



How to play the game "Journey Together"

Objective:

The goal of "Journey Together" is to foster positive attitudes, enhance community bonds, and build confidence among migrant women through storytelling, skill-sharing, and cooperative challenges.

Components:

1. **Game Board:** A colorful map representing different stages of a journey, with various paths leading to a central "Home" space.
2. **Player Pieces:** Each player has a unique piece representing themselves.
3. **Cards:**
 - **Story Cards:** Prompts for sharing personal stories and experiences.
 - **Skill Cards:** Challenges that encourage players to share or demonstrate skills.
 - **Community Cards:** Cooperative tasks that require teamwork.
 - **Encouragement Cards:** Positive affirmations and motivational quotes.
4. **Dice:** To move pieces around the board.

Setup:

- Each player chooses a piece and places it at the "Start" position.
- Shuffle the different decks of cards and place them face down on their respective spaces on the board.

Rules and Gameplay:

1. Starting the Game:

- Players take turns rolling the dice and moving their pieces accordingly.
- Depending on the space they land on, they draw a card from the corresponding deck (Story, Skill, Community, Encouragement).

2. Cards

Cards Description

There are four card categories: Story Cards, Skill Cards, Community Cards, and Encouragement Cards. The design ensures that each card is easily identifiable by its category color while maintaining a consistent and professional look across all card types.

General Design:

- **Two Sides:** Each card has a front and a back.
 - **Front Side:** Features only the logo and the specific color of the category.
 - **Back Side:** Includes the prompt or message, surrounded by a square of the specific color for the category.

- **Category Colors:**
 - **Story Cards:** Lavender
 - **Skill Cards:** Dark Blue
 - **Community Cards:** Purple
 - **Encouragement Cards:** Olive Green

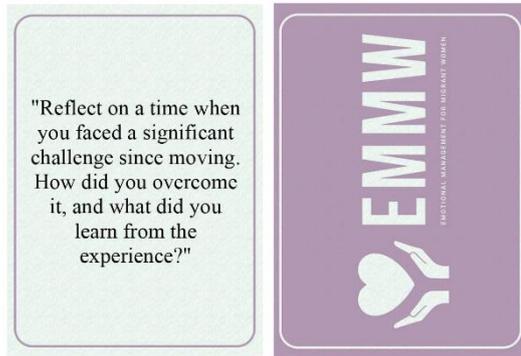
This design approach ensures clarity and visual appeal, making it easy for players to recognize the type of card at a glance while maintaining a cohesive look across the game.

Story Cards:

Players draw a Story Card and share a personal experience related to the prompt.



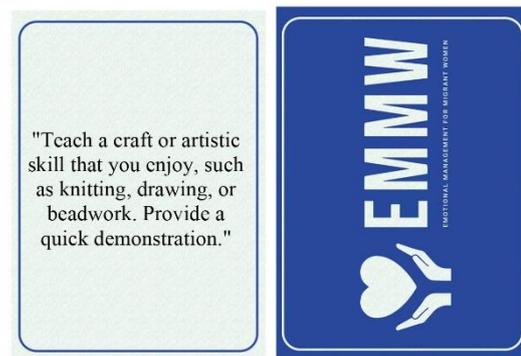
Example:



Skill Cards:

Players draw a Skill Card and either demonstrate a skill or teach it to others.

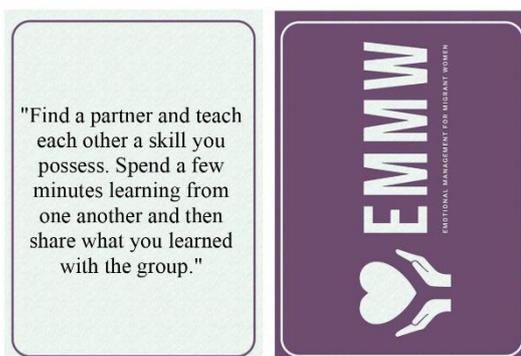
Example:



Community Cards:

Players draw a Community Card and complete a cooperative task with another player.

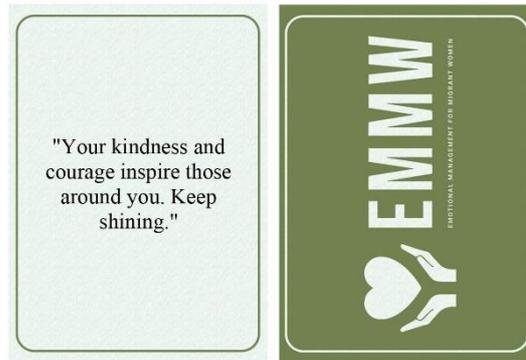
Example:



Encouragement Cards:

Players draw an Encouragement Card, read the positive affirmation aloud, and keep it.

