



We are the same despite our differences

Erasmus+ Project: We Are the Same Despite Differences

SP 19 Gdańsk 2025/26 - Integration for Erasmus Youth

Integration – What It Is and Why Matters

Made with GAMMA

Understanding Integration

What is Integration?

Integration means working and living together in a group, sharing ideas and respecting each other. We are all different. This is natural and important. But we can learn acceptance and respect, and turn our differences into a strength.

Integration is important in Erasmus groups, school classes, and all kinds of groups.



Understanding Others

Integration helps us see the world through different perspectives and learn from diverse experiences.

Working Together

When we integrate well, we collaborate more effectively and achieve better results as a team.

Feeling Included

Integration ensures everyone feels valued and part of the group, creating a positive environment.

Integration is very important for children's learning because children do not learn well in places where they feel bad or uncomfortable. Feeling accepted and happy helps them focus and enjoy learning.

The Impact of Poor Integration

Isolation and Loneliness

People feel alone and disconnected from the group, leading to emotional distress and reduced participation.

Misunderstandings

Without proper integration, cultural differences and communication barriers create confusion and conflict.

Group Problems

The entire group suffers when members don't integrate well, affecting productivity and morale.

Why Groups Need Integration

In Erasmus groups, school classes, and other groups, integration helps to make friends and learn from each other. When integration is successful, it creates an environment where:

- Everyone feels welcome and valued
- Cultural exchange happens naturally
- Learning becomes more enjoyable and effective
- Lasting friendships are formed

How Integration Happens

The Foundation of Integration

Integration happens when people talk, share, and work on activities together. It's not a one-time event but an ongoing process that requires effort from everyone involved.

01

Communication

Open dialogue and active listening

02

Sharing

Exchanging experiences and perspectives

03

Collaboration

Working together on common goals



The Role of a Leader



Facilitating Participation

A leader helps people join in and ensures everyone has a voice in group activities.



Conflict Resolution

Leaders address problems quickly and fairly, maintaining group harmony.



Encouraging Participation

They motivate everyone to contribute and participate actively in group dynamics.

The Five Stages of Integration

Forming

Meeting and learning about each other - the initial stage where group members get acquainted and begin to understand different backgrounds and personalities.

Storming

Some conflicts may appear - a natural phase where differences in opinions, working styles, and cultural approaches may create tension within the group.

Norming

The group agrees on rules - members establish common ground, set expectations, and develop shared ways of working together effectively.



Completing the Integration Journey



Performing

The group works well together - members collaborate efficiently, support each other, and achieve their goals as a unified team.



Adjourning

The group finishes the project - members celebrate achievements, reflect on their journey, and maintain the connections they've built.

Practical Ways to Integrate Groups



Group Games

Interactive activities that break down barriers and encourage natural interaction between participants.



Teamwork Tasks

Collaborative projects that require different skills and perspectives to succeed.



Essential Skills for Successful Integration

Active Listening

Paying full attention to others, understanding their perspectives, and responding thoughtfully to what they share.



Respecting Others

Valuing different opinions, backgrounds, and approaches whilst treating everyone with dignity and consideration.

Communicating Clearly

Expressing ideas effectively, asking questions when unsure, and ensuring messages are understood by all.



Helping Each Other

Offering support, sharing knowledge, and being willing to assist group members when they need help.

The Rewards of Good Integration

100%

More Friends

Integration creates lasting friendships that extend beyond the programme duration.

2x

Better Teamwork

Well-integrated groups achieve twice as much through effective collaboration.

95%

Enhanced Learning

Students report significantly better learning experiences in integrated environments.

∞

Fun and Support

The joy and mutual support in integrated groups creates unlimited positive experiences.



Long-term Benefits

Good integration doesn't just improve the immediate experience - it creates lasting benefits that extend far beyond the programme:

- Improved intercultural competence
- Enhanced language skills
- Greater confidence in diverse settings
- Valuable international network
- Personal growth and self-awareness



Common Integration Challenges

1

Language Barriers

Different levels of English proficiency can create communication difficulties and misunderstandings between group members.

2

Cultural Differences

Varying cultural norms, values, and social expectations can lead to confusion and unintentional conflicts.

3

Shyness and Introversion

Some participants may struggle to open up and participate actively due to personality traits or cultural backgrounds.

4

Interpersonal Conflicts

Disagreements and personality clashes can arise when people with different backgrounds work closely together.

Remember: These challenges are normal and expected. They're not failures - they're opportunities for growth and learning.

Overcoming Integration Challenges



Be Patient

Integration takes time. Allow relationships to develop naturally and don't rush the process.



Ask Questions

When you don't understand something, ask for clarification. Curiosity builds bridges between cultures.



Include Shy People

Actively encourage quieter members to participate and create safe spaces for them to contribute.

Solve Problems Calmly

Address conflicts with empathy and understanding, focusing on solutions rather than blame.

Integration is for Everyone

It makes our Erasmus experience, school life, and all group work better and more fun! When we embrace integration, we don't just improve our immediate experience - we develop skills and relationships that will benefit us throughout our lives.



Your journey of integration starts now. Every conversation, every shared moment, and every act of kindness contributes to building a stronger, more connected community.