

Empathy Recap

Final Brochure





Acknowledgement

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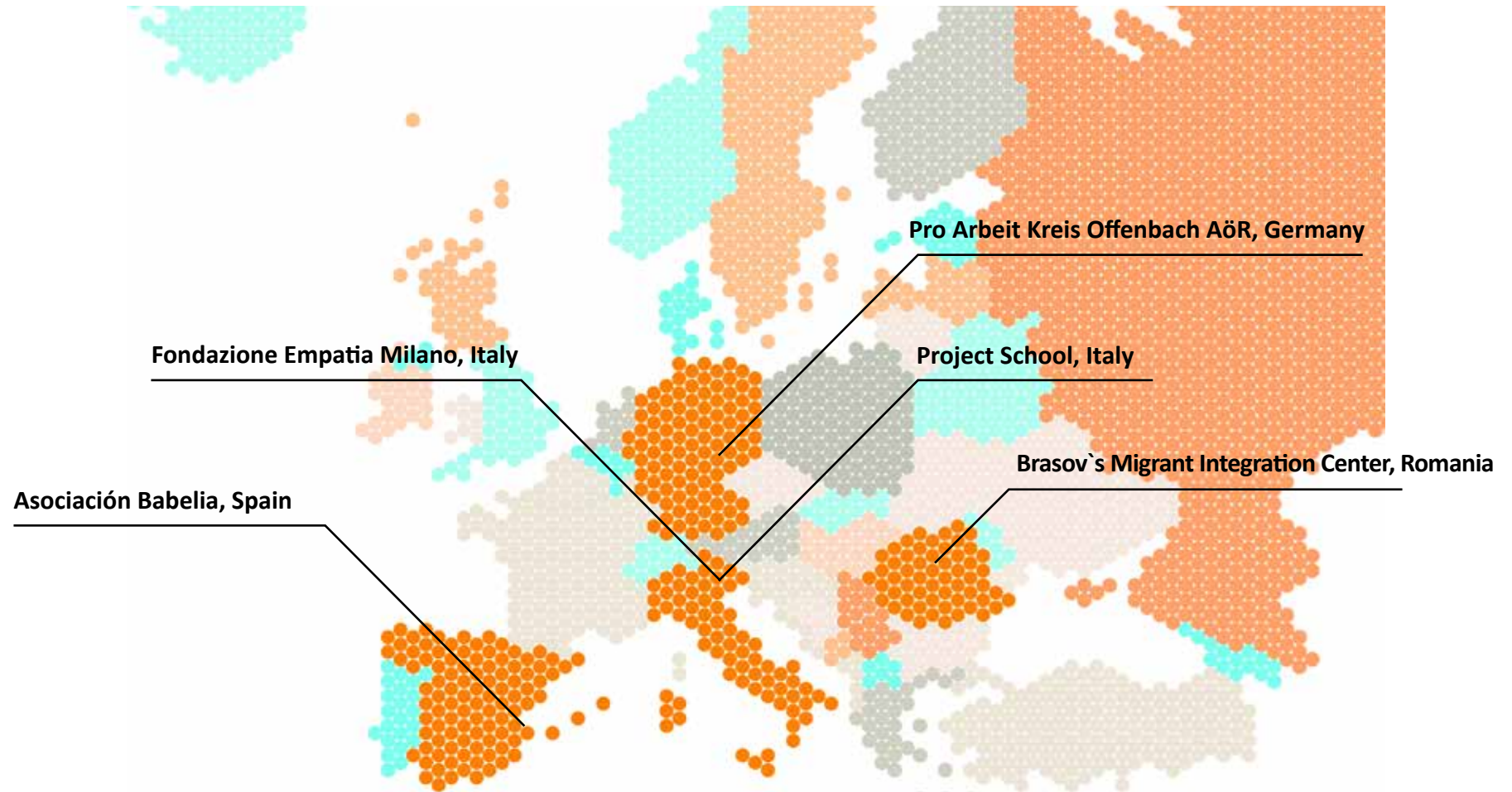


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Partners



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Partners



PROJECT SCHOOL (PS) www.projectschoool.eu

aims to increase the quality of initiatives and projects with a social impact by working on everyone's skills. PS will lead the design and implementation of WP4: Inclusion. In particular, it will use its methodology for supporting agents of change and local stakeholders in the design and implementation of engagement strategies which can bring a real added value and impact in the communities they are tested. Further to WP4, PS will support the partners in the design and delivery of all project activities.



