

# Understanding Migration and Building Cohesive Societies

KA 1 – Project no. 2019-1-IT02-KA104-061695

Over 3 years, thanks to the Erasmus+ programme, Itaka training with the cooperation of the national consortium, offered 30 grants to professionals coming from all across Italy to attend a 5 day course in Spain @INCOMA, Greece @Inter Alia, and the UK @Kairos Europe about migration; inclusion; mental health, climate refugees, women and unaccompanied minors and much more.

*It's been an honour and a pleasure to get to know you all this week. The most valuable things I'm taking with me are the connections we've made and the knowledge you've all shared.* **Emma Cosmao**

*It was an interesting and rewarding experience at a professional and human level. The group was fantastic and certainly the comparison and exchange of ideas with each of them was useful to deepen my knowledge.* **Francesca Mercorillo**

*Just wanted to say that it's been great sharing this experience and learning from everyone that contributed. As I go back home with my cup filled with knowledge, I'll make sure it reaches every single person that needs to benefit from it.* **Pamadou Jallow**

*Thank you all, it was a pleasure to meet you and share this experience of training and especially of mutual exchange.* **Valéria Quarta**

*We lived and share a wonderful week together, full of beauty, joy, exchange of ideas, constructive reflections and new discoveries. I feel so lucky to have been there and I would immediately go back to the first day.* **Mariangela Nascotto**

