

Description of the 31 selected initiatives

Germany

1. Über den Tellerrandkochen.e.V. (Berlin)



Über den Tellerrand ('beyond your plate' in English) is a commonly used German expression for open-mindedness. It was founded in 2013 and is based in Berlin. What started out as a student project, has become an enriching and inclusive international community where 'people on the move' come to find a sense of belonging and experience care and compassion. At the same time, it provides avenues for 'people on the move' to enrich their host communities by sharing their own knowledge and unique skill sets. By bringing newcomers together with locals in their host communities, a sense of belonging is created as well as reducing stereotypes and prejudices on both sides. People are brought together via common interests. Be it sports, singing, storytelling, theatre, language Cafés or whatever activity the volunteers design and implement. Food is the most important community and integration tool. During the cooking events people prepare recipes from their own cultures. The meal is prepared collectively with the participants and while dining there is room for exchange and connecting to each other. Food is therefore used as a medium of communication that transcends traditional language barriers. It allows the

participants to share with others a bit about their culture, history and identity. As a model project, “Über den Tellerrand” inspires and motivates encounters and exchanges between cultures. The so called satellite-network of subsidiary projects already includes intercultural communities in over 30 cities. “Kitchen on the Run” is the mobile integration incubator from “Über den Tellerrand e.V. .With the blue kitchen container, they carry the idea of an open and diverse society to new places. The mobile kitchen allows to reach places without the infrastructure for such initiatives, in terms of a critical mass of volunteers or the material resources. Mostly small cities in rural areas are visited by Kitchen on the Run over a period of some days. Sometimes an active group of locals start an “Über Den Tellerrand” initiative in the following. Last but not least, “Über den Tellerrand” also develops programs to meet needs of TCN beyond the social aspects. The Job Buddy programme is a specially developed mentoring programme, which supports newcomers upon their arrival in Germany. Matching two individuals by vocational interests and forming a tandem, where locals and established citizens help newcomers with the application process and providing an orientation to the German labour market is the main goal of the buddy-Program.

2. Zusammenleben (Freiburg)

Zusammen leben e.V. (living together, since 2015) is a non-profit organisation based in Freiburg that wants to create spaces of encounter and communality between refugees, migrants and people from Freiburg. They develop formats alleviating possible anxieties and enable direct contacts between these social groups. The activities are supported by private and public funds. The organisation has four different internal project, which are a weekly lunch-café, a community garden, a Potato project and special arts and cultural events combined with food.

On three weekdays, „zusammen kaffee“, the weekly lunch café, opens its doors to offer an international, diverse lunch menu. The guest cooks come out of the zusammen leben – community as well as out of migrant (self) organisations. Many have been seeking asylum.

Some have been professional cooks in their home countries, others are fabulous hobby cooks. They cook with regional and organic fair trade ingredients with the exception of few culinary rarities for which there are no regional and organic purchase possibilities.



“Zusammen Gärtnern” is an intercultural and inclusive community garden developing since July 2016, to work, enjoy, learn from each other and have fun in a respectful environment.



“Zusammen Kartoffeln” is a project providing training in organic agriculture through potato-growing. Different plots all over the city are used for cultivation and training. From the harvest they prepare french fries which are cooked at a mobile kitchen with which they already visited and sold at local festivals.

Finally the initiative uses their cafe and community garden to host different events in the field of art and culture. Art is a brilliant vehicle to enable direct contact between people from different backgrounds without the need for language. They create intercultural encounters via music, performance and dance. This may happen in making music together, dancing or singing. At the same time, cherishing a performance can further lead to respect for one another. In their music-theatre stage productions, they thematise current topics like the reasons for flight, the challenges of a diverse society or the meaning of migration.

3. Annalinde gGmbH (Leipzig)

The non-profit Annalinde GmbH (Limited company) runs a multifunctional urban agriculture project in the city of Leipzig. Founded in 2011 it aims to provide places for exchange and learning about organic cultivation of food, biodiversity, sustainable consumption, responsible use of resources and community building and urban development.

One community garden, two urban gardens and a meadow orchard are the fields of action. The educational formats (socially, culturally and biologically) are coordinated by the AnnaLinde academy. Working days in the community garden, workshops, cooperations with schools, primary schools are methods used to foster cooperative and practical learning. The intercultural garden, as a part of the community garden, is funded through the European Social Fund and started in 2016. Until now over 1300 individuals participated in the program, approximately 10-15 TCN are involved every Thursday from 12-19 pm. Two paid positions for coordinating are supported by official volunteers. The community garden is leased from the city. Besides the open garden days, workshops for newcomers are organized (culture, mobility and needs, handcraft and work). Regular visits to local companies and employers connect newcomers to potential working and training opportunities.

Participants according to their backgrounds also act as workshop organizers if possible. Through the other projects of AnnaLinde participants also benefit from a wide

range of volunteering and training possibilities in the field of urban and periurban agriculture and gardening.

