

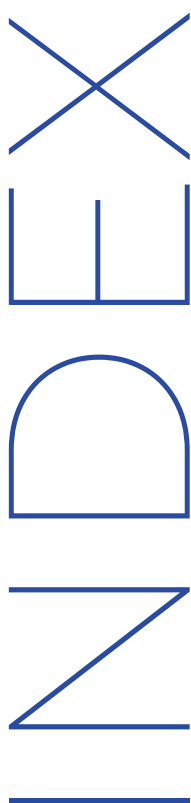


**!FALL**

# **Annual Report**

2023

# Table of Contents



01.

Statement of the board

02.

Purpose

03.

Information

04.

Activities

05.

Event

06.

Highlight of 2023

07.

International Projects

08.

Thank you & Contact

# STATEMENT OF THE BOARD

Dear stakeholders, partners, and supporters,

On behalf of IFALL, we are delighted to present to you the annual report of IFALL, a Swedish organisation committed to integration. It is with great pleasure that we share our achievements, progress, and future aspirations.

Over the past year, IFALL has continued to strengthen its position as a leading organization in promoting cross-cultural exchange and cooperation. We are proud to highlight that we have successfully extended our reach beyond borders, engaging in numerous European and international collaborations. These partnerships have enabled us to broaden our impact, exchange best practices, and contribute to the development of innovative solutions to global challenges.

Another significant milestone for IFALL has been our relocation to a new address at The Ground in Malmö. We are thrilled to have transitioned to our new premises, which provides us with ample space and resources to expand our activities. This move symbolizes our commitment to growth and signifies the exciting opportunities that lie ahead for us.

Despite the unprecedented challenges posed by the pandemic, we are proud to announce that we have caught up on various projects that were temporarily halted. Our dedicated team has worked tirelessly to ensure the successful resumption of these initiatives, allowing us to continue making a positive difference in the lives of individuals and communities. This achievement is a testament to the resilience and perseverance of our organization.

Looking ahead, IFALL is enthusiastic about its future in Malmö. We are determined to deepen our roots in this vibrant city and forge meaningful connections with new individuals, organizations, and communities. Our goal is to foster a sense of unity and inclusivity, promoting dialogue, understanding, and social cohesion.

As we conclude this annual report, we extend our sincere gratitude to our partners, sponsors, volunteers, and staff who have supported us throughout this journey. Your unwavering dedication and commitment have been instrumental in our success.

We invite you to join us in our mission as we continue to build bridges, break down barriers, and create a more harmonious and connected world. Together, we can achieve transformative change.

Thank you for your ongoing support.

Yours sincerely,

IFALL



# OUR PURPOSE

The purpose of the association IFALL is to promote integration between cultures and people, counteract violence, and create more understanding.

The association was formed on the 26 November 2013 and is party-political and religiously independent.

IFALL works with three main areas: local activities/projects, international activities/projects with a focus on method development and development work, as well as information and knowledge dissemination to recruit and educate volunteers locally and internationally.



# INFORMATION

## We moved to The Ground!

WHERE PRODUCTIVITY MEETS COMFORT!

This cozy coworking home offers a comfortable and innovative environment for individuals and teams.

The Grounds community is filled with hard-working and wonderful people, and they strive to provide the best possible experience for its members.

