

EVENT DESCRIPTION SHEET

PROJECT	
Participant:	1 – Nuova Associazione Culturale Ulisse – NACU 2- Universzitetska Biblioteka Svetozar Markovic – UBSM 3 - Universiteit Utrecht - UCU
PIC number:	1 - 895783652 2 – 930863217 3 - 999980805
Project name and acronym:	Migrants and Local communities Actively GROwing together for inclusive societies – MILAGRO

EVENT DESCRIPTION	
Event number:	4
Event name:	“Paths of life” series of workshops
Type:	Workshop
In situ/online:	IN SITU
Location:	Republic of Serbia, Belgrade The Netherlands, Utrecht
Date(s):	Storytelling Series of Workshops: First series: 04.02.2025 / 03.03.2025 / 10.03.2025 / 17.03.2025 / 03.04.2025 Intercultural Food Exchange Event: 20.08.2025 / Second Series: 18.10.2025 / 28.11.2025 / 06.12.2025 / 13.12.2025 / 31/01/2026 Intercultural Food Exchange Event 2: 16.01.2026 Everything will be fine: refugee experiences from Serbia - 28/04/2025 Paths to knowledge series of workshops - 09.05.2025 / 23.12.2025 Past migrations under the blue lights of luminesce- 30.05.2025.
Website(s) (if any):	https://milagroproject.eu/
Participants	
Female:	175
Male:	81
Non-binary:	2
From country 1:	REPUBLIC OF SERBIA: 110 females, 47 males, 1 non binary
From country 2 :	THE NETHERLANDS: 65 females, 34 males, 1 non binary
From country 3:	

Total number of participants:	258	From total number of countries:	2
Description			
<i>Provide a short description of the event and its activities.</i>			
“Storytelling” series organized in Utrecht			
Introduction			
<p>Organized in Utrecht, the storytelling sessions involved college students, professors, local residents, refugees and migrants residing in Utrecht. The goal of the workshops was to connect people from different backgrounds through storytelling, giving everyone the chance to share his or her experiences and ideas with the rest of the group. Additionally, the workshops equipped the participants with important communicating and narrating skills, crucial to various aspects of life such as job interviews for example. The workshops hence served as the basis for community bonding and allowed participants to acquire lifelong skills. During the academic year 2024-2025 a series of storytelling workshops was led by the professional storyteller Soula Notos, consisting of a series of four storytelling workshops concluded by an open storytelling event where many of the participants performed one of the stories they crafted and practiced. A second series of storytelling workshops took place in the academic year 2025-2026 and was led by Rox, a migrant from Ukraine, who was originally a participant in the first workshop series. During the workshops participants recounted and shared their stories, guided by one of the two facilitators, who proposed and organised themes and topics. Additionally to the two storytelling series, two intercultural food sharing events were organized in collaboration with local civil society partners to help migrants connect with the local society and to provide them with an opportunity to share their cultures. Furthermore, two independent workshops were organized, one led by the director of an NGO and the other one was hosted at the Europia Mundial festival. The project partner UCU collaborated with various local organisations, which are actively working together with migrants in Utrecht, such as for example Welkom in Utrecht, AllOne, the WelkomHuis, the Marhaban project and Eu Sou Latina.</p>			
Storytelling series - Spring semester 2025			
<p>The storytelling workshop series was a collaboration between UCU and Welkom in Utrecht, one of the civil society local partners of MILAGRO project in Utrecht. The workshops intend to connect people from different and mostly migrant backgrounds through the act of storytelling. The storytelling workshops were led by Soula Notos, a performer who has led many storytelling workshops before. She emphasized that storytelling is something that has existed in any culture, and that can be seen as an integral part of life, since it helps develop one's self-image. Participants have learned how to create the structure for telling captivating stories, the importance of making places and persons visible using words and the body, and how to elicit recognition of experiences and/or feelings from the audience.</p>			
24 February 2025			
<p>The coach started by introducing the workshop and talked about the importance of stories. She continued by telling her story of her childhood memory from Greece. Her story concluded with a focus on “here” and “there,” the place you come from and the place you are in now, which resonated with the participants who were all migrants or refugees. Afterwards she asked everyone to introduce themselves by answering the questions: “Who are you?”, “What do you love?” and “What are you proud of?” It was emphasized that biographical details were not important, and participants could decide who they were. Then, in pairs all participants told each other about their favorite spot in the world and their partner had to retell about that place as if it was their own favorite spot. She finished the session by explaining theory about how to tell a compelling story and told everyone to bring a story of either a “first time experience” or “nice memory from youth.”</p>			
3 March 2025			

In the second session, the coach started with an exercise to get people out of their seats by engaging with each other and moving physically. These were small games such as writing a story together one sentence at a time or giving each other imaginary gifts. Afterwards people would match in pairs to tell each other the story they prepared and give feedback. Then, they could perform the story to the group and get feedback both from the group and the coach..

10 March 2025

For the third session, the participants were told to bring a new personal story in which they would incorporate their own language. They could then perform the story to the group and get feedback both from the group and Soula.

17 March 2025

In the fourth session, the new story was performed and further refined through the feedback of the coach and the other participants.

3 April 2025

In the fifth and final session, the storytellers got the opportunity to rehearse their story or try out a new one. This was in preparation for a storytelling performance night that would take place the next evening as part of the third MILAGRO Utrecht Local Assembly. Eight of the nine participants to the workshop series told their story in front of an audience of family members, friends, university students, and local residents involved in other activities of *Welkom in Utrecht*. The stories were received very well by the audience, and there are already requests to organize a second workshop series after the summer.

Storytelling event “Trauma and its healing”

20 August 2025

Storytelling event in collaboration by the local partner Welkom in Utrecht with the theme 'Trauma and its healing', led by the director of NGO www.terraforming.org and hosted at a refugee centre.

