

Young Migrant Integration Leaders [EXEMPLAR]

IO1 – Integration Leaders Curriculum

Lesson Plan

Modul 4: Selfcare

Unit 2: Becoming independent

<i>Description of the Learning Activities</i>	<i>Timing (minutes)</i>	<i>Materials/ Equipment Required</i>	<i>Assessment/ Evaluation</i>
<p><u>Activity 1: ‘Nesting’</u></p> <p>The trainer will show the group some useful internet addresses, which participants may use if they want to show people from their group how to find a new apartment (buy or rent), room, or roommate.</p> <p>The trainer will also provide information about legal programs focused on helping migrant finding place to live if a hosting country provides those.</p>	<p><u>25 minutes</u></p>	<p>PC or laptop for each participant (optionally one for two or three people)</p>	<p>Participants will engage in all group activities</p>

<p><u>Activity 2: ‘Job seeking’</u></p> <p>This activity is quite similar to the previous one. The facilitator will talk about the ways to find a job in a particular hosting country – job seeking through the Internet or specific legal institutions.</p> <p>The participants will be asked to find some interesting offers using the given web addresses.</p>	<p><u>25 minutes</u></p>	<p>PC or laptop for each participant (optionally one for two or three people)</p>	<p>Participants will engage in all group activities</p>
<p><u>Activity 3: ‘Emergency situations’</u></p> <p>The aim is to make people feel more confident in new surroundings, by giving them some instructions on how should they behave in an emergency situation.</p> <p>Firstly, the facilitator will ask the group how they should behave if:</p> <ul style="list-style-type: none"> - Someone attack them on the street, - They got lost - They have heartache/broken leg/ feel really dizzy <p>Next, the trainer will explain ways to get help in a particular host country.</p>	<p><u>30 minutes</u></p>	<p>Arranged tables and chairs.</p>	<p>Participants will engage in all group activities</p>

<p><u>Activity 4: 'Making new friends'</u></p> <p>Sometimes feeling confident and safe in a new place depends solely on if we have someone to talk to. In some cases, when culture and language barriers are too hard to overcome, we have to find people who are more similar to us.</p> <p>The trainer will talk about the groups, associations, Facebook groups or clubs for migrants in hosting country and all the legal help (not only financial), that they can get from the government.</p>	<p><u>30 minutes</u></p>	<p>Arranged tables and chairs.</p>	<p>Participants will engage in all group activities</p>
<p><u>Workshop Closing and Evaluation</u></p> <p>The trainer makes some final remarks on Selfcare with the support of the participants.</p> <p>The group is making a brief summary of the topics that have been covered.</p> <p>Feedback is given through a questionnaire and a discussion in the plenary.</p>	<p><u>10 minutes</u></p>	<p>Questionnaires Pens and Paper</p>	<p>Participants are providing feedback.</p>

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Total duration of the module	2 hours
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