

A refugee's  
experience for  
Canadian youth

IN EXILE  
*for a while*



## **ORGANIZER'S KIT**

Please send your comments to:

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or

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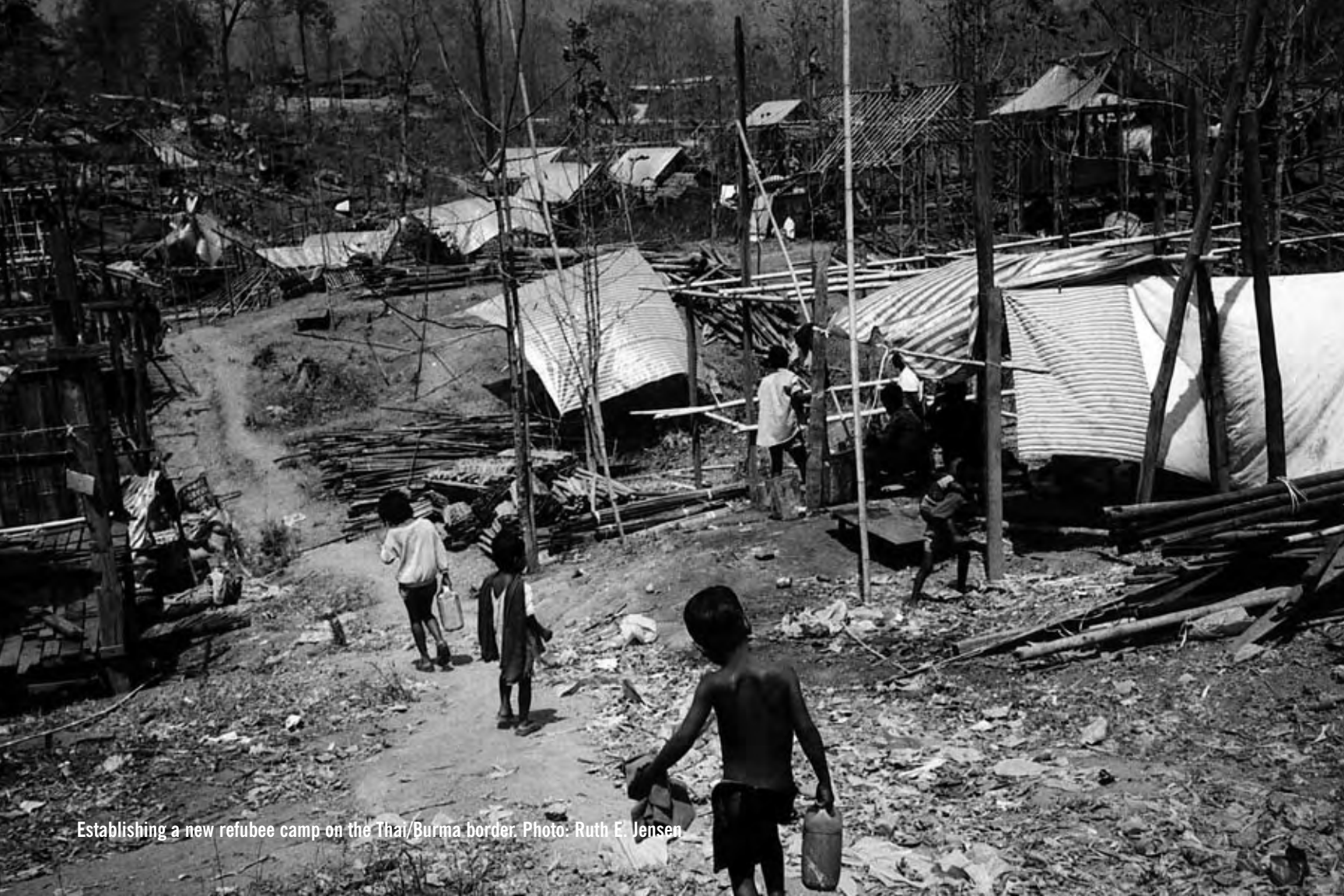
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Cover and "In Exile" camp photos by Dan Wiens.