FEM FONDAZIONE EMPATIA MILANO www.fondazioneempatiamilano.com

gathers various expertise/members in the areas of social and cultural affairs (i.e. psychologists, social researchers, media experts, artists). FEM develops and undertakes innovative cultural activities that encourage dialogue and attention towards people with fragilities such as mental disease, immigration, etc. Within the EMPATHY project FEM will coordinate WP 3 on Integration, and will participate in and develop various project activities in the local context of Milano.



PRO ARBEIT - KREIS OFFENBACH - (AÖR) <https://www.proarbeit-kreis-of.de/>

is a public institution and acting as a job centre in the County of Offenbach (Hesse, Germany) since 2005. Their legal mandate is to support people in social need. Pro Arbeit main tasks are to grant benefits to secure the livelihood of the beneficiaries and to accompany their integration into the labour market so that they can permanently support themselves from their own resources. As a project coordinator, Pro Arbeit will be mainly responsible for project management, will promote the project's EU added value and will ensure the overall project's progress and implementation.



Partners



BRASOV'S MIGRANT INTEGRATION CENTER www.migrantbrasov.ro

has become a model for other NGOs in Romania acting in the field of migrant integration through its tradition in teaching Romanian language to migrants, offering innovative cultural accommodation sessions, multicultural festivals, educational and recreational activities and information and counselling services.

In this project Migrant Integration Center in Brasov contribute with Brasov experience in delivering orientation and integration services to people with migration background. The novelty of this project is that Brasov Center will create an integration program for migrant youth designed together with young migrants and young Romanians altogether.



ASOCIACIÓN BABELIA www.asociacionbabelia.org

is a non-profit organization with an expertise in the field of immigration and interculturality. Its vision is to contribute to the enrichment of our multicultural society by promoting intercultural coexistence, social cohesion and equal opportunities.

Babelia's commitment to multiculturalism and social justice will be put at EMPATHY's disposal by developing activities focused on capacity building in order to support the inclusion of newly arrived migrants in good quality education.



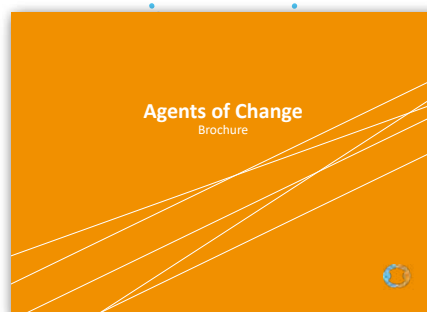


Empathy Brochures

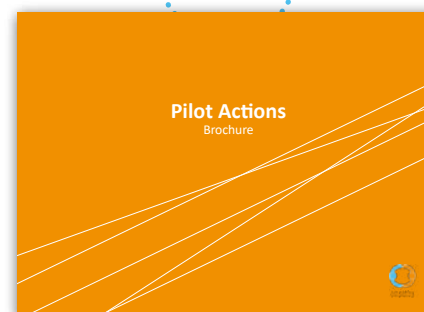
1. Overview of the
EMPATHY Project



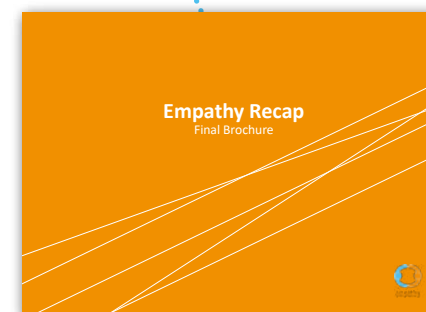
2. Introduction of our
Agent of Change from
all partners



3. Pilot Actions and Pilot
Cards of all partners



4. Recap of the EMPATHY
Project and its products





Feedback from the partners

BRASOV'S MIGRANT INTEGRATION CENTER

„Empathy project underlined the essence of our organization and offered us a platform to create strong and durable bonds among all stakeholders involved in this project.“

FEM FONDAZIONE EMPATIA MILANO

„The Empathy Project allowed Fondazione Empatia Milano to reach out in the ‚territory‘ of Milano towards young people, university students, Italians and foreigners and experiment with them an innovative and empathic project that spoke to the students about difficulties and challenges, opportunities and losses about ‚inclusion‘. It did so not by describing a specific condition, but allowing people to ‚live‘ what it is like to be a young person arriving in a totally different cultural background... Furthermore, Empathy allowed FEM to be in touch with several partners and all reciprocal stakeholders to exchange in the European context.“

PROJECT SCHOOL

„How do we enable change in our communities?