# WELCOME!!





# INFORMATION

**iFall celebrated his 10 years!!**



The 1st founding iFall Board Members  
November 11, 2014



The Birth of iFall Ängelholm  
2015



iFall's Project: "Reflektera, Filma, Sprida"  
2016



Building trust in the Swedish forest  
2016

IFALL

YEAR 2023

# INFORMATION

## iFall celebrated his 10 years!!



Connecting with Caprifolen Voltige Club  
2016



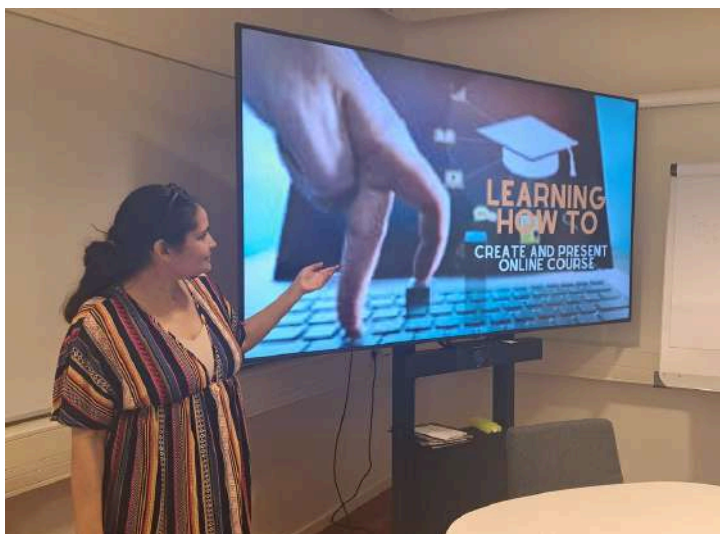
iFall's 2017 Christmas Card:  
Celebrating Diversity and Volunteers



Unity in Sports event: Creating connections between cultures through sports  
2023



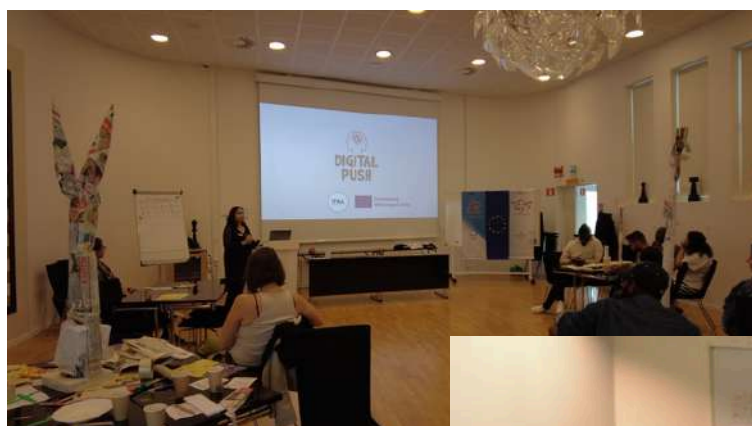
# ACTIVITY



## Digital workshop

The project Digital Push intends to promote digital skills for people in order to foster their creativity and use them to promote themselves, and improve their working conditions ultimately. It intends to empower unemployed, less digitally-skilled people, by providing access to digital skills, thereby increasing their employability potential, and showing them ways to promote their work and craft.

In this workshop, we covered the basic of using Microsoft Office (Word, Excel, and Power Point) and Canva, also discussed a bit about Netiquette (cyber-bullying, etc), Social Media knowledge, and how to get your hands on Digital Entrepreneurship.





# ACTIVITY



## Culture and food sharing



This special event aimed at fostering positive influences among young people with refugee, asylum seeker, and immigrant backgrounds took place at Ideon Science Beta 4, focusing on eco-friendly choices. The event incorporated a PowerPoint presentation, a MentiMeter poll for digital feedback, and discussions about culture and stereotypes. The day started with a shared lunch featuring diverse cultural dishes, promoting conversations about ingredients and cooking traditions. Engaging activities, such as choosing numbers and sharing personal details, contributed to a lively atmosphere. Participants also delved into thought-provoking discussions about culture and stereotypes during the event.



The presentation touched on cultural dimensions at work and highlighted specifics about Russian, Asian, and African cultures, including religion. Conversations allowed participants to share experiences of adapting to new cultures. Using paints, pencils, and paper, participants expressed their thoughts on the link between culture and integration through drawings, giving a visual representation of their ideas. The event wrapped up with a MentiMeter poll, capturing participants' quick thoughts on defining culture and expressing their own culture through an emoji. This gathering successfully brought cultures together and showcased a simple model for similar events. By being creative, inclusive, and environmentally friendly, this event set the stage for these young individuals to be positive influences in their communities.