4. Bntes Meiben Bündnis Zivilcourage e.V. (Meiben)

When a demonstration of the far-right Reichs citizens movement was announced in 2013 many people and organisations came together to counteract. They formed the “Bündnis bntes Meiben” (Alliance for a colorful Meiben). Besides many other activities, they started an international garden in april 2016. A 3.5 ha and 15 years left alone fallow only 500 m away from the city was transformed into a garden and recreational site for families, kids and most importantly asylum seekers and refugees. The municipal property is secured over a permission for use contract for five years. Two third of the users of the garden are newcomers in Meiben. in 2018 15-20 Families are regularly gardening together and individually, so about 100 locals and mostly Afghan and Syrian people enlive the place. Individual plots of 44 m² are leased as well as the big community-garden-area provide many opportunities for horticulture and social interaction. Two permanent employed staff members and one person doing a federal voluntary service provide a stable infrastructure for the approximately 70 refugees, who visit and work in the garden regularly. During the main season the garden is open everyday, staff is present from 9 am to 5 pm. Every second saturday a gardencafé is organized, once a month a bigger joint cooking event is held, 4-5 times per months a mutual work effort builds up the infrastructure (compost toilet, drainage, paths building). Over the years several workshops invited a wider range of participants to learn about pruning of fruit trees, insect monitoring, watering, recycling and so on. Being a focal point for meeting friends and the respective peer groups, five bigger festivals play an important role in the annual agenda. On new year, in april for the start of season, in june to celebrate the sugar feast, the summerfest and finally thanksgiving, between three to five hundred people come to visit the garden and have a good time.



Besides the gardening-community aspects, the international garden also acts as a contactpoint to a wider range of supportoffers in Meißen. Through the umbrella organisation “Bündnis buntes Meißen” counseling and contact to a correspondent lawyers is facilitated. A Family-Tandem-Program connects newcomers and locals for supporting each other. All money comes from grants, an annual fee for the individual plots provides resources for tools and infrastructure. The international garden was target of the far-right party AFD (Alternative für Deutschland) when they were campaigning for elections. Surviving this defamation the project is now well accepted and attracts a constantly growing numbers of locals and newcomers.

5. Cookin Hope (Wuppertal)

CookinHope is a trainee-restaurant. Asylum seeker and refugees go through 6 months traineeship to gather experiences in gastronomy. This intensive internship smoothens the way into apprenticeships or jobs, or prepares for self-employment. CookinHope is a real restaurant with real food and real guests, one chef (also a former refugee from Syria) is employed to train the six trainees. Besides of the restaurant business, it also acts as a focal point for asylum seekers and a local community interested in intercultural dialogue and/or willing to support newcomers. The first pioneer group

finished the traineeship in April 18, all of them are now either in other restaurants employed or in vocational training. Joining 2-3 days a week the regular restaurant business, the trainees not only learn the gastronomy side of the business but also about legal and entrepreneur topics. The starting point of CookinHope was a master thesis about job visions of Syrian refugees. It showed, that a majority wants to work in gastronomy (most of them already gained already experience in the field). The first idea was a business incubator project to train several TCN so they can start a business together when finished.



However, in the end a permanent training restaurant was established, due to the fact that a group of randomly thrown together individuals does not mean necessarily success for a future start-up team. The restaurant already existed, so there was no need to find a new place and set up the infrastructure. A Crowdfunding allowed the team to start the trainee program and advertise the concept to a wider public. One of the trainees was a victim of an unexpected deportation to Italy due to Dublin III, so not only happy moments accompanied the all in all successful trainee phase.

The main criteria to choose the trainees was their motivation, what vision and motives they had, and what they wanted to gain from the traineeship. Due to good networking and public relations, many local businesses approached the project to get into contact

with the trainees for finding suitable employees. The restaurant is not only a focal point for the trainees but acts as place where people meet and support each other. It is very well-known not only among refugees but also as being recognized by the job agency as an early stage for job insertion. In the future CookinHope wants to become a network for restaurants (businesses in gastronomy) who work with asylum seekers and migrants. Another vision is to act as a quality label for other restaurants. The restaurant wants to evolve even more into a social hub, where asylum seeker can connect to a wider network of support organisations. And last but not least, the traineeship could expand to an official recognized training with a qualification in gastronomy.

Portugal

1. Associação Pão a Pão (Lisbon)

Pão a Pão is a middle eastern restaurant, which gives since 2016 training and jobs to women and young men refugees from the Middle East and the opportunity of sharing a very important part of their identity - food - with the hosting community; also organizes workshops and conferences around arabic culture. It employs 17 people but the impact is much bigger because it helps to change the image the hosting community has about refugees. They work together with other initiatives like SPEAK (Culture and language exchange), PAR (Plataforma de Apoio aos Refugiados) and ACM (Alto Comissariado para as Migrações). They use different funding sources like donations, city council of Lisbon, ACM and US Embassy in Lisbon.

France

1. Food Sweet Food: Refugee Food Festival (Paris/ various places)

The Refugee Food Festival is a project from the association “Food Sweet Food” which started in 2016, financed by the UN agency for refugees UNHCR. Once a year, in different cities of the world participating Gourmet restaurants open their kitchen to refugee chefs and invite them to cook for their visitors. For the first time in 2016, 11 Parisian restaurants invited 8 refugee chefs to cook for more than 1000 Parisians overall and introduce them to the cuisines of Iran, India, Syria, Chechnya.

