



Intellectual Output 1

National Report

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Table of Contents

Introduction	3
Findings of Desk Research	4
Findings of Field Research	7
Overall conclusions, and recommendations for the design of the SIMPLE Model	14

Introduction

“Remember, remember always, that all of us, and you and I especially, are descended from immigrants and revolutionists.” – Franklin D. Roosevelt

This document presents the results of the desk and field research implemented in the frame of the project IO1.

It was implemented in the period **November 2019-February 2020**. The language used was English and it required to identify the organisations that would provide the most suitable information for the project. The criteria was to select those one that are working with migrant women and their arrival pocces. Even if they did not

The organisations identified were:

- Salvation Army
- RED CROSS
- CrossRoads – Malmo Municipality Mission
- IKF Malmo
- Hem Stockholm
- Naomi organization
- Goteborg RäddningsMissionen
- Evon Huset
- Freezonen.se
- Movement Museum in Malmo
- Palmer Institute

This report follows the structure of the template for the national report circulated 24/01/2020 just adding this introduction and the annex including the translation of the information about the project and the interview form.

Findings of Desk Research

We will include below a short description of the 10 practices identified. Regarding the OBJECTIVES AND REASON TO SELECT THE PRACTICES:

PRACTICE	OBJECTIVES AND REASON
Women making Herstory Movement Museum	To offer a group of refugees and migrant women to tell their migration story, by using a timeline of the event before and after migration. A collection of interviews, pictures and panel discussions.
Cooking gatherings Göteborg Räddningsmissionen	To create a safe space for women to open and talk about the situations they face with their husbands or partners, by cooking together dishes from their native countries. Talking about their families, and how much they miss them, showing pictures of their children the loved ones back home.
Safe Havens Salvation Army	To support the women and children facing this situation from Romania, Moldova, Ukraine and Bulgaria.
After Darkness comes the Light Farah Roukachi	To raise awareness about the driving forces that are staying at the base of dealing with the migration process. A collection of pictures, and images of migrant people and quotes of their driving forces.
Meadow of dreams movie IKF Malmö	To underline the success of employment integration of migrant women, overcoming the obstacles of the migration process.
Health care for Asylum seekers	To inform about the possibilities of getting help in case of sexual abuse, genital maltration and gender violence.
Talking CV's CrossingRoads	To help migrant people finding jobs, using video CV and professional pictures presentations
Free discussions over a cup of coffee	To understand the situation of the migrant women and put in her in contact with the relevant authorities
National Support Method Team	To inform, protect and develop interventions in case of human trafficking.
Support by phone	To council, calm, and redirect to the relevant authorities, migrant women going through difficult situations, like abuses and trafficking

Regarding the formats used (e.g. workshops, seminar, offline/online, etc.). This is to understand if any format is more effective than others. Can it be applied for the SIMPLE project?

PRACTICE	FORMAT
Women making Herstory Movement Museum	A collection of women stories throughout their process of integration in Sweden.
Cooking gatherings for approaching gender imbalances for Roma women, sharing personal stories with pictures of their children. Göteborg Räddningsmissionen	Monthly gatherings, where participants cook, eat, and share stories in a relaxed environment.
Safe Havens Salvation Army	A movie presenting the situation and the support that the Salvation Army is offering to trafficking victims.
POETRY OF MIGRANT PEOPLE After Darkness comes the Light Farah Roukachi	A collection of pictures and quotes with the driving forces of each participant to overcome the obstacles met in the migration process and after.
Meadow of dreams movie IKF Malmö	A movie of migrant women and their paths for integration in the Swedish society.
Health care for Asylum seekers https://www.youmo.se/en/	A website presenting information and videos about different situations of migrant people and their relations and sexual life stories.
Talking CV's CrossingRoads	CV's either video or on papers but with professional profile pictures
Free discussions over a cup of coffee Noomi Organization	Face to face meetings to build up the trust and deconstruct prejudices

National Support Method Team	A website with a lot of materials regarding the protection, intervention and reporting cases of trafficking.
Support by phone	Conversations that support the person emotionally and also get the informations they need to get the most suitable help and assistance.

It seems that movies and books were the format most used. This format could be applied to the SIMPLE project.

Regarding the approaches or methods applied, here below we have summarised it by practice identified.