Milagro project team from Utrecht together with Welkom in Utrecht organized a special storytelling session in August at refugee centre Pahud in Utrecht. It was led by Misko Stanisic from Terraforming NGO, one of the MILAGRO-project partners. Misko began the activity by sharing his own story of his escape, and participants were given ample opportunity to share and ask whatever they wanted. While a wealth of entertaining anecdotes were shared, funny stories were interspersed with sad memories. This way, the attentive listeners were transported into a variety of emotions and heard aspects that visibly created solidarity. This storytelling activity, which inspired the participants and fostered understanding, was one they will never forget.

The activity was followed by a shared lunch.

“Share your wisdom for life” workshop

18 October 2025

Workshop "Share your wisdom for life". UCU team was invited by our local civic society partner to contribute to their international Europa Mundial Festival. The festival was centred on community building and inclusion. MILAGRO had a table where people could decorate a canvas like a traditional Dutch tile ('tegel' is a Dutch cultural artifact: a tile with a proverb or wisdom on it, traditionally with blue decorations, that hang in houses and cafés). Participants were invited to write on the canvas a wisdom they wished to pass on to others. While writing their wisdom and decorating their tile, participants shared with others at the table where this wisdom came from, and why it is meaningful to them. The tiles were all displayed, and people were also invited to take home a wisdom tile that resonated with them.

Intercultural food exchange event

28 November 2025

The aim of this event was to acknowledge the key role that food and culinary habits and traditions have in every society and cultural group, and to share stories and memories about traditional dishes and their personal and cultural significance.

The workshop was co-organized with one of UCU's local civil society partners, Eu Sou Latina, an association that provides support to South American migrants (especially women) in integrating in the city.

Participants were asked to prepare to present a traditional dish: what the dish is, when do you usually prepare and/or eat it, etc. They were then asked to tell a memory of preparing or eating the dish. Some dishes were taken to the workshop, and everyone could taste while listening to the story shared. There were dishes from Brazil, Italy, Austria and Afghanistan.

The workshop leader had prepared guiding questions to talk about culinary traditions, but the conversation also flowed freely.

One of the participants was having her birthday, so participants sang for her Happy Birthday in Portuguese, Spanish, Dari (Persian), Italian, French, Austrian, one of the Eritrean ethnic languages, and Dutch, while eating the birthday cake.

Participants discovered many similarities between dishes, and reflected that this has to do with the mixed population in Brazil, with a big percentage of people having European heritage. Their families have often maintained the culinary traditions of their home countries.

Storytelling workshops in Utrecht in December 2025

These storytelling workshops had the goal to create community by listening to each other's stories, while at the same time providing participants with basic notions of how to structure stories and what the essential elements of good stories are. The workshop leader was a migrant from Ukraine, who participated in the storytelling workshop series offered in WP4 in Utrecht in Spring 2025.

6 December 2025

Workshop 1 took place on December 6, 2025 at UCU. Five international students and a teacher of another faculty of Utrecht University practiced with composing and telling a short story under the guidance of a workshop leader who had previously participated in the UCU storytelling workshop series in Spring 2025.

13 December 2025

Workshop 2 took place on December 13, 2025, at the location HerculesHoek, a center for the local community owned by the Utrecht municipality and managed by UCU local partner Welkom in Utrecht. In this second workshop participants focused on the experience of migration they all shared. UCU project coordinator introduced the MILAGRO project, especially the goals related to WP4. Then the workshop leader explained the function that storytelling has (had) in society from ancient times, and presented the main elements that build up a good story. The four participants, as well as the MILAGRO coordinator and her student assistant, worked on writing up a story. All six stories were shared. At lunch time, a lunch was shared with the participants of the English language classes that were taking place in the venue, who are all migrants as well. This provided everyone with the chance to interact and further build community.

31 January 2026

UCU organized the last workshop for WP4, tasks 4.1. This workshop took place again at the HerculesHoek. In this third workshop the participants worked on writing and sharing stories related to people who have been influential in their lives (like parents and grandparents) and/or a surprising situation. The workshop leader, Rox, had created exercises to express emotions using 'juicy' descriptions. All five participants shared their story. After the story-sharing, there was a lunch where literature and authors from different countries were discussed and compared as examples of narratives.

Intercultural food exchange event 2

16 January 2026

The aim of this event was to acknowledge the key role that food and culinary habits and traditions have in every society and cultural group, and to share stories and food from different countries and continents.

The workshop was co-organized with one of UCU local civil society partners, Welkom in Utrecht, and a new partner, Being Well Catalysts, in one of the refugee centres of the city.

Participants were asked to prepare to present a traditional dish: there were dishes from Italy, Iran, Syria, Turkey, Egypt and the Netherlands, while there were participants originally from some countries in Europe, Latin America, North Africa and Asia.

Conclusion

The workshops were successfully implemented in the academic periods 2024-2025 and 2025-2026. The results of the post workshops surveys highlight the impact that the workshops had on the participants. One participant, Anès, notes how for him the workshops were “a powerful tool for connection, healing, and self-expression”. This is supported by other results with participants generally noting that the workshops helped them to become more open, confident and helped them to better connect with the local community. After the last workshop on January 31, 2026, one participant reflected about learning “that people have similar experiences even set in different contexts”. Similarly, another participant mentions “how differently our minds work and how each person’s individual circumstances change and influence them. I especially appreciated the life lessons and morals that people incorporated in their stories”.



