

Bulgaria

Bread Making for Inclusion

Locations	Sofia
Level of implementation	Local
Name(s) of implementing institutions: Partners/Supporters:	Main implementing institution: Bulgarian NGO International Council for Cultural Centres, Bread Houses Network (BHN) Program Partners: Council of Refugee Women in Bulgaria , Multi Kulti Collective , UNHCR - the UN Refugee Agency in Bulgaria , Caritas-Sofia
Main idea behind it, initial situation (why?)	<p>Organising collective bread making and community events aiming at inclusion and engagement of all migrant groups including women and young men, but also children and whole families.</p> <p>It addresses the challenges in the area of inter-cultural dialogue and cultural participation as well as in the participation in local public life. More precisely, the practice helps to overcome the following issues faced by migrants in the country of acceptance:</p> <ul style="list-style-type: none"> - Lack of varied and public events in which to meet and interact with local community; - Limited access to events with the local community members, caused by lack of information, of protected and safe environment, of transport possibilities, language barriers, etc; - Cultural barriers caused by different religious beliefs, different ways of thinking and behaviour. <p>Moreover, this is one of the very few initiatives contributing to the social empowerment of migrants and creating opportunities for them to freely express themselves and share their opinions, skills and culture.</p> <p>Another issue that the solution is partly resolving is the living conditions in the Registration and Reception Centers where migrants are placed, such as limited space for food preparation and cooking, as well as food supplies.</p>
Objective (what for?)	<p>The mixed bread making workshops, culinary lessons and events for game playing create possibilities for natural and direct communication. All events are being carried out with the help of interpreters who assure the mutual understanding.</p> <p>All steps of the workshops based on the “Theatre of Crumbs” method aim at fostering the communication but also at direct cooperation.</p>

	<p>The Culinary Exchange is a form of workshop, which puts the migrants in the role of leaders and experts by making them facilitators. The events are organised in an informal way so that there is a lot of space for questions, discussions and knowledge sharing.</p> <p>During playing of the game „Build a Bread House” the participants are invited to work together by sharing their observations, opinions and ideas, but also by discussing solutions of social issues and taking democratic decisions.</p>
<p>Description of practice (what?)</p>	<p>The practice “Bread Making for Inclusion” consists of innovative, creative collective bread making workshops and community events aiming at:</p> <ul style="list-style-type: none"> - mixing migrants with local people and creating possibilities for interaction and cultural exchange which leads to overcoming prejudices and community building; - providing a safe space for migrants where they can engage in creative activities, spend time out of their everyday environment and improve their language and social skills. <p>To meet this objective, BHN is organising various social inclusion events based on proven community building methods, in particular the method “Theatre of Crumbs”. It consists of drawing in flour images expressing ideas on a collectively chosen topic, then connecting the images in a joint story, mixing dough in couples and making bread figures as puppets that finally play out the collective story composed by all participants.</p> <p>To meet this objective the BHN organises the following types of “Theatre of Crumbs” events:</p> <p>Mixed educational bread making events for children (4 and 14 years old) from the migrants’ and the local community. They improve the language and social skills of the children, but also foster inter-cultural dialogue by creating a possibility for the parents to interact in a natural and fun way.</p> <p>Mixed bread making events for young people (15 and 25 years old) from the migrant and the local community. They create space for direct communication; inspire the young people to envision their future professional and social development in the new context; enable overcoming of stereotypes and lead to inter-cultural dialogue.</p> <p>Migrant bread making events for groups of children migrants and/or women migrants. These events provide a uniquely home-like, safe environment for engaging in an amusing and relaxing activity. It gives space for self-expression but also a possibility for improvement of language skills and acquirement of new abilities.</p> <p>Additional instruments used together with the solution are:</p> <p>Culinary exchange - refugee women present their traditional pastry recipes to the local community. The event fosters empowerment of the women-facilitators</p>