The two French initiators believe that food is a form of language which can bring together different kinds of people. The vision of Refugee Food Festival is to change the perception of citizens on refugees and show that they have skills and qualifications. The goal is to create an exchange between French and foreign chefs, empower the participating refugee cooks and create job opportunities for them. The refugee chefs gain self-esteem and receive an excellent reference for their CV. Some found work, apprenticeship place or continued other studies. Apart from the festival, the association houses different activities at their main seat “La Residence” in Paris, which enables professional integration of refugees through food.

For the Festival the cooks get a contract for the time of the festival and they need to have refugee status, no asylum seekers can apply.

Since the projects targets specifically gourmet and high-end places, it is one of the challenges to find professional chefs which can cook for many visitors, such as 200 persons per restaurant and which meet the standards of the restaurant itself. This is slowing down the expansion of the project to involve more restaurants and TCNs. However, the Festival is strong in reaching a broad and important audience, e.g. 1000 visitors in the first edition in Paris in 2016.

Moreover, the festival is a citizen initiative aiming to show that civil society has a fundamental role to play in the way refugees are welcomed. The festival is only organized and coordinated by volunteers which get professional schooling by the main organization “Food Sweet Food” and are provided with precise guidelines. Refugee Food Festival is still a quite new project, but distinguishes itself with a very creative concept, extremely positive feedback from the visitors and the people involved and its link to the UNHCR.

2. En chantier: La Cantine de Midi (Marseille)

La Cantine du Midi is a restaurant in Marseille run by the association “Enchantier” which was founded in 2006 and which has the vision to favor socializing by food. In 2008, they started the forerunner restaurant project “La cuisine” which was changed into “La Cantine du Midi” in 2013 when a new team took over. The concept of the restaurant is to offer lunch menus cooked by 3 to 4 voluntary chefs which change on a

daily base. The restaurant is in a multicultural and poor neighborhood with high percentage of TCNs. The cooks are migrants, refugees or locals and generally lay cooks who suggest the recipes themselves. Everybody can come and volunteer on the same day if they register in the morning. The price of a lunch menu is 8 € and prepared with local and as far as possible organic and fair-trade products, which are taken from their associated shop “L’épicerie”. This is a small serve-yourself shop which is also run by “Enchantier” and which is selling organic, fair, regional food products at affordable price. This is possible by buying products at high quantities which are then shared between “L’épicerie”, la “Cantine du midi” and “Cantine nomad”, which is a catering project from “Enchantier”.



Currently, la “Cantine du Midi” has 3 full time employees and 120 volunteers. L’épicerie has 50 volunteers which work for a period of 1- 1,5 years and which are working on exchange for food products equaling around 7 €/ working hour. There are also opportunities of internships in “La Cantine du Midi” for a period of 1 week to 1 month for TCNs where they are accompanied by a social worker.

There are a lot more activities related to the project, for instance once a week they hold workshops on health and nutrition, where they also make trips to local producers.

Unrelated to food, there is also a women’s journal club and language courses, but there are synergies since people coming to language courses start to get interested in

the cooking activities and workshops. As a collaboration between the restaurant and the journals club, in the future they would like to create a cooking book with the recipes from La Cantine du Midi. Other future goals are to establish a pedagogical garden and produce more food.

Spain

1. Asociación por ti mujer (Valencia)



Asociación por ti mujer was founded in 2014 by a group of immigrants from different countries together with a host population from Valencia, which involved directly around 40 people and more than 12 nationalities. However, more people are involved sporadically in the activities.

The coordinator and the president are also immigrant women, with a high participation in the design process of the association and projects. There are several nationalities

involved in the project, most of them from South America, but also from Africa and Europe.

Public financing (city council) supports the infrastructures (gardens) and training, they receive also private donations from the members of the association, like seeds, tools and more. All the people involved in this project are volunteers, there are no employees. The main objectives of the initiative is to create a space for coexistence, gender equality and integration through sustainable practices and to make the role of immigrants in the local agriculture in Valencia visible. Other objectives are the possibility to grow quality food and to exchange knowledge and resources from home countries.

The initiative has developed 2 kinds of projects: an urban garden (huertas urbanas en clave de género) and a catering project (catering social). The garden is around 1200 m² big, divided into 14 plots, and is located in the surroundings of the council garden "Sociopolis". Each plot is cultivated by a group of people, always from different countries, to foster the intercultural exchange. There are also family plots, where children take part in the activities.

The participants of the project have access to an "organic agriculture vocational training", with courses given by professionals of the sector. As a result of this training of 2 years, a member of the project founded together with other farmers an organic cooperative "Tot al Natural" (all natural), which produces outside the city organic fruits and vegetables. To visualize the project, they organize frequently activities with other initiatives, residents, neighbourhood association and they participate in local markets, seeds exchange activities and more. They work also on research about the adaptation of home countries varieties of vegetables to the growing conditions in Valencia.

