human Rights: Honor Related Violence prevention and language training

Addressing harmful practices through a game

3

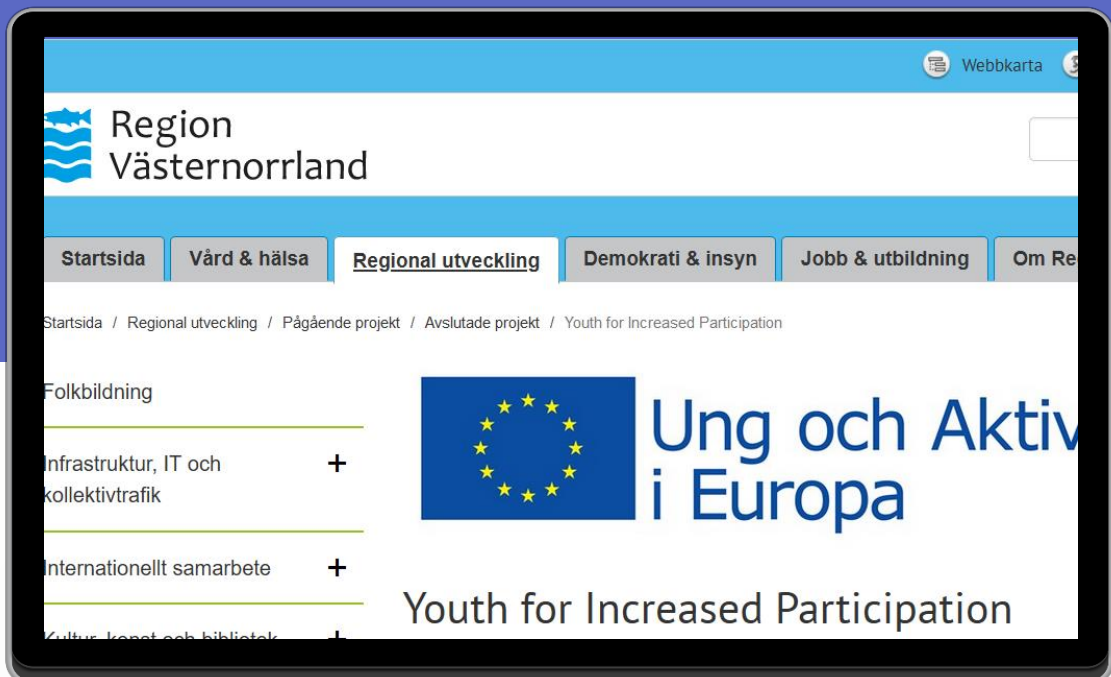
## SlöjdLab

"Craft" workshops and leadership training bringing diverse youth together

# Youth for increased Participation

[www.rvn.se](http://www.rvn.se)

The project gave young people from the three nations the opportunity to get to know each other's generational problems, an insight into each other's lives, culture, traditions, and habits, and through knowledge and understanding make comparisons and contribute to a more democratic and inclusive Europe.



Source: [rvn.se](http://rvn.se)

# Initiative Overview

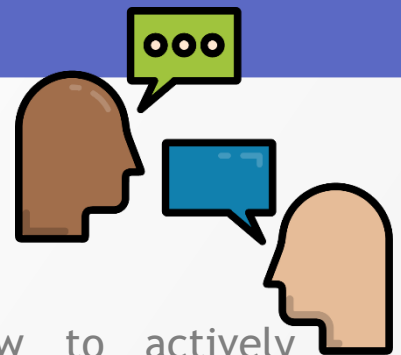
This Project consists of a tripartite exchange project with young people from Västernorrland in Sweden, Somogy county in Hungary and Istanbul region in Turkey at the regional level.

*Intercultural dialogue and cultural diversity are in focus.*



## Objectives

- ✓ Exchange methods and solutions for how to actively increasing young people's participation in democratic life in Europe.
- ✓ Promote tolerance and understanding between young people through active citizenship.
- ✓ Sharing knowledge and experiences about the lives of young people in three very different countries in Europe.
- ✓ Highlight similarities and differences between the daily lives of young people from these different backgrounds and cultures and how it can enrich their lives through cooperation.





