

Bizilagunak/ Neighbors



Brief description of the activity

Two families, one local and one refugee or migrant, meet at one of their homes to share Sunday food.

In each meeting, in addition to the families, another person participates as mediator or dynamizer, to help in the organization of the food. Family is understood as any unit that considers itself so: single mothers, couples of women, men, men and women, with or without children, roommates; people who live alone, grandmothers with grandchildren, groups of friends ... In short, people who share life.

Bizilagunak/Neighbors

Topics, objectives and methodology:

Promote relationships between people of diverse cultural origin.

Enhance the value of diversity as a wealth.

Share peer-to-peer leisure time.

Avoid rumors and act against prejudices towards people of diverse cultures

Establish new contacts and relationships, friendships between culturally diverse people and migrated people who found their new home in a new place.

This is an activity with cooking and hospitality as a methodology for the approach of diverse cultures. It is intended that the food serves as a link, a topic of conversation and meeting points in common. It is important that meals occur in homes, opening our home to an unknown family is an act of trust and predisposition.

Duration:

The meal lasts for only one day.

The production of the activity will be divided in 2 phases:

Open Call: For families who want to participate. The duration of the call can be longer than 2 weeks, less than 1 month.

Organisation of meals: In this phase, we will do the match for the families and, make preparations, etc.

It could last from 2 weeks to 1 month, depending on the number of the participants.

The meals can happen on the same day, simultaneously or the can be spread during a whole week.

Depending on that, the organisation will need 1 or more mediators.

Costs:

The activity requires no costs. But the organisation could provide financial help to the families in order to buy the ingredients for the meal.

Location:

The locations will be the homes of those families that register as hosts. However, if you need it or see it necessary, you also have the possibility of organizing the meal in a neutral place such as the youth center, without having to do it at the participant's house.

The youth center will be the headquarters for coordination and preparation work.

Materials:

Publication of the call: PC where to generate an image for the dissemination of the activity. A web support to host the call (it can be a web page or social networks). A contact phone or email will also be necessary for interested parties to contact the organization.

For the meal: *the meal* must be made by the host family. From the organization: it will be necessary for mediators to have adequate materials and tools to boost meal (conversa-

tion topics, questions, etc.)

Staff needed and eventual specific skills required:

The staff needed depend on the number of people participating in the activity. For example, if there are 5 couples from registered families:

2 people for the project coordination. Usual management and organization capabilities. Computer knowledge. Closeness with associations or families or people of diverse cultural backgrounds, to whom ordinary calls, often do not arrive.

5 people to mediate during the activity. Specific skills and experience in intercultural mediation are needed. Also in dynamization, in creation of playful environments. Knowledge of the languages of both families is recommended.

Participants involved:

Again, it depends on the number of people participating in the activity and the number of people that make up the family. It is possible to carry out the activity in both ways, with

few participants or with many registered families. It will depend on the budget that is available. If two families of 4 and 6 members sign up, 10 people will participate in the dinner. If 2 and 3 members are listed, then there will be a total of 5 participants.



Steps:

Before

Setting up the activity and location:

As we have mentioned in the section on the capabilities of the people who work in this activity, it will be important that the organizers of the activity are in contact with communities of diverse origins that live in the area. Although the announcement will be published on web media (and analog media if desired), it is vital to approach different that, whether for idiomatic or social reasons, many times, do not have access to web media easily. This is the main strategy to attract participants.

Much of the preparation of the activity is carried out by the participating families. The task of the organizers is to ensure that the host family is given correct guidelines: time at which the food will be served, food intolerances or specificities that the invited family may have, special needs (children, people with disabilities),

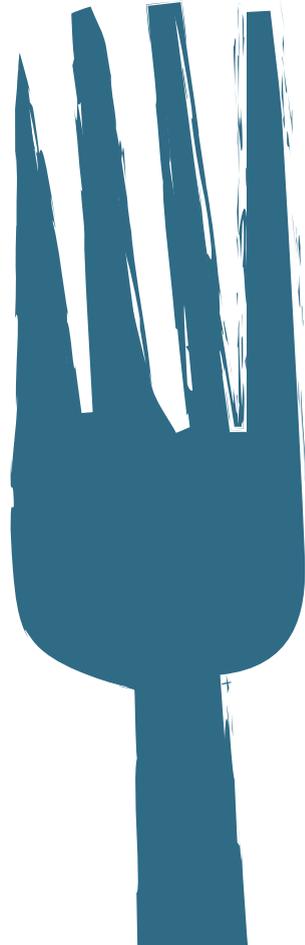
number of people, etc.

In addition, and above all, the previous work of the organizers is very important. Match the host-guest families in the best possible way, taking into account the information they gave at the time of registration (size of the house and number of people they can accommodate, special needs, food, languages spoken etc.). The best condition of the activity will be the one that has taken this into account.

Example of the public call:

Open the doors of your house, open the doors of your mind!

On (date), two families, one local and another refugee or migrant, will meet at one of their homes to share Sunday food. The same will be happening in countless houses of towns and cities in Europe and the world. In each meeting, in addition to the families, a mediator will participate, to help with the organization of the



food.

