



The inclusion of migrants and refugees: a lever or a brake on the development of host societies



Strasbourg, France
22 – 31 July 2026



**Co-funded by
the European Union**

Funded by the European Union. The views and opinions expressed are those of the author(s) alone and do not necessarily reflect those of the European Union. Neither the European Union nor the authority granting the grant can be held responsible for them.

Introduction

Thanks to the European Commission's Erasmus+ programme, AMSED is pleased to welcome you to our seminar on the inclusion of migrants and refugees. During this seminar, you will meet many people from all walks of life and diverse cultures from the Euromed (Euro-Mediterranean region). You will be able to discuss the inclusion of foreigners and the fight against discrimination, a topic that is currently in the spotlight. Through a range of non-formal educational activities, you will develop a variety of professional and personal skills that we are sure you will be able to use in your local context. We look forward to seeing you there, motivated and ready to share your ideas and best practices and to interact with everyone on these topics.

You will find all the information you need to prepare for this seminar in this information pack.

We look forward to seeing you in Strasbourg for this seminar!

The director of AMSED

Djilali KABECHE

The inclusion of migrants and refugees: a lever or a brake on the development of host societies

In a European and international context marked by growing tensions around migration policies, the issue of migrant and refugee inclusion is often addressed from a reductive perspective, simplistically contrasting costs and benefits. However, this approach obscures an essential reality: migration primarily affects women and men, families and young people, who bring with them their own stories and vulnerabilities, but also human, social and cultural resources. Numerous studies and institutional reports show that it is not migration itself that is the problem, but rather the absence or inadequacy of effective inclusion policies. When migrants and refugees have access to education, training, employment, housing and civic participation, they can actively contribute to wealth creation, innovation, demographic dynamism and social cohesion. Conversely, their exclusion or marginalisation can reinforce inequalities, fuel social tensions and hinder local development. As highlighted in several United Nations resolutions, the inclusion of migrants and refugees must be approached in a comprehensive and multidimensional manner, taking into account human, economic, social, cultural and political dimensions. It is therefore a major challenge for contemporary democratic societies.

The project

The project, initiated by AMSED and its partners, aims to strengthen the key and cross-cutting skills (knowledge, interpersonal skills and know-how) of more than 40 young people, youth workers/actors, NEETs and people from disadvantaged groups. The project aims to raise their awareness of the challenges of social, economic and civic inclusion for migrants and refugees, while developing their critical thinking, analytical skills and ability to engage in intercultural dialogue.

This responds to two observations:

- An often negative and biased perception of migration fuelled by misinformation and stereotypes that tend to obscure individual experiences and realities
- A lack of knowledge and recognition of the real benefits of including migrants and refugees

In a context marked by intense public debate on migration, this project aims to enable participants to deconstruct preconceived ideas and better understand the human, migratory and political realities, in order to identify the conditions under which inclusion can become a lever for development and social cohesion. Inclusion is seen here as a factor in development, but above all as a matter of social justice and respect for human rights. The aim is also to encourage participants to become committed actors, capable of promoting informed and inclusive discourse within their communities.

Profile of participants

As part of this seminar, we are looking for participants:

- Youth actors over 18 years old;
- Involved at local level or wishing to get involved;
- Interested in the topic of the inclusion of foreigners and refugees and having project ideas;
- Wishing to be actively involved in all stages of the project (upstream, during, dissemination);
- Newcomers in Erasmus+ programmes;
- Motivated to work on developing their personal and professional skills;
- Willing to disseminate the new knowledge, skills and ideas discussed during the seminar;
- Ready to work in an intercultural environment.