The second project, catering social was founded in 2011 and aims to integrate immigrant women over age 45 in the society and labor market. More than 100 women have participated in this project since the beginning of the training. Some of these women have suffered from violence from men.

There is a work methodology, with 4 working groups: administration and events; waitresses; kitchen assistants and public relationships, marketing and protocol.

Catering social is an integral project, with information, education, guidance and counselling. Both projects are connected, they exchange products and knowledge.



2. Integraschool (LLeida and other cities)

Under the project “Personal itineraries for integration for people aged over 45: Farming mentor”, Integraschool ,promote the autonomy and equality of opportunities of immigrants and eliminate the obstacles that prevent it, through training actions, in order to enforce the principle of equality and achieve greater social cohesion in rural areas. Integraschool organise workshops in iterns of online job hunting (Active Job-Hunting Resources), on Work in the farming sector, on communication skills (farming vocabulary: types of farm work, types of fruit, tools, etc.), DAFO , on immigration law, course in forklifts, food handling and animal welfare. They are supported by The Fundación Agricultores Solidarios , which has been working since 2001 on socio-labor insertion projects in agricultural sectors with the aim of improving the quality of life and awareness of the migratory phenomenon in rural areas. They receive also funds from EU and national government.

3. COOPE/Central Parc (Sant Boi de Llobregat, Barcelona)

Since 2016 this cooperative works for social and employment integration through farming in abandoned fields. The most important activities are vocational training in organic agriculture and the selling of the products.



They work also for the recovery of “unsalable” products, together with the association “Espigoladors”, and later donate the money to social enterprises. With 10 % of the unsalable vegetables “Espigoladors” produces vegetables and fruits preserves, sold under their own brand name “Im-perfect”. All benefits of the products sales are reinvested into the social project. They receive also support from the municipal council and different public entities. “Central Parc” is working 7 ha of land and they are trying to increase the surface to 10 ha. The biggest challenge is the difficulty to find new fields and the access to the local market. In 2017, they made a vocational training in organic agriculture with ten people with an immigrant background. They organise also together with more local initiatives awareness campaigns about “food waste”.

4. Mescladís (Barcelona)

Since 2008, Mescladís provides vocational training and employability of collectives in social exclusion risk with internships in enterprises and intercultural exchange through cooking and language.



With the incomes from the Restaurant (Espai Mescladís), they support the rest of the projects, like the cooking school and the community development projects and promote responsible and sustainable consumption (using local and organic products). They participate in different markets and events and organise cooking and catering activities with different collectives and enterprises. “Cuinat oportunitat” (cooking opportunities) is a cooking training in catering (3 months), which involves approximately 70 people each year.



During the training, “Mescladís” provides the participants psychological support and some activities like theater and artistic therapies, in order to facilitate the integration process. After the training, Mescladís provides internships in enterprises and labour orientation. Recently the published the book “Regalo para Kushbu” which try to

visualize the difficulties of immigrants during the process of integration with real histories of beneficiaries from “Mescladis”.

Greece

1. NAN (Mytilene, Lesvos island)

Nan, was founded in late March 2018 by four women already involved in *Lesvos Solidarity - PIKPA*, and at the moment 5 refugees and 5 locals are running it. The project started only with donations from organizations and friends (i.e. infrastructure) and the help of volunteers after the EU/Turkey agreement that encroached refugees on the island. *Nan*'s vision is to raise awareness and create positive impact among the local and international community about the political and social issues related to the refugees by breaking the stereotypes produced by the mainstream narrative around them. The project offers a positive example of creating normalization through job opportunities with dignity among other things in the context of social and solidarity economy both for locals and refugees against the context of the economic crisis that produces victimization, misery and precarious or subsidized working conditions. Especially for refugees, through their access to a dignified job they stop being pathetic and beneficiaries, and they adopt more active roles through this type of employment. The project exists inside a wider context created in the city of Mytilene that includes people (local, solidarians & refugees) and activities (workshops, languages learning, cooking and upcycling trainings, legal and psychological support, women empowerment and more) involved in *Lesvos Solidarity - PIKPA* and the *Mosaic Support Center*, as well as a local agricultural cooperative of 70 farmers/producers called *Modousa*, settled in Gera village on Lesvos island, from where they buy local oil and other products. Apart from the aforementioned context, it is difficult to estimate the enormous impact produced by the project since *Nan* has met huge high promotion by local, national and international - wide mainstream and social media. *Nan* is directed to develop and promote environmentally friendly solutions. Also, food that is left over is being distributed to those refugees and local people who are in great need. *Nan* restaurant, is legally registered as a Non Profit Making Company and its financial burden lies on the lack of a national legislative context for social and solidarity

economy. Further activities are planned to be included in order to support the environmental and financial sustainability of the project such as catering, agricultural production etc.