# How it's done?

## DIVERSITY

Workshops addressed how the same challenges differ in the three cultures with the aim of gaining a diverse perspective, creative reconstruction of problems, and to democratic life.

## RESULTS

A positive image and the benefits of being in the European Union. From different points of view such as politics, economy, environment, identity, cooperation, and security.

## IMPACT

- ✓ The creation of a safe and comfortable feeling for young people to participate in political life.
- ✓ Young people who have the same opportunities as adults in society.

# Potential for WELLHOODY

---

Such exchange projects give the participants the chance to analyze democracy and current issues from and intercultural perspective. It gives them the possibility to gain insights that extend beyond borders.



*The lack of youth democracy is a problem all over the world, even though Sweden is more progressive in this area than many other countries, we still have a long way to go before the youth are incorporated at a high level in the democratic process.*

## Action

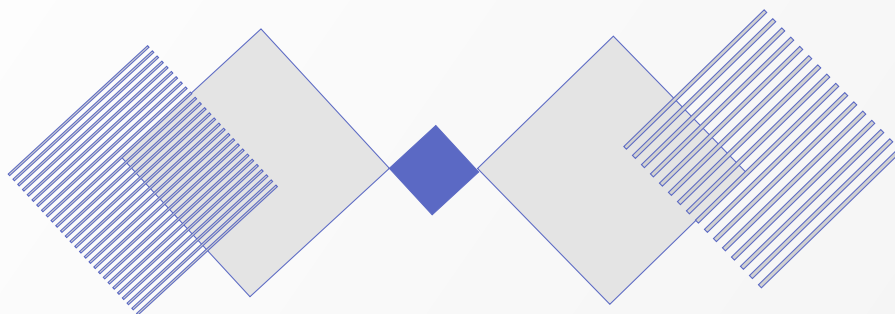
The activities of the project included

Workshops

Games and role plays

Meetings and debates with local politicians

Free time activities



---

# Human Rights: Honor Related Violence prevention and language training

The priority of this call is “to combat and prevent violence linked to harmful practices, such as female genital mutilation, forced or early marriage or forced sexual relationships, and so-called “honour crimes“ committed against women, young people and children”.



# Initiative Overview

This project addresses harmful practices, namely Honor Related Violence (HRV), conducting awareness raising and change of attitude through training and dialogue. The main addresses are men and women who have residence permits to settle down in member states. An emphasis is made on the identification of attitudes contradictory to shared European values concerning human rights.

The purpose is to further develop the inclusion of thematic subjects concerning European Conventions on Human Rights and HRV in language training for immigrants through cooperation between community-based youth centres and immigrant NGOs for youth



# Objectives

- ✓ Informing young people about their rights to different services available in the country.
- ✓ Increasing active participation of young people in social activities.
- ✓ Training youngsters in critical thinking with regard to biased attitudes towards race, religion, and sexual orientation.



# How it's done?

## DIVERSITY

The project focused on various groups of youngsters:

- Youngsters with an immigrant background.
- Youngsters living in disadvantaged residential areas.
- Equal participation of boys and girls in the meeting session.

## RESULTS

- Youth leaders at 5 community-based youth centers were trained in mentoring game sessions by young participants. 200 young people participated in game sessions.
- Participants feel more empowered by the community service knowledge they receive.
- Increased sense of belonging.
- Security and knowledge about can getting help when needed.

# IMPACT



## **National level**

Youth leaders in other 12 municipalities in Sweden were trained in conducting the game and during 2018-2019. The Swedish government decided to include the game in the national toolkit for youngsters.