Establishing a new refugee camp on the Thai/Burma border. Photo: Ruth E. Jensen

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War-affected children from Burma in a refugee camp on the Thai/Burma border. Photo: Ruth E. Jensen

## **Introduction**

The purpose of the Refugee Camp Simulation, *In Exile For A While*, is to provide young people with a life-changing experience that will transform their thinking and inspire action. In this package you will find all the information necessary to create your own simulation. Select from the variety of materials offered to suit the time available, ages and interests of your group. You may use as little as one hour or as much as 24 hours to conduct a simulation. Obviously, the more time you have, the more you will be able to do. We suggest that you use the 24-hour scenario if you can. If you need further information or guidance, please contact the Foodgrains Bank.

## **Who Can Conduct an Exile?**

Schools, mid-week groups, church groups of any kind or any other group that wants to inspire and inform young people. Because of the number of people necessary to successfully carry out the 24-hour scenario, you may want to combine youth groups. The material is suitable for people from middle school to adult.

## **Getting Started**

- Read through this package to get an idea of the possibilities an Exile holds for your group.
- Take stock of the resources you have available (volunteer help, time, location).
- Talk with your target audience, their parents and others who may get involved to gauge the level of interest.
- Use the supplied video to inform people what an Exile is about.
- Develop a plan of action. This will usually include the creation of a planning committee.



## IN EXILE FOR A WHILE



### **Short on Time and Resources?**

If you don't have enough resources to conduct a full Exile Walk (the Rogue Military Force, Dead Person, Landmine Simulation, etc) then consider using only the refugee campsite to give participants a memorable experience. With minimal personnel, you can hassle the refugees by making them wait in lines for registration, food and tents, frustrate them by giving confusing instructions about filling out their UNHCR forms, speak to them in a foreign language, or give them just basic supplies and tell them they are in charge of their own accommodation and food. Dare to challenge the participants with the hard reality real refugees face. This can be done with minimal resources.

## **A LEARNING EXPERIENCE**

An Exile experience will enlighten participants in unknown ways. The following are some possible learnings:

### **Health and Nutrition**

The event will promote increased awareness about what refugees face in terms of their health and nutrition requirements. The 24-hour scenario is especially useful because it allows time for participants to get hungry before they eat and it allows for multiple meals. Some interesting scenarios can be played out with regards to the plight of women and the logistical challenges facing food aid agencies. (See the 24-Hour Event Scenario for more information and the handout, “Health in a Refugee Camp: A Sickening Tale”)

### **Refugee Awareness**

The 24-hour scenario is meant to create mock feelings of intimidation, confusion, anger, disempowerment and hopelessness in the minds of the participants. This is accomplished by being as realistic as possible within a 24-hour scenario. Intimidating border guards, rude camp employees, mistreatment of women and children, boring food, realistic props and unpleasant surprises are all necessary to help the participants gain awareness of what real refugees may be feeling. Be creative and don't be afraid to push a little. Participants of past Exile events have indicated that organizers could have made things even tougher for them. One participant said, “We were ready for more and expected someone to jump out from the bushes at any time. Although, the boredom and waiting and not knowing are good aspects to keep.”

### **Cultural Awareness**

The event will promote cultural awareness by contrasting different refugee scenarios, creating a greater empathy in participants for the varying levels of resources around the world and also a greater understanding of the customs and laws in different cultures.

### **Impact on Women**

As over 80% of refugees around the world are women and children (Refugees International), the event will focus on the impact that being a refugee has on women—from sexual and domestic abuse; husband mismanagement of refugee ration cards; insufficient police protection from and prosecution of violent offenders; gender bias for HIV/AIDS treatment; forced prostitution; second-class citizenship; and constant disrespect. (See handout, Facts on Women Refugees)

### **Opportunities for Change**

At the end of the event, participants will be provided concrete opportunities to make a difference within the themes discussed. This includes opportunities to plan and conduct a worship service or some other public education event, to continue fund-raising activities, to get more involved with organizations working with disadvantaged people and more.

## **THE EVENT**

(A sample 24-hour scenario)

This is a sample event schedule. The event might be held in a suitable location outdoors (preferable) or, in winter, in a gym, community hall or church basement. Let your imagination roam to create a realistic environment. Tents or sheets of plastic (even indoors) are great props.

