

# Appendix

## *Snowball Sampling*

In this research, we used the snowball sampling method: the members of our sample were recruited by chain referral. This is a particularly appropriate methodology for reaching a segment of the population that is difficult to identify or locate, such as the marginalized, the homeless, the undocumented or, in the case of our research, rejected asylum seekers (Handcock and Gile, 2016). However, given the nature of snowball sampling, it is not considered to be representative and usable for statistical purposes, and, consequently, it is impossible to generalize from the results obtained. However, recent advances in snowball sampling methodology have attempted to correct the lack of representativeness of the sample. In this research, we used two tools to limit potential biases: linear snowball sampling (subjects give several contact references, but only one new subject is recruited from among them) and key informants (experts who know the target population and provide access to a diverse sample in terms of gender, national origin and age) (Salganik, 2006). Following these recommendations, we followed a two-step procedure.

In the first step, we identified organizations that could provide initial access to people who fit the characteristics of the study: those who had their application rejected after appealing to the National Court of the Right of Asylum. We contacted NGOs that focus on the protection of asylum seekers and refugees (Center Primo Levi and *France Terre d'Asile*, as well as unions such as the *Confédération Générale du Travail*). Through our contact with the associations, we assembled a diverse group of participants in relation to national origin, age and gender.

In the second step, the interviewees were invited to circulate the information to other people they know for whom this project could be relevant. Here, we used linear sampling: each individual participant recommended exactly one other participant. The reason is that participants tend to designate people they know, friends, close acquaintances, and people of similar national descent. We wanted to increase the diversity of respondents' origins in terms of gender and national origin. We did not want a given nationality to be overrepresented. After expanding the sampling to other rejected refugee groups, the data became richer and the differences between respondents' origins greater.

In order to adapt this theoretical framework to our research, the interviews were divided into two parts. The first part gave participants an opportunity to freely explain their migration journey, without interruption and without constraint. The goal was to be immersed in the context in which they live, and to identify the general structural constraints they had to face. The second part of the interview consisted of more targeted questions about their living strategies, in order to identify the tools that they used on a daily basis in order to find work and overcome daily challenges, and also to discover their future long-term plans. The segmentation of the interviews into different themes made it possible to identify factors that limit individuals' agency, and also to understand the elements the participants relied on in order to develop solutions to their problems and circumvent institutional barriers.

## **Ethics**

Trust is an important aspect of any form of research involving human participants, but is especially important in a project involving undocumented migrants. By distributing a fact sheet explaining

the purpose of the research, what participation entailed, and how the data would be used, we ensured that all participants gave informed consent. The information sheets were in English and French, and when the individual did not speak either of these two languages, we asked the translator to explain the content. We do not disclose the names of the participants.