PRACTICE	APPROACHES
Women making Herstory Movement Museum	The project was initiated by journalist and activist Parvin Ardalan in collaboration with the network Feminist Dialogue, Malmö Museums, ABF and the research project Living Archives at Malmö University. The project is partly funded by the Swedish Arts Council and Malmö University is partly involved with the support of the Swedish Research Council. With the project, they made an attempt to rethink and see how gender, ethnicity, class and race have shaped the image of immigrant women in the history of Malmö - through the immigrant women's own voices. Today, the project is being developed through the Movement Museum and further develops method and content, says Parvin Ardalan.
Cooking gatherings for approaching gender imbalances for Roma women, sharing personal stories with pictures of their children. Göteborg Räddningsmissionen	There are 5 steps in organising this gatherings: <ul style="list-style-type: none"> - Presenting the event and the theme to the women begging on the street - Mediating among the groups to avoid conflicts in the gathering - Cooking the food - Eating together and showing pictures on their mobile phones with their children - Crying and supporting each other
Safe Havens Salvation Army	The movie presents the different cases in Romania, Moldova, Greece and Sweden. It is an itinerary of the trafficked victims from their origin countries to arrival and exploitation countries. It also presents the practices and authorities in charge in each country, with these issues, in order to build a network of support and intervention, in the best possible way, with the most skillful and knowledgeable people in the field.
After Darkness comes the Light Farah Roukachi	A presentation of migrant people, using their profile pictures, and quotes that represent them alongside 3 questions: <ul style="list-style-type: none"> - Why is it important to have driving forces? - Which driving forces do you have? - What passion do you have?
Meadow of dreams IKF Malmö	Is a method result from the project Carpe Sophia, that had as aim, to integrate the migrant women on the labour market by following their dreams, and get the instruments they need. The Method contains the following steps: Step 1: Take a big, white paper and a big stack of old journals, magazines, crayons, photographs or other things. Step 2: Decide which theme you want this vision board to have, and please write it in the middle or on the top of the paper. Step 3: Fill the large paper with pictures that you associate with the chosen theme, what you wish to accomplish, do, be a part of or own. The pictures filling the paper should remind you of what you wish to do or what you wish to achieve.

	<p>Step 4: When you feel like your vision board is ready and all the pictures are glued on, review your work and let it sink in. Put it up somewhere you can see it every day. In this way, you can daily visualize your goals and eventually even mark some of the points/images as completed afterwards. No one else needs to understand your vision board besides you, it is just yours.</p>
<p>Health care for Asylum seekers https://www.youmo.se/en/</p>	<p>A collection of videos and articles that informs about:</p> <ul style="list-style-type: none"> - How to get health care - Alcoholics groups support - Decisions in families - Sex life - Relationships
<p>Talking CV's CrossingRoads</p>	<p>A method that helped the EU migrant people, to create a good presentation about themselves, using videos and Cv with professional pictures. The idea was to show an impeccable image of the beggars from the streets of Sweden, to overcome stereotypes and facilitate the path towards employability to this groups of people.</p>
<p>Free discussions over a cup of coffee</p>	<p>Is a method to help open up the women victims of trafficking and domestic violence, used by the Naomi organization in Malmo, that offers shelter and protection among their services.</p>
<p>National Support Method Team</p>	<p>Creating the intervention strategies in intervening in the trafficking cases and other types of abuse.</p>
<p>Support by phone</p>	<p>A KNOWLEDGE CENTER FOR VIOLENCE - The free zone organizes various activities that promote the prevention of violence. Raise issues around norms, gender equality and power structures to shed light on underlying mechanisms and to help reduce men's violence against women and children. They also arrange lectures and are a strong voice against violence carried out in the name of honor.</p>

A repertoire of existent practices from Sweden is available on SIMPLE GD, under the following link:

https://docs.google.com/spreadsheets/d/110Pfr0zp0koyBwv6_-FlcsUhc2VjwBp3L99YEy-BX5E/edit#gid=0

Findings of Desk Research

- I. Please include a **brief introduction** about the national context regarding recent migratory situations in your country. In the presentation consider the ***total number of newcomers, percentage of women, and level of education and employment percentage; which institution is in charge of migratory concerns and social inclusion of newcomers?*** (National or regional regulations).

