

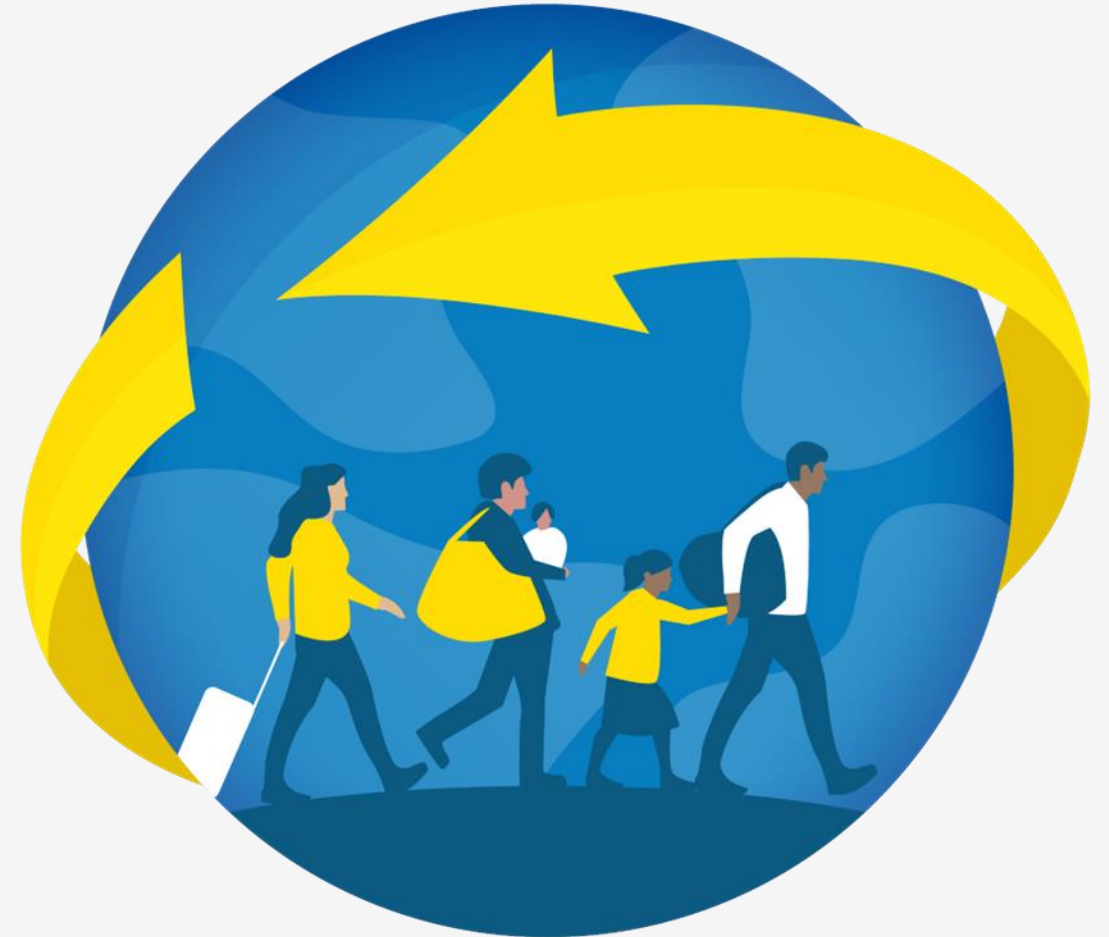
***Centre for the Social Study of  
Migration and Refugees  
CESSMIR***

***Ghent University***



# CESSMIR

- Interdisciplinary consortium
  - Over 150 researchers, 21 departments in 6 faculties
- Aimed at societal impact
  - Collaboration practice – policy – research
- Topics: migration, refugees, ethnic-cultural diversity



# CESSMIR

- Interdisciplinary consortium
  - Over 150 researchers, 21 departments in 6 faculties
- Aimed at societal impact
  - Collaboration practice – policy – research
- Topics
  - Borders, migration governance and people on the move
  - Children, youth and families
  - Civil society, social work and solidarity
  - Communication, media and discourse
  - Crime and criminalization
  - Discrimination, racism and prejudice
  - Education and training
  - Global migration and mobility
  - Health, health care and psychosocial well-being
  - Histories of migration and migration policy
  - Housing, home-making and urban mobilities
  - Identity
  - Human smuggling, human trafficking and exploitation
  - Migration law, migrants' rights and legal identity
  - Multilingualism, translation, interpreting and linguistic inequality
  - Participation, integration and transnational relations
  - Refugee camps and asylum centres
  - Work



