



MIVA Sustainability Guide

- Replicability of Resources and Activities –

January 2022



EUROPEAN UNION / 821644

Asylum Migration
and Integration Fund

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<i>Project Summary</i>	
<p>Migrants and specific Third Country Nationals (TCNs) are on the top of the EC agenda since 2015, as various strategies were put in place to manage the issue of rising migration influx. The project is grounded on the EU Agenda on Migration, the Action Plan for the Integration of TCNs and the EU's New Skills' Agenda with measures responding to the integration needs of TCNs. Municipality of Piraeus leads this project along with 6 organizations from 6 countries (GR, FR, CY, IT, PL, FIN) for implementation of interactive activities to increase TCNs' participation in socio-cultural life and the volunteering sector and to foster capacity-building of host communities on successful integration actions. The above will be achieved via the organization of cross-cultural activities (i.e. festivals, sports, cooking, walking tours), the deployment of the INDIGO solidarity platform and app, and the capacity building workshops organization on diversity management targeting host communities and migrants. The project target groups include TCNs, volunteers, trainers, governmental authorities at all levels, migrants' organizations, policy makers, training providers, public, NGOs. The total number of people, who will directly and indirectly benefit estimated at approximately 50000 people. Horizontal activities deliverables include 6 Bilateral Agreements, 1 Project Management Plan, 6 Partners Meetings, 5 Activity Reports to encompass project objectives. Moreover, monitoring and evaluation will be achieved via an external project evaluator, analysis of at least 1200 questionnaires from participants and delivery of 4 Evaluation Reports. The tools for Dissemination include newsletters, Info days, social media campaign and a website. The implementation of the aforementioned is expected to result in promoting local community building through volunteering activities, empowering both TCNs and Local communities for embracing diversity to increase TCNs engagement and integration in local societies.</p>	

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Introduction

A test of the validity and efficacy of any project is “not what happens during the project’s implementation, but what happens later”. The partnership firmly believes that the outcomes of the project were of a quality that ensures consistency with the concepts and procedures enshrined within the core project activities.

Guide for Sustainability is a tool created under Work Package 6 of the MIVA project presents project results for further valorisation. It draws on the results derived through the implementation of the project and it was also elaborated on a more general analysis of factors conditioning easiness, cost of implementation and of others impacting sustainability prospects of similar projects. The strong position of partners in local communities and their experience guarantees the sustainability of project results and the possibility of obtaining funding from local and national sources.

PRISM presents the guidelines and useful tools that can be used to replicate, in the future, the project’s activities. The exploitation results shared at the end of the Guide concerns all main pathways that can assure the sustainability of the project results.

The project partners have developed and refined four main types of intercultural volunteering activities ([Cookery courses](#), [Intercultural Festivals](#), [Football/Futsal matches](#), [Walking Tours](#)), leading to the production of three main knowledge Resources, all included in this Replicability Guide.

1. [INDIGO app](#)
2. [MIVA Capacity Building and Training Material](#)
3. [MIVA “Eating Together” Cookbook](#)

Therefore, this Guide provides those who are engaged in the field of asylum, migration and integration with some tools to prepare, promote, implement and assess local activities, in order to:

- Promote the development and implementation of innovative actions to increase third country nationals’ engagement in the volunteering sector, as active members of the local community.
- Foster knowledge and experience sharing, as well as implementing a capacity building programme focusing on third country nationals’ integration, stakeholders and local citizens from the targeted communities;
- Support the empowerment of refugees and increase their participation in local community life;
- Develop partnerships and cooperation among stakeholders and all actors involved in promoting integration at a community and transnational level.

Who can use it?

The MIVA outcomes can be used by volunteers, trainers and social workers engaged in the field of asylum, migration and integration, Third Country Nationals, local citizens, officers form Lead Resident Assistants (LRAs).

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The MIVA Resources

www.mivaproject.eu/resources

INDIGO APP

INDIGO
RÉSEAU SOCIAL D'ENTRAIDE



INDIGO WORLD is a unique, social, digital initiative. It is a solidarity free application developed for IOS and Android phones that enables the access to free goods or services, and facilitates citizens' mobilization and engagement in non-profit actions and volunteering activities. Indigo has also a web app platform dedicated to NGOs allowing them to create volunteering activities on the application connecting them to the volunteers.