In one way is through projects like Empathy!

The Empathy project enabled us to test the methodology of the pilot school with a diverse group of agents of change; at the same time it taught us a lot about empathy and the methodologies to promote it at a European level through the collaboration with different partners.“

PRO ARBEIT - KREIS OFFENBACH - (AÖR)

„The outcomes of the empathy project especially the commitment and motivation demonstrated by the young participants, partners and other Stakeholders across local borders is a manifestation of the hope of a better society.“

ASOCIACIÓN BABELIA

„On behalf of Babelia's team we would like to extend our most sincere gratitude to all those members, entities and institutions who joined us in our effort to raise awareness about interculturality, equity and inclusion. It is our pleasure to announce that our agents of change who have been participating in the Empathy Project will continue promoting initiatives that value diversity. “



Final Conference

The Final Conference of the Empathy project took place on 13.12.2022 in Brussels, Belgium. To start the day off all project partners and the Agents of Change had the chance to get to know each other better with a quick ice-breaker. The moderators Amira Bieber and Mohammed Issifu (Pro Arbeit) kick-started the conference showing the Empathy introduction video. Afterwards Antonio Argenziano (JEF Europe) lectured on sustainable youth engagement and the ways of shaping activism beyond EU projects. Subsequently, Saskia Schubert from the Berlin School of Economics and Law presented the findings of her research on empathy in a very exciting speeches.

After a well-deserved lunch break Luigi Della Salla gave further insight into the background and initial drafting stage of the Empathy Project. The project was written against the backdrop of steadily rising tendencies in terms of discrimination and prejudices towards people from a different background. The project's mission was thus to get active and speak out against against discrimination, xenophobia and racism. Young people were trained during various workshops to become Agents of Change working with topics such as youth hate, racism, diversity, etc.

All Agents of Change (AOC) present at the conference were given the opportunity to discuss what they have learned, implemented and experienced during the project. All partners had great achievements to present and managed to activate very engaged participants for the project. The Agents of Change from all countries were unanimous in their wish to keep in touch and visit each other in the partner countries. Mahmoud Haji,



Final Conference

AOC Pro Arbeit: „The project ends, but the friendships we made do not end“.

In the second part of the day, workshops were held with all present. The first workshop was conducted by the Agents of Change from Germany who animated everyone to brainstorm how the project could be further promoted in our societies. The results of this workshop can be found in the Upscaling Plan.

Chioma Oguebinike from Red Line Germany, who conducted the second workshop, dealt with the modalities of responding to stereotypes in daily life. Participants shared their own experience and assessment on various pre-set stereotypes, which resulted in an active and valuable exchange.

The conference concluded with a vote of thanks to all partners and project staff. The main focus, however, was on the Agents of Change, who were honored for their participation in the project and their commitment.











Empathy Label

The Empathy Label: The project's message will be promoted through the use of its label - "EMPATHY LABEL". This is a badge (graphic logo) which will be openly and publicly used on all dissemination materials of organizations, municipalities and local authorities who are keen to contribute to and join forces in spreading the "EMPATHY REVOLUTION". By applying the "Empathy" methods and messages in their work, using for example the project's toolkit, these institutions will contribute to the sustainability of the project's image and messages. The label has been published on the project's website, allowing the public to access it after answering a quick questionnaire.

<https://www.empathy-project.net/>



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Empathy Label





Products

Empathy Poster in all Partner languages





Products

Interested? Then send us an email: empathy@proarbeit-kreis-of.de
or via Instagram: [@empathyprojecteu](https://www.instagram.com/empathyprojecteu)



The QR code redirects to: <https://www.empathy-project.net/>

Contact emails are stored by Pro Arbeit Kreis Offenbach -AöR, Germany, and will be kept for a period of 5 years and then deleted. E-mail transmission may be unsecured.

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empathy

Xenophobia Racism
Fostering against
Intolerance Discrimination



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What is EMPATHY?



"Empowering Migrants Promoting Inclusion via Capacity Building and Communities Engagement" Following the funding motto of European identity **'equal in diversity'**, the project EMPATHY supports the prevention of instances and attitudes of racism, xenophobia and intolerance.

EMPATHY proposes an educational path **involving both migrants and local youth** in order to lead them to become agents of attitude-change within their communities.