# CESSMIR activities

- **Research**
  - Interdisciplinary research projects
  - Public seminars with international scholars
  - Conference researchers, practitioners, policy makers (2018-2022-2026)
- **Education**
  - Master thesis atelier on sleep in collective reception centres
  - University wide course Migration and Society
  - Practice-oriented trainings
- **Impact**
  - Involve non-academic stakeholders in research and education
  - Science communication
  - Training, counselling, consulting to academics and non-academics
  - Network: local, national, international



# CESSMIR activities



[www.ugent.be/cessmir](http://www.ugent.be/cessmir)

# Structure

## Psychosocial well-being and migration

prof. dr. Ilse Derluyn

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### 1. Support people with a migration background to build a strong social network

Open Bar (Amal) – Leen Verhenne

Kompis Sverige – Natassia Fry

Reflection – prof. dr. Ilse Derluyn

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### 2. Provide flexible and tailor-made integration programs

MHPSS (IOM) – Anna Ochmanska

Parkoer (Amal) – Leen Verhenne

Reflection – prof. dr. Ilse Derluyn

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Q&A

# Questions

1.

What is your view on the ***integrated approach*** we will propose, making psychosocial well-being a full part of the intergration trajectory?

2.

What is ***needed to implement*** this approach?

3.

What ***other good practices*** can you share?

# Psychosocial well-being and migration: insights from academic research

prof. dr. Ilse Derluyn (director CESSMIR)



**Support people with  
a migration  
background to build  
a strong social  
network**



***'It's helped me a lot, these past few months. Because now I don't think so much anymore, before I thought too much about my life. But I'm doing well, I've made friends, we call each other all the time'.***

**(participant summer project young refugees)**

**Provide flexible and  
tailor-made  
integration  
programmes**



***'I'm not going to forget the warmth of the people working there'***

**(participant summer project young refugees)**

***'I like him as a teacher. He's always there for us, always has a big smile on his face.'***

**(participant summer project young refugees)**

**Q&A**

# Questions

1.

What is your view on the ***integrated approach*** we will propose, making psychosocial well-being as full part of the intergration process?

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What is ***needed to implement*** this approach?

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What ***other good practices*** can you share?



**Kompis Sverige**



Swedish  
training

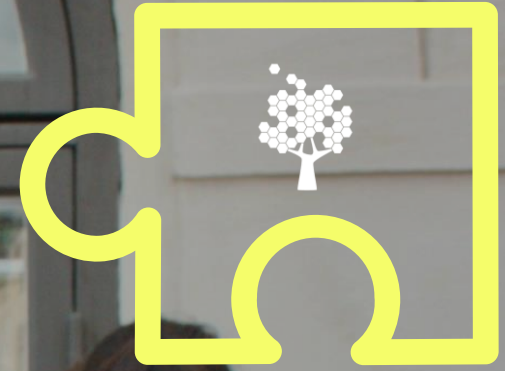
Introduction  
Programme

Housing



Kompis Sverige





**Social contacts are needed to fully establish in Swedish society.**



## Common Basic Principles for Immigrant Integration Policy in the EU:

” Integration is a dynamic, two way process of mutual accommodation by all immigrants and residents of Member States.”

## VISION

*Our vision is an inclusive society where everyone participates on equal terms and feel connected to each other.*

## MISSION

*Kompis Sverige make meaningful meetings happen between new and established Swede's, thereby increasing the participants' knowledge and understanding of each other.*



Kompis Sverige



It's amazing to me.