RECEPTION AND INTEGRATION PROCESS OF NEWCOMERS IN Sweden

The authority in charge with reception of migrants and the integration of newcomers in Sweden is Migrationsverket – the government migration office that grants all sorts of applications regarding stay in Sweden. It can be for temporary visits or permanent. As a foreigner, this is the first agency you need to get approval from. At Migrationsverket you can find all types of information regarding immigration, ways to integrate in the society, legal framework and services. After you pass the migration office, you have to deal with taxes and this is Skatteverket - the Swedish tax office that will issue your Personal Identification Number (Personnummer), the “key” for getting inside the Swedish society. There are 2 types of this kind of identification. First is the coordination number (Samordningsnummer), that is possible to take for almost anyone coming to Sweden, just by register to Arbetsformedlingen, and the second one is available mostly for the ones that have a working contract over 50% for at least 6 months. Once you have a permit to stay and you are a taxpayer, you need to learn the language, using the services of SFI - Swedish Language for Migrants Training, which offers free language courses in Swedish. In order to attend to it you need to have been granted temporary or permanent stay. Regarding the work with women the authority in charge is the Governmental Social Services Kvinnofridslinjen which is Sweden’s national helpline for women who have been subjected to threats and physical, psychological and sexual violence. Another aspect of the integration in the Swedish society is the one of the health, family and social security insurance called Forsakringskassan - that gives financial support offered by the state via the tax system. Regarding our project and the support we want to give to migrant people, other entities doing the same thing as our project is targeting to do, are the support groups - which means working with associations, groups and individuals who want to empower and help asylum seekers, refugees, migrants, migrants in Sweden and around the world by encouraging their own initiatives, and helping them to establish local Support Groups. A very important aspect in the integration process is housing and the main website is - Blocket.se - that offers a wide range of different accommodation options, from entire houses to single rooms, all over Sweden. Click on 'bostad', the 'uthyres' category if you're looking to sub-let, then enter what exactly you're looking for; alternatively, you can pay to post your own advert so potential landlords can contact you directly. Blocket is in Swedish only. You can also try your chance on: Bostad Direkt, Qasa, Residensportalen, BoPunkten.se, The Local's Noticeboard Student housing.

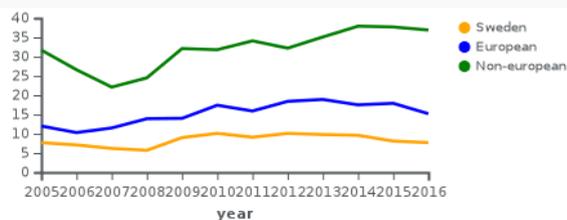
Monthly statistics of newcomers in April 2020

The monthly statistics show first-time applications, decisions and grants at all three instances (the Swedish Migration Agency, the Migration Courts and the Migration Court of Appeal).

Granted residence permits	April	Jan–Apr
Family reunification	2,550	10,445
Work	2,175	12,544
Asylum	1,450	5,906
EU/EES	404	2,437
Studies	132	1,298
Total	6,711	32,630

Employment

Unemployment among low-educated in Sweden 2005–2016 aged 20–64, per region of birth



Statistics Sweden: The labour market for persons with a lower level of education 2005–2016

According to statistics collected by OECD, Sweden had in 2014 the highest negative gap in its employment rate between native and foreign-born population of the 28 OECD countries surveyed. This was for populations with both high and low education. Non-European immigrants with low education (sv: *förgymnasial utbildning*) of ages 20–64 had an unemployment rate of about 31.7% in 2005 which rose to 36.9% in 2016

Gender demographics

Record keeping for gender demographics began in 1749 in [Sweden](#); at first, the country tended to have more women than men, but in 2015, Sweden became a nation with more men than women. Between March 2015 and May 2016, the disparity between men and women changed from 277 to a startling 12,000. A similar trend began in [Norway](#) in 2011. For Sweden, this has mostly been attributed to two factors: firstly, the increasing male life expectancy, as there is already a natural birth rate of around 105 males for every 100 females. The second factor is the role that immigrants have been playing in Sweden's demographics; in 2015, immigration accounted for 77% of Sweden's 103,662 population surplus. In particular, unaccompanied male teen immigrants are having a tremendous impact; in 2015, Sweden had a record-breaking number of unaccompanied immigrants – 35,000. With one birth in Sweden every four minutes, one death every six, and one net migrant over 13, the male population surplus is predicted to reach even higher numbers in the years to come.

