



Better Days

Hopeless

Helping people build
a better tomorrow
Annual Review 2019-20

Moria refugee camp is described as a living hell. Where some see despair, we see hope. We work tirelessly to provide essential emergency aid, legal support, and education to build better days for displaced children.

Better Days is a humanitarian NGO dedicated to creating and sustaining innovative physical, mental, and emotional spaces for displaced people.

Overview

- 03 Foreword
- 05 Our challenge
- 08 Our impact
- 10 Our strategy for change
- 11 Glossary
- 12 A year in review

How we make a difference

- 13 Safety
- 16 Education
- 26 Health & Wellbeing
- 30 Emergency

Additional information

- 35 Partners & Supporters

Reaching the most vulnerable

A healthy root system requires nutrients and care, and our roots in education and emergency response allowed us to grow in 2019. But the new year brought opportunities and challenges for Better Days.

2019 was like no other year before it, as the situation in Moria was atypically stable. This stability provided us the time to invest in internal capacity building and welcome technical expertise in the areas of education, child protection, procurement, asylum law, social-emotional learning techniques, financial processes, GDPR policies and mapping. In short, it involved a great deal of internal transformation to better accomplish our mission.

By the end of 2018, Better Days' model of education for children from displaced communities diffused across the island. Both Gekko kids and TAPUAT became examples of how education when provided in a dignified place, in a dignified way, could nurture hearts and minds. Our expertise carried through to our initiatives into 2019, namely the Gekko Kids' Teachers Guide, Better Days' Child Safeguarding Policy, and the Introduction of SEL into the Classroom. The work of the Gekko Redesign Committee was a significant milestone in our pedagogical journey.

2019 was not just a year of internal growth. Better Days grew in size

by 62% and remained exclusively funded by private donations and other non-profit institutions, with Institut Le Rosey as our biggest donor and supporter to date. We welcomed Bryce Cleborne-Bérubé, Director of Quality & Impact, Dan Teuma, Director of Sports

Development & ER, Myriam Correa, PSS Manager and Magda Veloutsou, Head of Academics to senior positions. Our partners invited our expertise and celebrated our agility while the EcoHub and ER programs blossomed into fruitful collaborations and together we provided food and aid to over 13,000 people living in undignified conditions amongst the olive groves of Moria.

Of everything we have achieved since 2015, I am proudest of the way we pour all of our knowledge and all of our love into our projects, from design to implementation, owning every single mistake, humbled by their success and awed by their potential. We always strive to build our programs to last, with, or without our involvement. Handing over TAPUAT to UNICEF and Iliaktida allowed us to invest more in the scale up and expansion of Gekko Kids and welcome four new educational programs, Socrates Sports & Development, Gekko X/STEAM Education and REAL's Adult & Summer Schools. We welcome and celebrate our programming that grew to stand alone, as this makes space for new learnings, beginnings and spaces.

13,000

people provided with food and aid living in undignified conditions

62%

Better Days grew by 62% during 2019 funded by private donations and non-profit institutions

Overview

Foreword

What we perceive as mere spaces or projects, children experience as their own whole world of possibility and hope. In 2019, we witnessed more students undertake their own personal transformational journey at Gekko. Here, a child within a safe and loving environment will begin the journey to healing, and it is when they begin this journey that they can set out into the world in search of success. Many of the children we support had to survive prolonged stays exposed to abuse and the dangers of Moria's jungle, but this does not define them. In spite of this, they continue moving forwards, a testament to the astounding strength and resilience of these children.

By December 2019, the island saw another rise in arrivals and a systematic stagnation of transfers which was exacerbated by the slow asylum processes and a lack of access to basic aid such as shelter or food. By the end of 2019 over 1,000 UAMs lived in inhumane and unsafe conditions and over 15,000 people endured living in a place they described as hell. The experience of designing and implementing the MIRE and Themida programs alongside some of the most experienced legal and child protection experts of the field, was a difficult, enormously important, and tremendously rewarding for all of us at Better Days.

I am enormously grateful for the support we have received over the years and I cannot help but conclude with sincere thanks to those who have stood by our side through our organizational infancy. As we find ourselves working along humanitarian organizations like UNICEF and MSF, I can not help but think of our own giants: Le Rosey, both the foundation and the school with all its extraordinary people; Help Refugees, the unyielding

belief it has shown in our work; Refugee Education & Learning, our forever teachers. I think of what has been achieved, the unbreakable spirit of Gekko and the impact of our work, and I feel profoundly hopeful for the future of our students. Our work together to provide humanitarian aid in Greece has made us a family.

Elena Moustaka
Co-founder & Director

1,000

By the end of 2019 over 1,000 UAMs lived in inhumane and unsafe conditions

15,000

15,000 people endured living in a place they describe as hell



Overview

Our challenge



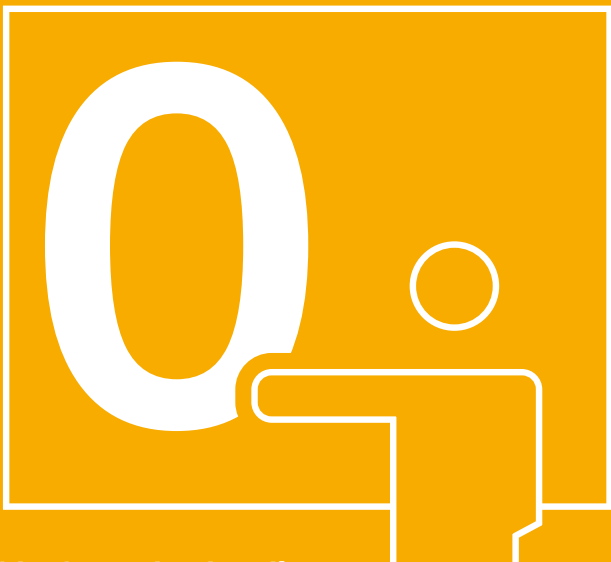
Built to hold 2,840¹ people, Moria refugee camp had a population of more than 20,000 men, women and children by late 2019. It has become a place of violence, deprivation and suffering.

¹<https://www.gcr.gr/el/ekdoseis-media/reports/item/1323-ekthesi-tou-esp-gia-tis-synthikes-ton-prosfygon-sti-lesvo>

Overview
Our challenge

160 

160 people
share one toilet.

