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Planning The Journey

05 PLANNING THE JOURNEY

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PLANNING THE JOURNEY

HOW TO DEFINE S.M.A.R.T. GOALS FOR MIGRATION (SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, TIME-BASED)



#SMART2MIGRATE

Before deciding to migrate, take some time to think about your goals and set specific, measurable, attainable, relevant and time based goals. Having a clear intention and measure of success will help to attain your goals, regardless of whether you choose regular or irregular (Backdoor) modes of migration.

DEVELOPING SMART GOALS

S is for Specific

Migration, like any other undertaking needs planning. As you decide how and if you are going to migrate it is important to set goals that are clear, detailed and unambiguous.

A specific goal will answer the five “W” questions:

- **What:** What do I want to accomplish by migrating?
- **Why:** Specific reasons, purpose or benefits of accomplishing the goal.
- **Who:** Who is involved? Can you trust them? Do you have other options?
- **Where:** Where do you want to go? Do you know the place?
- **Which:** Identify requirements and constraints. What do you need to get there?

M is for Measurable

You need a concrete set of criteria for measuring progress towards your migration decision. If you choose irregular (backdoor) migration, how do you measure or predict success? If you take the formal / regular route, how much time will you need to plan? What are the true stories of those who have taken these routes before you? If a goal is not measurable, it is hard to know when progress toward success is being made.

A measurable goal will usually answer questions such as:

- How much? What resources do you need?
- Are there better measurable alternatives to investing these resources?
- Resources include time, money and effort.
- How will I know when it is accomplished?



- What needs to happen to know your goals have been met?
- Or have not been met? Listen to stories of others who have set similar goals.
- What stories can you relate to?

A is for Attainable

This term stresses the importance of goals that are realistic and attainable. While an attainable goal may stretch the goal-setter in order to achieve it, the goal is not extreme. An attainable goal may help to identify previously overlooked opportunities (such as entrepreneurship, vocational college, working in collaboration to explore local contexts) to bring themselves closer to the achievement of their goals.

An attainable goal will usually answer these questions:

- How can the goal be accomplished?
- What are the pros and cons of the method chosen?
- Is there an alternative to method?
- What other ways might I be able to achieve my goals?

R is for Relevant

A relevant goal must represent an objective that the goal-setter is willing and able to work towards.

A relevant goal will be able to help you ask and answer these questions:

- Does this seem worthwhile?
- Have I assessed and compared all the potential risks?
- Look at the measurement above?
- In doing so will realize there better and safe ways of arriving at the same goal?

T is for Time-Based

The fifth term stresses the importance of giving goals a target date. A commitment to a deadline helps focus efforts on the completion of the goal on or before the due date.

Timeliness is intended to prevent goals from being overtaken by the day-to-day crises that invariably arise in any project, undertaking or organization. By giving you yourself time to plan and evaluate the effort needed, you may realise that some goals cannot be attained with the resources you have available, given the time constraints.

A timely goal will usually answer these questions:

- When? Until when do I want to have accomplished what?
- Plan for the Long, Middle and Short term?
- Define your timeline. Break it up into small steps:
- What can I do 2 years from now?
- What can I do for 6 months from now?
- What can I do for 6 weeks from now?
- What can I do today?



MIGRANT PERSPECTIVES: RETURNEE EXPERT NETWORK

Are there existing community frameworks / social infrastructure to help those migrating in Ghana or Diaspora community in Germany?

The **CIM Program** supported by the German government, where returnees are given a choice to go back and work as experts in their home country, and they also pay them.

"The term 'returning expert' is used for those who have gained technical or managerial skills through study and work in Germany and who then go on to use their knowledge and expertise in their country of origin. We provide all the support you need for your return, from finding a job with a suitable employer through to establishing a network of contacts in your home country. We guide you through the entire process and ensure that your return is a success – for you, your employer and your home country."

<https://www.cimonline.de/en/html/returning-experts.html>

Afrika Kommt, established by a group of German companies to bring at least 20 African candidates who are qualified to enroll in school, to learn Deutsch and work as interns in these companies to get training depending on their profession. They return to their countries to establish something or stay retained to work further in the companies.

<https://www.afrika-kommt.de/>



FURTHER INFORMATION & RESOURCES

Information for migrants / potential migrants & refugees from reliable sources:
Safe migration pathways, rumors about Europe, EU and African Migration Policy.

ON THE MOVE

MigApp

App for migrants by the International Organization for Migration (IOM). Provides information on the risks of migration, visa regulations and government policies, access to migration services and programs.

<https://www.iom.int/migapp>

- A trusted source of reliable information
- Assistance to migrate safely
- Low-cost money transfer
- Information on:
 - Migration risks
 - Visa regulations
 - Health guidelines
 - Migrants rights
 - Governments' migration policies
- Access to migration services and programmes
- A secure space to communicate and tell their story



International Organization for Migration**www.iom.int****migapp@iom.int****Tel: +41 22 717 91 118****InfoMigrants**

news and information website addressed to migrants to counter misinformation at every point of the journey: before migrating, along the route and in the countries of destiny. It is available in Arabic, French and English.

<https://www.infomigrants.net/en/>**Refugee.Info**

If you're looking for information on topics like asylum procedures, work permissions, registering children for school, or finding a doctor, you're in the right place. The project aims to help refugees in Europe access services and exercise their rights.

<https://www.refugee.info/>Ask questions: **<https://www.facebook.com/refugee.info>****Alarmphone**

Hotline for boat people in distress. Offers support and organizes rescues.

THE ALARM PHONE IS NOT A RESCUE NUMBER, BUT AN ALARM NUMBER TO SUPPORT RESCUE OPERATIONS.