Photos from “Storytelling series - Spring semester 2025”



Photos from Storytelling event “Trauma and its healing”





Photos from “Share your wisdom for life” workshop



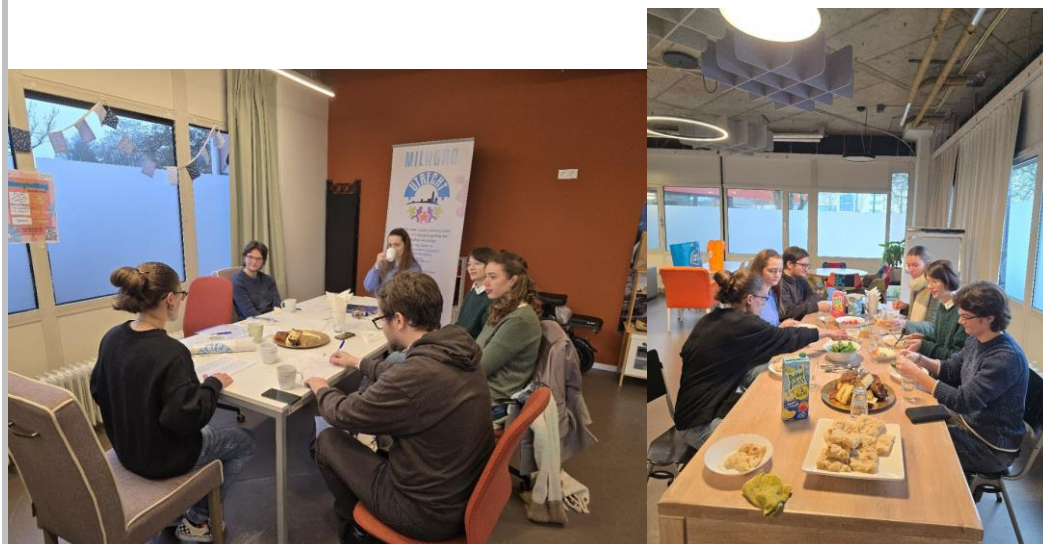
Photos from "Intercultural foodsharing event"



Photos from “Storytelling workshops in Utrecht in December 2025”



Photos from "Intercultural food exchange event 2"



Photos from the Storytelling workshop in Utrecht in January 2026

Everything will be fine: refugee experiences from Serbia – The Past to the Future Workshop

This event was implemented by the NGO Terraforming, local Serbian partner in the project. It was a workshop entitled: „Everything will be fine: refugee experiences from Serbia – The Past to the Future Workshop“. The lecturer was founder and director of the NGO Terraforming, Miško Stanišić, who himself went through a difficult refugee experience related to Sarajevo (Bosnia and Herzegovina). The workshop was conducted in the premises of the MILAGRO project partner UBSM. The workshop was also assisted by local partners of the NGO Atina, who brought migrants from the "Krnjača" migrant

reception center. All participants spoke English language. There was great interest in this workshop, but the space did not allow for more than 53 people (60 including the local project management). At certain points in the workshop, some of the attendees (especially people who were already in the library) stood to the side, next to the chairs.

At the beginning, all those present were welcomed by the Director of the University Library, Prof. dr Aleksandar Jerkov, emphasizing the importance of this project for our society and especially the academic community that the library represents.

After that, Miško Stanišić took the podium with his storytelling, and he spoke about his refugee experiences, completely captivating all those present. We emphasize that he is a professional with extensive international lecturing and educational experience, primarily in the field of the Holocaust, but also in the field of refugees and migration in general. With his organization Terraforming (which has, besides Serbia, its representative offices in both Sweden and the Netherlands), he participated in and led various international projects and was awarded for his contribution to the Holocaust Studies by the most relevant world institutions in the field. At the very beginning of the workshop, the lecturer interacted with all those present, asking them quiz questions - initially of a general type, and later moving on to those related to the situation of displacement from their native environment. Then he moved on to storytelling about his own situation, refugee from Bosnia, first in Serbia, and then in Sweden. Finally he point out some of the most significant global activists in the field, who were migrants themselves, including a famous Swedish musician. It was to the tune of his music that the Workshop's final message came: Everything will be fine. At the end, all those present enthusiastically emphasized how much this workshop meant to them, and two people from the audience performed so emotionally that there were tears and support on the spot. At the very end, the gathering continued with coffee and refreshments, but some attendees participated with the organizers in creating the Video Pills of the project (Deliverable D 4.1), emphasizing their satisfaction with being present at this workshop and the importance of the MILAGRO project.

