

Newsletter

Issue 3, Summer 2018



@ Meath Partnership, IE, Micro-networking

INTEGR8 Micro-networking Initiatives

As a lead on from the delivery of the INTEGR8 training, migrant women have established micro-social networks in their locality. These Networks have provided an opportunity for migrant women to maintain contact with one another and to build on what it is that they had learned from the training. The Networks have made good use of social media to allow for ease of maintaining contact, including the use of Facebook and WhatsApp groups.

These Networks have taken a range of forms and have been based on the individual circumstances in each country and the expressed needs of the migrant women.



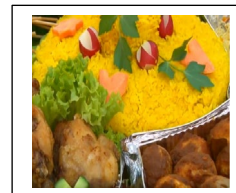
@ CARDET, CY,
A day-tour to the receiving city



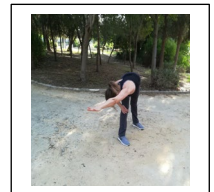
@ LU, UK, International Picnic



@ ISQ, PT, A day at the museum



@ UPIT, RO, Cooking event



@ CARDET, CY, Yoga classes



@ Meath Partnership, IE,
Cooking together



@ CARDET, CY,
Visiting an aromatics shop



@ CARDET, CY,
Having breakfast together



INTEGR8



Common themes around which Networks have been established have included:

- **Arts and Culture** – this has included the forming of the Integration Choir in Meath that performed at the final Conference and was based on the shared love of music amongst the group. Other groups have included a range of arts and craft activities and visits to heritage and culture sites, such as museums.
- **Food** – this has been a shared theme amongst many of the Networks and is reflected in the nature of many of the events that have been delivered. Each migrant community will have their own foods and there has been a willingness to cook and share these with other cultures through the Networks.
- **Physical Activities** – Networks have sought to use exercise, such as walking or fitness groups, in many of their activities, making use of the natural environment around them.



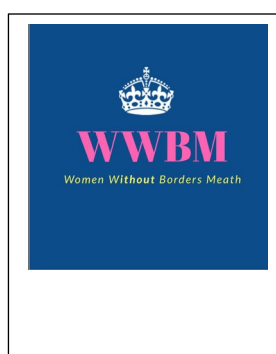
@ JAW, AT, Micro-networking

Supporting the networking of migrant women in Europe!

These new micro-networks will continue to be supported by the partner organisations over the coming months as they are proving successful in maintaining the momentum achieved through the training activities within the Project. The formation of groups such as Women without Borders in Meath (WWBM) will ensure that the work is maintained and built upon. There are also plans in place to deliver the training elements again in the future to migrant women identified through these micro-social networks.



@ JAW, AT, INTEGR8 Cafe



@ Meath Partnership, IE



@ CARDET, CY, Inspirational Talk

To keep up to date with our project, visit our website:
www.integrateproject.eu



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