

TRAINING
PILLS

Microintegration



ACLI BERGAMO APS



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Microintegration

A Model for Support in Integration

Introduction

Integration into a new country and society is a significant challenge, especially for immigrants from Asia, Africa and the Middle East., who often face additional barriers related to culture, language, and social acceptance. The Norwegian Introduction Program offers support through language training, civic education, and work practice. However, this is often not sufficient for complete integration or securing employment for many.

The LoPe method of "microintegration" aims to fill this gap by building individual relationships and providing personalized, long-term support to users.

Core Principles of Microintegration

1. Establishing a trust-based relationship with users.
2. Customized follow-up and long-term support.
3. Presence of a consistent contact person for the user.

Case Study: User No. 1

User Profile

- **Age:** 19 years old.
- **Origin:** Syria.
- **Time in Norway:** 7 years (emigrated with parents and 4 siblings).
- **Education:** Completed primary and lower secondary school , one year of upper secondary school in Trondheim

Why the User Contacted LoPe

The user reached out to us for assistance in finding a job after multiple unsuccessful attempts on their own. The User wanted to actively participate in society and achieve financial independence but lacked the necessary qualifications and support to do so.

Background and Challenges

Following user family's decision to move to a new region in Norway:

- The user lost motivation to continue school and socially isolated herself for a year.
- She experienced language challenges that made it difficult to understand Norwegian, further limiting job opportunities.
- She lacked a complete education and professional experience and had little knowledge of how the Norwegian labor market operates.

Steps in the microintegration process

1. **Identifying Needs:**

- We identified that the user struggled with language, lacked education, and faced social isolation.
- We considered the user 's desire to find a job and to reintegrate into daily life.

2. **Tailored Intervention:**

- Motivated the user to resume upper secondary education and collaborated with OPK/fylkeskommune to secure her enrollment.
- Facilitated support with practical tasks such as signing a contract with Lånekassen, applying for social assistance, and obtaining permanent residency.m.m.

3. **Continuous Support:**

- Maintained regular contact to monitor both school progress and daily challenges.
- Provided emotional support to strengthen her mental health and gradually build self-confidence.

Results

- Visible improvements in mental health and motivation.
- Increased confidence in her ability to complete upper secondary education and obtain a diploma that opens up job opportunities.
- Greater social participation and independence.

Case Study: Norwegian Learning

LoPe organizes weekly Norwegian language courses with volunteer teachers as part of the microintegration process. In 2024, 67 participants attended the courses, divided into five level-based groups, several of whom were from Eastern Europe. The aim of the Norwegian courses is to increase participants' job opportunities, make them aware of their rights and obligations, and thereby strengthen their position in society.

User Profile

- **Origin:** Eastern Europe
- **Time in Norway:** Several years, but without access to free Norwegian language courses.
- **Education and skills:** Users have real skills, or documented qualifications through certificates or diplomas.

Background and Challenges

- Norwegian immigration authorities set clear requirements for obtaining permanent residency or citizenship, with the most challenging condition being related to income. This creates a constant state of stress and insecurity, especially for those supporting large families.
- Many lack the necessary Norwegian language skills, which reduces their job opportunities to nearly zero.
- Eastern European participants face specific challenges:
 - They are registered as EU/EEA citizens and do not have access to free Norwegian language courses, and often cannot afford the high costs (around €2000 per level).
 - Their residence permit depends on having an income that ensures their livelihood, making them highly vulnerable in the labor market.

Results

- Visible improvements in mental health, self-confidence, and language skills.
- Better ability to navigate the labor market and understand their rights.
- Increased motivation to participate in the workforce and ensure stability for their families.



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