Specific objectives

The seminar is structured around the following objectives:

-  **Raise awareness and train participants** on the fundamental principles of migration and the challenges and dynamics of including migrants and refugees.
-  **Promoting the economic, civic and social inclusion** of migrants and refugees and improving youth work to support these groups, raise public awareness and take action to promote their inclusion.
-  **Equip participants with skills** (abilities, attitudes, knowledge) to combat discrimination, create actions that promote the inclusion of migrants and refugees, and encourage and support initiatives as multipliers committed to their local context.
-  **Encourage the exchange of experiences**, best practices and synergies between participants and cross-sectoral actors to promote methods and co-create innovative solutions that foster the inclusion of migrants and refugees.
-  **Promote European programmes**, particularly Erasmus+, by highlighting their opportunities for mobility, funding, and learning in the areas of active participation, inclusion, and diversity, and by enabling participants to prepare and get involved in the creation of transnational projects and recommendations
-  **Get involved in sharing and disseminating results** at local, regional, national, European and international levels





Interaction and methods used

- Non-formal education
- Ice-breaker activities and language unblocking workshops
- Presentation of participants (and their sending organization)
- Intercultural evening
- Interactive workshops on issues related to the inclusion of migrants and refugees
- Round tables, conferences, focus groups
- Visits and immersion in local communities
- Meetings with local personalities, sharing and working on best practices
- Presentation of Erasmus+ funding program
- Development of new projects and partnerships
- Workshops to share best practice on inclusion of migrants and refugees based on participants' local or national realities

The seminar will be held in English and French. **It is essential that you are comfortable in at least one of these two languages.**

Pedagogical preparation

Each participant must, in collaboration with the other participants of his or her sending organisation:

-  **Be prepared to present his or her sending organisation** (avoid PowerPoint presentations) by discussing its themes, objectives, activities and future plans (remember to bring brochures for the organisation fair).
-  Be prepared to present a best practice and a fact sheet on the inclusion of migrants and refugees in society in his or her country (see appendix).
-  Prepare short street interviews on the inclusion of migrants and refugees in your country and interview local people in the language of the country, with English subtitles and European Union logos (see appendix).
-  After the seminar, each participant must disseminate the results of the project at local, regional, national, European and international level, both online and offline.

Organiser



This seminar is organised by AMSED: Association Migration, Solidarité et Echanges pour le Développement (Association for Migration, Solidarity and Exchanges for Development). This Strasbourg-based NGO fights for socio-educational and professional inclusion through several main areas of focus. In order to facilitate the socio-professional integration of its target audience, AMSED offers comprehensive support: job sponsorship, public writing services, assistance with the use of digital tools and French as a foreign language courses.

Furthermore, in order to encourage young people to participate in civic and democratic life, particularly those with fewer opportunities, AMSED offers a wide range of online and offline activities throughout the year, including street events, election awareness campaigns, international exchanges and volunteering opportunities, and training seminars such as this one. Find out more on the website of our informal international network: <https://network.amsed.fr/>.

The AMSED informal network is an independent organisation that is neither political nor religious. We organise intercultural exchanges for young people and youth workers through volunteering and capacity-building training for youth workers and member organisations and partners of the network, as well as local socio-cultural workshops.

We fight against racism and xenophobia in the Euro-Mediterranean region by promoting and raising awareness of differences and diversity among young Europeans and Mediterraneans through debates and exchanges on controversial topics such as immigration and minorities, cultural diversity and inclusion, the exercise of citizenship and voting rights for foreigners.

We create opportunities for intercultural exchange between young Europeans and Mediterranean people by jointly organising activities that promote the discovery of other cultures and sensibilities.

Logistical preparation and community rules

- **Send travel information before arrival in Strasbourg:** a copy of all transport costs (plane, train, bus, etc.) to and from Strasbourg and the invoice;
- **Participate in the information webinar** (dates to be confirmed);
- **Be punctual** for all seminar activities;
- Leave your mobile phone switched off during sessions;
- Contribute to the smooth running of the sessions by arriving in the work rooms on time and taking an active part in the activities and workshops;
- Facilitate the work of the logistics team: volunteer to **ensure the cleanliness of accommodation, work and catering areas**; respect the sorting of garbage cans; respect basic rules of cleanliness and community life;
-
- **Respect the instructions given by the accommodation, leave your room clean and tidy on departure and do not break anything**
- **PLEASE NOTE:** Any additional cleaning charges or deposits collected will be payable by the occupants of the accommodation concerned (in the form of a deduction from the ticket refund);
- Support AMSED in the event of a major problem;
- Respect cultural diversity and work in two languages;
- Be respectful of the teaching team, logistics team and other participants at all times.



