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## MÓDULO 1: MAPA CONCEPTUAL DE LA MIGRACIÓN

### 1.1 What is meant by "migration"?

We examine the different meanings of the term "migration" and analyze the common elements they share. From this analysis, we elaborate a fundamental concept encompassing the multiple dimensions of migration.

### 1.2 The Migrant's Journey

Beyond the physical journey of moving from one place to another, we explore the migrant's emotional journey. We'll describe the main stages of this process, highlighting key concepts that will be developed in depth in Module 2, which focuses on the individual, and Module 3, which focuses on the immigrant's social environment.

#### 1.2.1 Migration planning

The first stage of the migrant's journey is experienced before the actual physical movement between countries. In this section, we'll explore the reasons that can drive a person to migrate, linking them to the different types of migration.

#### 1.2.2 Departure process

When the time comes to leave their country, various aspects, such as the farewell ritual or the migrant's fears, will be fundamental for the rest of the migration experience. In this topic, we will focus on these aspects.

#### 1.2.3 Migration journey

We'll examine the factors that influence the process from departure to arrival at the destination and their impact on the migrant's psychological state. We'll also address the particular vulnerability of migrant women during this journey.

#### 1.2.4 Adaptation process

In this section the typical phases and emotions emerging during the adaptation process are addressed. We'll also analyze the factors that influence this phase, highlighting those that can facilitate or hinder the migrant's integration.



### **1.2.5 Adjustment process**

The adjustment stage involves creating new relationships and exploring the opportunities offered by the host country, while simultaneously experiencing grief related to one's homeland. These processes and their associated concepts will be analysed.

### **1.2.6 Planning for return**

After one or more life stages in the host country, some people consider returning to their homeland for various reasons. We'll examine the factors influencing this choice and other defining aspects.

### **1.2.7 Return process**

The circumstances of return generate different types of return. Even if the migrant is determined to go back to their home country, they might experience various fears. We'll examine the different types of return, the associated emotions, as well as other concepts related to returning.

### **1.2.8 Readjustment**

Returning to one's place of origin involves a readjustment process in which the migrant must face both internal and external changes. As they attempt to regain their place in society and family, migrants encounter realities different from those they left behind, which can lead to emotional and cultural conflicts.

### **1.2.9 Conceptual map of migration**

A summary of key concepts for each stage of the migration journey, providing an overview of the fundamental aspects characterizing each phase of the process.



### **1.3 Migration narratives**

The way migration is approached influences our perception, especially when sensationalism prevails over objectivity. Many of these narratives are linked to misinformation and hate speech, which negatively impact society and hinder the integration of the migrant population. In this chapter, we'll examine narratives on migration from institutional, media, and social perspectives, analyzing their impact and analyzing strategies to fight against misinformation and prejudice, highlighting how perceptions influence both the integration process and immigrant's mental health.

#### **1.3.1 Institutional narratives, media narratives, and social narratives**

We'll explore how narratives about migration emerge in different social spheres, such as public and private institutions, the media, and our immediate environment. These narratives influence each other and are shaped by our perception of reality.

#### **1.3.2 Hate Speech, racism, and violence**

Some narratives about migration are linked to misinformation and hate speech. We'll analyze the concepts that structure these discourses, their impact on society, and how misinformation campaigns contribute to their spread. We'll also explore strategies to combat fake news and curb the spread of hate speech.

#### **1.3.3 Perceptions of indigenous and non-indigenous populations**

We'll examine how the perception of migrants by the native population, along with their characteristics, can influence this population, influencing the integration process and impacting migrants' mental health.



## MODULE 2: THE INDIVIDUAL

### 2.1 The decision to migrate: reasons, fears, and the farewell ritual

We will analyze the decision to migrate and the various factors that influence it. People make this decision for various reasons, but even if they consider migration the best option for their situation, it is common to experience some fears. We will also focus on the farewell process, a crucial aspect for the rest of the migration process to be successful.

### 2.2 The migrant's backpack and loneliness

We will address the types of psychological burdens a person can experience during migration and how the migrant's backpack is formed. We will discuss loneliness in the migration process and how to address it.

### 2.3 Migration and grief

In migration, as in any situation of loss, people go through a grieving process, known as migratory grief. This process manifests itself in different ways and has specific characteristics that are explained in this topic.

### 2.4 Migration and identity

Identity is one of the most relevant personal factors, both at the individual level and in the context of the migration journey. We will explore various aspects of identity and migration and how the two concepts interact with each other.

### 2.5 Initial motivation, stability, and nostalgia

We analyze the initial moments of arrival in the host country, when the migrant experiences conflicting emotions and goes through various phases, such as initial stress or falling in love, while perceiving new possibilities, and then reaching a phase of stability. Various factors will influence their adaptation, stabilization, and how they relate to the new culture.





