Empowering women in communities through art: A four-day training course in community art for a group of 25 women from 10 countries and 4 continents in Pécs, Hungary. The course offered the women tools in visual arts and community theory, and taught them to work with their own voice and identity. Through artistic methods helped the women explore their individual needs and life experiences, transform them using creative techniques, and share them with the others to strengthen their voice in the community. The women also experienced the group dynamics and became aware of the needs of the community. Finally, they assembled their experiences and used them in public events as performance, flash mob, music, banners, or installation. (Video spot available on www.nesehnuti.cz)

Krisztina Katona, Eszter László (Murál Morál, Hungary) in collaboration with N E S E H N U T Í (Czech Republic): In recent years, there has been an increase in xenophobia. We need to resist racism and xenophobia in everyday life, and we shouldn’t keep silent,” says Toy Box. She fights prejudice by telling the stories of those who have experienced migration: “In recent years, there has been an increase in xenophobia. We need to resist racism and xenophobia in everyday life, and we shouldn’t keep silent,” says Toy Box. She fights prejudice by telling the stories of those who have experienced migration: “In recent years, there has been an increase in xenophobia. We need to resist racism and xenophobia in everyday life, and we shouldn’t keep silent,” says Toy Box. She fights prejudice by telling the stories of those who have experienced migration: “In recent years, there has been an increase in xenophobia. 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LISTENING TO LIFE STORIES

of relatives, friends, and neighbours who have experienced migration. Despite the current media coverage, migration does not involve people who are forced to leave Europe from African and Arab countries. Migration is part of human history and is a very important and powerful tool used by the media to portray migrants and their experiences. It enables us to understand the complex political, social and historical context.

How can you get involved?

Contact Lucie Čechovská, lucie.cechovska@nesehnuti.cz.

For more information about the camp, please contact Mariana Zbořilová, mariana.zborilova@nesehnuti.cz.

Buddies: Building a friendly community for newcomers. Imagine you live in a foreign country, and already feel lost. You don’t understand the language, culture, and people’s behaviour. Suddenly you are a stranger, a person willing to help, but don’t know how. What could you find new companions? The programme is based on comfortable and friendly relationships, evoking positive emotions in both the buddies and the newcomers. Their relationships develop gradually and may take different forms, depending on the person involved: someone can be a best friend, someone is just a guide.

How can you get involved?

Organize a buddy programme in your area. It is easy to join people from different cultural backgrounds and to exchange and the buddies can learn something as well. Jitters in the community, and getting to know each other. The camp environment has been chosen because it is easily accessible even from the city centre and the children can be outside for all day. The programme is suitable for children from 5 to 12 years old and it includes activities, sports, and educational activities. Children also do some craft work and build their relationship to the nature and the city where they live.

For more information about the camp, please contact Tatiana Zbořilová, tatra.zborilova@nesehnuti.cz.

How can you get involved?

Contact Lucie Čechovská, lucie.cechovska@nesehnuti.cz.

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BuDDies

Building a friendly community for newcomers. Imagine you live in a foreign country, and already feel lost. You don’t understand the language, culture, and people’s behaviour. Suddenly you are a stranger, a person willing to help, but don’t know how. What could you find new companions? The programme is based on comfortable and friendly relationships, evoking positive emotions in both the buddies and the newcomers. Their relationships develop gradually and may take different forms, depending on the person involved: someone can be a best friend, someone is just a guide.

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MUGS

Using the stories of women who have experienced migration: The installation of quilts and lifelike figures of women in public space allowed the passers-by to walk in the footsteps of the women, and learn more about their experience. How do they feel? What could we do to support them? People could also join the women in creating a street painting. In the common space, the woman expressed what empowered them in life. The happening included a debate where they shared their life stories with the public. The public debate was accompanied by the WOMEN WITHOUT BORDERS exhibitions. The aim was to learn about the life stories of various people who have experienced migration – for they are the ones who are fighting for their right to safe migration.

Lucie Čechovská, Kristýna Pešáková (NESEHNUTÍ, Czech Republic) in collaboration with Halina Grzymała-Moszczyńska, Paulina Szydłowska (Jagiellonian University in Kraków, Poland), Krisztina Katona (Murál Morál, Hungary), Alena Krempaská (Human Rights Institute, Slovakia): Thanks to public events using artistic methods, people can interact in a creative and unforced way and overcome mutual barriers and boundaries. The storytelling allows them to find the common ground – emotions and situations people experience in different cultures. This increases their ability to see a human being beyond the impersonal category of migrant.

How can you get involved?

Organize the WOMEN WITHOUT BORDERS comics exhibition in cooperation with a school, local café or local organization, and invite someone who has experienced migration to discuss their life story with the public, and engage learners, please contact Lucie Čechovská, lucie.cechovska@nesehnuti.cz.

For more information, contact Lucie Čechovská, lucie.cechovska@nesehnuti.cz.