PLEASE NOTE: no comments or behaviour of a sexist, racist, validist, ageist, LGBT-phobic or otherwise offensive nature will be tolerated. We can't guarantee a discrimination-free space, but we ask everyone to be open-minded, to accept criticism and to learn from others and from their mistakes in order to provide the most inclusive environment possible.

Dates and travel

The seminar will take place from 22 to 31 July 2026.

Participants will arrive at the “Camping de Strasbourg” in Strasbourg on Wednesday 22 July 2026 in the afternoon, from 4pm onwards and ideally before 8pm (start of the welcome evening). Accommodations will not be available before 4pm, but if you absolutely must arrive earlier, please contact us.

Departure is on the morning of Friday, July 31, 2025 : accommodations must be vacated (tidied and cleaned) by 10am.

Please keep us informed of your arrival and departure times as soon as possible!

Getting to the accommodation

Strasbourg is right next to the German border and close to Switzerland, so there are several options. Even though it is often the quickest way, it is preferable to avoid travelling by plane whenever possible in order to minimise the impact of the seminar on the environment.



By train

If possible, it's best to travel to **Strasbourg Central Station** by train from your country of residence, especially if you're coming from Europe: this means of transport is much less polluting than air travel. Think about discount cards, especially for young people.

Ticket reservation:

- Via SNCF (French rail service): <https://www.sncf-connect.com/>
- Via Deutsche Bahn (German rail service): <https://int.bahn.de/fr/offres>
- Via your national rail service



By bus

You can also reach Strasbourg by bus (also less polluting than air travel) from your country of residence, arriving at the **Strasbourg bus station (place de l'Etoile)**.

Ticket reservation:

- Flixbus: <https://www.flixbus.fr/>
- BlablaCar: <https://www.blablacar.com/>
- Other local or international companies



By plane (Entzheim, Basel-Mulhouse or Frankfurt airports)

A. From Strasbourg Entzheim Airport (SXB)

Route: Entzheim Airport – Strasbourg Central Station

Distance from Strasbourg city centre: 15km

Means of transport: TER train (9 min)

Cost: approx. €4 per journey

Reservations:

- Train: <https://www.sncf-connect.com/>

More Information: <https://www.strasbourg.aeroport.fr/passagers/parkings-et-acces/navette-train/>

B. From Basel-Mulhouse Euro-Airport (BSL)

Route 1: Basel-Mulhouse Euro-Airport – St Louis Station – Strasbourg Central Station

Distance from Strasbourg city centre: 130km

Means of transport: BustoStLouisstation(10min)-TERtraintoStrasbourgcentralstation(1h20)

Cost: 2.50€ (bus) + 28€ (train)

Reservations:

- Bus: <https://www.distribus.com/e-boutique>(pleasenote,theticketisvalid1hourafterpurchase: don't buy it in advance!)
- Train: <https://www.sncf-connect.com/>

More information: <https://www.distribus.com/se-deplacer/navette-euroairport>

Route 2: Basel-Mulhouse Airport – Strasbourg bus station (place de l'Etoile)

Distance from Strasbourg city centre: 130km

Means of transport: bus (about 2 hours)

Cost: 10-15€

Reservations:

- <https://www.flixbus.fr/>

C. From Frankfurt Airport (FRA - Germany)

Route 1: Frankfurt Airport – Strasbourg central station

Distance from Strasbourg city centre: 220km

Means of transport: bus(Lufthansa)ortrain(DeutscheBahn)(2h30)

Cost: 10-49€-buscanbefreeifpurchasedwithaLufthansa plane ticket – Please contact us if you choose this option

Reservations:

- Bus: <https://www.lufthansa.com/fr/en/homepage>
- Train: <https://int.bahn.de/fr/offres>