	<p>through interaction, collective activities and sharing knowledge and traditions.</p> <p>Playing a board game on social entrepreneurship - mixed groups or migrant groups are engaged in playing the game „Build a Bread House”, part of the „Bakers without Borders” educational game created by the BHN Founder, Nadezhda Savova-Grigorova. The players identify the problems and challenges of their community or country; they collectively imagine and propose solutions through creating a social enterprise and developing a basic business model. The event inspires and teaches basic social entrepreneurship skills, offers ideas for professional development and fosters overall empowerment of the participants.</p>
Managed/driven by	<p>Civil society, namely:</p> <p>The Bulgarian NGO International Council for Cultural Centres - Bread Houses Network Program</p>
Time-frame (start/end/ongoing)	<p>Start: May 2016</p> <p>Ongoing</p>
Stand-alone initiative or incorporated into other initiatives?	<p>The Culinary Exchange events are being organized as a stand-alone initiative and the other events as part of other current projects, namely:</p> <p>“We are all made from the same dough” (November 2017 – June 2018), financed by United Nations High Commission for Refugees</p> <p>The was implemented by the Sofia Bread House together with the Council of Refugee Women Association in Bulgaria and financed by the United Nations High Commission for Refugees. Its purpose was to lead to a better integration of the refugee community in Bulgaria. As part of the project, children between 7 and 11 years of age from the refugee (Syria, Afghanistan, and Iraq) and the local communities participated in a series of educational activities, while their parents had the chance to get to know each other.</p> <p>“B(re)aking Bread and Borders” (November 2017 – October 2018), financed by the Niwano Peace Foundation</p> <p>The project is implemented by the Sofia Bread House in cooperation with the Plovdiv Bread House. Its purpose is to lead to overcoming stereotypes between Bulgarian young people and the main minority groups in Bulgaria - Turkish, Roma, Armenian and Jewish, as well as new minority groups from different Arabic countries.</p> <p>“Like at home – we make bread, we share, we play” (March - July 2018): financed by International Organization for Migration (IOM) and the Fund for Asylum, Migration and Integration of the European Commission</p> <p>The project was implemented in cooperation with the Council of Refugee Women in Bulgaria. Its aim was to contribute to the integration of children from</p>

	families seeking protection and women seeking protection from Syria, Iraq, Iran, and Afghanistan. As part of the project the Bread Houses Network hosted 12 events: 6 educational bread makings for children and 6 community bread makings for women.
Main target group (nationals, non-nationals - types)	Nationals: EU nationals - Bulgarians Asylum seekers/international protection status holders from Syria, Afghanistan and Iraq
Promotion:	The events have been promoted mainly through the social media profiles and the web pages of the Bread Houses Network and the partnering stakeholders. Most of the publications are in Bulgarian language but some of them are also translated to English.
Information provided on legal, practical and procedural aspects of protection against racism/hatred and discrimination	No
Methods of language/content teaching	All events are being carried out with the help of translators. The <i>Mixed educational bread making events for children</i> from the migrants and the local community improve the language skills of the children by creative activities in which the migrant children learn Bulgarian in a fun and informal way.
Accessibility:	Costs: The events are with free entrance for the participants Obligatory: no Eligibility criteria: The participants from the local community are invited through social media and there are no criteria for their participation. The participants from the migrant community are invited to participate by the partners of the BHN - stakeholders that work directly with the migrants community according to criteria adapted by them.
Budget, sources of financing	Project basis
Sources and references (hyperlink(s))	Mixed educational bread making event for children: „We’re all made from the same dough”, 24.02.2018, topic: My mother language