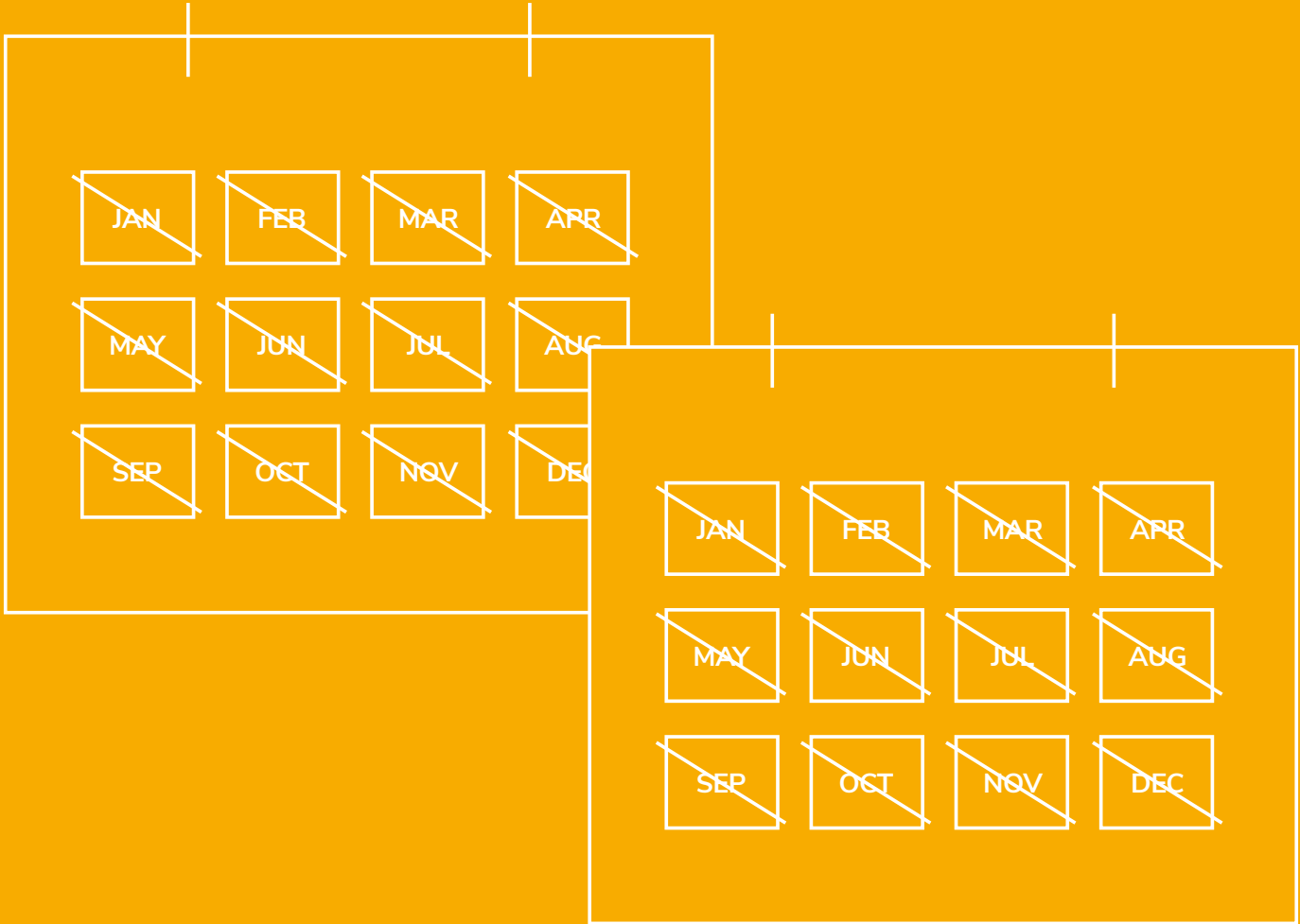


No formal schooling
provided for Moria's
6,500 children.

People queue approx.
for 4 hours to get food.



Overview
Our challenge



8-24

People wait 8-24 months
to have their asylum claims
processed before they can
leave the island.

Overview
Our impact

915 

Students Taught

640 Children and 275 Adults had access to education at Gekko in 2019.

3 

Accredited Courses Taught

Gekko taught accredited English, Greek, and ECDL curriculum in 2019, helping students integrate into public school.



72%

Public School Exam Pass Rate

Gekko's students also attending Greek public school had an exam pass rate of 72%.



452

Psychosocial Support Sessions

Students need more than just a classroom to learn. Better Days provided psychosocial support sessions and counseling to its students most in need.

38



Family Reunification Cases Supported

Better Days is currently supporting the rights of 38 children to rejoin their families in Europe by supporting their family reunification cases. By early 2020, we had provided legal aid and assistance to over a hundred unaccompanied minors.

6



EcoHub Team Members Placed in Employment

6 refugee community members have been able to secure employment in agriculture after working at EcoHub (Better Days' permaculture centre) as team members.

Overview

Our strategy for change

We act to relieve the suffering caused by the institutional failure of Moria Camp to provide a dignified and safe place for its residents and to support the needs of the most vulnerable.

| The Need | Focus Area | Programme | Outcomes | Impact | Our vision |
|---|--------------------|--------------------|---|--|--|
| <p>20,000+</p> <p>20,000+ in a camp designed for 2,840</p> | Emergency | Emergency Response | <p>Systemic impact</p> <p>Design safe spaces</p> | <p>Disaster coordination and response</p> <p>Access to legal aid</p> <p>Access to services and basic supplies</p> <p>Access to quality education, and SEL</p> <p>Access to Sports and Development programming</p> <p>Access to psychosocial support and green spaces</p> | <p>Working together for Better Days</p> |
| <p>1,100+</p> <p>1,100+ Unaccompanied Children in Moria</p> | Rights | Themida | <p>Lead coordination to achieve collective impact</p> | | |
| | Safety | MIRE | <p>Build and maintain organisational coalitions</p> | | |
| | | | <p>Advocate for child protection at the EU level</p> | | |
| <p>6,500</p> <p>children residing in Moria with no access to formal education</p> | Education | Gekko | <p>Provide consultancy to other actors on child protection, programme design, and site management support</p> | | |
| | | Socrates | | | |
| <p>41% report PTSD symptoms*</p> <p>55% report anxiety*</p> <p>64% report depressive symptoms*</p> <p>29% suicide attempts*</p> | Health & Wellbeing | PSS Programming | <p>Fund other actors and programmes</p> | | |
| | | EcoHub | | | |

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7054327/>

Overview

Glossary

Child Protection

Child protection is the protection of children from violence, exploitation, abuse, and neglect.