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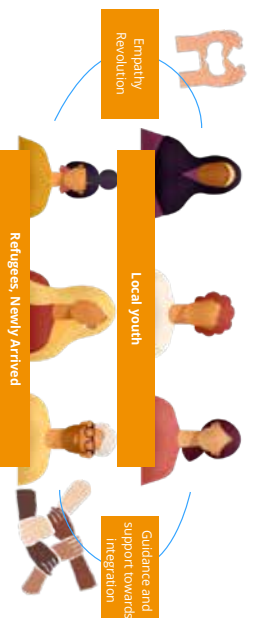
Phases

- Orientation**
Developing and transferring knowledge between young people at the local level.
- + **Integration**
Designing and delivering training programmes to set up an International youth academy.
- + **Inclusion**
Empowering 'Agents of Change' to Spread the Empathy Revolution at the local level.
- = **Empathy Revolution**

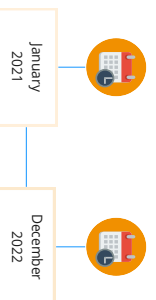
The project is carried out with European partners:
Pro Arbeit Kreis Offenbach AöR, Associazione Babelia, Fondazione Empatia, Project School and Brasov's Migrant Integration Center.



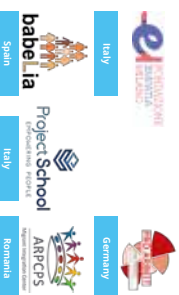
Overview on the Project



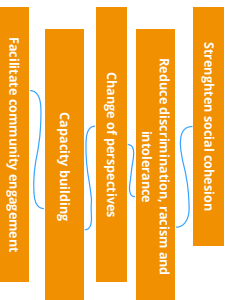
Project Duration



International Partners



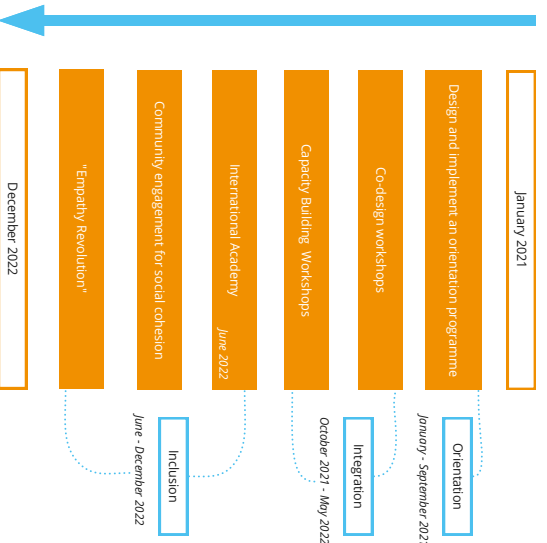
Goals



Target Group



Timeline




Products

Empathy Infographics in all Partner languages



Products

Agents of Change

- 10 newly arrived and 10 local people
- 16 - 30 years

The Agents of Change are motivated and trained for active social engagement through various meetings, discussions and workshops.

Orientation:

- Workshops
- Networking
- Familiarizing with the local environment
- Recreational and intercultural activities
- Getting to know the local community

Integration:


- Capacity building programme
- Workshops
- Exchange of information between locals and newly arrived young people
- active discussions
- Building and spreading Networks
- Networking within the society
- Emergence of an International academy
- International discussions

Inclusion:

- Pilot actions
- Involvement and engagement of the local community
- Delivery of engagement plans
- Become active yourself

= Empathy Revolution

Spreading feelings and engagement
More empathy towards minorities and marginalised groups in society



2nd phase integration

Empowerment for active voluntary work

engage: approaching society

debate: engage with society, advocate for an issue, learn to argue

connect: engage with society, make contacts, draw attention to issues, „make a difference“.

engage

debate

connect


- Capacity building programme
- Workshops
- Theme: Raising Awareness

Planned programme in:

Romania:	Spain:	Germany:	Italy:
Rights of Newcomers, Interaction activity, Cultural exchange Workshop, Medical Issue Workshop, Hate Speech, Racism, discrimination, xenophobia, human rights, Women's Rights, stereotypes and prejudices, labour market, Intercultural communication Workshops	Inclusive communication, Non-violence and peace in schools, Access to healthcare system, emotional intelligence, Linguistic services, Peaceful coexistence, Empowering migrant women, Institutional Racism, Art and awareness, solidarity and inclusion, Migratory grief: learning to fly and the good crisis	Understanding racism and Anti-Semitism, Discrimination at schools: The experiences of students, Xenophobia, Fighting Racial Profiling, Religious discrimination, Stereotypes, Inclusion of people with disabilities, Hate speech, social exclusion LGBTQ, Issues common to immigrants, immigration and diversity, wheelchair barriers	Self reflection, Dialogue in the dark, Lab on empathic communication, Peace Demonstration, Laboratory on 'Empathic listening and conflict mediation', Pilot Project