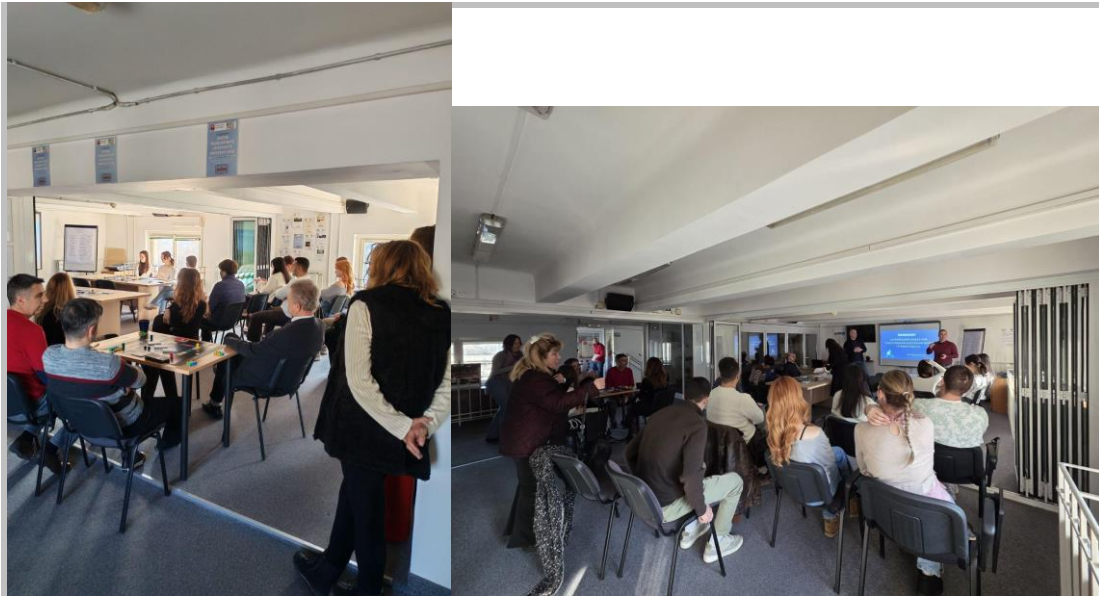


Paths to knowledge: empowering through the information

This was 2 workshops event that was implemented in UBSM. First one was also implemented by the UBSM staff. It was a workshop entitled: „Paths to knowledge: empowering through the information“. The lecturer was Dr. Dragana Stolić, a librarian - advisor at the University Library, with extensive experience in working in workshops with librarians, researchers and other users. The workshop was assisted by members of the MILAGRO project team from Belgrade, technicians Boban Radivojević and Matea Milošević, as well as several volunteers from the library. The theme of this workshop was twofold - to empower users (in this case mostly migrants) to access valid information via the Internet and electronic sources, and to equip them with adequate knowledge for this - from basic (email, Word, etc.) to advanced (database searches and other electronic sources). The aim of the workshop was to shed light on the paths of learning and possibilities for preparation to include into the system. Migrant representatives spent a full two hours in the Electronic Classroom of the University Library, emphasizing the importance of the acquired knowledge. The joint decision of the library, the project team and the migrants present is that the library will meet them, aware of the importance of the acquired knowledge for them. Throughout the duration of this workshop, in accordance with the project and the planned activities within WP4, the participants went outside the classroom to record Video-Pills (Deliverable 4.1), all of which will be available on the project website. In them, they emphasized the importance of such workshops, but also of the entire MILAGRO project. At the very end the gathering continued with coffee and refreshments, and the participants emphasized their satisfaction with being present at this workshop and the importance of the MILAGRO project.

The second workshop concerned both digital and media literacy. The official title was: *Using social games to teach and assess news literacy skills*. Due to the interest in the MILAGRO project from colleagues from other libraries, we enabled colleagues from the Belgrade City Library to lead this workshop within the MILAGRO project, as they have expertise and previous project experience related to this area. As we expected - the local library community showed great interest in this workshop, so the participants were mostly made up of fellow librarians. However, there were also participants from the migrant communities, as well as students. This topic turned out to be extremely attractive and current, especially in the context of migration and migrants. Specific examples related to migrants were also given. The workshop was led by the Assistant Director of the Belgrade City Library, Bojan Kundačina, with the support of the local MILAGRO project team. The participants clearly had a lot of fun, because even after the official end of the workshop, they remained engrossed in the game organized by the organizer, which involved answering questions from the field of media and digital literacy. Interested users (fellow librarians and students) arrived from time to time at the workshop itself, and they spontaneously joined in.





Past migrations under the blue lights of luminescence Workshop

This event was implemented by the NGO Terraforming, local partner in the project. It was a workshop entitled: „Past migrations under the blue lights of luminescence“. The lecturer was founder and director of the NGO Terraforming, Miško Stanišić, who himself went through a difficult refugee experience related to Sarajevo (Bosnia and Herzegovina). The workshop was conducted in the premises of the UBSM. The workshop was also assisted by local partners of the NGO Atina, who brought migrants from the "Krnjača" migrant reception center. All participants spoke English language. There was great interest in this workshop, but the space did not allow for more than 63 people (with some visitors standing or arriving later during the workshop).

At the beginning, all those present were welcomed by the Local Coordinator of the project dr Vasilije Milnovic, emphasizing the importance of this project for our society and especially the academic community that the library represents.

After that, Miško Stanišić took the podium. We emphasize that he is a professional with extensive international lecturing and educational experience, primarily in the field of the Holocaust, but also in the field of refugees and migration in general. With his organization Terraforming (which has, besides Serbia, its representative offices in both Sweden and the Netherlands), he participated in and led various international projects and was awarded for his contribution to the Holocaust Studies by the most relevant world institutions in the field. At the very beginning of the workshop, the lecturer interacted with all those present, asking them quiz questions - initially of a general type, and later moving on to those related to the situation of displacement from their native environment. Then he moved on to the historical experiences of receiving and accommodating refugees in Serbia during various periods of the 20th century until today, but also to Serbian national experiences of emigration and as refugees. The presentations was fact-based, combining historical data, personal stories, political commentary, and conclusions with references to the situation today. One of the focuses was on personal choices (passive bystander vs. active helper). At the core of this approach was promoting fundamental EU values and rights, human and civil rights, democracy, the rule of law, and respect for human dignity.

The workshop program also included the presentation of Vesna Stanišić's book "Taste of the Sun", about the experiences of migration. This promotion aroused great interest among those present, and concerned the experience of political migration of a successful theatre artist, who was personally present, who found a new life in Sweden.

At the end, all those present enthusiastically emphasized how much this workshop meant to them. At the very end, the gathering continued with coffee and refreshments, but some attendees participated with the organizers in creating the Video Pills of the project (Deliverable D4.1), emphasizing their satisfaction with being present at this workshop and the importance of the MILAGRO project.



Attachments:

- “Storytelling” series organized in Utrecht

1) Flyers



MILAGRO STORYTELLING WORKSHOPS

WHEN
24/2, 3/3, 10/3, 17/3
Performances:
April 4, 18:00 - 22:00
with food, drinks and music!