We ourselves cannot rescue anyone; we are not in the area and do not have boats or helicopters. If you are in distress at sea or are experiencing a pushback, please follow these steps:

- 1.Call the coast guard and tell them about your situation of distress.
- 2.Call the Alarm Phone. We will make sure that your distress call is acted upon.
- 3.If you are not promptly rescued by the coast guard, call the Alarm Phone again. We will inform humanitarian organisations and public media to put pressure on the rescue services.

In case of emergency call **+334 86 51 71 61****<https://alarmphone.org/en/about/>****SAFETY AT SEA****<https://alarmphone.org/en/safety-at-sea/>****Emergency Contacts**

Salvamento marítimo (Spain)

(Spanish and English): **(+34) 900 202 202, (+34) 917 55 9 133, (+34) 956 684 740**

Morocco Marine Rescue Organization

(Arabic, French and English) **(+ 212) 537 625 877**Red Cross (Spain): **(+34) 901 222 222**Coast Guards in Italy: **+ 39 06 592 3569** · Malta: **+ 356 21 25 72 67****Open Migration, Italian Coalition for Civil Liberties (CILD)**

Open Migration aims to provide quality information on refugees and migrations, to fill a gap in public opinion and in the media. Migrations tell the strongest story of our time. Open Migration chooses to tell this story through the analysis of data.

<https://openmigration.org/>**contact@openmigration.org****W2eu.info**

Independent information for refugees and migrants coming to Europe. Information on rights, laws and the border situation of almost every European country (in English, French, Arab and Farsi). At the outer borders of Europe, people are refused entry, they are imprisoned and deported. Nevertheless people are coming. We welcome all travellers on their difficult trip and wish you all a good journey -because freedom of movement is everybody's right!

<https://w2eu.info/>

Rumours about Germany

The German Federal Foreign Office website to offer current and potential migrants reliable information to counter inaccurate information and false rumours spread by people smugglers and traffickers.

<https://rumoursaboutgermany.info>

Trace the Face

A number of National Red Cross Societies in Europe are publishing photos of people looking for their missing relatives in the hope of reconnecting families. Check if your family is looking for you or publish your photo to enable your family to contact you.

<https://familylinks.icrc.org/europe/en/Pages/Home.aspx>

STUDYING

Entervarsity

<https://entervarsity.com/>

A free university search engine, for students all over Africa looking for detailed and reliable information on universities and colleges: tuition, programs, location, extracurricular activities. Everything needed to ensure prospective students are fully prepared to apply and attend.

Resources for prospective students

DAAD <https://www.daad.de/en/>

Uni-assist <https://www.uni-assist.de/>

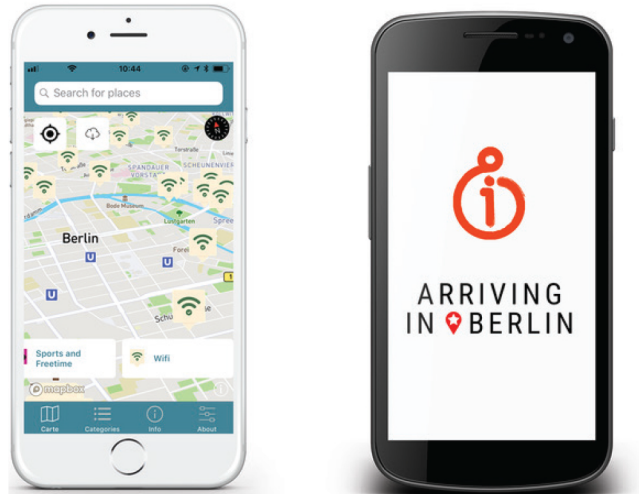
Aachen university applied science <https://www.fh-aachen.de/en/>

EUROPE / GERMANY

Arriving in Berlin

Digital map with helpful information for refugees and newcomers to Berlin.

<https://arriving-in-berlin.de/>



Make it in Germany

The German government's portal for qualified professionals from around the world.

Make it in Germany provides comprehensive information about entry and visa procedures, vocational training and higher education, finding jobs, and life in Germany. The job listings enable qualified professionals to look for suitable job vacancies and to find out what sectors and regions are looking to recruit.

www.make-it-in-germany.com/en

German Federal Office for Migration and Refugees (BAMF)

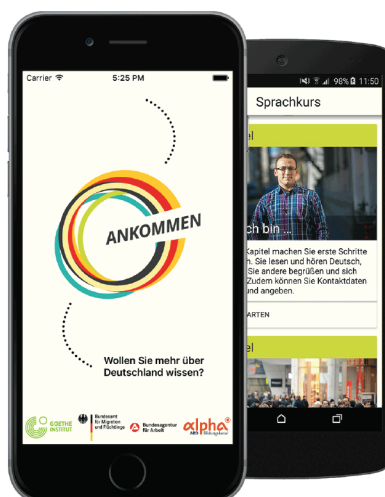
Provides information on asylum, refugee protection procedures and life in Germany.

<http://www.bamf.de/EN/Fluechtlingsschutz/fluechtlingsschutz-node.html>

ANKOMMEN app

A guide for your first weeks in Germany
Practical Guide to living in Germany. In this app you get to know the rules of this country and learn what you have to pay attention to. Try it! And start right now...

<http://ankommenapp.de/APP/EN/Startseite/startseite-node.html>



Migrant Help

UK based charity that offers counseling to migrants and refugees relating the asylum system in the UK, human trafficking and smuggling, resettlement programs and for free interpretation and translation services.

Free asylum helpline: **0808 8010 503**

Head office: **01304 203 977**

Email: **info@migranthelpuk.org**

<https://www.migranthelpuk.org>

ENDNOTES

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