

## WORKSHOP: Solidarity with People on the Move

A Workshop brought to you in the framework of the project "Skills4Crisis": [www.skills4crisis.org](http://www.skills4crisis.org)

This workshop is inspired and conceptualized by Sanjar Hoshimi, Paulina Piórkowska / Fundacja Kuchnia Konfliktu

& further adapted by Stowarzyszenie Czasu Kultury

### Title of the Workshop:

# Solidarity with People on the Move

A workshop inspired by the practices of the *Kuchnia Konfliktu* Foundation and lived people on the move experience

**Duration:** 3-4 hours

**Format:** Offline (recommended for safety, trust, and embodied reflection)

**When:** \_\_\_\_\_ (to be filled by host)

**Where:** \_\_\_\_\_ (to be filled by host)

**Participants:** up to 20 people + up to 2 facilitators



### Invitation text



This workshop invites participants to reflect on what solidarity with people on the move means today – beyond emergency responses, charity, or short-term compassion.

Drawing from lived people on the move experience and grassroots practices of support, we will explore how solidarity is shaped by political contexts, social fatigue, double standards, and institutional gaps.

Together, we will reflect on recent humanitarian crises, examine how attitudes and narratives have shifted, and practice ways of building support based on dignity, agency, and partnership. The workshop creates space for both critical reflection and practical tools that help sustain solidarity in times of crisis, polarization, and burnout.

No prior knowledge is required. All participants are invited to engage at their own pace.

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**We strongly encourage inviting facilitators with lived refugee experience and/or professional experience in social work with people on the move, ensuring that refugee perspectives are represented with agency.**

Starting time (you fill this in depending on your starting time)	Duration	Topic & goal of this part	Proposals for Method & content inspiration	Materials needed
	30-45 min before start	<b>Preparation : create a welcoming atmosphere</b>	<b>Make the space comfortable.</b>  Offer a variety of sitting options, also on the floor. Place fidget toys etc. Provide snacks and water.  If you have, bring additional educational material and books. You can order the project handbook so people can have a look at it or take it.	Cushions, yoga mats, carpets flipchart with the title of the workshop Stimming & fidget toys Snacks & Drinks Lemons Chewing gums Stuffed toys for cuddling Hot water bottle Books
	5 min.	<b>Welcoming participants</b>	<b>Say hi to participants and wait until everyone is ready to start</b>	
	10 min.		<b>Introduce yourself and the agenda of the workshop</b>  Inform participants about yourself, the space and purpose of this workshop.	Flipchart with agenda (Make sure to adjust if you change the plan)

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			<p>Set group agreements (respect, confidentiality, self-care, voluntary participation).</p> <p>We appreciate you giving credit to us: <i>This workshop is inspired and conceptualized by Sanjar Hoshimi, Kuchnia Konfliktu &amp; Stowarzyszenie Czasu Kultury and was developed as part of "Skills4Crisis" project.</i></p> <p>Present the agenda of the workshop.</p>	
	30 min.	<b>Understanding the broader landscape</b>	<p><b>Goal:</b> Situate the workshop in the current socio-political context</p> <p><b>Short input on:</b></p> <p>Ongoing humanitarian crises (e.g. Belarusian border &amp; Ukraine, but it depends on location of your workshop – choose your own contexts)</p> <p>Initial solidarity wave vs. today (see above)</p> <p>Anti-immigrant rhetoric, double standards, compassion fatigue</p> <p><b>Group reflection:</b> What shifts have you observed?</p>	Flipchart, markers
	20 min.	<b>EXERCISES: Individual reflection</b>	<p><b>Goal:</b> connect social change with personal experience</p> <p><b>Guided writing exercise:</b></p> <p>How did I experience solidarity in ____ (context of the workshop)?</p> <p>What has changed since then – in society and in me?</p> <p>What affects my capacity for solidarity today?</p>	Paper, pens
	30-60 min.	<b>Understanding</b>	<p><b>Goal:</b> Humanize refugee experience beyond statistics and narratives</p> <ul style="list-style-type: none"><li>• "Being on the move" as loss, transformation, trauma and resilience</li></ul>	

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		<b>"Being on the Move"</b>	<ul style="list-style-type: none"><li>• Personal story of the facilitator</li><li>• The emotional, social and identity-related dimensions of displacement</li></ul> <b>Method:</b> <ul style="list-style-type: none"><li>• Storytelling</li><li>• Guided discussion on stereotypes and assumptions encountered daily, e.g. at a workplace</li></ul>	
15 min. Break				
	40 min.	<b>"A Home that Restores Agency"</b>	<b>Goal:</b> Reflect on a professional model of social work with people on the move <b>Intervention House model:</b> housing, casework, community <ul style="list-style-type: none"><li>• Importance of safety, privacy, participation and agency</li><li>• Clear rules, shared responsibility, feedback mechanisms</li><li>• Working without double standards</li></ul> <b>Method:</b> Case-based input with examples from Kuchnia Konfliktu Foundation	<b>Attachment:</b> <a href="https://kuchniakonfliktu.pl/lib/z9flq9/Shelter_-_Home_-_Community-mbj7oicu.pdf">https://kuchniakonfliktu.pl/lib/z9flq9/Shelter_-_Home_-_Community-mbj7oicu.pdf</a>
	45 min.		<b>Goal:</b> Translate reflection into practice <b>Method:</b> Participants work in small groups on a scenario: <ul style="list-style-type: none"><li>• First contact between a native and a person with refugee experience</li></ul> <b>Groups reflect on:</b> <ul style="list-style-type: none"><li>• Language and power dynamics</li><li>• Agency and participation</li></ul>	

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			<ul style="list-style-type: none"><li>• Boundaries and safety</li><li>• Partnership vs. Pity</li></ul> <p>Results and thoughts are shared in a circle afterwards.</p>	
	20 min.	<b>CLOSING ROUND</b>	<p><b>Goal:</b> Integration and closure</p> <p><b>Method:</b> Individual reflection: What do I take with me? Voluntary sharing in a circle Naming resources for further learning and self-care</p>	Paper and pens