Example:



3. Special Spaces:

<p>Reflection Space: Land here and take a moment to reflect on something you are proud of.</p>	
<p>Support Space: Land here and give or receive support from another player.</p>	

4. Winning the Game:

- The game ends when all players reach the “**Home**” space.
- Players share their accumulated Encouragement Cards and reflect on the journey.
- The focus is on the journey and shared experiences rather than a competitive win.

Customization and Adaptation:

- **Cultural Sensitivity:** Ensure the prompts and tasks are culturally sensitive and inclusive of diverse backgrounds.
- **Language Options:** Provide cards in multiple languages to accommodate different players.
- **Community Input:** Involve migrant women in the design process to ensure the game resonates with their experiences and needs.

Benefits:

- **Empowerment:** Players build confidence by sharing their stories and skills.
- **Community Building:** Encourages bonding and mutual support among players.
- **Positive Reinforcement:** Frequent positive affirmations help boost self-esteem.



"Describe a moment when you felt proud of yourself after moving to a new country. What did you accomplish, and how did it make you feel?"

"Share a story about a person who helped you when you first arrived. What did they do, and how did their kindness impact you?"

"Tell us about a cultural tradition from your home country that you continue to practice. Why is it important to you, and how do you celebrate it?"

"Reflect on a time when you faced a significant challenge since moving. How did you overcome it, and what did you learn from the experience?"

"Describe an experience that made you feel a part of your new community. What happened, and why did it make you feel included?"

"Share a story about a favorite memory from your childhood. How does this memory influence who you are today?"

"Talk about a skill or talent you brought with you from your home country. How have you used this skill in your new environment?"

"Describe a moment when you felt a strong connection to someone from a different culture. What brought you together, and what did you learn from each other?"

"Tell us about a time when you shared your culture with others in your new country. How was it received, and how did it make you feel?"

"Reflect on a dream or goal you have for your future. How does your journey so far influence this dream, and what steps are you taking to achieve it?"

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"Demonstrate a traditional dance from your home country. Teach a few steps to the group."

"Share a recipe for a dish that is special to you. Explain the steps and ingredients needed."

"Show the group how to say a common greeting or phrase in your native language. Practice it together."

"Teach a craft or artistic skill that you enjoy, such as knitting, drawing, or beadwork. Provide a quick demonstration."

"Describe a professional skill you have. How did you acquire it, and how do you use it in your daily life or work?"

"Demonstrate a relaxation or mindfulness technique that you find helpful, such as deep breathing, meditation, or yoga."

"Share tips for organizing your day or managing time effectively. What strategies do you use to stay productive?"

"Show the group how to perform a simple household repair or DIY project that you know well."

"Explain a cultural game or activity from your home country. Teach the rules and play a quick round with the group."

"Describe a hobby or passion you have. Explain why you enjoy it and how others can get started with it."

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"Work with another player to create a short story or skit based on a theme you both choose. Perform it for the group."

"Pair up with another player and discuss a challenge you both have faced. Share your solutions and insights with the group."

"As a group, plan a small event or activity that celebrates everyone's cultures. Discuss ideas and assign roles."

"Find a partner and teach each other a skill you possess. Spend a few minutes learning from one another and then share what you learned with the group."

"Work with another player to draw a map of your journey from your home country to your new country. Share your maps and stories with the group."