International Academy M18 in Milan, Italy

- Italian Partner - Project School will organise and lead the international academy
- 10 participants per partner
- European exchange and getting to know each other
- Knowledge exchange and networking (making contacts)
- Leadership training

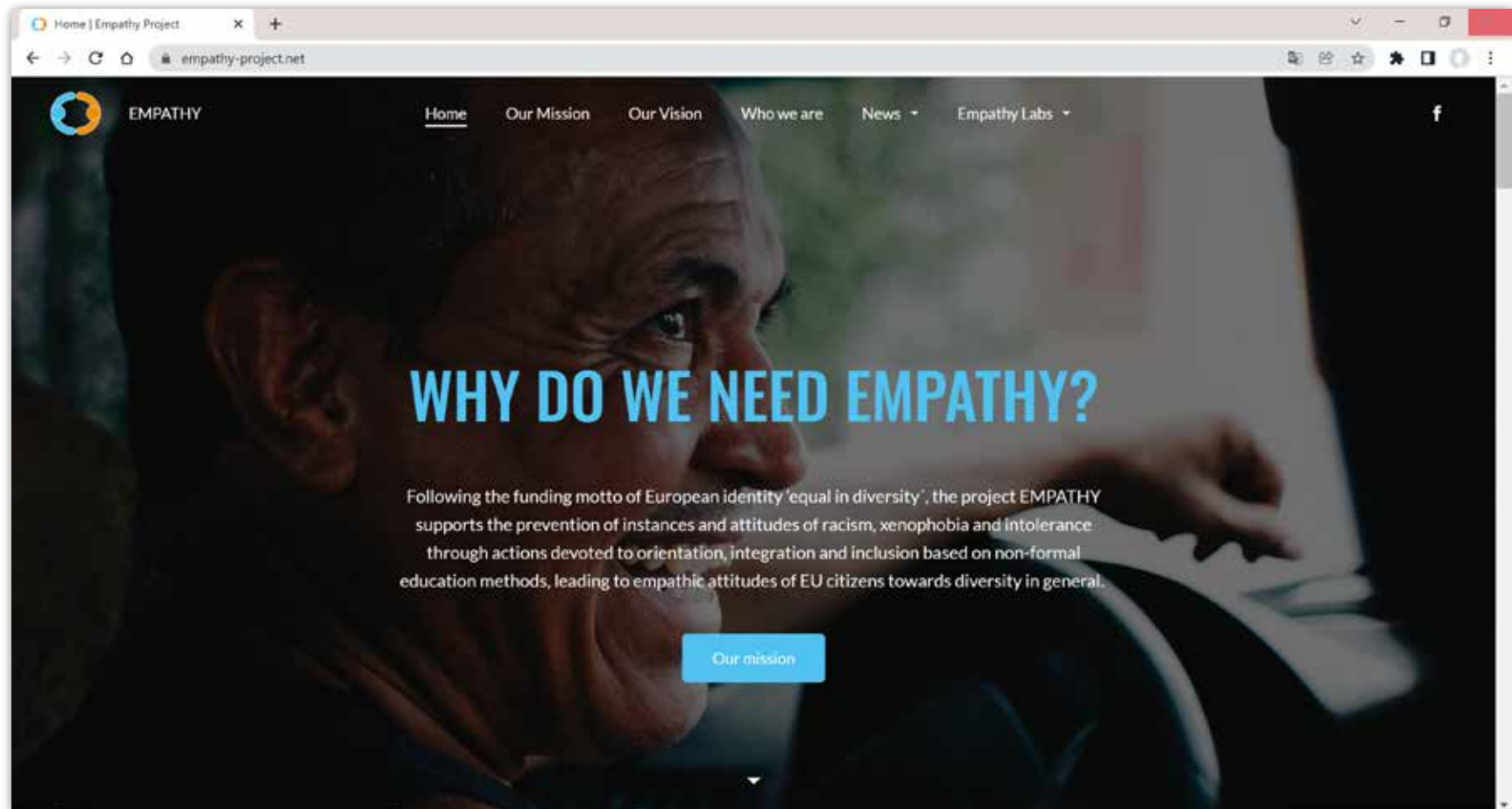


Empathy Infographics in all Partner languages



Products

Empathy Website - <https://www.empathy-project.net/>



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Toolkit

Europe in the recent past has witnessed an increase in covert racism, resulting in the exploitation of this situation by especially Far-right movements and populists to spread negative attitudes about existential and ontological threats to incite the exclusion and discrimination of unwanted 'others', such as refugees, homosexuals, etc. (Kinvall, 2017). Figures emanating from the shadow report 'Racism and Discrimination in employment in Europe', by the European Network against Racism and the Eurobarometer indicate that, there are various aspects of discrimination still prevalent throughout Europe. It is against this background, that, the Empathy (Empowering Migrants Promoting Inclusion via Capacity Building and Communities Engagement) project aims to counter these tendencies and foster a society free of racism, xenophobia, and discrimination.