Times are a guide only. Adjust the schedule to your needs!

This event simulates dynamics related to some Muslim traditions (women must be veiled). This is optional and should be handled sensitively. Any cultural portrayals, Muslim or otherwise, should be value-neutral. That said, it is important to note that portraying cultural differences is a significant part of the refugee experience.

## **ACTIVITIES AND ITINERARY**

### **Meeting Site (6:45 a.m.)**

Participants meet at a designated site away from the camp at 6:45 a.m. Roll call will occur, then the group of participants will leave for the site of the camp. Volunteers and actors are ready to meet the refugees.

### **Character Profiles**

At this time each participant will be given a character profile. You can photocopy the examples provided in this kit or make up your own profiles. Be creative! The participant will familiarize him/herself with this profile. These will be their personal histories for the rest of the event. Choose participants to be children and parents and introduce family members to each other. Alternatively, you may wish to not introduce family members to create the type of confusion and feeling of being lost that real refugees face. You could leave it up to the participants to find their family members on their own.

### **Border Crossing (7:45-8:00)**

The refugees arrive in the general area of the camp on foot or by bus and will encounter a military roadblock a good distance from the entrance to the site. Some military personnel will guard the roadblock. Males are separated from the females. Two military personnel will search through participants' belongings until they find luxury items (watches, radios, etc). The roadblock is meant to be a border crossing, so luxury items are seen as being smuggled. 'Smugglers' (take about 5% of the group) will be put into an unmarked military vehicle or a small room and then taken to a special area for detention. These participants will be brought back into the group after Group Divisions have been done and just before the group is about to go on the 'exile walk.' The roadblock will then be lifted and the refugees will be allowed through.

### **Group Division (8:15)**

The refugees will proceed on the trail toward the camp until they meet some military. The soldiers will divide participants into groups of no more than

15 people. A group facilitator will be introduced to the group at this time. Each group will be told the purpose of the next 24 hours: their experiences will reflect those of refugees around the world, and the impact on women refugees will be highlighted.

The soldiers tell participants that the camp is in another country and that it is likely that the border will be closed when they arrive. They may be forced to find another route. A map is given to each group with the outline of the site. Known trouble spots are highlighted. The group will be expected to find their way according to the maps. Be creative when drawing your maps by using local landmarks (see sample).

### **The Exile Walk (8:45)**

Each group will go through the same activities and simulations. Some participants can be given extra luggage to be carried at this time. Others can be given babies (dolls) and be told these children are orphans and they will die if they don't make it to the refugee health and feeding centre.

### **Rogue Military Force (9:00)**

The first encounter participants will face is a Rogue Military Force that will ensure that all of the women are veiled. Any of the women who aren't will be forced to do so through yelling and intimidation. They will also be told to cover their hands and their ankles. All flesh but their eyes must be covered.

### **Dead Person (9:10)**

Shortly after the Rogue Military Force, there will be a dead person lying in the bushes, obviously having been beaten to death. This scene is for effect only, alluding to the seriousness of the Rogue Military Force.

### **Landmine Simulation (9:30)**

Participants will then enter a minefield where dead bodies will be lying and minefield signs will be placed. A simulated explosion will go off (use a noise maker from a party store or a tape recording of an explosion) and selected participants will be 'disabled' in a variety of symbolic and debilitating forms—from visual

and hearing impairment, to limb restriction. Visual props such as arm slings, crutches and tensor bandages are useful here. Remember to be creative.

### **Rebel Attack (10:00)**

After the Landmine Simulation, rebels will then ambush participants. Rebels will emerge from hidden spots in the forest, forcing participants to lie down and stealing the belongings of several individuals. The stolen belongings will be returned later in the day, but participants shouldn't be told this.

### **Border Crossing (10:20)**

When the participants reach the border crossing, border guards will tell them that this border is now closed and they are not accepting any more refugees. Participants will have to use their maps to determine where to go from there (there will only be one option).