2. Options FoodLab (Athens)

Options FoodLab was born out of necessity as an experimental form of occupational therapy/mental health and wellbeing project for vulnerable individuals. After a series of meetings with “Babel”, a day center for refugees and migrants, the idea was to start doing food based events in Athens. Of course, the most attractive part for the beneficiaries was to earn some extra money while inadvertently going through the “integration” process along the way, but most people realised the value was much more than just money. Options FoodLab acts as a facilitator for people trying to achieve their goals. Together with industry professional, a well honoured program was created that gives the opportunity for the members to grow as individuals, gain autonomy, improve their professional skills, and finally to set up their own businesses with the aim of supporting themselves and their families with salaries negotiated on their own terms. OptionsFoodLab creates a space to nurture and to resist the unpredictable vicissitudes of life in a place where the context is changing on a daily basis. The project’s space, both figurative and actual, allows the foundation for people to grow, and, if they choose, to grow roots.

The initiative works with community building, creation of job opportunities, improvement of lives, expand horizons, learn new skills, build a network, appreciate one another, in a P2P way. One of the skills that Options FoodLab offers is getting acquainted with new technologies that can lead to greater employability further down



the road. They also teach culinary skills, management training, language skills, budgeting, and basic accounting.

They are networking working with political and religious groups, a list of their partnerships can be seen online.

3. Pervolarides of Thessaloniki (Thessaloniki)

This is a self-funded grassroot group of mainly 10 locals and 10 refugees active at the neighborhood of Toumpa in Thessaloniki since 1,5 years. Before that, the group was constituted only by locals running for almost 4 years. They have a very important local impact and relations with other initiatives in and out of Thessaloniki, as well as with the municipality. The initiative is also facilitator for the neighborhood initiative.

Their main activities comprise community urban gardening & gardening trainings, agroecological farming & farm trainings, apiculture & trainings for apiculture. They run a community/social kitchen for homeless locals and refugees. Another activity is food waste management by collecting & processing food like producing tomato sauces and solidarity collection of olives from abandoned olive lands. Pervolarides wants to create a common space for community engagement, language learning, knowledge & skills transfer.

Italy

1. Orient Experience, Africa experience, Venice and Padua

The founder of the restaurants (2012) is Hameed Karim Ahmadi, an Afghan refugee who wanted to use food as a medium for social inclusion and economic development; all the recipes are the outcome of the migrant's encounter with other cultures during her/his journey, and they're adapted to the country where they are proposed. The restaurant's interior design is carefully made by artists according to the staff's home country style. The restaurants therefore follow different routes and are called accordingly: Orient Express, Africa Express and Balkan Express.

Through vocational training for asylum seeker and migrants on cooking as well as provision of workplaces this concept has helped many people in their professional

career. Food is seen as a trigger for personal storytelling and sharing of experiences when preparing dishes and serving food in restaurants and caterings.

The project was initially self-funded (capital of friends), then through the catering activities and restaurant revenues, later public funds came.

There are several restaurants with this concept now in Italy and even in other European cities and in Kabul, Afghanistan (there, the food is Italian).



2. Maramao, Canelli (Asti)

Maramao is a social cooperative that started using abandoned land to work with refugees to produce vegetables, nuts, saffron, cereals, wine and more. All production is organic. Further processing is being done as well in processing rooms. The products are being sold in a shop in the centre of town. The project is situated in Asti, in the Piedmont region of Italy. After a start-up phase from 2014 onwards the social cooperative was officially launched in 2016. Maramao is a slang word for stranger/people in the Piedmont dialect. The agricultural production of refugees from

Africa and other regions of the world together with Italians is at the heart of the project; it happens on land that is leased for free, all together now 25 ha.



The area of Asti is suffering from the restructuring of agriculture and the loss of small farms, family-farm succession is an issue. It is interesting to note that the project is not only a place for training and work for refugees but is now also partly run by refugees, who are also represented on the board together with the Italian social activists that started the initiative. The working was described as non-hierarchical. Maramao is part of a network of cooperatives in the region called CO.AL.A., which provide since the beginning important support on many levels for Maramao.

Out of this network the Coop. Soc. Crescere Insieme (organic agriculture cooperative) is the coordinator of this project. The financial sustainability of the initiative is secured through the sales of their products as well as other products from other local cooperatives. Furthermore, funds from the City of Alessandria's Fondazione Social (27.500 €) and SPRAR network (15.000 €) have helped.

Refugees are connected to Maramao through the partnership with public institutions (Comune di Alice Belcolle, Provincia di Alessandria), and 100 people have gone through agricultural training so far, for most of them (about 80%) this has helped to find work afterwards, some even at Maramao. The team consists of 6 people now.

3. APS Barikamà. Rome

Barakama is an initiative that started out of a particular story in the agricultural area of Rosarno in Italy. Working conditions in the fruit farms there are bad, the migrant/refugee workers are badly paid and discriminated in the social life. The situation exploded when riots took place that received nationwide coverage.



The workers, about 200 people, were deported to Rome where they took shelter in a social centre. After that, one of the workers, Cheik Diop, took matters in his own hand and started a different form of food production – one, that is fair to the people and the environment. Barakamà, which means resistance in Bambara language of West Africa started to produce curd. The concept had and has fair wages, organic resources, recycling and sustainable transportation with bikes and electric cars as top priorities. Eventually it was registered as a social cooperative. Now this initiative that was started by refugees became successful and began to employ Italians.