Read more about the initiative here: <https://indigo.world/en/>

Download and try the App: [Indigo world](https://indigo.world)



<https://youtu.be/3we2Fj8biko>

Replicability tools to present how INDIGO works!

INDIGO Trainers' pack can be used by trainers in order to explain how INDIGO app works. It's accessible to everybody and it can be used worldwide. It is available in different languages: [English](#), [Italian](#), [Greek](#), [Finnish](#), [Greek](#), [Polish](#).

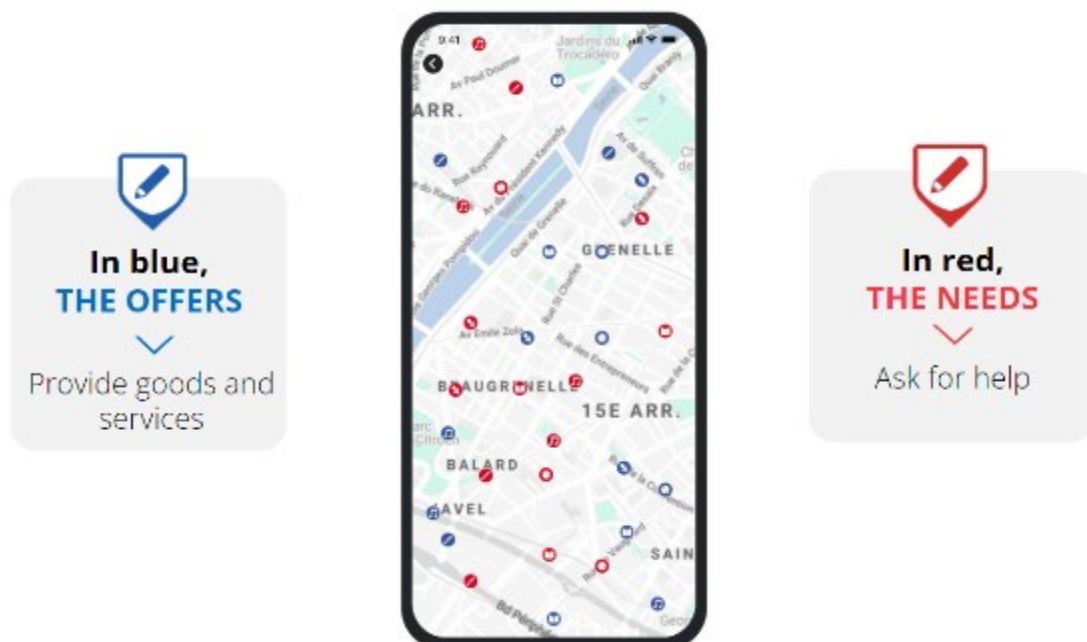
Figure 1. INDIGO workshop topics for trainers/volunteers/NGOs.



INDIGO Trainees' pack can be used by anyone for self-learning, so as to learn how INDIGO works and what can be used for. It is also available in [English](#), [French](#), [Italian](#), [Greek](#), [Finnish](#), [Polish](#).

