

Refugees and Migrants: understanding the reality and challenges

SHORT OVERVIEW

This training course has been developed for the professionals working with migrants to have an overview of the challenges and opportunities faced by individuals who have been forced to leave their home countries due to conflict, persecution, or other reasons. It covers topics such as the legal rights of migrants and refugees, the impact of displacement on mental health, cultural adaptation, and strategies for supporting the integration of migrants and refugees into new communities.

COMPETENCES

- Knowledge of Refugee Situations.
- Understanding Migration and Climate Change.
- Gender and Child Protection Skills.
- Mental Health Awareness.
- Exchange of Good Practices.
- Fieldwork Experience.
- Cross-Cultural Communication Skills.
- Advocacy and Empowerment.
- Critical Thinking and Problem-Solving.
- Ethical Considerations.

RESULTS

- Increased awareness and knowledge.
- Enhanced skills and competencies.
- Improved practices and interventions.
- Networking and collaboration.
- Community engagement.
- Empowerment and advocacy.
- Impact on policy and practice.
- Long-term sustainability.

STANDARD DAILY PROGRAM

0	Arrival.
1	-Welcome meeting. -Discussion on fears and expectations regarding the training. -Overview of the refugee situation in Spain. -Understanding migration and climate change. -Welcome lunch for networking. -Guided tour session highlighting migration history in Sevilla.
2	-Understanding the risks of exclusion for unaccompanied minors: Typologies, causes, and profiles of unaccompanied minors. -Migration routes and reception of unaccompanied minors. -Challenges and deficiencies in the support system for unaccompanied minors. -Discussion on the experiences of migrant women. -Exchange of good practices with organizations involved.
3	-Visit to a social enterprise working for migrant inclusion. -Observation and interaction with migrant communities.
4	-Theoretical approach to mental health in refugees and migrants. -Addressing stress release when basic needs are met -Common mental health disorders caused by the migration process. -Types of reactions and preparing to face them (expert support, community involvement). -Case study analysis on mental health issues. -Workshop on intercultural communication skills.
5	-Visit to a refugee center to interact with residents and staff. -Final meeting; Evaluation of the training; Farewell lunch.
6	Departure.