# ACTIVITY

## Sport

Yippee

The event was organized with the goal of promoting unity and positive change among intercultural groups of young people, held at Uppakrahallen in Staffanstorp, Sweden. The initiative aimed to inspire participants, including local youth, refugees, asylum seekers, and immigrants, to become positive role models in their communities. The two-hour session involved activities such as name games and an energetic ninja game, fostering teamwork, coordination, and interaction among the participants. The event emphasized inclusivity, encouraging the exchange of skills and experiences to support integration.

In the main activity, participants divided into two teams through a rock-paper-scissors game, engaging in friendly basketball, volleyball, and handball competitions within the sports center. A prize awaited the victorious team, adding an element of fun and reward to the sports activities.

The day concluded with a unique reflection using a ball. Participants shared their feelings and takeaways from the activities by tossing the ball to one another. This closing exercise provided a platform for each participant to express their thoughts, creating a sense of closure and camaraderie.

In essence, this event seamlessly combined physical activities, team building, and personal connections to achieve its goal of bringing together diverse young individuals and promoting positive change in their communities.





# ACTIVITY

## Game

Yippee



Young individuals gathered for a game event aimed at fostering integration and fun. The event began with a warm welcome, introducing project objectives. Participants engaged in a lighthearted activity, choosing a number between 1 and 10 to share personal characteristics. An energizing song, “A Ram Zam Zam,” added unity. The main activity featured the DIXIT Card game, where each participant chose a colored rabbit and shared stories about the card images, related to experiences in a new country. Others guessed the narrator’s card, earning points for correct guesses. Participants closed the event by choosing cards reflecting their feelings, expressing takeaways. Balancing clarity and abstraction in narrations ensured an engaging experience. The event seamlessly combined entertainment with integration promotion, leaving lasting memories for the diverse group.



# ACTIVITY

Yippee

## Language sharing

The initiative aimed to support integration by engaging local young people, refugees, asylum seekers, and immigrants, utilizing their language and communication skills to learn from one another. The event began with a lively icebreaker where participants formed two circles and exchanged questions about names, meanings, origins, and preferences. Following this, participants were grouped to converse in English or Swedish, taking turns with question game cards that covered various topics like daily activities, city changes, cultural misconceptions, and national pride. To conclude, participants formed a circle and shared newfound words and sentences, fostering increased learning abilities, cultural understanding, expanded vocabulary, and a strengthened network among the participants.



Hi!

嗨

Hola!