COACH: SOULA NOTOS
ORGANIZED WITH: WELKOM IN UTRECHT

WHERE: HERCULESHOEK
(Herculesplein 5, Utrecht)

 **Funded by the European Union**

INTERNATIONAL PROJECT (2 YEAR)

COUNTRIES
THE NETHERLANDS (UTRECHT UNIVERSITY)
ITALY
SERBIA

MILAGRO MIGRANTS AND LOCAL COMMUNITIES ACTIVELY GROWING TOGETHER FOR INCLUSIVE SOCIETIES IN COLLABORATION WITH LOCAL CIVIC ORGANIZATIONS

LOCAL PARTNERS
Gemeente Utrecht
Hot Wilde Westen
Common Frames
Welkom in Utrecht
Dock | Welkomhuis
University College Utrecht
De Voorkamer
Inclusion (UU)

FOR INFO
TATIANA BRUNI
t.bruni@uu.nl



Welkom in Utrecht

Workshop series Storytelling

Who doesn't like a good story? We have been telling each other stories for more than 500.000 years. Learn to tell a story (even better) in a confident and powerful way and learn to entice the audience with this series of 5 workshops. The focus will be on personal stories. We are a thousand stories.

During the last session you will have the chance to tell your story in front of an audience.

The workshops will be in English.

Registering is needed, as well as attending all 5 sessions. If you complete the workshops you will receive a certificate.

Teacher
The workshops will be guided by Soula Notos, a performance artist (theater, spoken word, stand-up comedy, storytelling) and host and curator of the bimonthly Soula's Storytelling Nights at Theater Kikker.

When:
Monday evening February 24, March 3, 10, 17.
The festive final session will be on Friday, April 4: presentation of the stories to each other and (your) invited guests.

Time: 19.00 - 21.30 o'clock

Where:
HerculesHoek, Herculesplein 5
Registering with Hellen: 0031 6 3890 8315

 **Funded by the European Union**

Flyers Storytelling series - Spring semester 2025

Welkom in Utrecht

Storytelling

On Wednesday, August 20th, we are organizing a 60-minute participatory workshop in English, led by Miško Stanišić, in collaboration with UU (Milagro Project). Through storytelling and open dialogue, the session will create a space of trust, solidarity, and healing. Participants are invited to share their own stories and reflections—serious or humorous, painful or uplifting—on trauma, survival, and the small and large moments of human connection that shape the refugee experience. Feel free to participate actively, or just listen to the stories.

WHERE, WHEN, WHO?

Wednesday, August 20, at 12:00 PM

Pahud's living room:
Pahud de Mortangesdreef 61, Utrecht

Contact Iman via WhatsApp:
0653618681

Welkom in Utrecht

Storytelling







On Wednesday, August 20th, we are organizing a 60-minute participatory workshop in English, led by Miško Stanišić, in collaboration with UU (Milagro Project). Through storytelling and open dialogue, the session will create a space of trust, solidarity, and healing. Participants are invited to share their own stories and reflections—serious or humorous, painful or uplifting—on trauma, survival, and the small and large moments of human connection that shape the refugee experience. Feel free to participate actively, or just listen to the stories.

WHERE, WHEN, WHO?

Wednesday, August 20, at 12:00 PM

Pahud's living room:
Pahud de Mortangesdreef 61, Utrecht

Questions? Send an email to:
iman@welkominutrecht.nu

Flyers from Storytelling event “Trauma and its healing”



Intercultural Food Exchange Workshop
November 28, 2025

BE PART OF OUR MILAGRO CREATIVE JOURNEY!

Be part of our MILAGRO project — where local residents and immigrants come together to share, connect, and learn from each other. We explore our cultures, feelings, and the things that make us who we are. No experience needed — just bring your curiosity and your story!

We would like to organize an Intercultural Food Exchange Workshop, and the aim of this workshop is to:

- Comparison and discussion to obtain an understanding of cultural differences in meals
- Insight into the various times that different cultures eat these meals, what is eaten, and expected manners
- Comparing similarities and differences between our cultures.

Time: 15:00 - 17:00
Location: Grebbergras 3a, Welkomehuis, Zaai 2.2nd floor

Ready to tell your story and share your food



PREPARE

PLEASE PREPARE A PRESENTATION ABOUT YOUR DISH USING THE FOLLOWING QUESTIONS AS A GUIDE

- What is eaten?
- What time of day is it eaten? Time of year?
- Is the dish tied to any cultural traditions?
- Is there any cultural significance to the dish?
- How is it eaten (hands, fork, chopsticks, etc)?
- What typical manners are followed in dining settings?
- Are there any variations to the dish?
- Favorite memory associated with the dish?

Please send in 2-3 images of

1. The dish
2. The recipe or ingredients

DISCUSSION GUIDE

- Are there any similarities you noticed between your own culture and this dish? For example: similar process, similar holiday, etc.
- Is there anything you find surprising about this dish?
- Are there any stigmas around the foods shared and how/when it is consumed?
- Are there any dishes from today that you are interested in trying again?

Flyers intercultural food sharing event

MILAGRO
Migrants and Local Communities
Actively Collaborating together for
Inclusive societies

Storytelling Workshop

This holiday season, join us in a storytelling workshop with as theme 'festive days'

This event is for everyone who wants their story to be heard

You will learn a handful of tips about storytelling and have a chance to share.

Through this workshop, you will be guided by a writer, a poet, and a fellow Utrechter, Rox.

6th Dec
12 - 4 pm
Locke G

Snacks and drinks provided! 🍷🥤

In collaboration with the Marhaban Project

Sign up!

MILAGRO
Migrants and Local Communities
Actively Collaborating together for
Inclusive societies

STORYTELLING workshop

6th Dec
12 - 4 pm
Locke G

In collaboration with the Marhaban Project

Sign up!

