

# Challenges and Opportunities for Migrations into Europe: The Case of the IFU Project

**Wojciech M. Marchwica**

Education Foundation Perspektywy, Warszawa, Poland

## **Abstract:**

This work is the result of findings from the international Erasmus+ project “Incubating Freedom for Ukraine”, which focuses on the integration of refugees into the European labour market. The presentation analyses the socio-psychological barriers that hinder professional stability, with a particular emphasis on the “migration trap”. The study identifies the “migration trap” as a primary obstacle, rooted deeply in the psychological difficulty of establishing long-term life plans amidst permanent uncertainty. For many refugees, the state of “living out of a suitcase” and the inability to envision a future in the host country lead to professional deskilling and social alienation, regardless of their high initial qualifications.

In this context, Vocational Education and Training (VET), specifically focusing on digital and IT competencies, is presented not as a standalone solution, but as a critical tool for empowerment. By providing modern, adaptable skills, the IFU project aims to bridge the gap between temporary displacement and meaningful employment. The analysis concludes that successful integration requires a comprehensive approach where technical retraining serves as a catalyst for psychological stabilization, helping individuals move beyond the migration trap toward productive participation in the European socio-economic landscape.