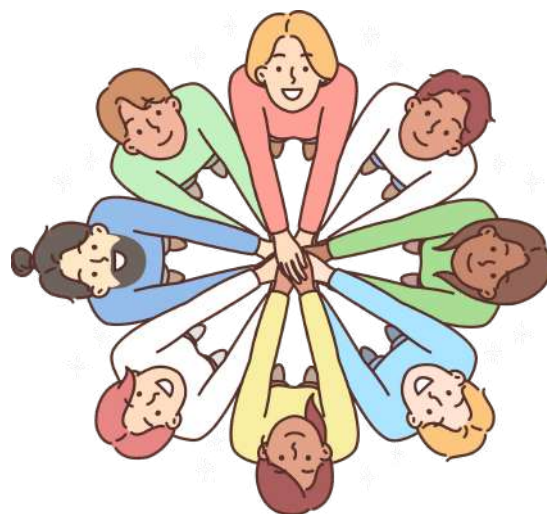




# ACTIVITY



## Active citizenship



To facilitate integration into communities, a workshop was conducted involving local young people, individuals with refugee or asylum seeker status, and immigrants, harnessing their language and communication skills to share authentic stories. The workshop focused on promoting active citizenship in Europe through the lens of resilience and storytelling, employing methods like the River of Life and Antonovsky's resilience theory. Participants shared life events as testimonies of their active citizenship and engaged in storytelling. The underlying resilience theory emphasized overcoming hardships and challenges, highlighting the importance of bouncing back and thriving for psychological, emotional, and physical well-being. Warm-up activities involved story dice to prepare participants for storytelling. The River of Life exercise encouraged participants to reflect on their lives, symbolically representing significant moments, choices, and events, fostering self-reflection and a deeper understanding of their life journey.



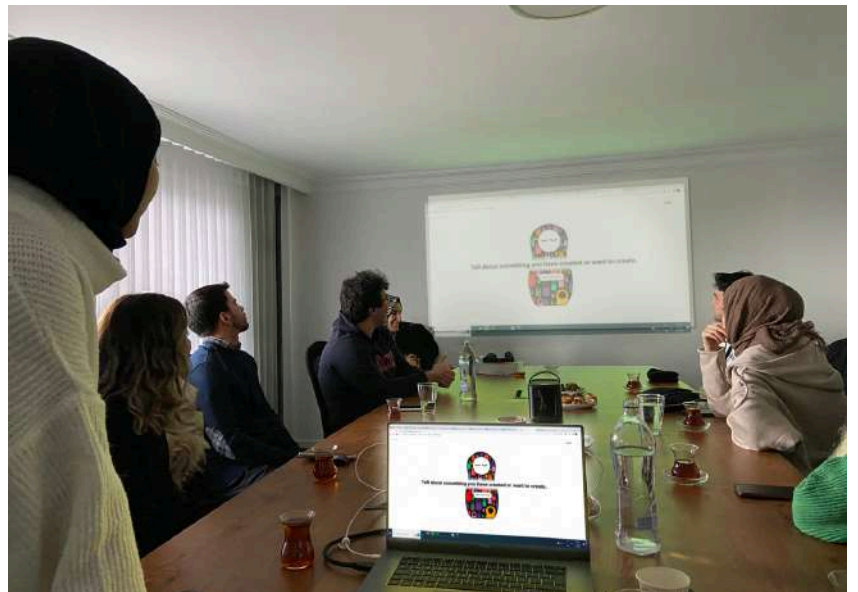
# ACTIVITY

## Storytelling

Young individuals gathered with the aim of fostering positive change in their local communities through intercultural collaboration and integration support. Participants engaged in an icebreaker where they shared personal characteristics based on a chosen number, enhancing mutual understanding. An energizer set the tone for the activities, leading to the first interactive session using the Story Dice online tool. Participants creatively created stories from random images, promoting imaginative thinking and collaboration. The second activity involved the “More Than One Story” online platform, encouraging individuals to share memories and stories from various aspects of their lives. Developed to prevent prejudice and promote integration, this platform allowed participants to connect through their experiences.

The event concluded with participants expressing their takeaways using a finger-count method, providing insights into their workshop experiences and feelings. This multifaceted approach successfully blended creativity, storytelling, and intercultural engagement, fostering a sense of connection among the diverse group.

Yippee





# ACTIVITY

Last year, Ifall organized a weekly sports activity primarily catering to young people from Lund. Hosted every Friday at Uppåkraskolan, the initiative aimed to engage participants in various sports activities. We introduced a variety of sports, allowing young individuals the chance to explore and choose activities that interested them. One highlight was the introduction of Swedish innebandy, providing participants with the opportunity to try a sport that might be new to them. The inclusive and dynamic nature of these weekly sessions fostered a sense of community while encouraging physical activity and exploration of different sports among the youth in Lund.





# EVENT



## Global Impact

“In late October, an exciting event called ‘Global Impact’ took place at The Ground, organized by IFALL from Sweden and international friends from South Africa, the UK, Germany, Australia, and Turkey. The event focused on discussions about how companies can contribute to societal well-being, environmental care, and inclusivity.