Demographics

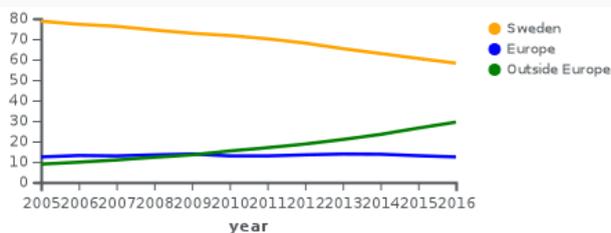
Further information: Ageing of Europe and Demographic threat

Immigration has had a significant effect on the [demographics of Sweden](#). Since [World War II](#), Sweden has - like other [developed nations](#) - turned into a country with a low [fertility rate](#). Due to the high birth rates in the early post-war years and the steep decline in the late 20th century, Sweden has one of the [oldest populations in the world](#). In 2009, 102,280 immigrants entered Sweden, while the total population grew by 84,335.

According to the [Sweden Democrats](#), the high immigration rate, low fertility and high [death rate](#) is gradually transforming the previously homogeneous [nation](#) of Sweden into a [multicultural country](#). The party criticised the country's current immigration policies, claiming that they can pose a major [demographic threat](#) to Sweden in the future. In 2011, it was expected that the [Muslim](#) minority in Sweden would grow from 5% to 10% by 2030.

Education

Low-educated in Sweden 2005–2016, ages 20–64, per region of birth [%]



In the [Programme for the International Assessment of Adult Competencies \(PIAAC\)](#), qualifications from the country of origin could not be assumed to be equal to the same formal qualification from a Swedish institution; neither when it came to general skills in numeracy or literacy nor specific skills in a particular field. An analysis of PIAAC test scores found that migrants from the [Arab states](#) and [Sub-Saharan Africa](#) with a high education level (ISCED level 5 and 6) had numeracy skills equivalent to those of low education from Sweden, North America and Western Europe. *Low education* was defined as less than 2 years of secondary education, equivalent to the compulsory 9-year [education](#) (*sv: grundskola*). Of the individuals who indicated that they had a high education level, 44% of those from the Arab states and 35% of those from Sub-Saharan Africa were assessed to have insufficient skills.

II. Findings of the field research.

1. Description of interviewee's profile. According to the second part of the questionnaire. Question 1 and 2.

We selected the interviewees from 2 perspectives:

1. Participation in DESK RESEARCH CASES.
2. They were working for immigrants reception organisations and women victims of trafficking.

PROFESSION	ROLE	TASKS (OFFICIAL CONTRACT STATEMENTS)
Sociology	Reception and social inclusion	Record information and provide support
Lawyer	Reception and social inclusion	Face to face interviews, presenting the type of social assistance available for the unaccompanied youth, support in representing them to the hospitals and other institutions.
Social Worker	Reception	Presenting the different types of social assistance available for the migrant women coming from the conflict areas.
Social Worker	Reception	Street distribution of food for the roma beggars, and informing about the medical support available, alongside with legal support and social support and connecting them with the social department.
Psycholog	Reception and counseling	Counseling the trafficked women and women that were abused. Also, put them in contact with the relevant authorities and accompanied them.
Journalist	Social inclusion	Creating events for migrant women for empowerment by give them opportunities to manifest artistically
Employment agent	Reception and social inclusion	Making the planning for finding a job.
Municipality agent	Social inclusion	Making the planning for the families integration.
Professor and researcher	Therapies	Group therapies to overcome stress.
Field worker	Reception and social inclusion	Street distribution of food for the roma beggars, and informing about the medical support available, alongside with legal support and social support and connecting them with the social department.

1. Additional activities your interviewees are doing for newcomers, which are not included on the list of official services provided by the organisation?

The majority answered that it is necessary to do more than what it is included on the list of the official services, as the work for migrant can be better understood by people that faced the same situation and the most important aspect is to build the trust, that takes so much time, and relate to the person as human to human.

Most of the interviewees are aware that the traumas that the migrant people are exposed to, is not really taken into account when developing the integration plans by the authorities. Some NGOs have developed programs and actions to deal with it but still there is a big gap to fill.

2. Possible differences in needs of the psychological support between men and women.

Sweden is a particular case, and this was a sensitive question, as the political correctness didn't allow the interviewers to be very talkative. Some of the interviewers preferred not to answer this question.