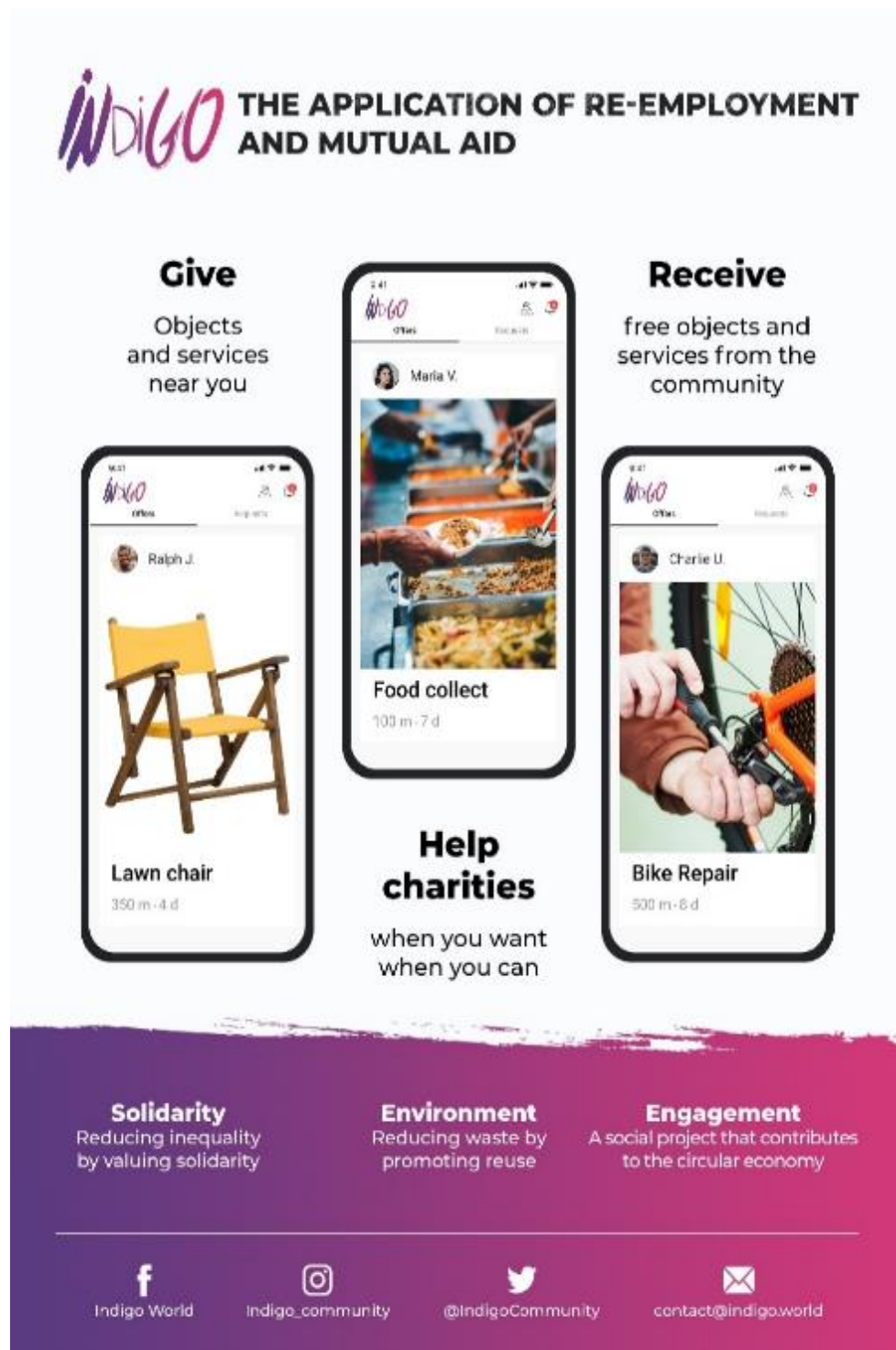
Figure 2: INDIGO workshop contents for trainees.

How does it work ?



If you want to promote INDIGO app, below you find the INDIGO flyers:

Figure 3: INDIGO World app promotional flyer



In order to assess the results or the activities, use the [INDIGO Evaluation tool](#) !

Learn more about INDIGO [here](#)



CAPACITY BUILDING and TRAINING MATERIAL

The [capacity building workshops](#) for host communities supported the development of intercultural competences for trainers/volunteers/NGO representatives, in order to better understand and support third country nationals, and in general migrants, in the community integration process.

Specifically, the capacity Building Workshops intended to:

- raise awareness about multicultural societies through interactive activities, discussions and practical tools for intercultural learning;
- raise awareness about own prejudices and stereotypes in relation to other cultures and cultural references;
- analyse intercultural situations experienced by participants in their work with migrants and propose common solutions;
- develop competences in dealing with intercultural conflicts;
- share experiences, approaches, tools and practices of participants in working with third country nationals in Europe and beyond;
- develop diversity management skills within professional teams.

Capacity Building workshops for integration in society and working life issues, include topics such as: inclusion, improving public perception, preventing discrimination, equal access, intercultural integration and mediation, skills mapping etc. The themes are based upon the structure of the modules provided by European Asylum Support Office¹ as Learning Path: much as possible as well as on the priorities of the 2016-2017 EU Integration Action Plan of Third-Country Nationals.

