

Rooted

“Where I was myself, without any filter.”

Infographic on the results of the post-experience survey of the Rooted group weekend in December 2023
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“Being a migrant can be both a blessing and a curse, and I strongly feel that it is about finding the right balance to avoid losing the connection to your ancestors while allowing for rooting on your own terms away from 'home'. Rooted gave me that opportunity: to (re)connect deeply with my identity. A true gift.”

on average rooted participants rated the rooted retreat with

9.4
out of 10



“At Rooted I learned there's room for everyone, no matter where you are from.”

100%

feels more present in the here and now after participating in rooted

feels more sure of taking upcoming decisions after participating in rooted

100%

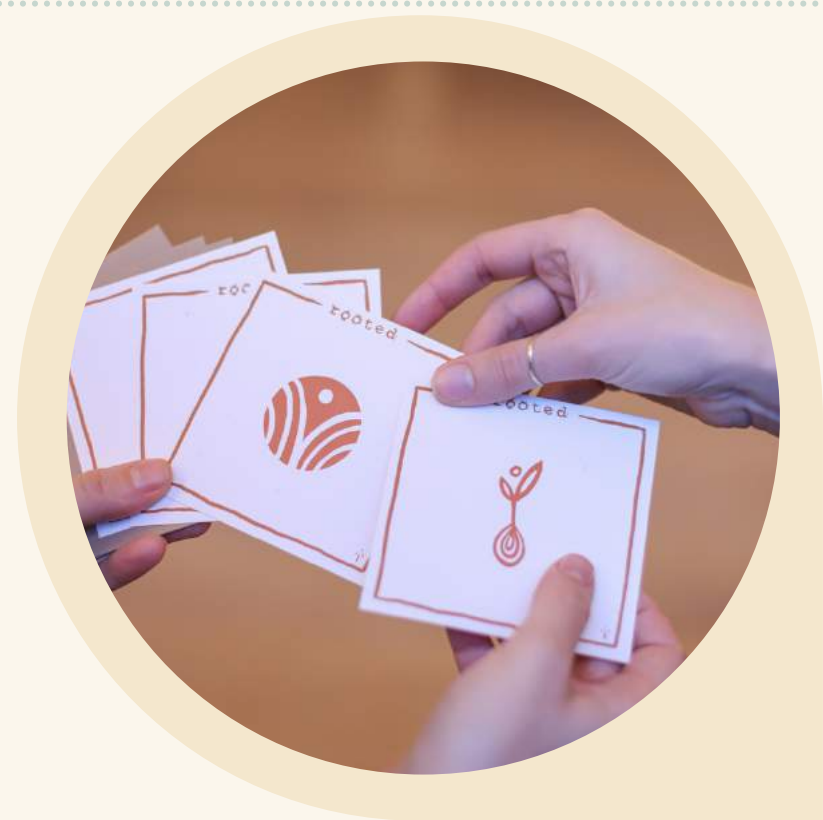
90%

feels more connected to the physical space they live in after participating in rooted

70%

feels more connected to their cultural heritage and familial history after participating in rooted

“Before, I was afraid to become attached to a new place again, for fear of losing it. But at Rooted I realized that this fear was worse than the loss itself. I now allow myself to ground here, in this moment.”



Rooted

“Where I found a new sense of gratefulness for my new home.”

Infographic on the results of the post-experience survey of the Rooted group weekend in December 2023
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“I have never before looked at the aspects of migrant life so holistically and applied this multidimensional lens to my own. Too often in my regular life, I have tried more to fit in than to find comfort in being myself.”

90%

experiences an improved understanding of their own emotions after participating in rooted




BELONGING **SAD** **AT PEACE**
CALM **LOVE** **UNDERSTOOD**
RELIEF **HOME** **GRATEFUL**
STRONG **OPEN CONNECTION**
COMPASSION


what participants felt most while at Rooted

“Rooted is perfect to make you feel at home. It awakened my inner self to feel again, to feel alive again, and then to feel connected to others. It was a truly exceptional journey.”



REACH US

 [rooted.migrant](https://www.instagram.com/rooted.migrant)

 www.wearerooted.org