EASO

European Asylum Support Office¹
European Union Agency engaged in the asylum procedure. EASO experts have a rather active role within the scope of the Fast-Track Border Procedure, as they conduct first instance personal interviews, they issue opinions regarding asylum applications and they are also involved in the vulnerability assessment procedure.

Dublin III

EU regulatory framework that governs which EU member state is responsible for assessing an asylum claim².

ECDL

European Computer Driving Licence Certificate.

Hotspot Approach

Moria Camp and its overflow areas are deemed to be a hotspot rather than a fully provisioned refugee camp. Under the hotspot approach, European Union (EU) agencies (European Asylum Support Office (EASO), European Border and Coast Guard Agency (EBCG, Frontex), and Europol) work on the ground with Greece and Italy to identify, register, and fingerprint incoming migrants and asylum seekers. This operational and financial support is meant to ensure that all people upon arrival are registered and channelled to one of the following procedures: asylum, return, or relocation³.

Iliaktida AMKE

Accommodation and Child Protection Services NGO operating in Lesvos and Northern Greece. Iliaktida was a partner of Better Days in both TAPUAT and Gekko.

International School of Peace

NGO that provides informal education to children at the One Happy Family community centre.

Metadras

Protection, integration, interpretation and education NGO working in Greece.

Kara Tepe Camp

Kara Tepe is an overflow site for the Moria Hotspot to provide temporary housing to asylum seekers as they await completion of their registration process.

OHF

One Happy Family is a community centre outside of Kara Tepe that currently is run by a Swiss Nonprofit by the same name.

Olive Grove/The Jungle

The non-formal areas outside of the hotspot. The jungle expands and contracts with new arrivals and departures.

Permaculture

A set of design principles centred on whole systems thinking, simulating, or directly utilising the patterns and resilient features observed in natural ecosystems. It uses these principles in a growing number of fields, including regenerative agriculture, rewilding, and community resilience.

Protected Housing

Housing provided for vulnerable populations with additional on-site support.

MH-PSS - Mental Health and Psychosocial Support⁴

The composite term 'mental health and psychosocial support' (MHPSS) refers to any type of local or outside support that aims to protect or promote psychosocial well-being or prevent or treat mental disorders. Among humanitarian agencies, the term is widely used and serves as a unifying concept that can be used by professionals in various sectors.

RIS - Reception and Identification Service

The Greek domestic service responsible for administering the hotspot. RIS duties¹ are defined by statute as "Registration, identification and data verification procedures, medical screening, identification of vulnerable persons, the provision of information, especially

for international or another form of protection and return procedures, as well as the temporary stay of third-country nationals or stateless persons entering the country without complying with the legal formalities and their further referral to the appropriate reception or temporary accommodation structures."

RIC - Reception and Identification Centre

The place per hotspot where the RIS operates. New arrivals are required to remain on these premises for at least 5 days while registration procedures are completed. The RIC stay can be extended to a maximum of 25 days.

Socioemotional Learning

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions⁵.

STEM/STEAM

Science, Technology, Engineering, Mathematics and Arts.

TOEIC

The Test of English for International Communication is an accredited English proficiency exam.

UASC/UAM

Unaccompanied Asylum Seeking Child/Unaccompanied Minor. Children and young people who are seeking asylum but who have been separated from their parents or carers. While their claim is processed, they are cared for by a local authority.

¹<https://www.asylumineurope.org/reports/country/greece/asylum-procedure/access-procedure-and-registration/reception-and>

²<https://drc.ngo/media/bmlotrIk/drc-policy-brief-when-the-dublin-system-keeps-families-apart-may-2018-final.pdf>

³<https://www.law.ox.ac.uk/research-subject-groups/centre-criminology/centreborder-criminologies/blog/2018/04/eu-hotspot>

⁴<https://emergency.unhcr.org/entry/49304/mental-health-and-psychosocial-support>

⁵<https://casel.org/what-is-sel/>

Building better futures

January

Gekko School Spring Semester

Gekko students return to school. Evening programming launches for adults. Approximately 5000 residents are living in and around Moria Camp.

February

Socrates and EcoHub Launch

Launch of Socrates, a Sports and Development program for UAMs. EcoHub's permaculture team refreshes the garden at OHF after the winter hiatus, and redesigns educational and environmental programming.

March

Gekko X Opening

Better Days hands over the TAPUAT Child and Family Hub to UNICEF, launches EcoHub phase 2, and begins to deliver STEM programming at Gekko X, a new purpose built space.

June

Programming Scaleup

EcoHub expands the women's garden at OHF. Socrates holds a football tournament. Rate of new arrivals begins to increase on Lesvos. Refugee Education and Learning (REAL) starts Girls Empowerment Program and summer school at Gekko.

May

PSS at Gekko

Dedicated school Counsellor comes to Gekko, public school exam preparation and support for advanced students begins.

April

Photography Exhibition

Exhibition 'Freedom' held in Gekko X, where students exhibit and sell their art after an advanced photography course sponsored by the Light Space. Exams in accredited programs (Greek, ECDL, TOEIC) take place.

July

Programme Assessments

Gekko Redesign Committee launches to consolidate learnings and identify best practices and conclude on Better Days's pedagogy. End of Socrates Phase I.

August

Massive Surge of New Arrivals Continues

Better Days supports and coordinates an extensive waste management plan for Moria camp.

September

Registration begins at Gekko Kids

Counselling provided to all students. Individual Education plans (IEP) and Socioemotional Learning (SEL) activities included in curriculum.

December

Mapping, Identification and Registration of UAMs

20,000 approximately in Moria, 1156 UAMs. Better Days scales up to respond to critical medical and legal gaps.