4. Kamba (Milan)

Associazione Kamba is situated in Milano and started first informally in 2015, until it became a legally registered association in April 2016. It hosts 4 food-related projects:

(1) a training project which offers vocational training and workshops for TCN in their kitchen-lab, but also team building workshops for local enterprises, guided by the refugee cooks . (2) The second project is a catering service, where participants from the kitchen lab trainings can get further working practice. (3) The third project is the initial project with which Kamba started, namely social dinner/lunch events at private homes of locals, for TCN. This year they started with their fourth project, a very big public food event “Milano recipe” (4), which united 10 000 people, 200 organizations and 600 refugees on a 3 km long table at the city of Milano, with the idea to bring along and share everybody’s favourite childhood recipe. In their work they use different approaches such as narrative approach, learning-by-doing and co-design.

The idea of Kamba started at the World EXPO 2015 in Milano with private dinners at home and despite the new projects which evolved meanwhile, the social dinner/lunch events are still a very important activity. One vision of Kamba is to work on active citizenship and provoke a change in mentality: They want to create another idea and stereotype about “intercultural” and “migration”, remembering that in Milano basically all families, if going back to their grandparents generation, are migrants. The second vision is the concrete integration of TCN through job opportunities, realized by the network Kamba established with several enterprises.

Since 2016 Kamba has involved around 5000 people and 120 TCN in their cooking trainings while 40 % of them are working at the moment. The association is run by 2 employees and many volunteers and sustains itself completely without public grants. The training projects are financed through a partnership with a training-organization which pays the staff for trainings at Kamba. The teambuilding courses are paid by the participating enterprises, and some auto-financing comes through the catering service. To increase the sustainability of the initiative Kamba aims to expand their catering service.

As an outlook, maybe in 2 years they would hope to have a stable team of 5 people- 3 of them refugees (their best students) - and to have a coffee place where people can come (back) and where they can combine food and cultural events. They also wish to develop a training manual for illiterate TCN. Another dream is to develop a toolkit to make “Milano Recipe” replicable in other cities around the globe.



5. Salus Space (Bologna)

On the premises of the old clinic “Villa Salus” and funded by the European Regional and Development Fund through the Urban Innovative Actions Initiative a new home for refugees and other vulnerable groups is established.

Around 80 TCN and people in housing transitions live together in the houses. There are also more spaces used by the local community such as coworking, cultural activities and artistic workshops. The garden spaces will be designed as Community gardens, Training gardens (to learn and experiment cultivation techniques, replicable in different contexts, also taking into consideration the refugees home countries) and an inclusive garden (to promote integration and welcoming practices). Both newcomers and local neighbourhood are invited to learn about gardening and find new fields of professional activities. The main idea is to foster synergies of different stakeholders by offering opportunities to a broad range of users. TCN interested in self-employment have the chance to promote their skills through vocational training. They can also get support, counseling and individual contact to other entrepreneurs via the co-working space.



Austria

1. IGOR, Vienna

Situated in Vienna a former care retirement home with a big vegetable garden used for therapeutic purposes was transformed into a home for refugees in 2015. Together with the newcomers the place was set up as a emergency shelter. In peak times about 1000 TCN found a first home there, supported by many volunteers. Especially the former garden crew, who already knew the place and had a long time experience in using gardenwork as a healing and supporting activity, started to engage with the newcomers to revive the garden again. The Project IGOR stands for Integrationsarbeit und Gesundheitsförderung im Öffentlichen Raum (inclusive work and health promotion in public space). Around 30 to 40 TCN engage in working the garden, the food is used and consumed in the shelter home. People helping to care for the 30 hektar surrounding terrain are supported by a small salary organized through state funding. A close cooperation with the neighbouring university for environmental pedagogy helps to get professional input and support for the psychological dimension of well-being through practical work in the garden.



Switzerland

1. HEKS Neue Gärten beider Basel, Switzerland

The HEKS/EPER Neue Gärten (= "new gardens") programmes are projects aimed at the social integration of asylum seeking and refugee families through joint gardening. The aid organization of the Swiss Protestant Churches (HEKS) leases allotment gardens and thereby provides access to gardens for the project's participants. The programme enables migrants and their families to produce their own food and to exchange with the programme team and other people from the gardening community. It also enables them to take part in public life and to feel a sense of being grounded in their new home. The participants get support from professional gardeners who teach them organic gardening methods and they are in exchange with the HEKS programme coordinator who assists and connects them to local organisations which facilitate integration. This project is funded by the Otto Erich Heynau-Foundation, cantonal funds, contributions from further foundations, private and church donations and by HEKS. Participation is open to migrant women and men with residence permits N (asylum seeker), F (provisionally admitted foreigners) and B (refugee). They may participate alone or as a family, with or without children. The programme was designed and launched in 2006 at HEKS Basel and is now offered all over the country.

One example in Basel was visited and the positive impact on a family from Pakistan could be witnessed.