The aim is to develop a package of more practical, than theoretical activities material, to be used during the workshops with representatives from the host communities. Training materials are available in [English](#), [French](#), [Greek](#), [Italian](#), [Polish](#), [Finnish](#) and they cover different topics:

Theme 1	Theme 2	Theme 3
Explanation of concepts: cultural awareness, inter-culturality, identity, values, traditions	Practical examples (case studies, role plays) for intercultural situations, conflicts and solutions	Experiences, approaches, tools, practices in working with third country nationals for integration (political, civil, social etc.)
Theme 4	Theme 5	Theme 6
Preventing discrimination, ensuring equal access and improving public perception on migration.	Diversity management skills and intercultural mediation.	Mapping Skills and competences of TCNs (EU Skills Profile Tool for Third Country Nationals – 2017).

In order to assess the results of the activities, use the [Capacity building evaluation tool!](#)

Learn more about the Capacity Building workshop [here](#)

¹ EASO – <https://www.easo.europa.eu/sites/default/files/public/EASO-Learning-path.pdf>

CONTACT US ON



Training Material for Work Package 4: Capacity Building Workshops for Integration in Society and Working Life Issues.



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COOKBOOK “EATING TOGETHER”

The [Cook Book “Eating Together”](#) was created in the context of the Migrants’ Integration through Volunteering Activities (MIVA) Project. The project’s objective is to promote the implementation of interactive activities, to enhance the integration of Third Country Nationals through their participation in the social and cultural life of the host community, and to foster capacity-building of local communities on successful integration via volunteering and cultural actions. The project ran from December 2018 until November 2021. It was funded by the European Union’s Asylum, Migration and Integration Fund. The “Eating Together” Cook Book contains 18 traditional recipes from 15 different parts of the world that were executed during the cookery courses of the Cross-Cultural Activities Programme, aiming to promote community cohesion and intercultural understanding, through culinary experiences. The Cookbook is available in English, Arabic and Farsi and in all the partners’ languages [here](#).



The MIVA Cook Book Menu:



Vegetarian dishes

1. **Bolani** - Afghanistan-p.6
2. **Classic Cabbage Kimchi** - South Korea-p.9
3. **Pierogi - Dumplings with sauerkraut and wild mushrooms** - Poland-p.12
4. **Dodo - Fried Plantain with spicy pepper sauce** - Nigeria-p.14
5. **Huckleberry Fu-fu** - Cameroon-p.16
6. **Karelian Pie** - Finland-p.18
7. **Mejdara** - Syria-p.21
8. **Kebbe Balls** - Syria-p.24
9. **Kritharoto - Orzo with Vegetables** - Greece-p.26
10. **Pourekia with challoumi cooked without oil** - Cyprus-p.28



Fish-based dish

- Sarde a Beccafico** - Italy-p.42



Poultry- based dishes

1. **Chicken Fried Rice** - Nigeria-p.44
2. **Chicken Maqluba** - Iraq-p.46



Meat- based dishes

1. **Beef with Okra sauce** - Cameroon-p.30
2. **Mahchi** - Sudan-p.32
3. **Oshi Palov** - Tajikistan-p.36
4. **Sambusa** - Somalia-p.40



Dessert

- Apple Pie** - France-p.50

Guidance for volunteering cross-cultural activities with Third Country Nationals

www.mivaproject.eu/activities

In the framework of the MIVA Project a variety of cross-cultural activities have been organized in each of the partners' Country as to promote the values of the project: teamwork, commitment, social inclusion, intercultural discovery and solidarity. They are divided into: cookery courses, walking tours, intercultural festivals and production of video-documentary sharing their best moments.

Replicability tools include guidance for the planning and implementation of the following activities:

Cookery Courses



Intercultural Festivals



Futsal/Football Matches

Walking Tours

Guide for Cookery Courses

www.mivaproject.eu/cookery-courses



A mixed group of TCNs and local citizens has participated in several cookery courses, in order to exchange receipts and learn from each other about intercultural food. The final result was the [cookbook “Eating Together” gathering together delicious local and multicultural dishes.](#)

Description



Cookery courses will be targeting local citizens and third country national's.

Total Number of Cookery Classes: 10 in each participating country

Duration: 1,5 hour/course

A cookbook "Eating Together" will be produced at the end of the cookery classes with **3 recipes** from **each host city and Third Country Nationals' (TCNs') country of origin**. The cookbook will be produced in hard copies, will be uploaded to project's website and translated in English, partners' languages and the main languages of TCNs' countries of origin.