November

ER Coordination and Consultancy

Better Days hosts and chairs a multi-actor coalition to respond to emergency conditions in the camps, and provides consultancy to other actors on site management support for the olive groves surrounding Moria Camp.

October

Winterization and Emergency Response

Approx. 14,000 residents in and around Moria. Better Days coordinates and funds emergency response and winterisation efforts in Moria Camp.

How we make a difference
Safety

Inhumane

Moria Camp is an environment that is always changing. People come, people go, and the structure of the camp periodically resets. One constant is the lack of safe spaces for women and children.

In response, Better Days, UNICEF, and Iliaktida AMKE launched TAPUAT in 2018 as a child and family hub. This trauma informed space was designed by Better Days to facilitate access to education and PSS for approximately 250 people per day.

Creating safe spaces

Safe space has two key anchor concepts. The space must look, and be safe physically, and, more importantly, those within it must feel safe. TAPUAT became that safe space for thousands of women and children living in Moria's deplorable conditions.

Tapuat addresses key gaps in four areas:

- Safe Space, providing access to a trauma aware and nurturing environment in which healing and learning became possible.
- Education for children as over 4000 children aged 6 to 17 had no access to education of any kind by December 2018.

- Psychosocial Support for children, mothers and single women living in Moria Camp. In 2018/2019, around 60% of the camp was women and children.
- Access to WASH facilities where women could bathe their infants, do laundry, and access toilets.

In addition to being TAPUAT's architect, Better Days designed and provided educational and psychosocial support programs for children. At Tapuat, teaching methodologies and content were customised to transcend age, gender, and language and to enable integration in a cross-cultural environment. Our non-formal educational programme was

implemented by a team of experienced educators, mediators, and social workers.

By the end of March 2019, Better Days felt confident handing over an established program to its partners, UNICEF and Iliaktida, to continue providing services to women and children. At this point, TAPUAT's curriculum had been consolidated around a 'project based approach' to learning, SEL, trauma identification and PSS support. As part of our efforts at TAPUAT, we provided over a hundred hours of dedicated training on SEL methodology for TAPUAT's educators.

To learn more about Better Days's philosophy on education and safe spaces, please visit our TEDx talk 'The Capital T Truth of Education'.



SEL has helped me a lot to build a true and genuine relationship with my students...I became a better person and teacher"

V, Greece.

How we make a difference

Safety



Caring for women and children

480

total attendance
in January

459

total attendance
in February

Safe spaces do not create themselves. They are a product of exchange, investment, and trust. Better Days used its expertise and knowledge from Gekko to design a healing space and quality education programme for hundreds

regulation, self- knowledge, and brain-building) and only then focus on meeting academic objectives (language skills, literacy , and numeracy).

Social Emotional Learning became the means to bring education to life, making it an experience rather than a routine. SEL manifests itself via empowerment, by shifting control from the teacher to the student. In other words, the introduction of SEL in trauma-aware practices breaks through the stereotype of the teacher teaching in front of a whiteboard and recognizes the power of the student as a significant stakeholder in a classroom, encouraging the impact of voice and of felt experiences. At TAPUAT, the classroom became a place of healing and growth. Ultimately, Better Days 'NFE programme' incorporated daily SEL-activities that were implemented with hundreds of students aged 6-18 yrs, amongst these girls circles, grief support groups, coaching groups, mindfulness, tapping and havening, and individual counselling.

Lastly, our focus in capacity-building in SEL aimed to create teaching and socio-emotional aptitude—turning a teacher or any practitioner of traditional education, into a humanitarian educator.

At TAPUAT, promoting group cohesion and a sense of belonging in the classroom became the key ingredient to creating a healthy and positive educational environment for both the student and the educator. The learning process is directed by the individual or the group, and as such has an impact at two levels, which one needs to recognize before setting strict academic objectives. At TAPUAT, we deployed SEL to enable communication and open dialogue, overruling the primacy of didactic teaching to secondary importance. Our observations allow us to conclude that to build successful curricula for refugee children in transit, we should aim to build human competencies first (positive social skills, emotional



Major event in the year

Better Days Greece hands over to Iliaktida AMKE as the implementing partner for UNICEF

~~Un~~educated

As refugees, children suffer threefold. They first experience the trauma of migration, and then transition into the intermediate period waiting for their status to be determined, before finally waiting for their life to begin again.

And while they wait, they lose precious opportunities to socialise, learn, and develop during their formative years. Gekko was created to offer children access to high quality education outside of the camp environment and rebuild a sense of normalcy.

A journey to learning

Gekko was designed by Better Days in May 2017 to challenge existing notions of refugee school set-up and education in emergencies. Today, it provides informal, alternative education located in the centre of Mytilene, equipped with modern teaching equipment in a beautiful and healing environment.

Gekko scaled up to offer a wider range of academic and extracurricular courses to its students following last year's success, during the first semester of 2019. Gekko added 3D design and

Khan Academy courses, and doubled scholarships in the following accredited classes, IELTS, ECDL, Arts, and Greek.

In March 2019, we launched Gekko X, a new academic facility focusing on STEM (Science, Technology, Engineering, and Math) curriculum and opened our doors to accept students from the Kara Tepe and Moria Camps.

Multiple art and photography exhibitions were open to the public, exhibiting the works of unaccompanied children, many of whom aspired to a career in the arts.

The theatrical play 'The Caucasian Chalk Circle' was performed in Farsi and English by 18 students from Gekko to a sold out house. Connect by Music, our music curriculum partner, held their annual concert at several locations on the island to packed crowds.

