

#migra  
myths

# RECOMMENDATIONS FROM IMMIGRANTS TO FIGHT AGAINST DISCRIMINATION

The proposals were built according to information collected from anonymous surveys conducted for the project #Migramyths-desmystifying immigration, in 2020 and 2021.

# How to deconstruct myths, stereotypes and/or fake news about immigration and about immigrants in Portugal?

1. Avoid spreading false information. Use dialogue as a pedagogical tool.
2. Promote a transversal educational program based on projects and lectures at schools and universities.
3. Promote awareness-raising campaigns on TV, on the radio and on media in general.
4. Xenophobia is a crime and should be properly monitored and punished.
5. Give visibility to immigrants and assure their rights are secured.
6. Promote campaigns and focus on education at schools and universities.
7. Put into perspective the reasons that compel people to migrate. Talk about the colonisation past of this country, not in a romanticised way. Also discuss the Portuguese emigration along the years.
8. Teach and spread the importance of respecting others. Enhance the legal consequences for those who commit the crime of xenophobia. Promote campaigns concerning "migrants' integration" on social medias and mass media in general.
9. Appreciate the contribution of immigrants to the economy and social relationships. Promote campaigns aimed at stimulating the contact with diverse cultures, as well as emphasize the importance of developing empathy.

10. Spread correct/true information. Enhance the knowledge about issues that might be treated as fake news.
11. Share positive experiences.
12. Use discussions as a tool to humanize relationships.
13. Deconstruct the general idea of "European superiority."
14. The government should launch programs about "citizenship" making use of all platforms available.
15. Publicize official information through governmental institutions.
17. Include programs about racial equality education in Portuguese schools and in media institutions. Build programs about inclusion and integration of immigrants in Portuguese society.

### **Reading suggestion:**

Experiences of Discrimination in immigration. A diagnosis produced by the project: #Migramyths-desmystifying immigration.

[Access the link](#)