Preparatory Activities



- **Identifying space for the cookery classes**

A kitchen designed for hands-on cooking classes should allow space for participants to prepare and to get to the stove without bumping into each other, thereby increasing the risk of someone getting hurt.

- **Recruitment of trainer**

Communicate with specialized Cooking Institute/school in order to recruit the training instructor.

- **Procurement of training equipment**

Purchase pots, pans, bowls and knives to cook the recipes you're demonstrating. Since the cooking classes will include eating, purchase enough plates, bowls, cups and utensils.

- **Development of training material**

Choose 10 recipes for the cookery classes (5 local and 5 from the TCNs' countries). The ingredients should be seasonal, local, fresh and bio)

Check all the meals and the information concerning their ingredients, in order to avoid allergies.

- **Recruitment of participants and volunteers**

10 participants (5 local citizens and 5 TCNs) / course

Preparatory Activities



Development of communication plan

Create and upload the event to Indigo app in order to outreach participants and volunteers.

Use the project's website and social media in order to outreach participants and volunteers, as well as to disseminate the project.

Create invitations, newsletters or Facebook events 1 month before each cookery class

Use banners, leaflets, brochures in order to disseminate the project during the cookery classes



Implementation Activities



- Ask from participants to arrive 15 minutes earlier to have time to meet each other
- Print and share the recipe to all participants
- Trainer will explain participants the recipe, practical cooking techniques and elements and share responsibilities among the team
- Provide disposable apron and gloves to all participants for the protection of their clothes and their safety.
- Go over safety and hygiene rules. Trainer will explain participants how to use the equipment and how important is to follow hygiene rules.



Implementation Activities



- Participants will be guided by the trainer and prepare the recipe (cutting vegetables, cuts of meat etc.
- In addition, useful information about vegetables, herbs, and other ingredients will be given, together with explanations of their nutritional value and usage.
- When the recipe will be ready, participants will taste and share food together
- Make sure to plan time into the classes for clean-up all participants together
- Film making will take place during the cookery classes



Monitoring and Evaluation activities

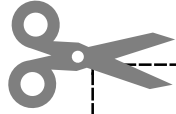


- Agenda of the cookery classes
- Participants list specifying:
 - title, date, place of the cookery class
 - participants name, nationality, age, email, signature
- Photos
- Certificate of participation
- Evaluation form



Replicability tools

Here is the template used to collect the recipes:



Cookbook Recipe Template

Name of Recipe: _____

Country/area of origin of the dish: _____

Category of recipe (salad, poultry, meat, seafood, veggie, sweet, etc.): _____

Preparation Time: _____

Cooking Temperature: _____

Cooking Time: _____

INGREDIENTS: (1) List **ALL** ingredients in order used in instructions, (2) Divide evenly, placing half of ingredients in left column, second half in right column, (3) Give measurements in common fractions, (4) No abbreviations used, (5) Include the size and weight of cans, packages, etc. (6) **Please type or print neatly.**

INGREDIENTS:

- 5-6 plantains
- 1 habanero pepper
- 3 onions
- 1 bell pepper
- 700 ml of vegetable oil
- 6-7 tomatoes
- salt
- favourite spices

METHOD – Instructions for combining ingredients: (1) Use clear instructions for every step of combining and cooking the ingredients, (2) Make short, clear, concise sentences, (3) Describe combining and cooking processes in correct cooking food preparation terms, (4) State size of pan, temperature and cooking time

Step 1:

Fried plantains:

1. Cut the plantain into circles.
2. Add salt to taste.
3. Fry them in deep hot vegetable oil until they turn golden brown.

Step 2:

Pepper Sauce:

1. Cut the habanero pepper, bell pepper, tomatoes and onions into chunks.
2. Blend them coarsely.
3. Add preferred spices and salt.
4. Add 50 ml of vegetable oil and fry until the sauce turns dark red.
5. Remove from the heat and serve with fried plantains.

Three recipes per country were selected in order to prepare the “Cookbook Eating together”.

Download the cookbook [here](#) in English, Italian, Finnish, Arabic, Farsi, Polish, French and Greek.

Documenting Intercultural Events

www.mivaproject.eu/intercultural-festivals



Intercultural events are the best introductory mechanism towards real inclusion. Intercultural Festivals promote the encounter of cultures and intercultural dialogue through cultural exchanges of dances, food tasting and entertainment activities. Via these activities, the partnership desires local citizens to reflect on TCNs origins and the value of interculturalism in everyday life.