## **European level**

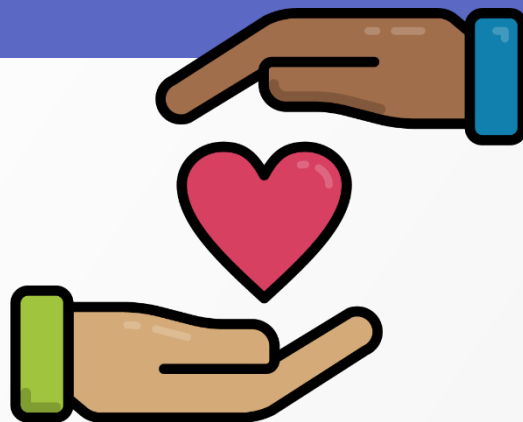
The game was translated and disseminated in youth centres in Greece, Germany, Finland, Portugal and the Netherlands.



# Potential for WELLHOODY

---

The game can be adapted more for youngsters by including various topics necessary for wellbeing of young people depending on partners' needs.



# Action

- The core of the project is a game developed by Folkuniversitetet.
- The game was formed as board game with cards containing questions regarding 7 different subjects (important for young people).
- The game is played by groups of up to 8 people and they have to respond to questions they find in the cards. For this they have to contact relevant organisation, authority or experts to get the answers to the questions on his/her card.
- Afterwards the groups discussed the answers and added their experiences. The groups met 4-5 times during implementation.



“It is urgent to combat and prevent violence linked to harmful practices, such as female genital mutilation, forced or early marriage or forced sexual relationships, and so-called "honour crimes" committed against women, young people and children”

# SlöjdLab

[www.arvsfonden.se](http://www.arvsfonden.se)

Children and teenagers from different parts of Borlänge participate in “craft” workshops and leadership training. Their activities welcome youth making them more multicultural and bridge relationships and friendships between youth from different areas and backgrounds.



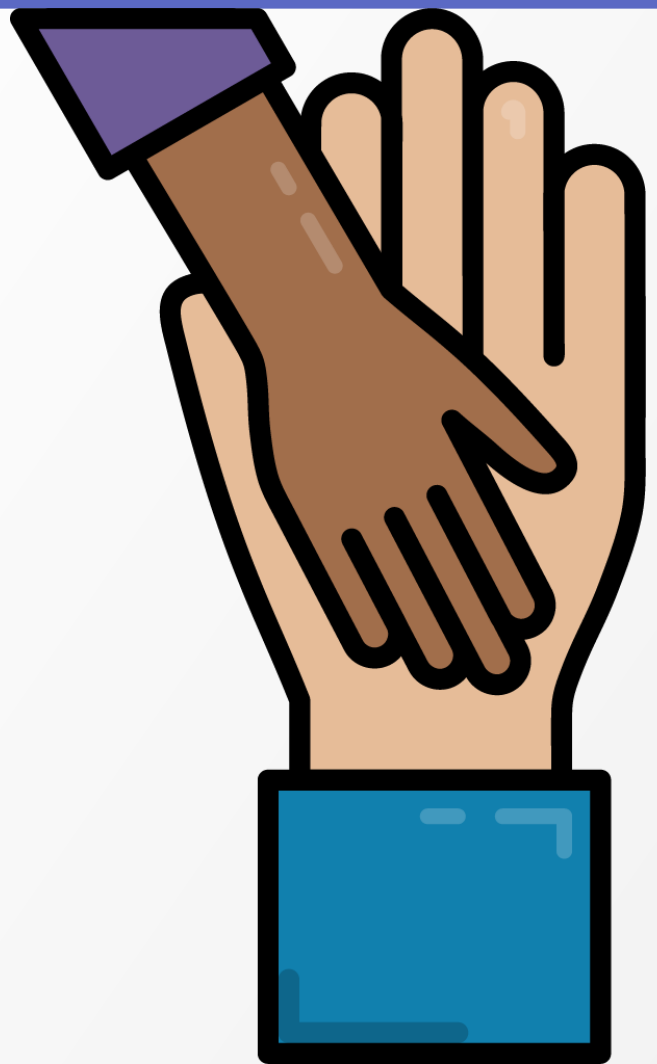
Source: [arvsfonden.se](http://arvsfonden.se)

# Initiative Overview

*The project idea for the SlöjdLab project came about when a group of young people within Rädda Barnens( Save the Children) started to meet and make in-demand handcraft as a leisure time activity.*

The participants in the Rädda Barnens slöjdgrupp all lived in what the project management describes as socio-economically weaker areas in Borlänge

The idea that the craft could be a link between children and young people from different areas was born, and out of the project owner Sätergläntan's perspective saw the project idea as an opportunity to "broaden the craft" by making it more multicultural and accessible.