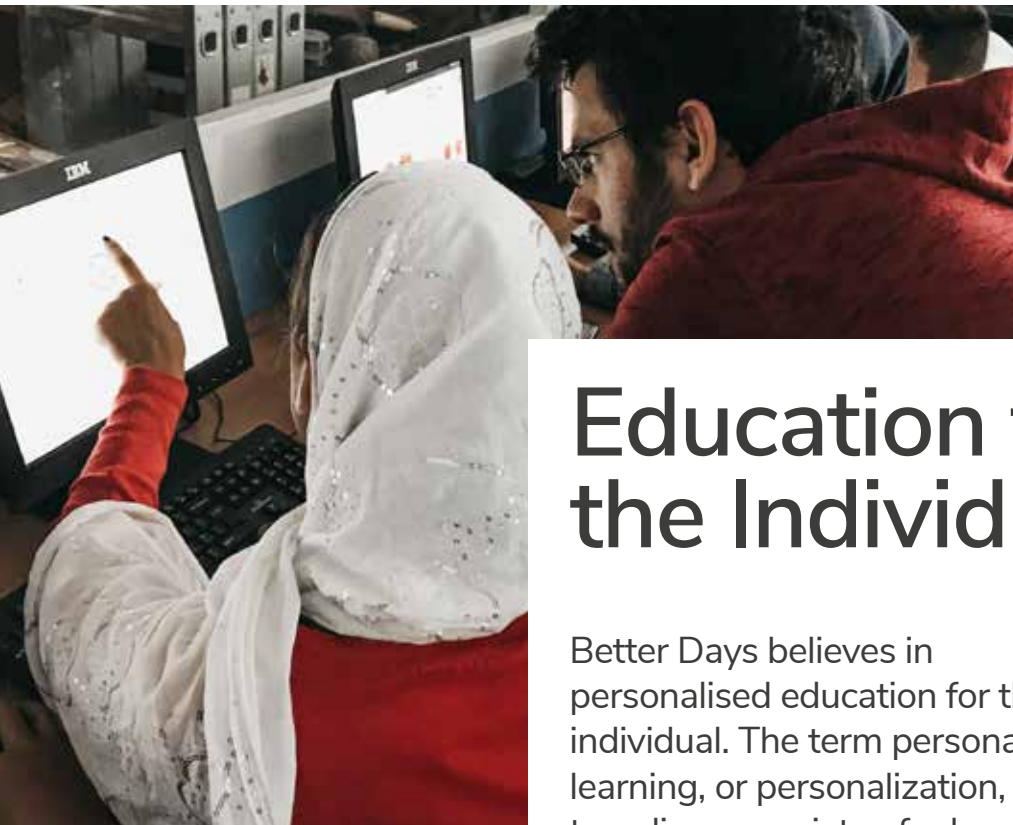
In spring and summer, Better Days added three new teachers to the Gekko team, supplementing existing educational partners and Gekko teaching staff. Realising that our students have complex emotional and social needs beyond their educational ones, Better Days added a school counselor who was available for consultations and sessions, built a psychosocial support referral pathway with the teachers, and designed and implemented individual education plans for especially vulnerable students.

In September 2019, our target population shifted to cater to the urgent educational and other needs of unaccompanied minors living in Moria camp by expanding capacity to this population. Our efforts to support the unique and specific needs of children living in the deplorable conditions of Moria camp continue into 2020.



How we make a difference

Education



915

student registrations
in 2019

Education for the Individual

Better Days believes in personalised education for the individual. The term personalised learning, or personalization, refers to a diverse variety of educational programs, learning experiences, instructional approaches, and academic support strategies that are intended to address the distinct learning needs, interests, aspirations, or cultural backgrounds of individual students.

The Gekko Girls Empowerment Project run by REAL continues to support female unaccompanied minors. By December 2019, the programme had supported over 63 female students and offered gender specific classes in swimming and cycling (2018–2019). Additionally, from January to August 2019, Gekko Kids offered classes for Greek and English language to 172 adults during the evening.

Looking ahead into 2020, we celebrated the end of our successful partnership with Iliatkida. Its teachers are now moving on to run a new school for vulnerable families in Mytilene. The formal introduction of Individual Educational Plans (IEP) and Individual Scheduling at Gekko for over 200 new and existing students, made 2019 our most productive and challenging year yet. Our work with the unaccompanied minors of Moria living in Sections A & B, and in the olive groves of Moria established Gekko as a beacon of hope for hundreds of children living on Lesbos.

Gekko has always been a refuge for its students, and in 2019 we dramatically expanded what we offered to our students. More subjects, more teachers, more support, and more opportunities to earn credit and access advanced education became possible through international and local partnerships.

Through the year, we implemented quality educational programming through collaboration with REAL, Connect by Music, the Lightspace, Iliaktida AMKE, Poliana Institute of Art, and Mini250 3D Design and Robotics Centre. Our educational team received training in trauma identification, SEL, trauma and displacement, and IEPs.

71%

of our students were
unaccompanied minors

65

students integrated into
Greek Public School

452

Psychosocial
Support Sessions

30

Personalised Education
Plans for particularly
vulnerable students

Another year of Gekko Kids

Better Days has recognized the need for safe space and constructive environments for displaced people. Since the founding of Gekko, we have worked to create positive experiences of education for unaccompanied and separate children in Lesvos. We have worked toward creating positive and healing spaces, with a broad range of workshops and subjects for students to choose from. We believe that students should be active participants and have agency over their education and that at its core, education should cater to the specific needs and passions of students.

January

Special Education Referral Pathway

Launch of referral pathway for 3rd parties to refer students with disabilities, learning difficulties and special education needs to Gekko. Through this program, we provided sign language classes and tutorials to several students.

May

Scaling up Capacity and Staff

Coming into the last semester of 2018/2019 Gekko students prepare for public school, special events, and summer school. New teachers are hired to complement our team and expand our programming.

August

Preparing for our Third Year

End of summer school. Registration of students to public education for 2019/2020. Gekko conducts educational needs assessment in Moria and Kara Tepe, and creates capacity for children from the camps.

September

Individualised Education Plans

Individual schedules and IEPs are designed for our students, and the new academic year begins.

November

Crisis in Moria

Unaccompanied minors in Moria reach unprecedented levels while Gekko and other educational actors are over capacity and struggle to respond to the need. Better Days and the RIS's Minors' Office meet to discuss aid provision for minors living in 'the jungle'



December

Gekko Responds to the Emergency

Gekko becomes a safe space to house Themida, our legal intervention program and provides education, a welcoming snack, legal information and essential NFIs to all our students.



How we make a difference Education



Gekko is like a prism in my opinion, a prism that depicts my strengths, like a rainbow. It helped me find myself again; it taught me to know my worth and do my best to be myself again. I met my people there, who loved me the way I was. I found Pavie while I was there and showed me how to work on my strength and love everything about myself. Gekko is my dream school, where they teach you to be YOU. I was broken when I arrived and there they taught me how to heal myself”.



