

# How To Improve Adaptation And Integration Of Refugees

## Universal Playground?

#### Adaptation problems - for Those Who Come

- Cultural problems (Rituals etc.)
- Language problems
- Psychological problems
- Network problems

Children / youngsters are more likely to be flexible in adaptation and integration process.

#### **Adaptation Problems - for Society**

- Not enough knowledge
- No experience (especially in monoculture societies)
- No critical thinking
- Fear

There are not many 'welcome classes (intercultural communication) ' for society











#### Solution: Find common ground!

To bridge the gap between both groups, common grounds are needed. Triggers that find that we have more similarities than differences. For kids only a ball is sometimes enough to find common ground. But how it is for adults (who usually are also less flexible in adaptation)?



#### **Universal Language**

Find universal languages which break language barriers (universal playgrounds)

- Sport
- Food
- Music
- Art (drawing, photography)

Plus:

Find a common purpose.

In northern countries sometimes an extra trigger or purpose is needed

#### Cities vs. countryside

In countryside:

- Become part of community

In cities:

- Become part of community via neighborhood activities

### Start in your street!