

A day to discover...

# THE LIVES OF REFUGEES

Not everyone is lucky enough to have a safe place to live. A refugee is someone who has had to leave their home due to war, disease, hunger or a natural disaster like an earthquake or flood.

Nobody **wants** to become a refugee. But across the world, there are more than 25 million people - including millions of children - who have had to leave their homes and go to a different country.

Let's meet some refugees and learn more about them...

**Zain, 6**  
Photo: ActionAid  
Left Syria as a baby because of war.

**Freshta, 4**  
Photo: Lorenzo Tognoli/ActionAid  
Her family is hiding from violence.

**Mushtak, 8**  
Photo: Karin Schermbrucker/ActionAid  
Her family farm was hit by drought.

**Shoheeda, 12**  
Photo: Noor Alam/ActionAid  
Left her home country due to threat against her people.

# Far from home

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For people who have had to leave their homes and become refugees, life can be very difficult. These brave families have to make long, dangerous journeys in order to reach a place where they are safe. For many, this place is called a **refugee camp**.

A refugee camp is not an easy place to live. Although they are far from danger, they are often crowded places where food, clean water and medicine are hard to find.

## HOME WORDS

Try to make a list of words you think of when you picture 'home.'



Photo: Karin Scherbrucker/Actionaid

## A place to shelter

Some refugees have to build their own shelter from whatever they can find.

Look at this picture of Dahabo and her cousin Safia. They live in Somaliland, where it is so dry and hot that crops struggle to grow. Many farmers have had to leave their villages.

**Dahabo and Safia are building a shelter. Can you see what they are using?**

## BUILD A SHELTER

**Use whatever you can find around your house or flat to make yourself a shelter. If it gets tricky, ask a grownup to help you.**

Once your shelter is up, give it a wobble to see if it stays up. If it does, well done! Maybe you can get inside it to do the next activity?



## DID YOU KNOW?

Lots of famous people were once refugees, including scientist Albert Einstein and singer Rita Ora.

# Rasal's Journey



**Rasal is five. She used to live in Syria, where her dad worked as a driver and her mum was an artist.**

When war made their country too dangerous to live in, Rasal's family had to leave the place they loved and try to find safety. That was the beginning of a long and dangerous journey. Rasal is now being looked after in Greece. Read her letter to learn more about her story.

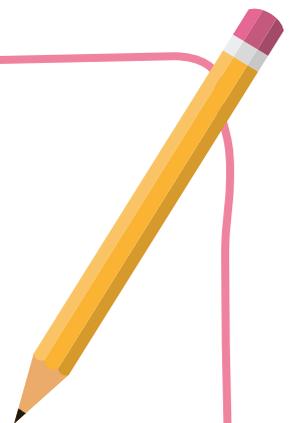
We had to leave my home in Syria. Mum said it was too dangerous to stay. We walked for ages through the mountains. We were really cold. Then we had to stay in a house with lots of other families and kids. When we got on the boat the waves were so big they kept coming over our heads. The boat crashed into some rocks and sank. I fell into the water and I lost all my things. When we got to Greece, ActionAid gave us some warm clothes and took us to a doctor.

## DRAW THE JOURNEY

**Now you've read Rasal's story in her own words, can you draw a picture of the part that most stands out to you?**

You can choose one part of Rasal's story to draw, or if you like you could make a series of drawings to show her entire journey.

Perhaps you can add speech bubbles or thought bubbles to your drawing, to show what Rasal might have been thinking?



## DID YOU KNOW?

June 20th is World Refugee Day. What could you do this year to make it special?

# What to take?

Many refugees have to make their journeys on foot, which means they can't bring very much with them. A lot of families can only bring what they can carry in bags and suitcases – it can be very hard to decide what to take.

Here are some of the most important and useful things refugees might take on their journeys:

- **Warm clothes and blankets**  
To keep from getting cold
- **Torch**  
Makes it easier to travel or camp at night
- **Food and water**  
Not always easy to find on the road
- **Important documents**  
Passports and birth certificates can be needed for crossing to a new country
- **Family photos**  
To keep memories of home alive
- **Favourite toy**  
Something to play with on the journey, and when you get there

## ActionAid emergency kits

Here is what ActionAid gives to refugees in the camps and communities where we work.



## WHAT WOULD YOU TAKE?

If you were going on a long trip, what would you take with you? What are the objects from your house that are most important to you, or that would be most useful to have?

Find a bag and see if you can fill it, without making it too heavy.



Hope you've discovered lots of new things today.  
Your next Discovery Day will take you to see what life is like for children living in villages around the world.

See you there!