I want to say something about your help. Money finishes, but knowledge is forever. You gave so much knowledge... In this room, this room is so little, but so many things have happened! You have taught me so much... When my English was no good, you found me a teacher and insisted and because of that I can speak the language, which made me free. You supported me with intention in my decisions, my problems, my needs. No one ever paid so much attention to me, but you believed in me and taught so much.... Now I am leaving this island with no job and no money, but I have KNOWLEDGE because you gave it to me. I want to let you know that your knowledge is going to get to so many people... Thousands of people! Because that knowledge you gave me is going to be passed to every person I meet in Thessaloniki, in other countries, my friends, the people who work with me... I am going to pass that knowledge to my family. You will be heard. I don't want it just for myself, that's why I brought Moussa (his best friend) the other day to you. I told him 'I am not going to leave you on this island alone with no help, 'I am going to leave you in my teacher's hands 'You have to meet her; she will help you so much.'

Insecure

The children of Moria have fled conflict, poverty, and deprivation. Their lives in refugee camps are unstable and filled with countless obstacles, but life in a refugee camp does not define their hopes and dreams.

Socrates was born to be a springboard that they can use to bring some stability to their lives. In this kind of place, a regular approach to teaching football is not enough.

An innovative sports development programme arrives on Lesbos

Unaccompanied teenagers arrive in Lesbos, alone and without support. They lack opportunities and outlets to learn and practice crucial life skills that will be essential once they 'age out' of protections provided to children. Using the game of football as an education for the 'game of life', Socrates helps our players hone their skills on the pitch, while teaching them to apply these positive behaviours off the pitch.

Better Days in partnership with Athlead UK, and with funding from La Liga, began piloting Socrates in January 2019. Phase one worked with unaccompanied male teenagers living without their parents in alternative urban accommodation in Mytilene.

5 months of class and pitch sessions took place, based on the following principles.

Play: Give players the opportunity to play in a safe and nurturing environment.

Pitch sessions focused on teaching behaviours and corresponding football skills, in a controlled situation before setting up a game to practice and use these skills and behaviours. Approximately once a month, players had the opportunity to 'put it all together' in games against their teammates and external teams.

Learn: Teach players physical, emotional, social, and cognitive skills they can use off the pitch, anywhere.

Through a mix of roleplaying, video discussion and analysis, socio-emotional learning, personal reflection, and learning about the incredible stories in football, players learned how to understand and regulate their emotions, recognise positive and negative behaviours. They broadened their understanding of football history, tactics, and technical skills, and developed skills to support themselves and others around them.

Grow: Support players to develop as young people - to understand and realise their unique potential as individuals.

Players were encouraged to ask coaches for advice and support on football and non-football related matters outside of their participation in the program, and had access to a social worker for additional support.

Psychosocial support - Given their backgrounds and current situations our players can have particularly complex needs that need to be supported in sessions counselling and BodyFlow (trauma informed yoga practices). Our PSS interventions are influenced by trauma informed methodology.



I have learned many things that help me in life from the class and pitch lessons that I am attending at Socrates. They helped me not only become better in football but also as a person because they are connected to life situations."

A space for positive growth

Over the course of our programme we saw a pattern consistently repeat itself: behavioural growth in players led to their technical growth, and these reinforced each other constantly. Players had the chance to learn a broad theme through applying it to a specific and defined technical situation.



Socrates players 'bought in' during Phase I. Coaches and players both observed significant changes in socio-emotional behaviour, to go along with the improvement to players' technical skills.

- Players and coaches co-created a supportive environment that allowed players to develop and grow.
- Having more skilled players with less skilled players encouraged the growth of and development of both groups.
- Player to player mentorship and coaching was extremely effective at promoting technical and behavioural growth.
- Encouraging players to explore and constructively deal with their feelings led to them managing their emotions better.
- Coaches using socio-emotional learning as a teaching tool made it easier for participants to address challenges constructively.
- Players pushed coaches to present more about topics outside of football specific topics.

Coach Growth

Our coaches continually made adjustments to the program, exercises, and their coaching styles to find out what worked best for players.

- Volunteer coaches from the displaced community had opportunities to lead and learn skills.
- Coaches tried a variety of teaching approaches, all of which worked to reduce learning fatigue.
- Coaches encouraged players to experiment and de-stigmatized failure supporting player growth.
- Coaches were open to criticism and feedback from players, which built player engagement throughout the programme.

Following the completion of Phase I, Socrates successfully launched Phase II of the project with teenagers living in Moria Camp and the overspill areas in 2020. This year, Socrates aims to spread knowledge of the program to other implementers and football stakeholders and continue programme development, including gender specific programming for girls.

76

sessions. 39 classroom based, 37 pitch sessions

37

active players

25%

of players received PSS support

Highlights of Socrates' year

January

Programme Setup

The programme is set up in partnership with Athlead UK, a sports and development consultancy.

February

The programme launches

Launch of program with 37 Gekko students. Socrates provides capacity building to its staff on SEL practices and identification of trauma and support. Themes - Respect and Understanding Group Rules.

March

Local Tournament

Socrates players participate in a local football tournament set up by the University of the Aegean playing against Greek and Refugee teams.

June

Theme Development

Themes: Developing Positive Attitudes & Competing Without Aggression.

May

Theme Development

Themes - Helping Others and Overcoming Setbacks

April

Theme Development

Themes - Teamwork and Resolving Conflict.

July

Theme Development

Themes- Confidence and Leadership

Local Tournament

Friendly tournament with Movement on the Ground's Futbolnet.

Presentation to Partners

Presentation to Mediapro, La Liga, and La Liga Foundation on Phase I's findings and learnings.



November

Phase II Development

Overhaul of classroom and pitch activities for Phase I, Phase II development including the development of new activities.

How we make a difference

Education



When you see that others are improving, you have to see it as an example and not be jealous of their success. You have to be positive and believe that you can do the same instead of relaxing and getting disappointed.



Before the war started, we had rules in our society, once the war started, the rules disappeared and there was chaos.



When you fail, you have to find what you did wrong and work on it to improve. Reacting with anger in failure will not fix anything. Your teammates will help you improve as they might have seen something that you've missed.



When we face difficulties in football or life we have to be strong and face them.