### **Female Abduction (10:30)**

As participants walk along the new route to the camp, they will encounter a group of several men sitting around, relaxing. The men will pick up their weapons, harass the women and abduct a female (recruited for this role), taking her back down the way the group just came. Each group will be told that the female will be abused and will not be allowed back into the group because the group does not accept her; this decision will be imposed on the group as their own.

### **The Camp Gates (10:40)**

Once participants get to the camp, the camp will be guarded by military. Each group will be forced to wait before they are able to register. Military will be hostile and intimidating, singling out pre-selected people as suspicious troublemakers, and they will have to wait to register until the last group has gone through.

### **Registration (11:10)**

Once participants are allowed to register, each group will be told that they have to fill out the UNHCR forms. Once the forms are complete, the UNHCR

personnel will conduct interviews with participants, and participants will have to use their character profiles to prove their refugee status. Men will also be given ration cards for their family.

### **Lunch**

Provide a light and easy lunch of rice cakes or something similar.

### **The Camp**

Once inside the camp, the men will be told by UNHCR to go to the supply tent and pick up their supplies for their group—water, blankets, dishes, etc.

### **Guest Speaker(s) (1:30 - 2:00)**

*Invite guest speaker(s) on the plight of women refugees, including information on forced prostitution (or any other related presentation).* Contact the Foodgrains Bank for a list of available speakers in your area. Also contact your local refugee placement centre for the names of some recent refugees to tell their real-life stories.

### **Development Education (2:30 - 3:15)**

Participants will engage in a development education session. They will explore why development is needed and why we all need to be involved. They will also learn about projects supported by the Foodgrains Bank and its member agencies. Contact the Foodgrains Bank for a list of available speakers in your area.

### **Repatriation and Relocation (3:30 - 4:30)**

Repatriation and Relocation volunteers will then tell each group of participants, individually, that the host country they are in does not have the resources to house them anymore, and that some of them are going to have to be relocated to another country. Selected participants, via roll call

roster, will then have to pack up their belongings and move to another group. One group will also be told that because the conflict in their home has subsided, some participants are being forced to repatriate back to their home country. Their homes in their home country, however, have been destroyed and they will have to be put up in UN Special Housing as Internally Displaced People. A special tent will be set up to accommodate them.

### **Dinner (5:00 and 6:00)**

Volunteers (ask a local Foodgrains Bank representative or the organizer of a growing project for help) will be supplying the dinner for participants (see lentils and rice recipe), but before dinner is served, give a short talk to participants relating the realities of food for refugees to the participants' experience while at the camp. Use the document, "Life in a Refugee Camp: A Sickening Tale" as a reference for this talk. One group, however, will be told that their food did not arrive yet because the road was destroyed by an anti-tank mine. Some time later, tell them that their food has arrived and they can now eat. Segregate the women from the men. Men will be given food on behalf of their whole families. Women and children will not be served. This will force families to find each other (if they haven't already) and stress the loss of rights and equality that many women refugees face.

If this exile is in connection with a CLWR Hunger Watch the meal will be skipped. The participants who have lined up for food are told that the food destined for the camp has been re-routed to a military base and that food was not expected to arrive for another day or so.

The information sheet: 'Health in the Refugee Camp: A Sickening Tale' can be given to all participants.

### **Debriefing/Entertainment (6:30 - bedtime)**

Invite a guest to help the group debrief about their experience so far. Ideally, the guest has been at Exile from the beginning and will be able to lead a discussion about every aspect of the experience so far. Give lots of opportunity for participants to speak and validate what each person has to say. Doing this around a campfire is ideal. You may want to ask a real refugee to tell their story at this time. You can sing or invite some local entertainment to round out the evening.

### **Prepare a Presentation or Worship Service (Optional)**

The refugees can work together to prepare a presentation, incorporating their experiences and elements of the lectures. They can incorporate ideas to show how they plan to make a difference with some of the issues raised at the camp. In a church setting, this presentation might make up part of the Sunday service. Together with their pastor they might want to plan the whole Sunday service. Refugees could also plan their own worship service for Sunday morning. A refugee camp worship service could be conducted as if the worshipers are worshipping in hiding, afraid they will be persecuted or ridiculed if caught.

After this segment, participants may play cards or board games or go to bed as desired.