Participants from each country shared ideas on making the world better, engaging in small group discussions on key topics such as women’s participation in the circular economy, positive actions for companies in the energy and environment sector, the role of non-school learning in fostering youth engagement in society, educating Europeans about global betterment, and utilizing technology for intergenerational learning. The event concluded with lively conversations and a promise of follow-up emails to share new ideas and developments, emphasizing the collaborative and informative nature of the gathering in working towards a fair, sustainable, and inclusive world.”





# EVENT



## Unity in sport event

On the 20th September,  
We brainstormed, we engaged with our insightful guest speaker and share our perspectives on the topic of sports and cultural exchange power to bridge diverse cultures.

During the event, we were honored to have a fabulous guest speaker Melinda Bergstrand who shared her own experiences and passions with sports. Her insights on how to engage and re-connect more people to sports activity were truly inspiring.

It reminded us of the importance of creating spaces where individuals from different backgrounds can come together, share their stories, and build lasting connections.



# HIGHLIGHT OF 2023

## Youth Exchange



In September IFALL landed in South Africa with the fantastic #AllForOneTeam!

We were there for the “All for One” project, which was youth exchange programme that highlights dance, drama, and alternative creative techniques!

It was a mixture of the magic of culture, creativity, and collaboration with the specially selected Swedish team; Charlotte, Ali, Dominika, Laurine, Clara and Neco. We we engaged in a thought-provoking activities like the Tribe Game, a dramatic simulation designed to foster learning and understanding! The whole week was a training regarding discrimination, prejudice, and stereotypes with the help of the All For One Board that we tried and tested in the exchange.





# HIGHLIGHT OF 2023



## Dare 2 Speak Tour in Turkiye

Our Turkish partner Faal Derneği, led a tour in Turkey as part of the Dare2Speak project. The Faal Derneği team visited 6 cities in a week, met with young people in each city, and organized workshops. Two of these cities were Gaziantep and Adana, which were directly affected by the tragic Turkish earthquake in February.



### Kayseri

The first stop of the tour on August 21, was Kayseri. The local youth informed by the announcements, filled out the online participation form, and selected the workshops they wanted.

### Gaziantep

During the tour we met young people in the youth centers of the cities. The same program was carefully implemented by the Faal Derneği team in all cities. In Gaziantep, the second stop of the tour, four different workshops were implemented in two sessions.



### Adana

People in the youth in Adana showed great interest in the project. There was great participation in our Creative Drama, Storytelling, Critical Thinking, and Step by Step Empathy workshops. The tour also attracted the attention of local media where our project manager was interviewed.



IFALL

YEAR 2023

# HIGHLIGHT OF 2023



## Antalya

Our tour continued in its 4th city, Antalya. Here the project was discussed with all the young people participating and we watched the projects short film samples. Volunteers among young people who wanted to include their own films in the project also participated, as in all other cities.

## İzmir

In the 5th city, Izmir, gifts were given to all youth center managers who hosted us, and a fruitful collaboration was achieved on the next partnerships and projects.



## Istanbul

There was intense participation in our last stop, Istanbul. When this program ended successfully, good feedback was received from all participants. Our project reached a large audience thanks to this tour. After the program ended, the Faal Derneği team, which successfully completed the tour, shot an additional short film to be included in the project all night at the youth center in Istanbul before returning to Ankara, and taking part in the project with the team film as a memory of the tour.



# HIGHLIGHT OF 2023

## International Volunteers

**LAURINE**

From France

“

I was very grateful for this amazing experience! I met many great people, I travelled to so many places around the world

”



“

This will be a huge advantage for my future career

From Turkey

”

**EMRE**

**FATMA**

“

**From Turkey**

I have many dreams and plans about my future and this project is a good opportunity for me.

