



With the project **MiGROW**, we want to raise awareness on a local and European level about the importance of mental health & self-efficacy services for young refugees.

#### DURATION

01.11.2021 – 31.10.2022

#### TARGET GROUP

Young refugees (18-30 years)  
with interest in personal  
development

#### IMPLEMENTATION

Austria & Spain

#### SITUATION

The living space of young refugees is characterised by factors that potentially threaten their psychological well-being. In addition, the target group's self-efficacy is often limited due to the social and legal anchoring in society. Contrary to its relevance, the topic of mental strength is underrepresented in the diverse offers for the target group.



#### PROJECT GOALS

- Offering workshops to strengthen general self-efficacy
- Development & implementation of an innovative training programme on empowerment & selfness for young refugees
- Making support and participation opportunities visible in the EU
- Establishment of a European network to support the holistic integration of refugees

#### NATIONAL WORKSHOP SERIES

*10 in Austria & 10 in Spain for 200 young refugees*  
*Topics: Mental training & selfness, cultural awareness,*  
*access to information, entrepreneurship skills,*  
*Erasmus+ opportunities, etc.*

#### KNOWLEDGE TRANSFER BETWEEN PARTNER ORGANISATIONS

*thematic complementary & cooperation possibilities,*  
*joint development of a training programme (growth camp)*

#### INTERNATIONAL GROWTH CAMP

*Interlinking of all thematic focal points*  
*Duration: 8 days, Implementation: Austria,*  
*Participants: 20 young refugees from Austria & Spain*

#### TRAIN-THE-TRAINER

*6 Webinars for 10-15 European Organisations*