MILAGRO
Migrants and Local Communities
Actively Collaborating together for
Inclusive societies

STORYTELLING workshop

13th Dec
11:30 - 15:30 In collaboration with
HerculesHoek Welkom in Utrecht
Herculesplein 5

Sign up via WhatsApp:
+31 6 38908315

Flyers from Storytelling workshops in Utrecht in December 2025



Community Lunch

MILAGRO
Migrants and Local Communities Actively Collaborating Together for Inclusive Societies

Being Well Catalysts
We Co-create. We Advise. We Inspire.

WELKOM IN UTRECHT

Please bring a dish for 2-4 people

P.S.: Keep the receipt! We will reimburse the money

Come and meet people from the neighbourhood!

Sign-Up
via Email:
t.bruni@uu.nl
(Tatiana Bruni)

Friday 16th January
12:00 - 14:00
Location: Shelter Zuilen,
Vlampijpstraat 103, Utrecht

Flyer intercultural foodsharing event 2



MILAGRO
Migrants and Local Communities Actively Collaborating Together for Inclusive Societies

Storytelling Workshop

You will learn a handful of tips about storytelling and have a chance to share your stories.

This event is for everyone who wants their story to be heard

HerculesHoek (Herculesplein 5)

31st Jan
10:00 - 12:30

Optional lunch afterwards!

Snacks and drinks provided! 🍰

In collaboration with Welkom in Utrecht

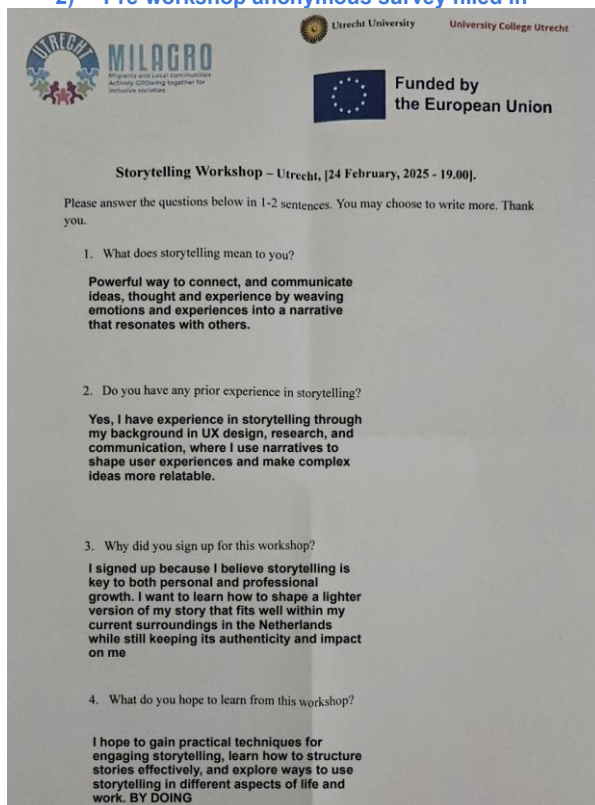
Sign up!

WELKOM IN UTRECHT



Flyer Storytelling workshop 31 January 2025

2) Pre-workshop anonymous survey filled in



Utrecht University University College Utrecht

MILAGRO
Migrants and Local Communities Actively Collaborating Together for Inclusive Societies

Funded by the European Union

Storytelling Workshop – Utrecht, [24 February, 2025 - 19.00].

Please answer the questions below in 1-2 sentences. You may choose to write more. Thank you.

1. What does storytelling mean to you?
Powerful way to connect, and communicate ideas, thought and experience by weaving emotions and experiences into a narrative that resonates with others.
2. Do you have any prior experience in storytelling?
Yes, I have experience in storytelling through my background in UX design, research, and communication, where I use narratives to shape user experiences and make complex ideas more relatable.
3. Why did you sign up for this workshop?
I signed up because I believe storytelling is key to both personal and professional growth. I want to learn how to shape a lighter version of my story that fits well within my current surroundings in the Netherlands while still keeping its authenticity and impact on me
4. What do you hope to learn from this workshop?
I hope to gain practical techniques for engaging storytelling, learn how to structure stories effectively, and explore ways to use storytelling in different aspects of life and work. BY DOING

3) Post workshop anonymous surveys



Storytelling Workshop – Utrecht

Please answer the questions below in 1-2 sentences. You may choose to write more. Thank you.

1. How did the workshops change your view of storytelling?

They helped me see storytelling not just as a skill, but as a powerful tool for connection, healing, and self-expression—especially in diverse and cross-cultural settings.

2. How did the workshops impact your confidence and self-image?

The supportive inclusive environment encouraged me to share my voice more openly. It reminded me that my story matters, and that gave me more confidence in how I present myself to others.

3. Did the workshop make you feel more connected to your culture or make you have a better understanding of others' cultures?

Yes, it deepened my connection to my own roots and my family & friends here in the Netherlands while also opening my eyes to the beauty and richness in others' stories and backgrounds.

4. What did you learn from this workshop (about storytelling, yourself or others)?

I learned that storytelling doesn't have to be perfect to be powerful—it just has to be honest. I also learned how deeply stories can connect us, even when our experiences are very different.

Storytelling Workshop – Utrecht

Please answer the questions below in 1-2 sentences. You may choose to write more. Thank you.

1. How did the workshops change your view of storytelling?

Cannot say that it did change my view. My interest towards storytelling remains strong. It would be nice to participate in such an event again. Storytelling can be anything. It only makes sense when we are honest, otherwise it's a fiction.

1. How did the workshops impact your confidence and self-image?

It was helpful to practice with the audience and to see their reactions and response. Entertaining and making people smile and laugh is amazing and energetically charging.

1. Did the workshop make you feel more connected to your culture or make you have a better understanding of others' cultures?

Not better understanding of cultures as much, as more understanding of the ways we learn to feel in conditions we are growing.