**FRIENDSHIP  
PROGRAM**



**SOCIAL  
ACTIVITIES**



**LANGUAGE CAFÉS  
ONLINE**



**DEVELOPMENT  
WORK**



Kompis Sverige



# Numbers from 2023

↪ + 6000 unique individuals

↪ + 240 municipalities

67%

Live in larger city regions

75%

Have lived in Sweden 3 + years

77%

Between 25 and 45 years

39%

Have children that reside at home

60%

Are female



Kompis Sverige



*“When I met my friend through Kompis Sverige I had already lived in Sweden for three years and this was my first Swedish friend.”*

# Output results



Language



Social network



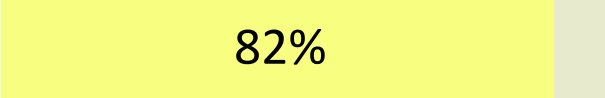
Participation



Trust

## New Swedes: after 6 months in the Friendship program

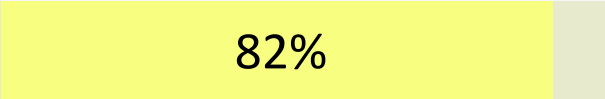
*Feel more connected to Swedish society*



*Have further expanded social network beyond matched friend*



*Improved language skills in Swedish*





# Output results



Language



Social network



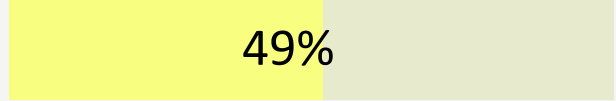
Participation



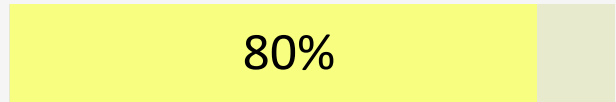
Trust

Established Swedes: after 6 months in the Friendship program

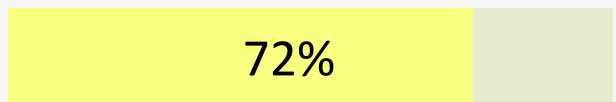
*Have further expanded social network beyond matched friend*