Route 2: Frankfurt Airport – Strasbourg bus station (place de l'Etoile)

Distance from Strasbourg city centre: 220km

Means of transport: bus (Flixbus) (3h30)

Cost: 9-35€

Reservation:

- <https://www.flixbus.fr/>

Note: for TER journeys, you can buy a TER Fluo Card, which gives you a 50% discount on all TER journeys in the Grand-Est region, costing 10€ (under 26) or 30€ (26 and over)

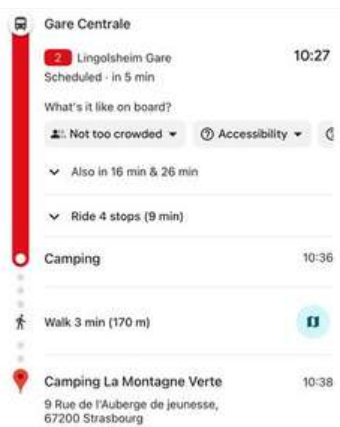
- To buy: <https://www.sncf-connect.com/app/catalogue/description/grand-est-carte-fluo>

How to get to the accommodation

“Camping de Strasbourg”

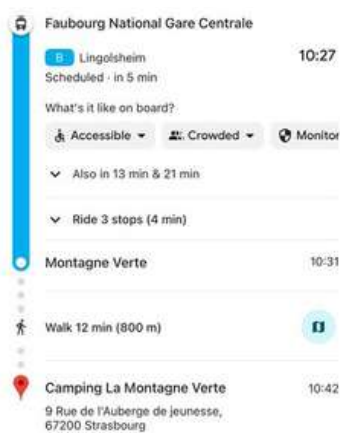
1. From Strasbourg central station

There are several ways to get from Strasbourg station to the Strasbourg campsite by public transport.



Route 1:

From the train station, take Bus 2 at the Gare Centrale stop (located outside the station) in the direction of Lingolsheim Gare and get off after 4 stops at the Camping stop. From there, it is a 3-minute walk to the Camping of Strasbourg.



Route 2:

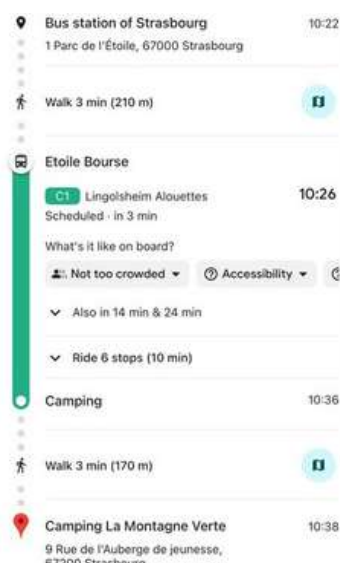
From the station, walk 6 minutes to the Faubourg National tram stop.

Take the Tram B towards Lingolsheim for 3 stops. Get off at the Montagne Verte stop.

From there, it is a 12-minute walk to the campsite.

You can also take the C1 and 2 buses from the Montagne Verte stop for one stop to the Camping stop.

2. From the bus station in Strasbourg (place de l'Etoile)



From the bus station (place de l'Etoile), walk for 3 minutes to the bus stop Etoile Bourse. Then take the C1 bus towards Lingolsheim Alouettes for 6 stops, until you reach the Camping stop. From there, it's a 3-minute walk to the campsite.



Bus and tram tickets cost €2.10 at the kiosks and €2.50 on board the bus: remember to buy your ticket at the kiosks before boarding the bus. You will then get a reusable card loaded with a ticket. Keep the card in a safe place, as you will be able to use it for the return ticket, which will therefore be cheaper.



Please note: The fare is not printed on the card. If you wish to be reimbursed for your ticket (within the limits of your budget), you must request a receipt at the ticket machine. Please note: in Strasbourg, for trams and the G bus, ticket validation machines are located outside, at the stop. It is therefore imperative that you validate your ticket BEFORE boarding the tram/bus, otherwise you risk a fine of between €40 and €80, which cannot be reimbursed by AMSED.