The ones that answered, underlined that it is very important to take in consideration the culture of each one, and for example, when working with Roma women, it is needed an extra effort, and knowledge, as a Roma woman would trust only another Roma woman talking her dialect to open up and talk.

3. Cases of distress/discomfort/difficulty or even incapacity in expressing and describing past events faced by newcomers.

Causes: Abuse, Violence, Fear of police and authorities.

Frequency:

A high level of distress is met in most of the migrant people. Working with unaccompanied youth, migrant women from the middle east that are asylum seekers, and beggars from the street, is like working as firemen. Most of the times there are many 'fires' to cool down, and it takes days just to take out the person from the stress, so you can have a rational person to talk with and understand what you are saying, and that is not because of the language, but because of not having enough space in the brain to take new information.

More frequent in men or women: most of them answered that it depends on the situation.

Do men and women react, handle the same way and do they need professional support:

The people interviewed answered that most of the beneficiaries are not aware that they have a trauma, as their attention is more on the second day, and food. The way most migrant men and women handle the trauma is by immediate results satisfactions, like eating more food, listening to their traditional music, or talking with people from the same culture. There are differences between men and women in their ways of dealing with traumas. Most of the men are drinking more, or praying more, depending on the religion, and most of the women are becoming much more busy with taking care of children and families, or socialising.

4. Available instruments, tools, approaches that you know/use to help migrants to overcome the distress caused by the transition to regain psychological stability.

Most of the people we interviewed answered that they do not know for sure of the existence of some particular instruments. What they said they do know is that they must use all the knowledge they have and be aware of their own limitations. The workers from the institutions in charge with the migrants' reception, do not have tools to manage the stress. The agents from NGOs end up doing this job, and sometimes they are by themselves in this process.

Tools that they are using are

- *Active listening, hugging and empowerment.*
- *Building trust in time and creating supporting nets.*
- *Working one on one is the most efficient way.*
- *Valuing the person from the perspectives of their skills and abilities and taking out the stigma of being a migrant.*

5. Are these tools sufficient for existing needs? Which are the weaknesses of the available tools?

Social workers are using the methods they learned in their universities and experienced during the years in everyday work. So the existing practices of interventions are not efficient, as the societies developed and the needs are more and more diverse, and the weaknesses of the available tools is that the deep human connection is missing.

Regarding the way of working with the people using these tools needs to be adapted also to the culture and the background of the one that arrived.

What is also important is who is using these tools. Sometimes there are not enough people in the reception process that could be one of the gaps but another gap could be the ability of applying the tools. The natives will apply in a very particular way the tools, comparing with a worker that has a migrant background, and can connect and relate easier and deeper with the beneficiaries.

6. Regarding the access to professional psychological help, how much do national/regional existing policies focus on the aspect of psychological well being of migrant women? Are they easily accessible?

In Sweden the focus on psychological well being is very high, but besides the unequal access to the professional psychological help, not knowing the Swedish language is a big obstacle, as well as the cultural differences. For example, there is a lot of help from the social department for the migrant families, but sometimes this help ends up in long procedures, and many visits to the social workers, or even monitorization of the social department over your activities, facts that make you not want anymore to get this support. The procedures become too invasive for a person outside Swedish culture, as Swedish curiosity can be very annoying in most of the cases. You really need to work step by step to get all the benefits, and all the documents approved.

7. How important is it from your point of view to overcome the situation of distress caused by past events on the way toward the successful inclusion in the new society?

Most of the people interviewed, recognised as overcoming the trauma is the base of starting to work for integrating a person. Life before migrating, and life after are giving the opportunity to reshape your identity or even create a new identity in the arrived country. So to overcome trauma is essential to be able to create a new healthy identity.

Is a long process, and for some it takes more, for others less, but first of all is an awareness process that has to happen. Most of the people the interviewers were working with, were not able to recognise they have a trauma. Their coping mechanisms function on autopilot and manage just the day to day life, doing their best to stay out of troubles.

Another important aspect is, that the cultural shock is so big, when arriving in Sweden that in this process another type of trauma is created.

8. What are the gaps between existing needs and available instruments to help restore their psychological and emotional wellbeing?

The major gap is the lack of instruction as a perspective in all the public organizations. This shit of Sweden of equal treatment is horrible, you can not treat them equal, you put them down with that. There is a big lack of education on intercultural perspective for example for the unaccompanied youth and children migrating here, because children do not see that it is the system, or racism, they see it like their own failure, and with that pressure they fall down.