*Have increased knowledge about other cultures and building new life in Sweden*



*Feel more connected to new Swedes*

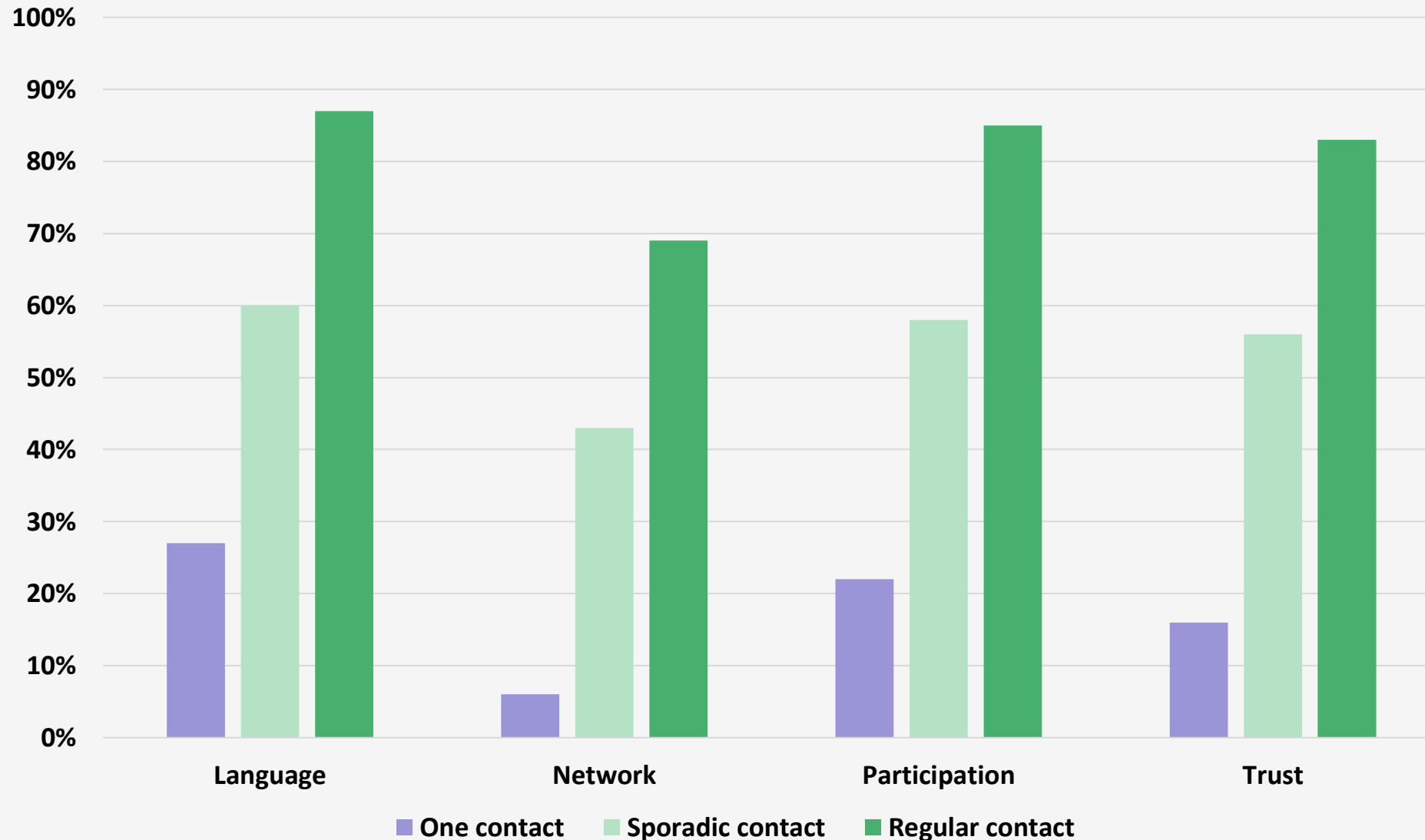


*“She in an amazing and friendly person