# How it's done?

## OBJECTIVES

- Give an opportunity to children and youth from different areas to meet and do fun activities together.
- Provide free activities for youth coming from multicultural backgrounds.
- Increase employability in craft professions.

## DIVERSITY

The facilitators and participants come from Swedish and multicultural backgrounds. The exchange of knowledge and techniques of crafting enrich the activities with different know-how.

## RESULTS

The project has gained recognition from the municipal estate company which has given the project facilities to carry on its activities. 15



## Impact

The Project has had an impact in the local community as its members have been trained to become facilitators for the workshops and have reached out to more youth. The older youth actively participate as facilitators for the younger. The space provided is a unique meeting point for learning and wellbeing.

# Potential for WELLHOODY

---

Slöjd Lab is a successful example of initiatives where different actors of society get involved to contribute a common project that benefits young people and children at multiple levels.

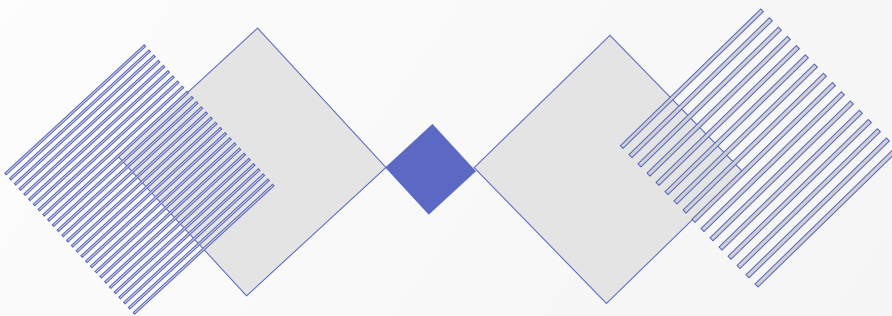
On one side it provides leisure time activities but on the other, it develops new abilities that may turn into a professional path.



*Since the beginning this lab has the potential to create links between children and young people from different areas and make “craft” more intercultural and accessible*

## Action

- Creative workshops for children and leaders
- Creation of labs in different residential areas to provide so more young people and children may have the same opportunities.
- Facilitation and leadership training for young people to lead the workshops.
- Organization of “councils” where participants from different areas get together and share information about their labs.

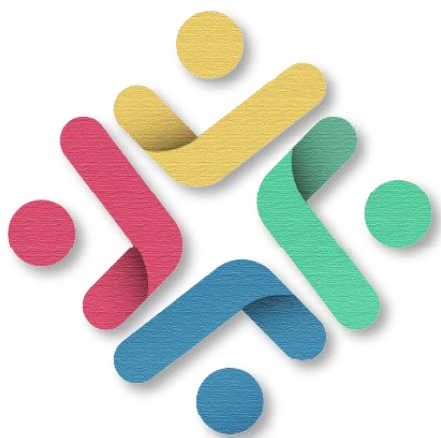


# A General Conclusion to this Good Practice Guide

The best practices from 6 European countries show that in most cases the most successful process does not approach youth based on their “immigrant status” but views them as an integral part of their community.

This leads to activities conducted in ethnically diverse groups where diversity and interculturality are not viewed as factors of exclusion but rather as values and assets that positively contribute to their integration.

Different examples in this guide have also shown that when young people are provided with a safe and judgment-free space where they can express themselves freely, there is an increase in curiosity, creativity, ideas, initiatives, friendships, etc. Not only do these have a positive impact on young people’s lives but also on the life of the whole community,



**Wellhooody**  
Wellbeing in Diverse Youth Communities

Click to follow us here



[www.wellhooody.eu](http://www.wellhooody.eu)

**Thank you**



Co-funded by  
the European Union