Watch all [videos of MIVA Festivals' Roadmap](#) to get inspired to organise and report a similar event in your own local context!



[MIVA Documentary Italy_EN](#)

[MIVA Documentary Greece_EN](#)

[MIVA Documentary France_EN](#)

[MIVA Documentary Poland_EN](#)

[MIVA Documentary Cyprus_EN](#)

[MIVA Documentary Finland_EN](#)

Description



Creation of the Documentaries of experiences from cross-cultural activities: cookery courses, futsal/football matches and walking tours. The documentaries will consist of interview materials from TCNs and host society members.

The documentaries will be uploaded to project's website, social media accounts and will be subtitled in English and all participants' languages, host and TCNs'.

Duration: 5-10 minutes / documentary (electronic format)

Participants: TCNs, local citizens, NGO and Local Authorities officers



Information & Instructions



- For the development of the documentaries a film maker company will be subcontracted in each partner city to ensure the high quality of the final work
- Choose the film maker company following your procurement procedures based on your legal status, with respect to internal rules and procurement principles established by the national authorities in compliance with the EU public procurement rules.
- The organizer will work closely with all partners to ensure that the standards are being adhered to and the specifications and proposed structured are being met
- After choosing the film maker company, explain as detailed the purpose of these documentaries (companies that have experience in filming social vulnerable groups)
- Make sure that people who will be documented should have been informed ahead and have given their written permission
- Film makers should respect privacy of the participants
- Film makings will take place during other cultural activities (cooking classes, walking tours, futsal/football games, festivals)
- Ideally the documentaries should include scenes of at least 2 activities per kind (depend of the financial agreement with the film maker company)
- Story telling of participants (TCNs, local citizens, NGO and Local Government officers) also should be included



In order to assess the results or the activities, use the [Cross-cultural activities evaluation tools!](#)

Guide for Football/Futsal Matches

www.mivaproject.eu/football-matches



The partnership believes in the power of sport to help vulnerable groups and reducing violence.

Football is one of the most popular sports so it could be a great way to engage TCNs and local citizens. Moreover, sport is universal, so it does not matter whether they speak the same language or have other common interests – they can all understand the rules of the game, share the excitement and energy of play, and work together as a team to achieve their objectives.

Description

Matches aim to educate and promote positive values associated with sport e.g. teamwork, commitment, fair play. Also, providing opportunities for social interaction, community building and encouraging understanding between groups

Preparatory Activities

- **Identifying pitch for the futsal/football matches.**

Collaborate with the local authorities as well as with other football teams in order to host the matches into their pitches.

- **Recruitment of a coach**

Communicate with specialized football academies in order to recruit the trainer

- **Recruitment of a doctor**

Recruit doctor and arrange first-aid supplies

Preparatory Activities

- **Procurement of training equipment**

Purchase the training equipment. (balls, bibs, cones, mannequins, football tennis net, goal targets, hurdles, passing arcs, pitch marking, pitch markers, rebounders, speed ladders, tackle bags, tactics boards, water bottles)

- **Recruitment of participants and volunteers**

12 participants (6 local citizens and 6 TCNs) / match. Participation of both women and men will provide an added value in terms of Gender Equality.



Implementation Activities

- Ask from participants to arrive 30 minutes earlier to have time to meet each other
- Make sure that referees and doctor should be on time
- Divide participants in two mixed teams (locals & TCNs)
- Give T-shirts to all participants
- The duration of the game should be from 80 to 90 min (40 or 45min per half)



Implementation Activities

- Participants should be encouraged to play for fun and not to be competitive, good sportsmanship and positive attitude should be promoted
- Water should be provided for the participants (players)
- Consider of giving a symbolic award to the winning team
- Film making will take place during the futsal games