that inspire me a lot. We have become close friends, and also my son is now a friend to her youngest son.”*





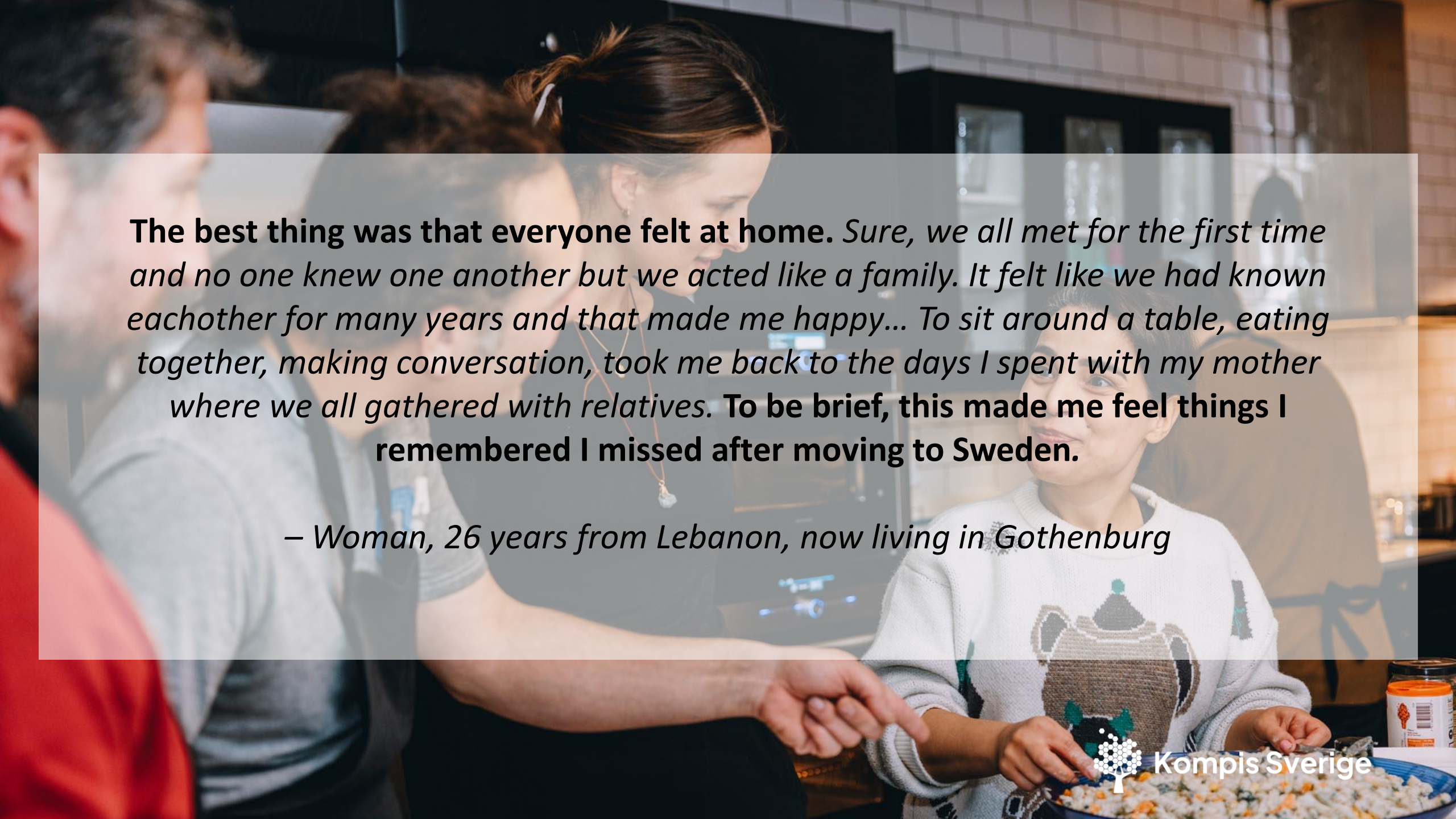
# Continuity is key for the change we want to see