Anyone who stops listening to others will become a failure in life because he thinks he knows everything and doesn't learn new things.

How we make a difference
Health & Wellbeing

Disconnected

Beyond the camp environment, one of the biggest challenges facing the asylum-seeking population in Lesvos is stagnation. Prolonged periods of waiting and uncertainty have crippling mental and physical effects.

Enter EcoHub, whose gardens and green-house act as a focus for increasing resilience in individuals and communities through connection with nature and stewardship of the environment.

Improving mental and physical health

EcoHub is an environmental education and ecotherapy program focusing on the creation of human-centred spaces that nurture, inspire, and raise environmental awareness. But EcoHub is much more than a site: it is a concept.

In its second year of support from LUSH, EcoHub grew from a fledgling garden in the corner of One Happy Family (OHF), a community centre outside of Kara Tepe camp, to an expansive and robust program valued and relied upon by many both inside and outside the community centre walls. The goals of this most recent phase of the project were numerous and ambitious:

- To improve physical health by providing fresh, organic produce, herbal remedies, and opportunities for exercise.
- To improve mental health by creating beautiful, tranquil spaces and facilitating moments of ecotherapy, where the healing power of nature could do its work.
- To educate people of all ages, providing them with knowledge that would prepare them for jobs and enable them to create healthy



The need isn't science. It's to create together. To feel good, to build confidence. This is not the time for science. It's the time for building skills that will allow them to study later. To pique their curiosity, to develop basic knowledge, and to [feel out whether] they're interested in it."

School of Peace Coordinator

gardens and natural products of their own and inspire them to dig deeper into environmental topics.

- To directly reduce the footprint of our operations and that of our partners.
- To have a positive economic impact on our beneficiaries, our partners, and the local community.
- To serve as an example and a resource to our peers in order to maximise the ripple effect of our efforts.

As the year progressed, the EcoHub team gained a better understanding of how to best serve its visitors. The project's goals were reprioritized to better align with the project's newly emerging refined purpose, which centred around psychosocial and mental health support, education, and environmental stewardship. EcoHub in 2019 was continually seeking out and listening to honest feedback from EcoHub's community of partners and beneficiaries and reacting adaptively to serve their needs.

How we make a difference Health & Wellbeing



A growing community

EcoHub's 2019 impact can be defined by one word. Growth. The garden expanded. The number of organisations EcoHub worked with increased. The number and scope of its interventions increased. EcoHub added more staff, volunteers, and refugee community members to the team.

The increase in access to nature, comfortable relaxation areas and beautification has an impact on the overall experience of visitors to OHF, evidenced in self-reported increased feelings of calm and happiness while in the garden/green spaces. Medical actors in OHF used the quiet and peace of the garden as another place to talk with patients about mental health issues.



EcoHub... creates an amazingly warm and calm atmosphere for all beneficiaries of OHF. The garden is the most relaxing and beautiful space at OHF, and even during busy days - when we welcome over 1000 people per day - the atmosphere in the garden always stays peaceful and quiet. If we would lose EcoHub, we would lose much more than just the garden and the flowers that you planted. It has to do with the atmosphere and the ideas that you bring in.”

OHF Representative

As an educational site, EcoHub provided children a different way to engage with learning.



Your courses allowed students who traditionally struggle in the classroom a chance to excel in ways that aren't usually available, which is so important for those students. We really felt that you were part of the school. The students and teachers recognised this as well.”

School of Peace Representative

For its most involved team members from the refugee community, EcoHub's rotating staff of gardeners and volunteers enable a rich exchange of ideas and knowledge regarding permaculture. A number of team members have since gone on to work in agriculture after their time at EcoHub.

Looking towards the future in 2020, EcoHub hopes to remain a key member of the OHF ecosystem and become a larger platform for educational exchange and vocational training between members of the refugee community and local farmers on Lesbos.

114

hours of experiential instruction

96

students per week

6

EcoHub refugee volunteers secured local agricultural work

587_{kg}

of produce grown and delivered to the OHF (One Happy Family) kitchen.

↑100%

Green space expansion at OHF: from 65m² in 2018 to 128m² in 2019

Highlights of our year at EcoHub

January

Blanket exchange programme

Blanket exchange programme with Dirty Girls of Lesvos (1439 blankets washed over 4 months).

March

Eco Hub Launch

Initiation of 2019 EcoHub programming (International School of Peace classes, gender-specific programming). 263 kg winter vegetables harvested for OHF kitchen.

April

Design Certificate Course Run

Permaculture Design Certificate course run at OHF. Creation of OHF Environmental Working Group, led by Better Days.

August

Weekly Workshop Launch

Initiation of weekly vocational agricultural workshops from volunteer professional educator. Completion of assessment/analysis of water, waste, and energy use at OHF with UC-Boulder & Engineering without Borders.

July

Programme Expansion

Expansion of herb garden, drying/preservation room, and medicinal use programming.

June

Terracing Workshop

Terracing of the women's garden with workshop by Office of Displaced Designers (ODD).

Partnership with Refugees 4 Refugees

Garden construction and children's programming in the Olive Grove in partnership with Refugees 4 Refugees.



September

Programme Expansion

Culinary programming expanded to include value-added products for the team and the kitchen (salsas, fermented goods, teas that replaced juice boxes at breakfast, etc.).

December

Training, Presentation, Expansion

Olive harvest training for EcoHub team at Sporos Regeneration Institute (concentrated vocational education). Conference presentation of OHF/EcoHub partnership in Athens. Garden area expansion (108 m2).

November

Olive Harvest Training

Vocational agricultural workshops by volunteer professionals.

October

New EcoHub led Waste Management

New EcoHub-led waste management strategies implemented at OHF.

~~Unsafe~~

Safety. Sanitation. Access to services. These, always tenuous at the best of times in Moria, become harder to realise with each wave of new arrivals. People come more rapidly than they have the opportunity to leave.

Unaccompanied children, who would normally be in protected sections, are left without shelter, and melt into the sea of people that surrounds Moria Camp. To get access to critical services, they must be found.

Responding to the Emergency

In the last quarter of 2019, Better Days became increasingly involved in emergency response for UAMs and implemented several field interventions at Moria Camp. In response to a critical gap in UAMs service provision, Better Days designed the MIRE and Themida Legal Intervention programs.