Family is understood as any unit that considers itself so: single mothers, couples of women, men, men and women, with or without children, roommates; people who live alone, grandmothers with grandchildren, gangs of friends ... In short, people who share life.

During

First step: preparation of the call. Preparation of the questions and information that will be required of the participants (age, origin, place where they live, number of people in the family, special needs, food specificities, interest in participating as a host or as a guest, languages, interests, etc.). You must also specify the

Example of the form:

TOWN / CITY:

AS: GUEST HOST

NAME:

SURNAME:

ORIGIN:

ADDRESS:

AGE:

PHONE:

MAIL:

LANGUAGES:

HOW MANY PEOPLE WILL PARTICIPATE IN THE DINNER?:

FOOD SPECIAL NECESSITIES (INTOLERANCES, ALLERGIES, VEGETARIAN, HALAL, ETC.):

WOULD YOU AGREE TO BE FILMED/PHOTOGRAPHIED?

WOULD YOU AGREE TO BE ON SOCIAL MEDIA / WEB SITE / MEDIA?

WHAT ARE YOU INTERESTED ON?

SOMETHING YOU NEED TO MENTION (DISABILITIES FOR EXAMPLE):

DO YOU HAVE ANY PET?

WHY DID YOU DECIDED TO PARTICIPATE IN THIS ACTIVITY?

deadline to participate. Duration: 1-2 days.

Second step: launch of the call. You have to write a press release and send it to local media. It is also advisable to use social networks. In addition, as we mentioned before, we will talk directly with people close to communities of diverse origins, to whom we believe that the media call may not reach. We will put all this information in a database. Duration: 1 week.

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Third step: receive the registrations. Either directly or by e-mail, we will ensure that interested families give us the information we requested in the call. This is important, because we will use this information to form couples.

Fourth step: when the deadline to register is over, we will work on the information collected in the database. We will make the couples between the families based on the criteria that we have explained above (if they registered to be hosts or guests, number of people,

needs, languages spoken, etc.)

Fifth step: communication to the families that have registered which family will be their partner and their characteristics. This is important, because the family will make the preparations and cook the food, so you will need this information in advance. In addition, it will be the moment in which we give directions to the families on how the activity will work: at what time the food will be served, the role of the dynamizer, etc.

Sixth step: the day of the activity. The dynamizer will accompany the guest family and the host family will welcome everyone. From here the food must flow naturally, and given the difficulties, the dynamizer will be responsible for encouraging conversation, understanding, fun, etc.

Examples:

- What is the recipe of the meal? What are the gastronomical customs in your countries?

- For how long have you been living here? What do you like the most?
- Talk about the information the participants sent in the form.

After

It is important that once the activity is over, we have a moment to receive the opinion of the families that have participated. The mediator will contact the families a couple of days after the activity to ask them about their experience and give them a questionnaire. We can do this directly, in a conversation or telematically. It is important because it can help us understand which are the strengths and which are the weaknesses of the activity. We will have to ask the following:

- How have you felt in the activity?
- Have you felt welcome?

- Did you have fun?
- Has the conversation been enriching?
- Did you get to know lives/experiences that you did not know of before?
- Has the dynamizer been helpful?

To encourage participation in later editions it is always a good idea to communicate the activity. That is why it is important to have registered the activity through photos and videos to be able to spread this material. Again we can send online material (a YouTube link to the video, photos, etc.) along with a press release to local media to echo the activity. In this sense it is also advisable, as far as the participants want, to tell about their experience and their opinion about the activity in an filmed interview. In addition, social networks are, again, a good resource to expose this material to encourage participation in subsequent editions.

Do's and don'ts

Seek the participation of people from diverse backgrounds.

Make a simple and easy to answer call, accessible and in several languages.

Listen to the participants and their opinions about the activity after they have participated, if there are criticisms, listening to them can be constructive to improve.

Try to match families that match interests and concerns.

Talk to the participants and try to get them to go to the activity with an open mind, willing to know and learn.

Respect the participants who open their home to the activity. Thank them.

Change the activity to suit your needs. Adapt it as best suits you. For example, if you think it makes more sense

for both families or groups to cook and share dinner instead of adopting the roles of host and guest, it will also be valid and enriching.

Do not pressure families. The dynamizer is an aid to make the meeting fun and enjoyable, but we must accept that it is possible that it does not go quite well.

Innovative aspects for the promotion of intercultural

This activity promotes interculturality because it aims to be a bridge between cultures that, at first glance, may be distant. As the name of the activity says, although these cultures may be distant, the reality is that these people are our neighbours people we cross on the street. This is a trend that will increase over the years in our cities, so it is vital to create spaces, promote activities, places and areas in which people from different cultural backgrounds meet, interact.

The innovative part of this activity is that it takes place inside people's houses, the most private place and that shows the maximum exponent of hospitality. It's about opening a piece of our lives so that the guests feel cared for and welcome.



Video, links and external resources

https://www.youtube.com/watch?time_continue=59&v=Qtt7Vm9WQ00

<https://www.facebook.com/bizilagunak.araba/>

<https://www.cear-euskadi.org/bizilagunak-2017-una-convivencia-culturas-sin-rumores-xenobofos/>