”

**BETÜL**

“

**From Turkey**

*It will be an incredible experience for me to do what I love here.*

”



“

My expectations from this project are culturally improving myself, helping people, developing myself in the digital environment and more :)

**From Turkey**

”

**AHMET**



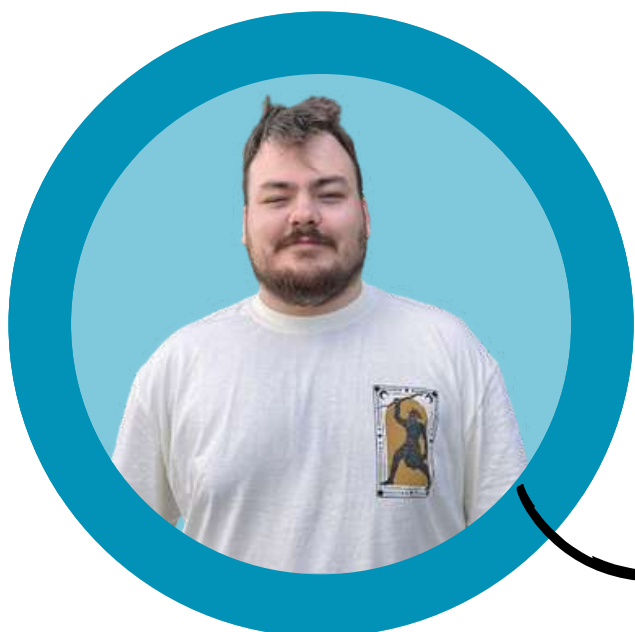
**ELIF**

“

**From Turkey**

*I wanted to pay back to the community and EU for giving me the chance to grow so I came to Sweden as an ESC.*

”



“

I hope to learn new skills whilst honing in others and meeting new people along the way

**From Turkey**

”

**ZAC**

“

**IT WAS A LIFE-  
CHANGING  
EXPERIENCE.**

**From Turkey**

”

**MELIKE**

# PROJECTS

IFALL is involved and works on several international projects. With the help of international collaborations, we offer young people to go to other countries where they can learn from different cultures and grow as individuals.

We also participate in creating new methods and tools to promote integration among different communities, that we use in our various programmes. They are available for use by other organisations working in immigrant integration.



## Step up

*Sustainability skills entrepreneurial mind set to foster migrant women employability and upskilling possibilities*

Project code: 2021-1-SE01-KA220-ADU-000035340

Migration is often a difficult and a stressful process. Integration to a new society and entering the host country labour market is even more difficult, especially for migrant women. Compared to men, they face additional challenges and have to overcome many structural, institutional and society-based barriers.



STEPUP is a new project started with the objective of supporting migrant women's employability in their host countries. The aim is to offer migrant women the opportunity to develop skills required by the current labour markets. We plan to develop guidebooks for educators/facilitators who are working with migrant women, so that they can provide better support to their target groups.



# PROJECTS

## RE.BE.CO.

*Refugees Become Counselor and Trainer*

Project code: 2020-3-IT03-KA205-020204



Half of the immigrants arrive in Europe are youth, who are under the age of 29 years. They face many obstacles in obtaining residence permits or even refugee status, that makes them unable to integrate with the host society. These young migrants may experience violence and abuse at refugee centers too, affecting their psychological well-being.

The objective of REBECO project is to introduce and share good practices in refugee integration, and involve young migrants themselves in the reception context, train them for that purpose etc.



## SPEAK

*Speaking skill Performance Enhancement in entrepreneurial customs for social workers*

Project Code: 2020-1-SE01-KA204-077885

Speak project explores the potential of public speaking and entrepreneurial skills for personal and professional development for adults.

The project designs an innovative methodology based on non-formal education in the field of advanced communication and entrepreneurial expertise. The methodology that got developed here takes a competence-based approach for the development and consolidation of freshly accomplished skills.

