

Factsheet of Good Practice

Participatory Action Research Process by migrants living in
Hungary



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SHAPE

SHaring Actions for Participation
and Empowerment of migrant
communities and Las

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Background information

Title	Participatory Action Research Process by migrants living in Hungary
Geographic area	Hungary
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Summary

Participatory Action Research (PAR) is an approach to research that emphasizes the participation of the affected community, who, instead of being solely the researched group, become the researchers themselves and are involved in decision-making and the different phases of the whole research process. Artemisszió Foundation's PAR Process lasted between 2022 November and 2023 November with 12 migrant researchers in order to research how the lack of information impacts migrants' opportunities and access to basic services,

Goals

The main aims of the PAR process are to generate knowledge, and, by building on this knowledge, to take action in order to bring social change and influence decision-making on the local level and to take action within the frames of the SHAPE Pilot Project.

Based on research conducted by Artemisszió Foundation within the SHAPE Project, migrants are rather an invisible group, local municipalities don't exactly know who they are and what their needs and challenges are, so they can't provide them adequate services. On the other hand migrants struggle mainly because of the lack of information and language barriers as there is no state-supported Hungarian language education provided, while services and information are only available in Hungarian. The goal of the PAR process was to empower a group of migrants to research freely about a topic that impacts them and based on the research to take action to impact decision-making and bring social change.



How does it work?

Artemisszió's PAR process started in November 2022 with the participation of a group of 12 migrants living in Hungary connected to Artemisszió and the SHAPE Project. Thanks to the SHAPE Academy, group building and base training (in this case about the topic of integration and participation of migrants) weren't that necessary as usually during a PAR Process.

The researcher group were from diverse backgrounds and was meeting every Wednesdays between 18:00-20:00 between November 2022 and November 2023 with the coordination of two staff members from Artemisszió Foundation, who led the sessions and were available for support and consultation throughout the process.

Between November and December 2022, the research topic was identified, and the researchers agreed that one of the most pressing challenges migrants faces in Hungary is the lack of information. After finding the topic, the research question was formulated: "How does the lack of information impact migrants' access to education, healthcare, family benefits, employment, and visas in Hungary?" The data collection phase lasted

between January and March 2023. A survey was created that was filled out by a diverse group of 104 respondents with migrant backgrounds to get a general idea how the lack of information impacts the integration of migrants in Hungary, 4 focus groups were conducted about the topics of healthcare and family benefits, and 3 interviews were made regarding the topic of employment.

Between April and May 2023, within the frames of the SHAPE Project, the researcher group participated in study visits in Portugal, Italy and Germany to learn more about how migrants' integration and participation is supported in these countries and what roles municipalities have in them. The group found that providing reliable and accessible information for migrants is key that reassured them about the importance of their research.

At the end of March 2023, the group applied for the European Union's AMIF (Asylum, Migration and Integration Fund) funded SHAPE call for Pilot Projects where their Pilot Action won, and they could continue their PAR Process within the frames of the SHAPE Project. Until October 2023, the qualitative and quantitative data was analyzed, and the PAR report has been finalized.



Results

A general finding of the report is that services in Hungary are often available for migrants as well, however, access is hindered because of language barriers and the lack of information. These barriers are especially present in the field of healthcare and family benefits.

Besides the generated knowledge plans for actions were drafted as well. An information website called Navigate Hungary is being created for migrants living in Hungary to tackle the information gap. In addition, connections with the local municipalities were tied, where positive results can be seen for instance English-

language municipal websites, newsletters, and storytelling evenings to better involve migrants in the district as well.

Furthermore, the findings of the research are presented in a Conference in Budapest and is distributed to all the local municipalities in Budapest. The research greatly contributed to identify the main areas and to collect the information so that migrants living in Hungary can have better opportunities and access to services in the future.

Evaluation

Evaluation will be carried out in December after the end of the process. The biggest lesson learnt is that a PAR Process like this needs a lot of time and commitment from the researchers and the coordinator as well, however it is worth the effort being a true participatory process.

Who benefits?

The direct beneficiaries were the researcher group that consisted of 10 female and 2 male researchers coming from 8 countries: India, Iran, Jordan, Kosovo, Mexico, Nigeria, Ukraine, and Uganda, from diverse backgrounds, with diverse purposes of staying in Hungary, including a psychologist, civil engineers, an English teacher working also as an intercultural mediator, MA students in Social Integration, a librarian, an IT support analyst, a system administrator, and a graphic designer. The broader beneficiaries were migrants living in Hungary who can have better access to services and local municipalities who gained knowledge how their services can be more inclusive for migrants as well.

Source of funding and resources used

Between November 2022 and April 2023 an international fund called Choose Love funded the PAR process. Between June 2023 and November 2023, the PAR process was funded by the European Union's AMIF (Asylum, Migration and Integration Fund) funded SHAPE Project with 17,000 euros within the frames of the Pilot Actions.

Replicability

Participatory Action Research is an approach in research that has been used for a long time to empower marginalized groups, it can be replicated by always adapting to to the specificities of the context.

Insights gained

In Hungary PAR was conducted by different groups such as people with disabilities but never by migrants this is where this process's innovation lies.

Bibliography

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