Share of new Swedes experiencing a positive development thanks to participation in the Friendship program, n=958



Kompis Sverige

A woman with dark hair tied back, wearing a white sweater with a brown bear design, is looking towards a man in a grey shirt. They appear to be in a kitchen or dining area. The woman is holding a blue plate of food. The man is looking at her. The background shows a kitchen with a brick wall and a window.

**The best thing was that everyone felt at home. Sure, we all met for the first time and no one knew one another but we acted like a family. It felt like we had known each other for many years and that made me happy... To sit around a table, eating together, making conversation, took me back to the days I spent with my mother where we all gathered with relatives. To be brief, this made me feel things I remembered I missed after moving to Sweden.**

*– Woman, 26 years from Lebanon, now living in Gothenburg*



Kompis Sverige

*This will be my first time attending an ice hockey game, I'm very excited*

– Woman from South Sudan

*It's wonderful to get a break from everything for a night. To feel normal*

– Woman from Ukraine

*It was perfect! We met new friends there*

– Woman from Poland

*Thank you for inviting me to be a part of Växjö's and Sweden's culture*

– Man from the USA

Thank you

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@kompissverige

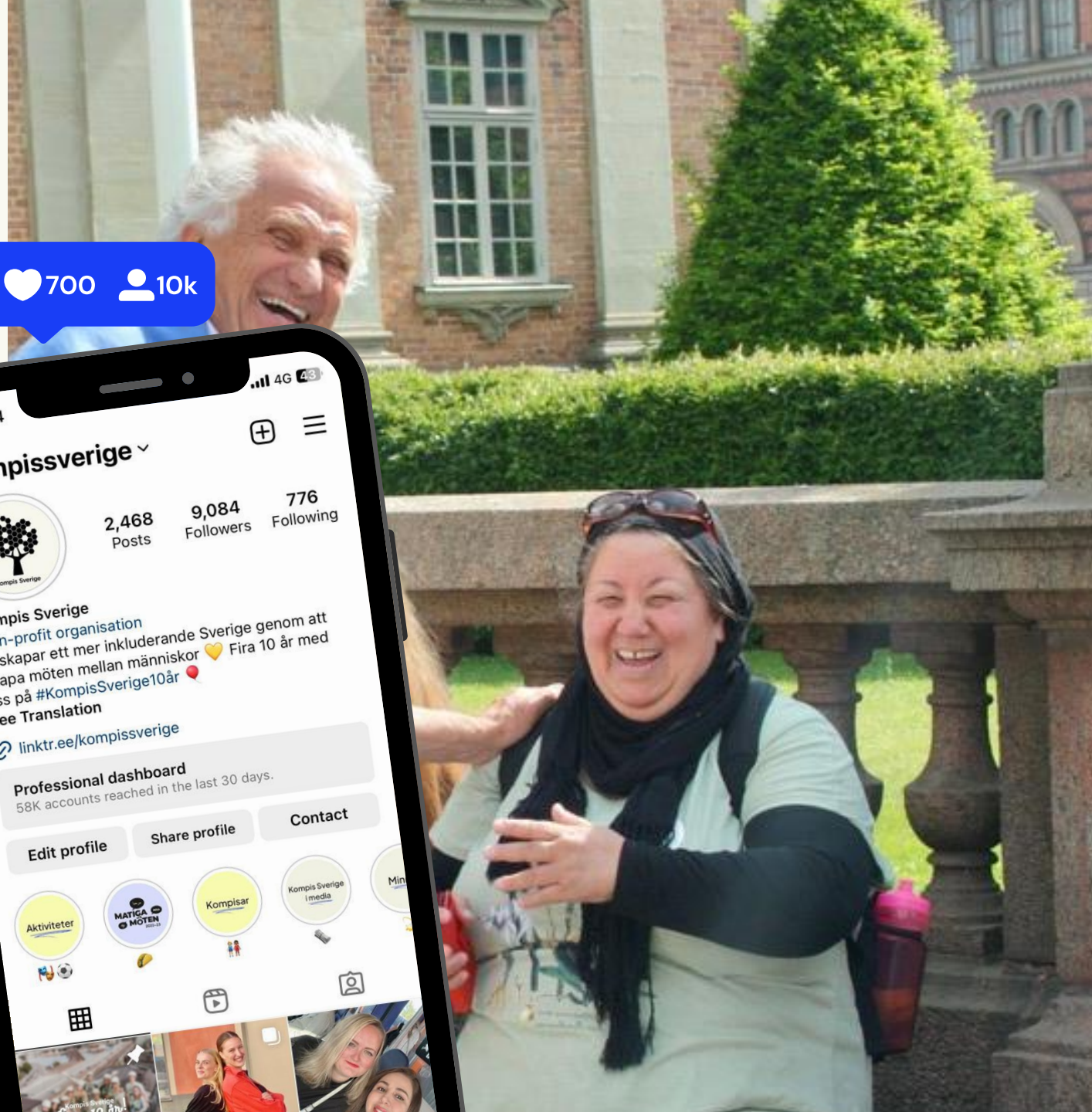
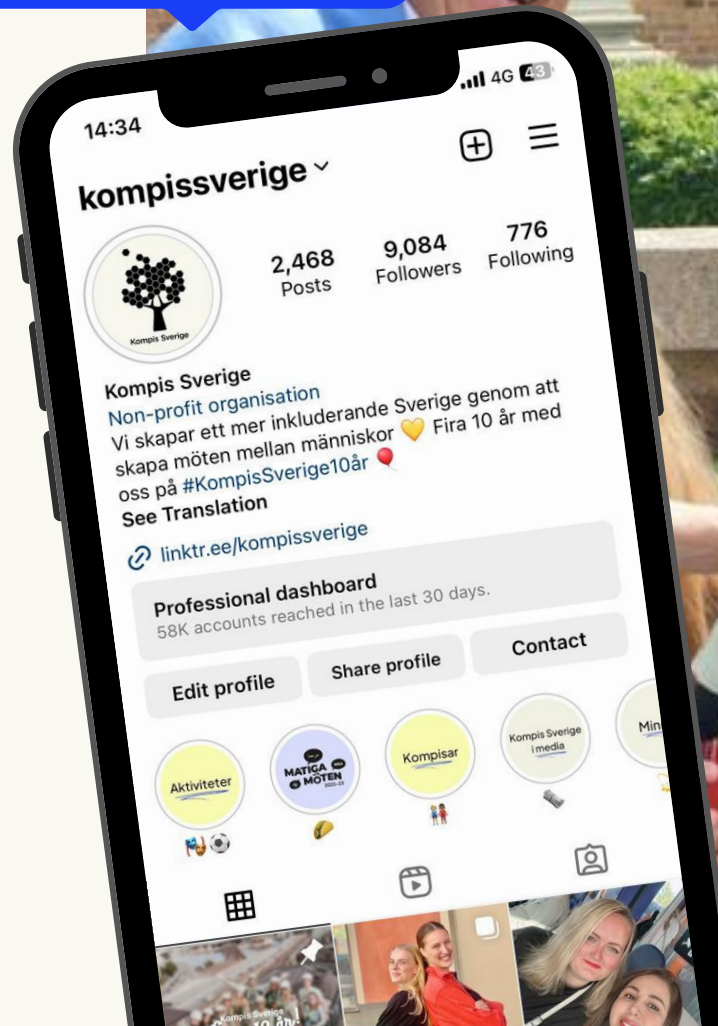
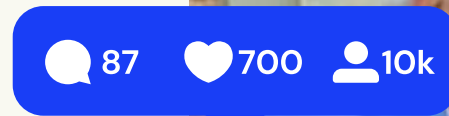