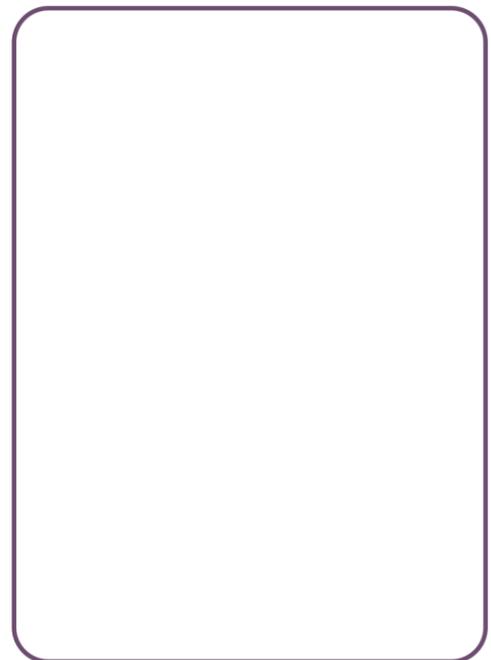
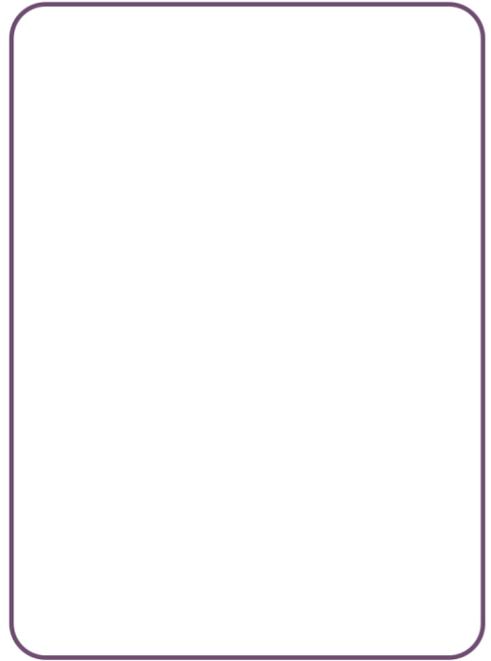
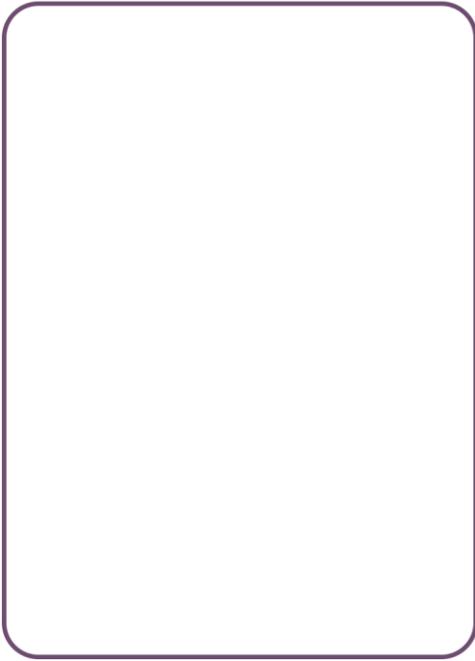
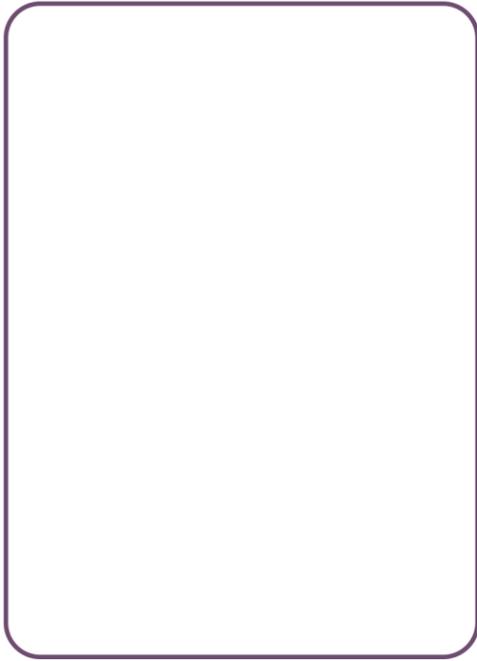
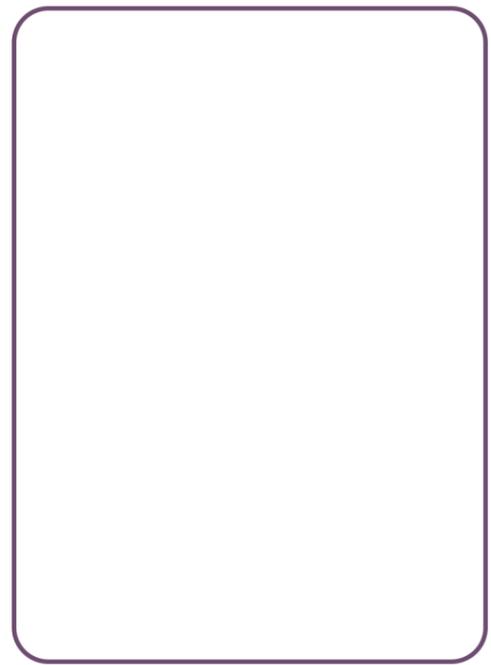
"In pairs, discuss a tradition or holiday from your home country. Share how you celebrate it and what it means to you, then present your findings to the group."

"As a group, create a 'Recipe Book of the World' by each contributing a favorite recipe. Discuss the dishes and their cultural significance."

"Pair up and role-play a scenario where one of you is new to the country and the other is a local. Practice welcoming and offering support."

"With another player, discuss a positive experience you've had since moving. Reflect on what made it positive and share with the group."

"As a group, brainstorm ways to support new migrants in your community. Create a list of actionable ideas and discuss how you can implement them."