### **Bedtime Raid**

A bedtime raid, or perhaps a morning raid to wake up the participants, would be an effective way of keeping the refugee experience alive in the camp. This raid could include a kidnapping or a robbery.

### **Sunday Morning**

A bell will awaken participants at **7:30 a.m.** They will be given half an hour from this time to get cleaned up at the wash shacks. Breakfast (lentils and rice) will be served at **8:00 a.m.** This will be the first meal for participants in the 24-hour fast of the Hunger Watch.

After breakfast participants can put final touches to their presentations.

Conduct your refugee camp worship or join your church's worship service.

### **Final Debriefing (invite parents for this session)**

A final debriefing could include testimonials from selected participants about what the Exile experience has meant for them. Focus on discussion about what participants will do differently now that they know a little more about the plight of refugees around the world.

## **SAMPLE DEBRIEFING**

The following are some notes from a debriefing at an Alberta Exile.

### **General Themes**

Participants discussed their reasons for attending:

- 1) Want experience
- 2) “How would I react?”
- 3) Positive and hopeful
- 4) Awareness
- 5) Out of comfort zone
- 6) Realism—more than media
- 7) “Burst little bubble”
- 8) September 11th—changed my life

### **What Can We Do Now?**

- Be more aware of what’s going on around the world.
- I saw a small slice of refugee life around the world; I will support organizations working with refugees. I understand the difficulties these organizations face.
- I want to tell people about my Exile experience.
- Speak to:  
elementary schools—change youth, change future  
family/friends

peers—pass on info  
drama for young kids  
public education  
spread message slow and steady with kids

- Other ideas
  - Get involved with real refugees at local refugee centres
  - Hold a refugee awareness party for peers
  - Raise funds
  - Check the Web for info and ideas
  - Contact list of presenters / participants
  - Not just talking
  - One person can make a difference
  - Meet as a group again
  - Join advocacy groups
  - Sponsor a refugee family
  - Advocate for more acceptance of refugees in Canada
  - Start school groups.

### **Close Camp**

Ask for volunteers to break camp and clean up.



Refugees arrive at the Exile site.

## **ACTORS' ROLES**

### **Military Roadblock Personnel**

About four soldiers are required to staff roadblock.

*Responsibility:* As the 'refugees' approach the entrance to the camp, a military border crossing will block their path. Military Police are looking for the usual suspects. Participants will be singled out to be searched for luxury items. One or two smuggling participants will be pulled away, escorted to an unmarked military vehicle, and taken to an interrogation room, where they will sit until 8:15 and then be taken back to the participants.

### **Military Personnel - Group Division Squad**

Up to ten Military Personnel are required to perform group divisions.

*Responsibility:* Once the 'refugees' get into the camp, soldiers are required to establish order among the group, making participants line up and then dividing them into groups of about fifteen.

### **UNHCR Military Police**

Up to 10 Military Police are required to staff UNHCR Registration Tents.

*Responsibility:* Military Personnel are to maintain order and enforce direction among refugees as they approach the camp. Duties include: intimidation, sexual harassment and abuse of power—to be discussed among these volunteers.

### **Rogue Military Force**

Four to eight Rogue Military Personnel are required to harass unveiled women.

*Responsibility:* To approach each group along the trail, inspecting women for appropriate veiling, harassing and ordering them to properly veil themselves.

### **Dead Person**

One or two people are needed to play people beaten to death.

*Responsibility:* Be bruised and bloody (via make-up), lying in the bushes for effect.

### **Rebels**

6–12 rebel bandits are required to rob participants on the trail.

*Responsibility:* Rebels are required to ambush participants, forcing them to lie down, and steal their belongings. Maybe abduct female from each group.

### **Abducted Female**

Five females to be abducted by rebel forces.

*Responsibility:* To merge—incognito—with the participants so that when rebels attack, they can abduct a female from each group.

### **Slaughtered Family**

One or two slaughtered families—single mothers and children—to lie in bushes, for effect.

*Responsibility:* Family to lie in bushes beside trail.

## LOGISTICS

### Personnel Needed

*Manager:* The person responsible for all aspects of the event.