Kompis Sverige



Kompis Sverige

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



# ***OPEN-BAR***

***08/02/2024***

***European Conference***



***Why?***  
***The importance of***  
***intercultural activities***



# **OPEN-BAR**

- since 2019
- intercultural encounter
- newcomers and citizens of Ghent
- age > 17
- monthly
- day is not fixed
- evening (time may vary)
- several locations



# Profile

- citizens of Ghent
- newcomers in Ghent
- age > 17
- M/V/X
- Dutch is not required



***“Practicing Dutch during a fun evening with new friends is really not comparable to learning Dutch in school. The casual atmosphere at OPEN-BAR is so refreshing.” - Meelad***





***“During the activity, we have engaging conversations. I don’t prefer to avoid discussing topics that might feel uncomfortable. Consciously engaging with each other, often leads to a better understanding of the other, and creates opportunities to build connections.” - Koen***

**Amal**



***“It was inspiring to notice how much interest was shown in each other's lives, background and personality. The common ground effortlessly bridged the differences. I had the impression that the room was filled with a desire to get to know each other. People's generosity touched me.”***  
***- Tom***

**Amal**

***“It was a nice evening; The activity offered me a great opportunity to learn more about the city. Being together is more fun than being alone. Can I also join next time?” - Muaz***



Rudy Carlier – 2021 - WISPER



***“I am  
sometimes  
nervous about  
meeting new  
people, but I  
also enjoy it.”***

***- Laura***

***“It makes me  
incredibly  
happy to  
exchange with  
and be  
accompanied by  
people.” - Ignace***



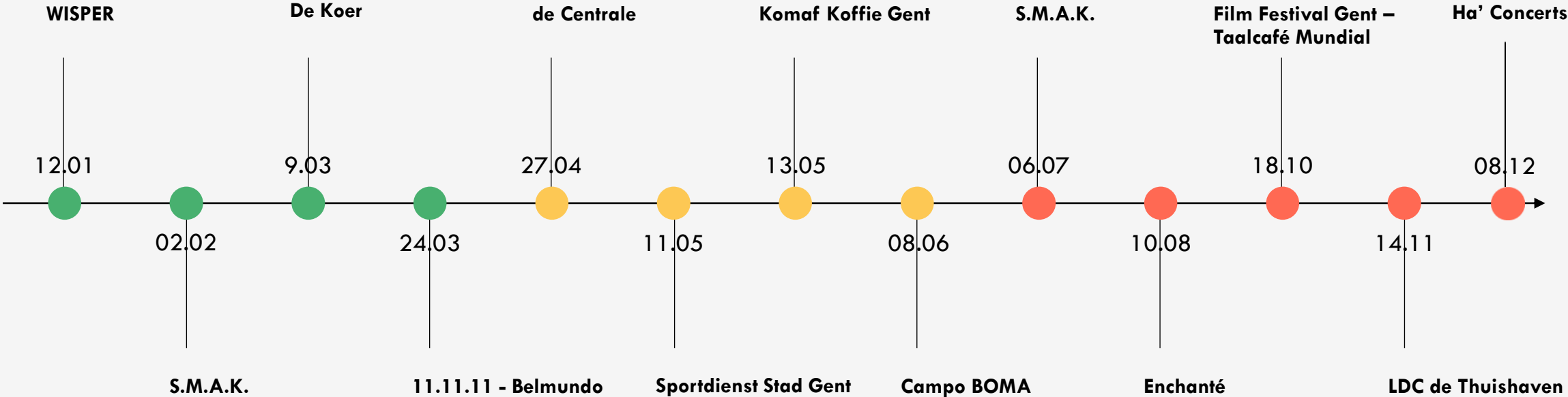
***“Today I was  
brimming with  
energy.”*** - Marzena



***How?***  
***The power of***  
***collaboration!***



# Collaborations



# ***Concrete examples***

“

I really enjoyed singing together. I was a professional singer in my homeland. - Doha



“

Through the city tour, I learnt more about the city's history. The guide told all sorts of facts. We had a long chat in the café after our walk. - Fabio



“

Visiting the museum was fun  
and inspiring. - Fatima



# ***Statistics (2023)***

*number of events*

**13**

*number of  
participants*

**331**



*average number of  
participants/activity*

**25**

# ***Parkoer***

***08/02/2024***

***European Conference***



# **Parkoer**



**Parkoer**  
*A Young Adult  
Programme*



# Thank you

**Drieske Dhont**

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