## **2.6 Ulysses syndrome**

There are circumstances, especially in situations of forced migration, in which the migrant's stress is prolonged. As a consequence, some immigrants might experience the Ulysses Syndrome, or chronic and multiple stress migrant syndrome. We explain this concept, detailing the physical and psychological symptoms, the stressors that increase vulnerability to the syndrome, and the external circumstances that exacerbate them.

## **2.7 Migrant status awareness**

After spending some time in the host country, migrants may come to the conclusion that they will always be perceived as foreigners and will never be able to fully adapt to certain aspects of society. We will explore the factors that lead to this awareness of their migrant status, the impact it has on their emotional well-being and identity, the factors that can aggravate this process, and the choices they can make based on this new understanding of their situation.

## **2.8 Desenchantement and relapses**

During their migratory journey, migrants experience a variety of emotions. A phase of disillusionment may occur, characterized by frustrations and disappointments that depend both on the migrant and their context. As a person adjusts to their new home, relapses may occur, reactivating feelings of disillusionment or mistrust toward the host country. This topic explores in detail the different forms of disillusionment, their possible triggers, and the emotional nuances involved in each stage of the process.

## **2.9 Return: fears, stress, and expectations**

We study the different types of return to the country of origin and the fears that may arise during this process. We also explore the stress associated with return, often experienced as a "second migration," this time from the host country to the country of origin.

## **2.10 Return and identity**

In this chapter, we analyze how a migrant's identity transforms during the migration process, influenced by their experiences and the lessons learned. Upon return, the expectation that everything will remain as it was before departure is often challenged by reality. We will introduce the "new self" that emerges from the migration experience and how this transformation influences the process of readjustment.



## MODULE 3: THE ENVIRONMENT

### 3.1 Family

We study the role of the family in the migration process, considering both the family that remains in the homeland and families that migrate together. The characteristics of these families and the relationships between their members influence variables such as bereavement and migration stress. We analyze aspects such as the influence of the family on identity, the impact on women within the family context, and the process of family reunification after migration.

### 3.2 Second generation migrants

We explore the identity challenges faced by children of immigrants, who move between two worlds that often hold different values. We analyze how they manage this duality and how it affects their family relationships, their ability to integrate, and their emotional well-being

### 3.3 Partners and children

We analyze the role of partners in the migration process, considering situations such as migrating with a partner from the same country, going long-distance, or forming a new relationship in the host country. Related aspects such as the influence of children and gender-based violence in the migration context will be addressed.

### 3.4 Gender perspective on migration

The specific challenges faced by migrant women stem from the dual vulnerability associated with their migrant status and their gender. These challenges include gender-based violence, cultural differences in women's rights and duties between their culture of origin and the host culture, as well as specific situations such as pregnancy, aspects that significantly affect migrant women.





### **3.5 Elder adults and migration**

Older adults who migrate face different scenarios compared with other migrants because of the dual vulnerability of age and the migration process. In this topic, we'll explore the specific risk factors they face, the psychological implications of migration at this stage of life, and the protective factors that can promote their well-being, depending on their personal situation and the conditions in which they migrate.

### **3.6 Culture shock, racism, and discrimination**

Culture shock is a common experience during migration, and this topic will explore the factors that can mitigate its effects. Related concepts, such as stereotypes, prejudice, racism, and discrimination, will be addressed, analyzing how they influence the adaptation process and interactions between migrants and the native population.

### **3.7 Language barrier**

Language is one of the main challenges in migration. This topic will analyze how linguistic competence influences the integration process, both socially and professionally. Different attitudes toward the host language and the native language will be discussed, as well as how these attitudes influence adaptation and intercultural relationships.

### **3.8 Work environment and professional development**

The work environment is a key aspect of the migration process. Migrants may face different contexts depending on their qualifications, language barriers, the host country's labor market, and other variables. This topic will explore these scenarios, as well as related concepts and the variables that influence them.

### **3.9 Positive aspects of migration and the support network**

Migration can bring positive aspects, such as a transformation of identity and personal circumstances, which can be extremely beneficial. For this experience to be successful, having a support network is essential. This topic will explore these concepts and their various nuances.



### **3.10 Severing ties with one's home country versus Returning**

Returning to the country of origin implies a bond with it after a period of living in the host country. Key concepts will be explored, such as reverse culture shock, which occurs when returning and trying to adapt to the familiar, as well as the emotional and social losses associated with this return.

### **3.11 Return: job search and work environment**

After returning to their country of origin, some migrants have difficulty finding work similar to what they had in their host country. They also experience reverse culture shock related to the work environment, as the dynamics and working conditions change. In their homeland, the latter may differ from those in the host country. This topic will address expectations, emotions, and the process of adapting to the world of work after returning.

### **3.12 Strategies and best practices for professionals working with migrants**

We will address key aspects that professionals working with migrants should consider, focusing on how their own worldview, as well as that of migrants, can influence their interactions. We will also describe relevant aspects that teachers should consider when working with migrant populations, taking into account cultural specificities and integration dynamics.