Reimbursement

PLEASE NOTE! Participants must not incur any expenses (visa, transport, etc.) before 1 June. Any expenses incurred before this date will not be reimbursed by AMSED.

- To obtain reimbursement for travel expenses, tickets must be validated by AMSED prior to purchase. Please send your transportation proposals to seminaires.amsed@gmail.com.

When you arrive to Strasbourg, **keep your original tickets and boarding pass!** Otherwise you will not be entitled to a reimbursement.

AMSED will collect the original travel documents at the seminar, you will need to provide:

- Invoices for all transport costs: bus, plane, tram, train, etc.
- Original transport tickets: tram tickets, train tickets, paper or electronic Boarding Pass

When you return from the seminar, send the original tickets and boarding pass to seminaires.amsed@gmail.com. If you have paper tickets or boarding passes, please send them by post to AMSED:

Espace Nord-Sud - 17 rue de Boston
67000 Strasbourg
FRANCE

Without proof, AMSED will not be able to reimburse your transport tickets.



Please note that some electronic Boarding Passes are no longer accessible after the flight, so **be sure to take a photo, printout or screenshot of the Boarding Pass as soon as possible.**

Transport costs will be reimbursed within 6 months after receiving all the necessary receipts and documents (and bank details).

Amount of reimbursement :

European rules relating to travel expenses vary according to a scale of kilometres between the place of departure and the place of arrival. That's why it's essential to keep all the receipts between your place of departure and Strasbourg. It is possible that the amount of the fixed price will vary if you don't have all the receipts!

For example, for a maximum package of €275 granted:

Transport costs over 275 € AMSED will reimburse €275 and **you will be responsible for the difference in costs.** For example, if your transport costs amount to €300: €275 paid by AMSED and €25 paid by you.

Transport costs under 275 € AMSED will reimburse you **up to the justified amount.** For example, if your transport costs amount to €250.67, AMSED will reimburse you €250.67.

Official reimbursement based on the distance :

10-99 kms		100-499 kms		500-1999 kms		2000-2999 kms		3000-3999 kms	
/	Green transport	/	Green transport	/	Green transport	/	Green transport	/	Green transport
28 €	56€	211 €	285 €	309€	417 €	395€	535 €	580€	785 €

Green transport (eco-friendly means of transport) refers to journeys that use low-emission means of transport for most of the journey, such as buses, trains, bicycles or carpooling.

To calculate your distance, you can visit the European Commission's website designed for this purpose:

Erasmus+ Distance Calculator

- Visa fees will be reimbursed, provided that you bring the following:
 - A copy of the visa in the passport
 - The copy of the stamp in the passport (if applicable)
 - The visa receipt (invoice on which the participant's name must be indicated)

Insurance or travel costs related to visas will not be covered.

Please note the following points:



- If the participant does not attend the seminar or does not take part in all the activities, the tickets will not be reimbursed: remember to take out cancellation insurance;
- Be reasonable: select the cheapest tickets possible (no first class, etc.).

The following will not be reimbursed:

- Passport renewal fees;
- Insurance costs;
- Fees for flight changes or missed flights;
- Expenses outside the project dates;
- The price difference between the authorised amount and the price of your ticket;
- Excess luggage charges;
- Taxi costs.

Only return tickets to Strasbourg will be reimbursed. Any cost in excess of the maximum authorised will not be reimbursed!

Accommodation

The seminar will take place at Camping de Strasbourg, where you will be staying in professional Mobile-Home Cottages and where the activities will take place.

Address:

9 rue de l'Auberge de Jeunesse - 67200 STRASBOURG

Website:

<https://www.camping-strasbourg.com/>

[Google Maps link](#) 



You will be accommodated in professional mobile homes for 6 people. There will be a maximum of 5 people per mobile home. Each mobile home consists of 2 bedrooms, each with 2 single beds, a living room with a sofa that can be converted into a bed if a fifth person is in the accommodation, a small bathroom and a kitchenette, where you can prepare your own breakfast (ingredients will be provided).