1. What did you learn from this workshop (about storytelling, yourself or others)?

I would say that like any communication, it was a great way to observe how other people process their lives. We all experience the same world, in unlimited amount of ways, everyone finds their own manner of perception, it is either a conscious choice or an unconscious one. The feeling of love or fear, confidence or anxiety, sadness or joy, we use the same words to describe what we feel, but are we feeling the same thing in the same manner indeed?

Post workshop anonymous surveys Storytelling series - Spring 2025

<p>Storytelling Workshop Date: 31-1-2026 Feedback Form Feedbackformulier</p> <p>1. What did you enjoy most about this activity? <i>Wat vond je het leukst aan deze activiteit?</i> <i>I enjoyed getting to take the time to think a bit more in-depth about certain stories/events which is usually considered in a while. I also found it especially valuable to have an opportunity to hear about other's ideas, thoughts, processes & experiences.</i></p> <p>2. What did you learn or discover from someone else's story? <i>Wat heb je geleerd of ontdekt uit het verhaal van iemand anders?</i> <i>We how differently our minds work & how each person's individual circumstances change & influence them. I especially appreciated the (the lessons & morals that people incorporated in their stories.</i></p> <p>3. How did this activity make you feel? <i>Hoe heeft deze activiteit je laten voelen?</i> <i>Mostly reflective. It was very nice to have an opportunity to think about different topics & hear other people's thoughts too.</i></p> <p>4. Any suggestions to improve this activity? <i>Heb je suggesties om deze activiteit te verbeteren?</i> <i>I really liked the warm-up activity where we read the poem & maybe a cool addition could have been an active warm-up as well, especially to get this same movement in the Saturday morning.</i></p>	<p>Storytelling Workshop Date: 31-1-2026 Feedback Form Feedbackformulier</p> <p>1. What did you enjoy most about this activity? <i>Wat vond je het leukst aan deze activiteit?</i> <i>I enjoyed being able to hear about diverse stories but still finding ways I related or connected to aspects of other people's lives.</i></p> <p>2. What did you learn or discover from someone else's story? <i>Wat heb je geleerd of ontdekt uit het verhaal van iemand anders?</i> <i>I learned that people have similar experiences and set in different contexts.</i></p> <p>3. How did this activity make you feel? <i>Hoe heeft deze activiteit je laten voelen?</i> <i>This activity made me feel happy. I was glad to do the activities beforehand and think more about emotions.</i></p> <p>4. Any suggestions to improve this activity? <i>Heb je suggesties om deze activiteit te verbeteren?</i> <i>none!</i></p>
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Post workshop surveys (2) Storytelling workshop 31 January 2026

4) Questionnaires



- Favourite memory associated with the dish - “Favoriete herinnering die met het gerecht verbonden is.”



- Is there any cultural significance to the dish?
Heeft het gerecht enige culturele betekenis?
- What time of the day is it eaten?
Op welk moment van de dag wordt het gegeten?

[Questionnaire intercultural food sharing event](#)

5) [Posts for the website](#)

@milagro_euproject.nl: together with @welkominutrecht we organized a special storytelling session in August at refugee center Pahud in Utrecht. It was led by @misko_stanasic of @terraforming_ngo, one of the MILAGRO-project partners. Misko began the activity by sharing his own story of his escape, and participants were given ample opportunity to share and ask whatever they wanted. 🗣️

While a wealth of entertaining anecdotes were shared, funny stories were interspersed with sad memories. This way, the attentive listeners were transported into a variety of emotions and heard aspects that visibly created solidarity. 🤝

This storytelling activity, which inspired the participants and fostered understanding, was one they will never forget.

The activity was followed by a shared lunch.



Post for the website about Storytelling event "Trauma and its healing"

6) Workshop plan

Refugees to Refugees: Sharing Trauma and Its Healing

A 60-minute participatory workshop led by Miško Stanišić, who shares his personal story as a refugee during the wars in the Balkans in the 1990s. Through storytelling and open dialogue, the session creates a space of trust, solidarity, and healing. Participants are invited to share their own stories and reflections—serious or humorous, painful or uplifting—about trauma, survival, and the small and big moments of human connection that shape the refugee experience.

Workshop Scenario

(Total duration: 60 minutes)

1. Welcome & Framing the Space (5 minutes)

- Brief welcome and introduction by Miško
- Emphasizing shared space, safety, and confidentiality.

2. My Refugee Story: From the Balkans to the World (20 minutes)

- Miško shares his personal experience of fleeing the war in the 1990s:
- Focus on the emotional, human dimension—offering a mirror and invitation to others.

3. Understandings and Misunderstandings (15 minutes)

- Interactive discussion: Participants share moments of miscommunication, culture shock, or humorous situations
- Examples of surprising empathy or solidarity
- What helped in moments of disconnection—or connection

5. Closing Reflection (5 minutes)

- Optional one-word check-out or short closing round: *"What are you taking with you from this session?"*
- Acknowledgment of everyone's presence, courage, and shared space.

Miško Stanišić
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NL +31 681769412

Member of the Serbian delegation to the [International Holocaust Remembrance Alliance - IHRA](#) | Founder and President of the [Center for Combating Antisemitism and Intolerance CCA](#) | Co-founder and Chairman of the [Remembering Hilda Dajč Award](#)

Workshop plan for Storytelling event "Trauma and its healing"



Funded by
the European Union

- Everything will be fine: refugee experiences from Serbia – The Past to the Future Workshop Agenda

Poštovani,

Pozivamo Vas da svojim prisustvom uveličate radionicu “Sve će biti u redu”, koja će se u okviru projekta “Migranti i lokalne zajednice aktivno rastu zajedno za inkluzivna društva – MILAGRO” održati u **Univerzitetskoj biblioteci “Svetozar Marković” u ponedjeljak, 28.04.2025. sa početkom u 12.00.**