	<p>Mixed bread making events for young people: „B(re)aking bread and borders”, 13.07.2018, topic: Who am I and what are my challenges”</p> <p>Migrant bread making event for children migrants: „Like at home – we make bread, we share, we play”, 19.06.2018, topic: My friends</p> <p>Migrant bread making event for women migrants: „Like at home – we make bread, we share, we play”, 7.03.2018, topic: Who am I and where do I come from?”</p> <p>Culinary exchange: „Breads of the East”, 17.02.2018, content: sharing 3 different pastry recipes from the Middle East</p> <p>Playing a board game on social entrepreneurship: „B(re)aking bread and borders”, 13.05.2018, topic: The social issues in our community</p>
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Impact Assessment foreseen?	No
Which actors of host communities are included?	<p>All events carried out by the BHN that include specific vulnerable groups are being organized in partnership with stakeholders that work directly with the migrants' community (Council of Refugee Women in Bulgaria, Multi Kulti Collective, UNHCR - the UN Refugee Agency in Bulgaria, Caritas-Sofia). The BHN partners analyze the needs, interests and abilities of the target group and together with the BHN team develop programmes that are adequate and issue-focused, as well as adapted to the current dynamic of the groups.</p> <p>For the organization of Mixed educational bread makings for children BHN cooperates with local public schools as well as private education centers willing to include their students in the events.</p> <p>The participants are also included in choosing the content of the events, which derives from the interests of the groups and is chosen in a democratic and participative way, thus corresponding to the needs of the participants.</p>
Degree of inclusion:	voluntary
Why can racism and xenophobia be countered through social orientation of non-nationals?	‘Bread Making for Inclusion’ derives from the concept of the Bread House to be an accessible and friendly space where people from all walks of life can gather and participate in collective creative activities in a manner that underlines their equality and takes into account their different abilities.

	<p>The BHN team believes that xenophobia and discrimination can be countered through direct communication cultural dialogue. Both the mixed bread making workshops, culinary lessons and events for game playing aim at creating various and regular possibilities for natural and direct encounters. All events are being carried out with the help of translators who assure the mutual understanding and give the possibility for all participants to express themselves freely and in their own language.</p> <p>Moreover all steps of the workshops based on the “Theatre of Crumbs” method aim at fostering direct cooperation, through:</p> <ul style="list-style-type: none"> - democratic choices - the group takes a democratic decision about the event topic; - presentation of the personal point of view - each participant shares his/her opinion and idea on the topic; - sharing sensitive personal stories – bread with its touch, aroma, and symbolism of home and family touches people deeply and it helps them easily open up to the others; - team work - the participants work in pairs; - group work - the event ends with collective storytelling and sharing of bread. <p>Another thing that influences stereotypes is showing positive individual examples. The Culinary Exchange is a form of workshop, which puts the migrants in the role of leaders and experts by giving them the function of facilitators. Here, they can present their abilities and knowledge by which they show a good individual example. The events are organized in an informal way so that there is a lot of space for questions, discussions and knowledge sharing.</p> <p>Another way of counter the xenophobia is by showing the potential contribution of migrants to society. During the events devoted to playing of the game „Build a Bread House” the participants from the migrant and the local community are invited to share their observations, opinions and ideas, but also to discuss solutions of social issues and to develop common plans for social initiatives.</p> <p>The experience of the BHN shows that the events with the participation of migrants and especially the mixed events attract great media attention. This contributes to their promotion and visibility and attracts more local people and community members. Thus, the media coverage also helps change and improves the image of migrants in society and foster more social acceptance.</p>
<p>How can the impact of this practice be measured/made measurable?</p>	<p>As big part of the participants are migrants who are temporarily living in Bulgaria, the participants in the groups often change. This makes any long-term observations and measuring the impact difficult. Nevertheless, the organizers of the events are asking for feedback and personal opinions after the meetings. The feedback after all workshops has been very positive and all participants have expressed their willingness to participate again in such events.</p> <p>It is possible to introduce questionnaires that would measure the impact before</p>

	and after the event, but there is a risk that this would influence the whole atmosphere of the meetings by making them more formal.
Elements of sustainability	
Elements of transferability	<p>'Bread Makings for Inclusion' as well as all community events developed by the BHN can be carried out in every socio-cultural environment or time period, no matter of religious background and food restrictions related to it. The methods have been gaining popularity and supporters for more than 10 years which proves their sustainability.</p> <p>Another advantage of the practice is that it is logistically simple to organize and does not require any special conditions. The bread makings, the culinary lessons and the game playing can be organized indoors as well as outdoors. The materials (such as flour, salt, sugar, yeast, water and optionally other basic ingredients for the culinary exchange) as well as the setting (such as tables, bowls, sieves and optionally aprons and chairs) needed for the workshops are affordable and accessible and can be easily adapted to the resources of the organizers and the participants. This makes the practice sustainable and not limited to any particular time and logistic conditions.</p>