Please note that the mobile homes are not very large; they are only intended for sleeping. Please take this into account when choosing your suitcase, for example. Also, be considerate of the other participants who will be sharing your accommodation.



Do not forget to bring:

- Your own toiletries (towels, shower gel and shampoo, toothbrush, toothpaste, etc.)
- A swimsuit
- Earplugs if you're a light sleeper
- Sunscreen
- Your passport and proof of health insurance
- Games for the evenings
- Culinary specialties from your region for coffee breaks Brochures for the organisation fair Culinary and cultural specialties from your country/region for the intercultural night (song, dances, music, food, drinks, etc.)

Programme

The seminar will last 8 full days plus the day of arrival and departure.

Each day, activities will run from 9:00 a.m. to 6:30 p.m. The day will be divided into four work sessions of 1.5 hours each, with two 30-minute coffee breaks and a two-hour lunch break. There will be one afternoon of free time during the seminar. Certain evening events (until 10 p.m.) will be an integral part of the seminar and will therefore be mandatory, such as the intercultural evening, the organization fair evening, the photo safari feedback evening, and the closing evening. These will be communicated to you at a later date. Other evening sessions will not be mandatory.

Health and food

Please note: **you must have health insurance!** If you are European, don't forget your European Health Insurance Card (to be ordered in advance from your local health insurance office). Otherwise, consider getting your own insurance.

Emergency Numbers:

- European emergency number, free from all cell phones: 112
- SAMU (medical emergency): 15
- Police: 17

If you have any **health issues** (allergies, food intolerances or any other medical conditions), please do not hesitate to let us know. We guarantee that this information will be treated with respect and anonymity, and we need to receive it in order to better organise your stay.

Please note: if you are **taking medication**, remember to bring enough for the entire duration of the seminar or a repeat prescription (valid in France if it was issued in the EU and if the treatment is marketed in France). If you are travelling by plane, remember to bring the prescription with you to justify the possession of medication at customs. AMED cannot be held responsible in any way for problems with the supply of medication. If necessary, please do not hesitate to contact us.

Meals will be prepared in advance by the logistics team. It is therefore very important to inform us in advance if you have any **special dietary requirements**: please fill in the application form accordingly and contact us by email if necessary.

All meals will be taken together, from the first dinner on the evening of 6 July to the last breakfast on the morning of 15 July. To make our coffee breaks more enjoyable, each participant is invited to bring a speciality from their region to share with the other participants. Breakfasts will be prepared independently in the chalets, which are equipped with kitchenettes.

In addition, all participants will be asked **to leave their accommodation tidy and clean**, with all equipment in good condition. This includes bedrooms and common areas: kitchen, toilets, showers, etc. If the accommodation is not left clean (dishes washed, floors clean, rubbish bins emptied, bathroom clean, etc.), AMSED will be obliged to hire a cleaner and the costs will be deducted from the reimbursement of the participants concerned.

Respect for the environment

All participants are asked to respect the accommodation, the equipment provided and the environment. Water and electricity should be used reasonably, no rubbish should be left behind and waste should be sorted correctly. Participants are also invited to familiarise themselves with the waste sorting system set up by the municipality of Strasbourg:

- All packaging (plastic, metal, etc.) and paper must be sorted into the young bin (empty, even if dirty, separated from each other).
- Household waste (and broken crockery) goes in a specific bin: the blue bin.
- Glass goes in a glass bin.

In addition, for the well-being and health of all, smoking and vaping (e-cigarettes) are strictly prohibited inside the accommodation and activity room, as well as in outdoor relaxation areas or areas where large numbers of people gather. Smoking and vaping are only permitted during breaks and outdoors.



Please note that it is forbidden to feed the animals on the seminar premises (cats, dogs, nutria, etc.).

Contact Us!

Project Coordinator in Lithuania

Austeja Amankaviciute

austeja@tavo-europa.eu



Co-funded by
the European Union



Join with Tavo Europa

Educator Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>



Co-funded by
the European Union