EMPATHY through its Partners (Pro Arbeit, Germany; Fondazione Empatia Milano, Italy; Project School, Italy; Brasov's Migrant Integration Center, Romania and Association Babelia, Spain), activities and other actors supports the prevention of instances and attitudes of racism, xenophobia and intolerance through the 3 stages - Orientation, Integration and Inclusion - of the project's activities and measures based on non-formal education methods. These in the long run will lead to development and spread of empathic attitudes of EU citizens towards diversity in general. The project is spreading the "Empathy Revolution", through a series of offline and online activities focused on stimulating creative, culture and social innovation approaches to foster an environment for intercultural dialogue and mutual understanding. The development of the empathy toolkit is instrumental for raising awareness on the relevance of the promotion of discourses of tolerance and respect rather than hatred and anger.



The Empathy revolution toolkit is a document that captures and illustrates the main activities that were carried out and the Best Practices employed to spread empathy in our societies, as part of the activities of the Empathy Project funded by the Erasmus+ program of the European Commission. It is replicable and can be used as an instrument available to public and private organizations willing to use the EMPATHY methods and Best practices towards their younger target groups.



Toolkit

EMPATHY PROJECT 621045-EPP-1-2020-1-DE-EPPKA3-IP1-SOC-IN

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EMPATHY REVOLUTION TOOLKIT



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2. The importance of the Empathy Revolution

The Empathy revolution joins together two often seen as opposite concepts, the Empathy which has a soft connotation, related to the communication and interpersonal abilities and the "revolution" one often seen as a strong word related to the ideas of unrest and resistance against an existing social formation.

Nonetheless, in every revolution, the human factor is important - and in this sense we - as a consortium - saw how the agents of change were the base of this, as they took on the responsibility of spreading a change of ideas and attitudes voted towards common understanding, dialogue and encounters. In addition, we saw how this was not easy as it assumes that people are ready to face and embrace potential internal conflicts and put the focus on the other person, trying to promote a deep and radical change towards acceptance. Indeed, while we worked during the project the agents of change were kind of fed up with telling their stories, and really wanted people to try and live their experience, using empathy for a positive change in a way that is relatable to other fellow young people, calling them to challenge the status quo and acknowledging the need for a change against ills affecting our society such as racism and discrimination.

Some ideas to carry on this revolution and promote empathy were discussed during the final conference and are summarised here:

- sharing experiences, engaging, promoting dialogue and actively seeking opportunities to meet different people;
- trying always to question ourselves and not giving anything for granted and therefore challenging, sharing and discussing our own prejudices and biases;
- empathizing, understanding but not condoning hate;
- understanding our emotions, expressing them and listening to others even when it is difficult;
- by being open-minded, avoiding judgements and assumptions;
- offering free therapy sessions;
- not forgetting that the world is a big place and that we are not the only humans, religions, cultures etc. that exist.

These suggestions were just a few of the ideas and attitudes our agents of change will spread around as we are sure they will keep the empathy revolution spirit way beyond this project.





Interviews and Videos

In the course of the project, more than 35 videos, including interviews and promotional videos, were created through the active participation of all project partners and agents of change. These can be found on the project's [YouTube channel](#).





Timeline

ORIENTATION

Planning and implementation
Orientation programme

M1 - M9:

January - September 2021

INTEGRATION

Co-design and implementation
Capacity Building Programme

M10 - M17:

October 2021 - May 2022

International
Academy

INCLUSION

Draft local
Engagement Plans

M18 - M19:

June - July 2022

Formulation
Engagement strategies

M20 - M24:

August - December 2022



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Important Links

Instagram: <https://www.instagram.com/empathyprojecteu/>

YouTube: <https://www.youtube.com/channel/UCudP74aP797XXVYFXRF3XZA>

Facebook: <https://www.facebook.com/empathyprojecteu/>

Website: <https://www.empathy-project.net/>



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