9. According to your experience, what would be the migrant women's most preferable way to express and describe difficulties?

Depends very much on the culture of each one. For example the roma women would tell the story of their lives to other women they trust, by showing pictures with their families and explaining the difficult situation back home. For the women coming from the middle east conflict zones, they would express by silence, but taking part in activities you are proposing. For unaccompanied youth and children would be by playing.

10. Do you think that nonverbal techniques can be helpful for migrant women to narrate their stories (for example through the use of images)?

The usage of images could be very interesting and could work very well as many of the beneficiaries do not know how to read or write, and expressing with pictures would make them feel good, as that would not put them in an inferior position. In many situations when you do not know how to write or read and just use pictures you are considered a child. In the situation of the unaccompanied youth, would be a playful way of talking about their stories and regarding the women victims of trafficking or other abuses, it would be an easier way to "talk".

Overall conclusions, and recommendations for the design of the SIMPLE Model

DESK RESEARCH: **A repertoire of existent practices from SPAIN is available on SIMPLE GD, under the following link:**
https://docs.google.com/spreadsheets/d/110Pfr0zp0koyBwv6_-FlcsUhc2VjwBp3L99YEy-BX5E/edit#gid=0

- It seems that the videos and websites were the most used format, and both could be adapted to SIMPLE models. There are not many visual narrative methods in the field of working with migrant people and their traumas, which proves once again that our project is really needed.
- The approach of connecting deeper with the beneficiaries was the most successful one, as it offers the opportunity to act in an individualised way.
- Taking in consideration the cultural backgrounds and diversity is a key factor in working with people's traumas.

FIELD RESEARCH:

- Regarding the DIFFERENCES IN NEEDS of the psychological support between men and women:
The culture is the one that makes the difference, and in most of the cases, the opinion of the people working with these issues, is that it depends from case to case, personalities and background more, then just in the differences between men and women.
- As to the CAUSES, FREQUENCY AND REACTIONS, these were those reported by the interviewees:
Causes: among those mentioned, we can report about: Abuse, Violence, Fear of police and not seeing their families again, war, and conflicts.
Frequency: about 95%, as the feeling most of the workers have is they are there to put down fires everyday, and that is because of the law tolerance to stress that this group of people have.
More frequent in men or women: most of the interviewees, out of the record considered that women are more vulnerable.
Do men and women react, handle the same way and do they need professional support: there are visible differences in the way men act when facing a stressful situation compared with women, that have more tolerance and patience in front of an obstacle.
- Regarding AVAILABLE INSTRUMENTS, TOOLS, APPROACHES the immigration agents from ONGs reported that, at the time of arrival there are procedures, and tools to work with the newcomers but the thing they are missing is that the migration in Sweden is a new trauma. For this new trauma there are no tools available, as the authorities from the arriving country would have to admit their mistakes, in order to develop tools and have solutions to this problem.
- When asked IF THE TOOLS ARE SUFFICIENT FOR EXISTING NEEDS, the majority answered that tools needs to be adapted to the new situations, as the time has changed so much the existence of all migrant people in Sweden, like new legislations and regulations, that brings bigger stress then even before, like in the case of the asylum seekers families that received much harder now a permit to reunite.
- Regarding the ACCESS TO THE PROFESSIONAL PSYCHOLOGICAL HELP, one of the biggest barriers is the language. Psychological help is available but in Swedish language. Translations are not very helpful when working with people traumas and not talking their native language. It is really hard to build up the trust and understand the essence of the words used.
- ALL the interviewees considered very important to overcome the situation of distress caused by past events as it is at the base of creating a new identity in the arriving country, and furthermore in developing the local community.
- As to the GAPS BETWEEN EXISTING NEEDS AND AVAILABLE INSTRUMENTS to help restore their psychological and emotional wellbeing, the interviewees responded that the major gap is the lack of instruction as a perspective in all the public organizations. This shit of Sweden of equal treatment is not appropriate for people with other cultures, because treating them equally means more to put them down then really valuing their knowledge and skills.

- When asked about what would be the migrant women's MOST PREFERABLE WAY TO EXPRESS AND DESCRIBE DIFFICULTIES, the responses have included the following input:
 - Games for unaccompanied youth and children
 - Music, dance and confessions for roma women
 - Silence participating in given task to forget or silence the voices from their mind, for women coming out from conflict zones



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