2. Schweizerisches Arbeiterhilfswerk SAH Landwirtschaft und Garten

Situated in central Suisse the national worker's fund realizes a training project especially designed for people with difficulties in accessing jobs or training. Two days per week participants visit the sites to learn and work together. Many refugees use the program because they cannot apply for normal jobs due to the state of residency, language skills, or health issues. The three phase program starts in a garden of an old monastery, where the participants learn basic skills of gardening, teamwork, working routines and language training. Professionals take roles as mentors to establish a positive learning environment. The second phase is about qualification and vocational training.

The third and final phase is about integration into the labour market, finding work. The program is state funded and open to everybody receiving the social benefit. The costs are covered by the responsible social service. Also farms and farm businesses are invited to employ refugees for the maximum duration of one year through simplified paperwork and working permits.



Sweden

1. Gastronaut (Stockholm)

Social catering enterprise (2015) which offers through immigrants chefs food of their home countries. Gastronaut Catering was founded by 5 immigrants, their jobs were unrelated to food. On the other hand, they had a common problem: finding really good food from their home countries with a genuine sense and taste.

Gastronaut Catering brings together groups of people who do not cook for the tourists, food critics, reputation or for the 'average customer' sake. They cook to meet a special need in their community. In these regular places there is extraordinary food. In these international community groups there is a strong cooking culture which means that

homemade food is always high quality food in terms of ingredients, expertise, cooking methods and passion for cooking. It's a space for intercultural exchange, interaction and jobs opportunities for TCN. Also purchase of business skills.

They named the app Gastronaut and it allows people to set up shop in their own kitchens, and allows people who might not have the chance to express their culinary passions in a professional kitchen the opportunity to give it a try from home.

Gastronaut offers a platform for chefs that may have difficulties finding a traditional job in Sweden due to cultural differences. All chefs take a hygiene



and regulations course through Swedish food & health administration (Livsmedelsverket) and they take their cooking very seriously, attaching their reputation, name and deep engagement to every dish delivered.

Netherlands

1. A beautiful Mess (Amsterdam)

A beautiful Mess is a restaurant initiated by Refugee Company in 2017 and run by locals and people with a refugee background. The restaurant is located in a former prison in Amsterdam and was chosen to be established there as it was a temporary refugee shelter before.

A beautiful Mess offers 3 month traineeships for around 20 people at a time, to learn and gain skills as cooks, barista or floor manager. Besides being a platform of job integration it sees itself as a safe place for newcomers to arrive, build relationships, learn the language and gain work experience. It is a place where refugees can feel safe and think about what they want to do. A beautiful mess is open to all newcomers



from day 1, that means before even getting asylum status. Newcomers are offered psychological support, how to write a portfolio and day trips to related partners like Heineken Brewery to learn about other food related working opportunities. The staff of the restaurant consists of 7 employees including a psychologist who supports the newcomers and the floor manager. Trainees are paid 150 € per month and their social security is covered by the Dutch welfare system.

The project is almost entirely self-financed and has grown from a budget of €110,000 in 2016 to € 1.1 million in 2017, with nearly half of it generated by own restaurant, events and commercial assignments.

A beautiful mess has received very positive reviews, acceptance from locals and newcomers, and is every Friday fully booked. The location of the restaurant is conveniently in a popular neighborhood of Amsterdam, but the restaurant itself is also a very attractive place where people want to come and spend time. The people like the food, the barista coffee and the aesthetics of the place: A part of the restaurant has been created as a concept store where artists and designers display their furniture and handicrafts.

2. oost Indisch Groen (Amsterdam)

Oost Indisch Groen is a Dutch NGO which was founded in 2011 in Amsterdam by 3 friends. Their vision was to bring nature into society and communities through universal values, e.g. gardening, enjoying being in nature, food etc. Since then the

creation of 7 community gardens à 20 plots and several pedagogical projects about healthy nutrition. They also published 2 recipe books. The NGO is funded by the local government and extra municipality funds. Oost Indisch Groen Community Garden is one of the NGO's projects, and is an intercultural community garden which was built on a formerly squatted area. The vision of the garden is to foster social interaction through gardening. All plots are community shared. Two times per week there are open gardening days and gardeners are welcomed with tea from the garden's big herb spiral which is prepared in the garden kitchen. They have a pizza clay oven which they use for their pizza party events and weekly dinnerclub. Besides there is a bicycle run smoothie maker which is used for events and parties to make smoothies. The garden hosts also beehives, a Mandala Garden and mushrooms. They hold workshops, international cooking and spring, summer and harvest parties. Oost Indisch Groen garden is since 2 years autonomous and finances itself with donations from cooking events and parties, and by selling seedlings. The garden is visited by other NGOs and social workers which bring refugees and migrants to get to know the place.



Bulgaria

1. Tandem Europe/ Multi Kulti Collective (MKC): New Roots (Sofia)



Multi Kulti Collective (MKC) has been working since 2011 in community development and civic participation building, solidarity, integration of migrants / refugees and human rights. It is based in Sofia and became a franchise in 2015 in 6 of the major Bulgarian cities. MKC has an extensive experience in awareness campaigns, organizing cultural events, training courses, research, monitoring, political analysis and defense. Their projects have been presented among the best practices of social innovation at national and local level.