MIRE - Mapping Identification Registration Exercise

Conditions in Moria deteriorated markedly from January to December. Already overcrowded (170% overcapacity) at the beginning of year, by the end of the year the camp was approximately 700% overcapacity. Overburdened services, like medical care, registration with the authorities, and claim processing, simply could not keep up. Children travelling alone who had made their way to Moria Camp in the latter half of 2019 were effectively

lost in 'the jungle'.

In response to a request from the RIS's Minors' Office, Better Days created MIRE I. Between December 2019 and February 2020, over 800 UAMs were identified, screened, and registered. In early 2020, Better Days coordinated a collaborative effort with EASO, UNHCR,

and RIS (MIRE II), to address serious gaps in shelter, access to legal and medical aid, protection and other basic services (food, NFIs). During this exercise, their full demographic and case history was captured by protection officers in over 16,000 points of data.

Our outreach team was trained to find this highly vulnerable population across 19 hectares of land, within 20,000 people. Searching tent by tent, structure by structure, the team identified these children and recorded

their current location and contact information. All identified children received emergency aid packs and were provided with access to medical care.

THEMIDA - Legal Intervention in Partnership with Defence for Children International.

Many unaccompanied minors are travelling alone because they left later than, or were separated from, their families. For those whose families have successfully obtained asylum elsewhere, reuniting with their families is unbelievably not a guaranteed process.

Dublin III is the EU law that determines which member state is responsible for handling asylum claims, including the claims of these children. Under its regulations, the first place people are fingerprinted and registered is responsible for handling their asylum claim.

Minors are afforded broad protection under Dublin III, but if their case is not passed on to the country where they have family within 3 months of initial registration, or if they turn 18, they face a much more restrictive set of criteria to be reunited with their families.

After several weeks of field and needs assessment (MIRE I), Better Days identified a major gap in legal aid for unaccompanied and separated minors in Moria and launched THEMIDA. After assessing the different vulnerabilities of over 800 children living in Moria and its surroundings, 38 critical cases of family reunification were identified and selected for the phase I of Themida in 2019.



700%

At the end of 2019
Moria camp was 700%
overcapacity

How we make a difference

Emergency



Rising to the occasion

678

minors located, identified, and registered*

38

cases supported during 2019

3

specialised lawyers handling family reunification and asylum cases

6

years old. Youngest unaccompanied minor located

Better Days is proud to be righting an enormous wrong. Thanks to MIRE, hundreds of children now have access to the critical services they need, and, as of June 2020, 18 children are going to be reunited with their families.

The MIRE program has a vital role in the development of programming and emergency response. Through MIRE, we have been able to find the most vulnerable children and give them the support they need, whether this is providing NFIs, shelter, or access to health care, education, or legal assistance. The networks and expertise built up by Better Days Field teams has contributed to additional waves of MIRE and supporting projects of other actors.

Since it launched in December 2019 with 38 cases, Themida has expanded to offer support to 75 children who are seeking to rejoin their families and continues to accept new cases in 2020. Navigating family reunification is complicated with legal aid due to differing standards of application in each EU country. However,

with dedicated legal support, case management, and DNA testing to prove family links, Better Days and DCI have increased the likelihood of these children successfully seeing their families again.

Both programs thus far, have only been run on Lesbos in Moria. However, in 2020 the program may expand to other locations in Greece.

*First and second phases of the outreach programme from December to February 10th 2020. Over 800 cases identified, but 678 cases remain (due to aging out of cases and alleged minors).

Key events in Emergency Response

Conditions in Moria significantly deteriorated for its residents in the second half of 2019. Responding to pressures in the camp, Better Days re-activated its Emergency Response programming to coordinate with other actors to emerging challenges in Moria as winter arrived.

October



Responding to Winterization

Funding and coordinating winterization requests from other actors, and leading logistics, procurement, and coordination of aid delivery. Support of specific interventions in the olive groves (camp spillover areas). Capacity building and consultancy provided to other actors on mapping, population assessment, distribution interventions and case management.

November

Delivering Collective Impact

Holding and chairing multi actor coalition to coordinate grassroots NGO responses to issues and disasters.



December



Outreach activity, Themida and MIRE programme launch

Critical outreach to identify minors who were missing or homeless. Support the Reception Identification Service to contact and process asylum claims of UAMs. Launch of Themida and MIRE programs.

How we make a difference

Emergency



Life in Moria is very difficult. We have to be in line for at least an hour to go to the toilets and bath, eventually, a fight breaks out. I live in the jungle where there were always fights and thieves and I was not at peace and safe. Now that I have been transferred to the section, I live in a tent where there are fights and thieves still and I don't sleep calmly at night. It is very hard for a minor to live like this. Kindly, I ask the European countries to respond to my family reunification case as soon as possible, so I can be saved from this miserable life, with my request to Sweden where my brother is. I requested that they transfer me to my brother sooner. Thanks a lot to Better Days for their hard work for us. I hope to receive good news from you soon”

H, 16 years old, Afghanistan



Thank you to all of Themida group. I don't know how to express my emotions, only I can tell you thank you so, so, so much. I will never forget you all. You made my way to make my future”

H, 17 years old, whose family reunification application was successful and as a result is now able to leave Moria and join his uncle in Sweden.

Additional information

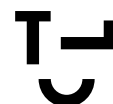
Partners & Supporters

Better Days responds to complex and challenging problems, but it wouldn't be possible without the dedication of our partners and supporters.

Partners



Supporters





Better Days

ESL library.com

Weather & Seasons

Write the word for each picture in the crossword.

The crossword puzzle grid is as follows:

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|

Moria is a humanitarian disaster. With the ever-increasing numbers of refugees in Lesvos, conditions in Moria Camp are highly unsafe and inhumane, and children are at risk, particularly those who have journeyed to Greece alone, without family or guardians.

Better Days is a humanitarian NGO dedicated to creating and sustaining innovative physical, mental, and emotional spaces for displaced people, currently based in Lesvos Greece. We're here to help alleviate some of the suffering and address critical challenges as best we can.

Every and any contribution to our work makes a difference in the lives of those we support. If you'd like to share your knowledge, energy, time, and passion with us to create a difference in people's lives, or find more about how you can support us, contact us at hello@bettedays.ngo