The target groups are the educators/trainers in the field of adult education, NGOs, and other organisations that provide services for excluded adults and disadvantaged people, aged especially between 18-35, coming from marginalized urban and rural communities.



# PROJECTS

## Digital Push

*Upgrading the portfolio of low-skilled unemployed*

Project Code: 2020-1-SE01-KA227-ADU-092565



Providing a fair access to digital tools and skills to everyone is a challenge. It may result in unfavourable working conditions for the less-privileged groups, especially in European context. The project Digital Push intends to promote digital skills for people in order to foster their creativity and use them to promote themselves, and improve their working conditions ultimately. It intends to empower unemployed, less digitally-skilled people, by providing access to digital skills, thereby increasing their employability potential, and showing them ways to promote their work and craft.

The final aim is to achieve a great balance in the labour market through investing in education to comply in an era of digital and ecological transition.



## Yippee

*Youth work Improved through young PeoPIE's storiEs*

Project Code: 2021-1-SE02-KA220-YOU-000028909

The project recognizes the need for urgent and effective interventions to foster social inclusion and nondiscrimination thus preventing racism and intolerance in a region that faces huge challenges in managing the arrival of large number of migrants some of whom are seeking protection.

YIPPEE project wants to contribute to more equal, intercultural and inclusive youth local communities through new approaches and transnational initiatives where youth work based on true peer learning can be a means of growth both for EU and immigrant/refugees' young generation





# PROJECTS

## Dare to Speak

*Youth work Improved through young PeoPLE's storiEs*

Project Code:



Dare to Speak 2' project is a project that carried out in partnership with Turkey and Sweden. It is a project that aims to integrate young people into society as active individuals, to understand themselves and their problems, and to convey them. Our project, which chose to use short films as material for these purposes, thus attracts the attention of young people. The first of our project was implemented as a pilot project in 2020. As a result of our short-term project, 5 films were produced and after their evaluation, our long-term project was accepted.

In our Dare to Speak 2 project, as in the first one, 50 film outputs were prepared, which allowed young people to present their ideas as film outputs.



# PROJECTS

## All for one

*A 2-year project based on social circus values and informal artistic methodologies through gamification.*

Project Code: 619489-EPP-1-2020-1-SE-EPPKA2-CBY-ACPALA

Social, physical and artistic activities focus on creating an environment of communication and social relations.

Circus, dance and drama help create support networks for further development that can sustain a joyful culture and tradition.

One of our main goals in the project is to create a board game that explores and develops the physical, artistic and social abilities of children and young people, creating different platforms for children to express themselves.

The transformative power of the arts linked to the problem based learning approach of a board game will support both emotional and social development and therefore increase social inclusion.



## Tonga school

Project Code: 2023-1-FR01-KA220-SCH-000154396

*Enhance communication within schools and strengthen the bond between school staff, teachers, and parents.*

Tonga is a term derived from the Bantu language, meaning "understand" or "comprehend." And that's exactly what we aim to promote through this project - understanding and embracing the beauty of multilingualism!

At Tonga Schools, we are overjoyed to be involved in an incredible project centered around plurilingual families. We believe that every language deserves recognition and appreciation, and we're here to celebrate the richness and diversity of multilingual families!



# Thank you

As we reflect on the past year, it is clear that our organization has made significant strides in achieving our mission and vision. The dedication and hard work of our team, combined with the support of our community and stakeholders, have been instrumental in our success. Looking ahead, we are excited to build on this momentum and continue making a positive impact in the lives of those we serve. Thank you to everyone who has been a part of our journey.

**!FALL**  
Integration För Alla



Facebook  
**ifall**



Instagram  
**@\_ifall**



**Bredgatan 4**  
**211 30 Malmö, SE**



Website  
**www.ifall.se**

# !FALL

Integration För Alla

**2023 Report**

A large teal-colored triangle pointing upwards from the bottom right corner of the page, extending towards the center.