



Project 2022-1-BG01-KA121-ADU-000059880



Techniques for stimulating motivation for integration

- 1. Technique Socialization: inclusion, through familiarization with the surrounding environment
- 2. Technique Acceptance: acceptance of the rules, opportunities for inclusion
- 3. Technique: Stimulation: giving opportunities for work realization and independence
- 4. Technique: Introducing yourself: introducing the community to your own interests, traditions, habits
- 5. Technique: Feedback: seeking feedback from the host community on the integration process



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1. Technique Socialization: inclusion, through familiarization with the surrounding environment

Integration as a process, to be effective, depends on the motivation to accept the surrounding environment and the factors that influence it. This environment is the society or community where the refugee or migrant finds himself. To be motivated to integrate, he must accept the environment in which he finds himself. This socialization depends on the motivation to do it: work, education, personal relationships, entertainment.



2. Technique Acceptance: acceptance of the rules, opportunities for inclusion

The acceptance of the created and imposed rules, traditions and living conditions facilitate the building of motivation for the integration of refugees and migrants. Acceptance does not mean to reconcile, but to accept them as living conditions, conditions for integration. The motivation to accept these rules depends on the personal motivation for integration, and it is created by building the accepting behavior of the society. Accepting opportunities to accept society's rules gives a chance for more effective integration and adaptation.



Project 2022-1-BG01-KA121-ADU-000059880



3. Technique: Stimulation: giving opportunities for work realization and independence

Using already integrated refugees/migrants who have linguistic and cultural knowledge. Using these resources will help you find a job, learn the host country's language and traditions. Acquiring work independence increases the motivation for integration. But it cannot be realized without acceptance of the language and culture of the state. Already integrated refugees/migrants should bring a positive attitude and motivating behavior to help the integration of new ones. Volunteers participate in supporting the refugee community and can maintain a constant dialogue with those monitoring the integration process in the host community, which can facilitate the integration of resettled refugees.



Project 2022-1-BG01-KA121-ADU-000059880



4. Technique: Introducing yourself: introducing the community to your own interests, traditions, habits

Introducing yourself to the community means showing who you are and where you are from, what your traditions and habits, language and history are. This helps to socialize the refugee/migrant and to accept him/her in the community. Often the new presence creates hostility, but this is wrong. When presented as something that is similar to what is already known, it changes perceptions. The technique helps to increase the motivation for integration, because the acceptance of the new on both sides increases the motivation to move forward and accept the rules and values of the society, which in turn helps integration and adaptation.



5. Technique: Feedback: seeking feedback from the host community on the integration process

Feedback on the integration process is highly motivating because it shows not only the shortcomings of the individual process, but also its progress. Creating a sense of success, the individual accepts the integration process more easily. The feedback gives real insight into where the individual is at and whether they are successfully integrating. This is important for his correct motivation, because with wrongly created ideas about the process, the direction of socialization and integration changes.



Techniques for increasing initiative

- 1. Technique: Inclusion in common tasks of everyday life
- 2. Technique: Giving feedback on the integration process
- 3. Technique: Looking for the interests of the migrant/refugee and what he can be useful for
- 4. Technique: Setting appropriate tasks
- 5. Technique: Interest in culture and traditions
- 6. Technique: Respect for the personality of the refugee/migrant



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Techniques for increasing initiative

Definition of the initiative:

Initiative is a work behavior characterized by its self-starting nature, proactive approach and persistence in overcoming difficulties that arise in the pursuit of a given goal. When you show initiative, you do things without being told; you discover what you need to know; you keep going when the going gets tough; and you notice and take advantage of opportunities that others miss. This type of flexibility and behavior is what drives society to innovate and overcome crises.



1. Technique: Inclusion in common tasks of everyday life.

The technique requires both parties to perform tasks of daily living tailored to the integrating individual. Completing these tasks creates a sense of expectation and responsibility towards the tasks. Thus, the initiative in the individual increases and gives the opportunity to show more of his capabilities and competences, which can be useful for his work or the community.



2. Technique: Giving feedback on the integration process

Feedback indicates the correct direction of movement of the integration process. Personal initiative depends directly on feedback, because giving it clarifies the success of the process.



3. Technique: Looking for the interests of the migrant/refugee and what he can be useful for

When the migrant/refugee feels useful in performing a certain activity or task and shares his interests, integration is much smoother and easier. Getting to know the interests of the individual and accepting them allows the integration process to be complete.



4. Technique: Setting appropriate tasks

The setting of tasks and activities, tailored to the individual's capabilities, allow him to effectively express his skills and competencies. This is an invariable part of the integration process and the motivation to be proactive. These tasks must meet the criteria of education, language skills, social skills and creativity. Improving these criteria improves integration and initiative.



5. Technique: Interest in culture and traditions

To motivate the initiative of refugees and migrants and improve their integration process, the technique of increasing interest in the traditions and culture of the host country allows to adapt more easily to the new environment and create a sense of continuity. This motivates the individual to be more proactive and social.



Project 2022-1-BG01-KA121-ADU-000059880



6. Technique: Respect for the personality of the refugee/migrant

Every single activity and every human interaction is based on respect for the person, regardless of his origin. To be proactive, motivated and integrated, the refugee/migrant must feel that he is respected and his person is respected .