In 2014, MCK was a national partner of the EU Policy Network on the theme "education of migrants" and in 2016 it became one of the co-founders of the NGO SIRIUS, which is based in Brussels. A few years ago it was among the main partners of one of the largest research projects linked to integration into the EU NIEM.

United Kingdom

1. Comfrey Project (Newcastle upon Thyne)

Set up in 2001 the Comfrey Project began as weekly jour fixe for TCN to get together with a trainer on several allotments in Newcastle. The main aim and motivation to start the project was to build up a structure for recreation and voluntary occupation for refugees and asylum seekers through horticulture and connected activities. Over the years the project grew in terms of users as well as sites and staff. Now there are two allotments, one for therapeutic gardening to support the well-being of victims of torture and traumatized asylum seekers, the other one for people with advanced gardening skills and the will to focus on training horticultural skills and cultivating food



more professional. The core element of the Comfrey Project is a community garden in Gateshead on a plot of land rented from the city. 2000m² of garden and community house, a part-time employed therapeutical horticulturist and a full-time project coordinator provide the structure for over 25 volunteers and up to 50 project users (TCN, but

also disabled people, families living in precarious situations → e.g. holiday hunger). Many activities are offered, mostly connected to gardening or cooking. The garden is open for users and volunteers every weekday, of course joint cooking and lunch is standard procedure. The community garden is open but coordinated by horticulturalist with the help of the users and volunteers. The underlying concept is self-steering and -organisation of the users and volunteers. People come to relax, talk, chill, work, meet, kids come to play, families to have picnics. There will be no constraint to join gardening activities, the users are free to join joint activities, or just do what they want, adapt to the place and the people at their pace. There will be no constraint to join gardening activities, the users are free to join joint activities, or just do what they want, adapt to the place and the people at their pace.



The vision (and with such a long experience also in many ways a reality) is to open spaces for people to meet, feel needed and useful, build a community with a family feeling, offering asylum seekers volunteer work to cope with the waiting time for asylum and to have something to show in their CV, if they apply for jobs. Users in need will get the ticket costs for public transport refunded, if that prevents them from joining the activities. Gardening is seen as a possibility of non-verbal communication while working the land, which is something very common to human nature, but still language can develop on a practical way, while doing the things you learn talking about them. Regularly language cafés and an orchestrated mixture of native speakers and learners in the respective groups helps to ensure progression in language skills.

Pedagogically speaking, the activities are designed from a situational approach, taking the interests of the involved people and working with their intrinsic motivations to do and learn. Users are taken seriously in this respect, but also get responsibilities over certain areas, so they get empowered to work with groups, and learn how to organize certain processes.

The project is financed through private donations (both individually and companies) and grants from trusts and foundations. The food used for the many cooking events comes from the garden, but also from donations of supermarkets and the food bank. Over the years the Comfrey project experienced many ups and downs (most recently in 2017 all the staff had to be redundant due to a lack of funding, volunteers and trustees maintained the project over winter and managed to raise funding to start again with 2 employees) but maintained its relevance for asylum seekers and migrants looking for meaningful engagement and a focal point to get support in whatever the situation is. Besides the health aspect of the work signposting and connecting individuals with each other but also with supporting organisations in the local area plays a big role in the motivation of the users to participate.

2. Mazi Mas (London)

A Roaming Restaurant. The employees of Mazi Mas are female TCN struggling to find work, or having issues with the work permit. Mazi Mas and the women behind it offer catering for weddings, private events and galas since 2012. Sometimes, if the chance

arises, a pop-up restaurant is opened. The stories of the chefs are shared online and the menu always reflects the current mixture of cultures and origins of the staff. By doing so the project not only tackles prejudices but also helps women who are newcomers in the uk to find their place in the english



society. The products used are mostly from organic farms of the local area. Cooperations with other places like social centres, theatres or restaurants provide a more secure base for the social business.

Czech Republic

1. Ethnocatering

This project is based on the concept of social business. The cooks working in Ethnocatering are female migrants aged over 50 who, for various reasons (political, social, economic) have come, often with a lot of turmoil, to find a new home in the Czech Republic.

These women are in a difficult life situation, and their integration is more gradual. It comes practically with zero material wealth, but with enormous mental wealth - the perfect knowledge of its homemade cuisine. This natural know-how of Ethnocatering makes use of, and at the same time provides, fair work that is close to them. These women have the opportunity to further develop and expand their qualifications.



In over 10 years of their existence, they have organized more than 1,500 events for 500 customers from companies, non-profit organizations, individuals and state institutions.)

Final remark

(translated from the original text of Dr. agr. Josef Heringer, 2014)

What we are and what we have we owe in many cases to foreign cultures. Migration was always an essential part of cultural progress. The dreams of many people and religious promises of salvation often refer to “paradise” and gardens. On these grounds let us make the world a garden, so it will not end as a battlefield of beliefs and cultures.

„Man was lost and saved in a garden!“ (Blaise Pascal)

We hope to contribute in this spirit with this guidelines report.