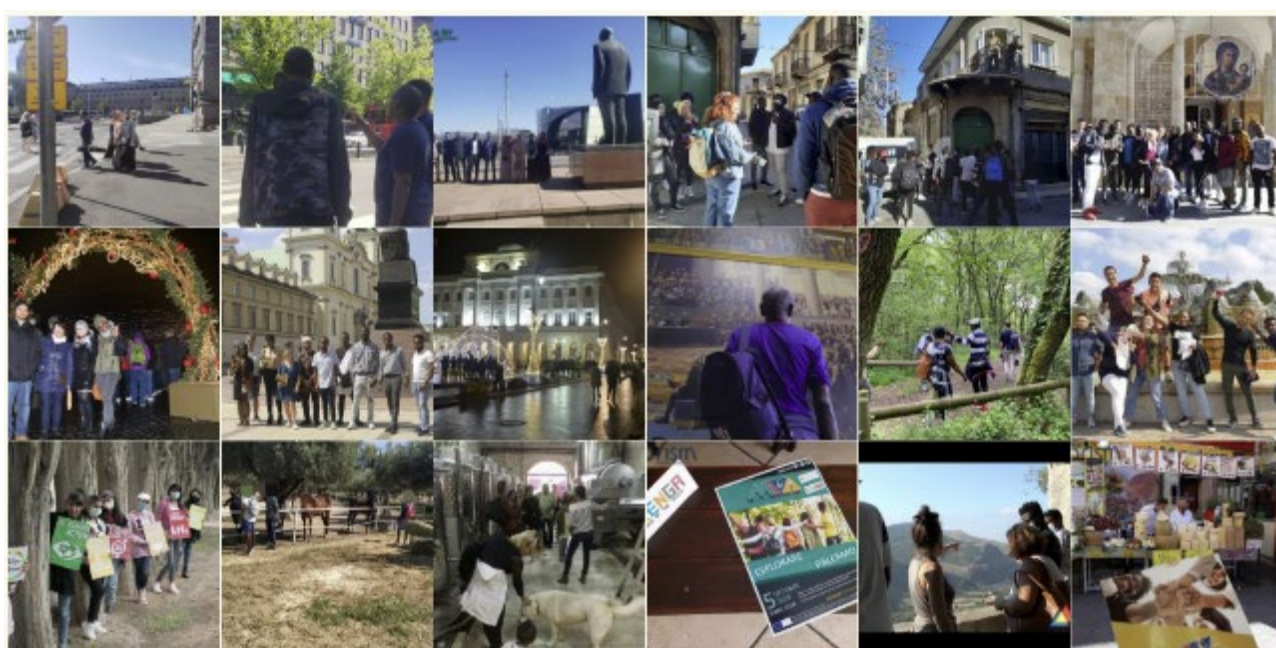


M&E Activities

- Participants list specifying:
 - title, date, place of the cookery class
 - participants name, nationality, age, email, signature
- Photos
- Certificate of participation
- Evaluation form

Guide for Walking Tours

www.mivaproject.eu/walking-tours



MIVA strongly believes that is essential for TCNs to know the history and culture of each host society, through the participation in some walking tours, in order to form part of the community, but also to meet people from different countries, to exchange ideas, interests and to make new contacts in host society.

Description

Walking tours to region's sightseeing locations, giving the opportunity to TCNs to learn about host country's civilization and history. During the tours, the TCNs will have the chance to meet people from different countries, to exchange ideas, interests and to make new contacts in host society.

Arranging Walking Tours

- Decide about the location
- Set time and meeting place (places with easy access by public transportation would be ideal)
- Choose a place to visit with historical or cultural meaning of the host city (historical monuments and sites, museums, libraries, art galleries etc.)
- If there is an entry fee call in advance and ask for a reduce fee

- Take into consideration weather and adjust walking tours according to the season
- Decide if a professional tour guide is needed or ask volunteers who have appropriate knowledge to lead
- Create an event at Indigo Platform at least 20 days before
- Create invitation, newsletter or Facebook event at least 20 days before regarding the outreach (the communication material should be according to WP6)

Implementation of Walking Tours



- Meet and welcome participants at the starting point
- Give participants a short description about the visit
- Combine walking tour with other places that may connect (local markets, shops, traditional cafes etc.)
- Give during tour important info about what they are visiting
- Make sure to have some breaks for rest and for any questions may occurred
- Ask from participants to take their own photos and then share
- At the end all together can have a refreshment and discuss about their experience
- Film making will take place during the walking tours

Monitoring and Evaluation activities



- Map of the walking tours
- Participants list specifying:
 - title, date, place of the walking tours
 - participants name, nationality, age, email, signature
- Photos
- Certificate of participation
- Evaluation form

PROJECT PARTNERS

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