Tema radionice će biti izbeglička iskustva iz Srbije i sastojće se od susreta licem u lice sa bivšim izbeglicama koji su prošli komplikovani put, od odlaska iz svog doma do ulaska u sasvim stranu sredinu, do integracije i uklapanja u novo društvo u kojem su uspeali da formiraju sopstveni život. Migranti, bez obzira na njihov formalni status, imaju vrlo malo informacija, i često su podložni anksioznosti zbog svoje neizvesne situacije i stalnih briga. Ova aktivnost treba da im kaže sledeće: sve će biti u redu, ma koliko bilo teško u ovom trenutku, uspećete da se uklopite u društvo, novi kontekst i okolnosti koje vas okružuju. Srbija, na žalost, ima ogromno istorijsko iskustvo u sa raznim oblicima izbeglištva i izbeglica tako da može da ga podeli sa ljudima koji se sada nalaze u takvim situacijama. Ova aktivnost će biti organizovana u bliskoj saradnji sa NVO Terraforming iz Novog Sada kroz radionicu koja će migrantima pružiti svojevrсни optimizam i ukazati na različita izbeglička i migrantska iskustva iz bliže ili dalje prošlosti.

U nastavku se nalazi Agenda događaja:



Co-funded by
the European Union

Univerzitetaska biblioteka “Svetozar Marković” u Beogradu

Sve će biti u redu Radionica (Radni paket 4)

Finansirano od strane Evropske unije preko
Evropske izvršne agencije za obrazovanje i kulturu (broj projekta: 101147104)
u okviru CERV (Citizens, Equality, Rights and Values) programa

Bulevar kralja Aleksandra, 1. sprat
Ponedeljak 28.04.2025. u 12.00

11.00-12.00: Kafa dobrodošlice i registracija učesnika

12.00-12.15: Pozdravna reč prof. dr Aleksandra Jerkova, direktora Univerzitetske biblioteke

12.15-13.00: Miško Stanišić, NVO Terraforming, radionica “Sve će biti u redu”

13.00-13.15: Pauza

13.15-13-45: Nastavak radionice

13.45-14.00: Zaključci



Co-funded by
the European Union

University library “Svetozar Marković”, Belgrade

Everything will be fine Workshop, Work Package 4

Financed by the European Union through
the European Education and Culture Executive Agency (project number: 101147104)
within the CERV (Citizens, Equality, Rights and Values) program

Bulevar kralja Aleksandra, 1st floor
Monday, 28.04.2025.

11.00-12.00: Welcome coffee and participation registration

12.00-12.15: Welcome speech prof. Aleksandar Jerkov, director of the University library

12.15-13.00: Miško Stanišić, NGO Terraforming – workshop “Everything will be fine”

13.00-13.15: Pause

13.15-13-45: Continuation of the workshop

13.45-14.00: Conclusion

- Past migrations under the blue lights of luminescence Workshop Agenda

Poštovani,

Pozivamo Vas da svojim prisustvom uveličate radionicu „Prošle migracije pod plavim svetlima luminescencije”, koja će se u okviru projekta “Migranti i lokalne zajednice aktivno rastu zajedno za inkluzivna društva – MILAGRO” održati u **Univerzitetnoj biblioteci “Svetozar Marković” u petak, 30.05.2025. sa početkom u 12.00.**

Ova radionica će biti posvećena istorijskim iskustvima prijema i smeštaja izbeglica u Srbiji tokom različitih perioda 20. veka do danas, ali i srpskim nacionalnim iskustvima emigracije i izbeglica. Prezentacije će biti zasnovane na činjenicama, kombinujući istorijske podatke, lične priče, političke komentare i zaključke sa referencama na današnju situaciju. Jedan od fokusa biće na ličnim izborima (pasivni posmatrač naspram aktivnog pomagača), odgovornosti i obavezi svih članova društva da se pobrinu da se ljudska i građanska prava podjednako poštuju od strane svih, uključujući migrante i izbeglice.

U srži ovog pristupa je promocija osnovnih vrednosti i prava EU, ljudskih i građanskih prava, demokratije, vladavine prava i poštovanja ljudskog dostojanstva. Jedna od centralnih tema biće uloga žena i rodne perspektive u razumevanju istorijskih događaja i ženskih perspektiva u analizi procesa koji su doveli do kriza i njihovih posledica. Ova aktivnost će biti organizovana u bliskoj saradnji sa NVO Terraforming iz Novog Sada kroz radionicu koja će migrantima pružiti svojevrsni optimizam i ukazati na različita izbeglička i migrantska iskustva iz bliže ili dalje prošlosti. Radionicu će voditi Miško Stanišić, osnivač i direktor NVO Terraforming.

U okviru programa radionice će biti predstavljena i knjiga „Ukus sunca“ Vesne Stanišić, o iskustvima migracije.

U nastavku se nalazi Agenda događaja:



Co-funded by
the European Union

Univerzitetna biblioteka “Svetozar Marković” u Beogradu

Prošle migracije pod plavim svetlima luminescencije Radionica (Radni paket 4)

Finansirano od strane Evropske unije preko
Evropske izvršne agencije za obrazovanje i kulturu (broj projekta: 101147104)
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13.00-13.15: Pauza

13.15-13-45: Nastavak radionice

13.45-14.00: Zaključci



Co-funded by
the European Union

University library “Svetozar Marković”, Belgrade

Past migrations under the blue lights of luminescence Workshop, Work Package 4

Financed by the European Union through
the European Education and Culture Executive Agency (project number: 101147104)
within the CERV (Citizens, Equality, Rights and Values) program

Bulevar kralja Aleksandra, 1st floor
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11.00-12.00: Welcome coffee and participation registration

12.00-12.15: Welcome speech prof. Aleksandar Jerkov, director of the University library

12.15-13.00: Miško Stanišić, NGO Terraforming – workshop

13.00-13.15: Pause

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