"You are brave and resilient. Every step you take is a testament to your strength."

"Your journey is unique and valuable. Your experiences make you a richer person."

"Believe in your dreams. You have the power to achieve great things."

"Your kindness and courage inspire those around you. Keep shining."

"Embrace the challenges. Each one is an opportunity to grow and learn."

"You are not alone. Your community is here to support and uplift you."

"Celebrate your achievements, no matter how small. Each one is a victory."

"You bring unique strengths and perspectives. The world is better with you in it."

"Remember to take care of yourself. You deserve kindness and compassion."

"Your story is powerful.
Share it with pride and
let it inspire others."



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EMOTIONAL MANAGEMENT FOR MIGRANT WOMEN



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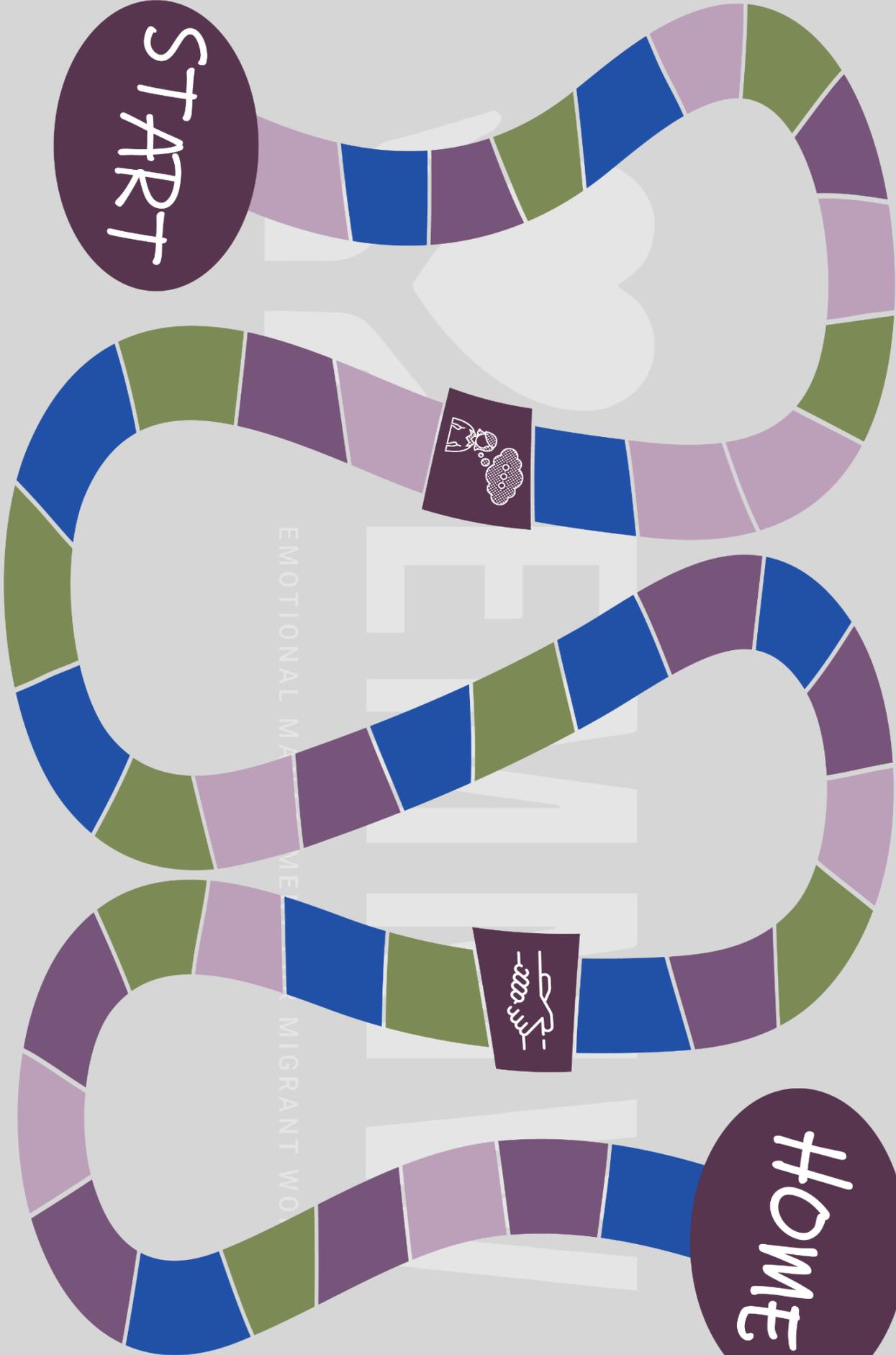
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