*Organizing Committee:* The manager should pull together a group of 5 – 10 people to serve on this committee. Call your local Red Cross chapter or refugee placement centre for people to serve on your committee. Include at least one young person on this committee.

*Actors for role playing:* The local theatre group of a nearby high school might be willing to help out. Recently graduated youth and organizing committee members are also good prospects for role-playing.

*Helpers during the event:* You will need personnel to help with camp set up and clean-up. These could be members of your committee.

If you have a shortage of volunteers, you can use people for multiple tasks. For example, your actors can take several roles and they can also help with other aspects of the event. You can even use your quest speakers as actors. Be creative!

### Guest Speakers

Call CFGB, the Red Cross, or a local refugee placement centre for ideas about speakers. Be sure to make every effort to find former refugees as speakers.

### Infrastructure

Use church camps, a farm, a site in a provincial park or some other outdoor space where you will have some privacy.

A gym, a parish hall or a church basement is a possible indoor venue.

You might want to contact the Boy Scouts, the Armed Forces or the Red Cross and ask for the loan of tents or other materials for the event. Cots might make sleeping a bit more comfortable and lanterns will lend authenticity to the event. Any props that lend an air of realism to the camp are a good idea. These could include some barbed wire, land mine signs, UNHCR and Red Cross signs, sand bags, etc.

## **Food**

Food is an important element in a refugee camp. Contact the Foodgrains Bank for a list of local people who can help make the feeding station as realistic as possible. Lentils and rice are a common combination served. A standard ration for refugees contains:

- 400 grams cereals (rice in this case)
- 50g pulses (lentils)
- 50g of cooking oil
- per person, per day.

*Only people not taking part in the fasting component (Hunger Watch) should be given food the first day.*

Contact a grocery store for the possible donation of the food. Only water is supplied for drinking.

Make sure to check with participants for special dietary requirements.

## **Insurance**

Make sure your insurance covers an event like this.

## **Press Coverage**

Invite the media to visit during the exile. CFGB can supply you with a press release to be sent to your local media.

## **Sponsorship of Individuals**

Each participant can sign up sponsors for his/her participation in the event.

The Foodgrains Bank will issue numbered Sponsorship Forms for your event (sample enclosed). All sponsorships will be used for humanitarian aid

through your church's account at the Foodgrains Bank.

The participants with the highest sponsorship amounts might receive a small prize from the Foodgrains Bank. Contact Foodgrains Bank for more information.

### **How Do Participants Use The Pledge Forms?**

Encourage them to ask their friends, neighbours, family, teachers, pastors, congregation members and anyone else they can think of to sponsor them. Also encourage them to explain 'In Exile for a While' and why they are participating. Donations will be credited to your Church's account at the Canadian Foodgrains Bank. By checking the box in the last column of the sponsorship form you request the donation to be forwarded directly to the development project of your own church.

Tax receipts will automatically be issued for all donations over \$10.

The Canadian International Development Agency (CIDA) generally matches every dollar the Foodgrains Bank receives on a 4:1 basis.

### **Sponsorship of the Event**

Contact local businesses to sponsor the exile with infrastructure, lodging for guest speakers, food (rice and lentils only!) or finances.



Border security check.

## **HUNGER WATCH INFORMATION (OPTIONAL)**

### **What is a Hunger Watch?**

A Hunger Watch (HW) gives participants a chance to experience issues of global hunger through foregoing food for one day. They can learn how young Canadians can help children, young people and their families in developing countries combat hunger.

### **The Objectives of a Hunger Watch are to:**

1. Allow people an opportunity to experience what it's like to go without eating solid food for approximately one day.
2. Educate and inform youth about world hunger and its implications.
3. Increase awareness about the similarities and differences between people's needs in developing countries and in Canada.
4. Provide an opportunity for youth to take action to help combat global hunger.
5. Offer an interesting (perhaps even enjoyable!) experience that will help change attitudes about people who are hungry.

### **Why should I participate in a Hunger Watch?**

By working together, we can make a significant contribution to improving the lives of others by supporting development programs that help people to help themselves. Participating in a Hunger Watch is a great way to learn more about the needs of the people in developing countries around the world and how we can participate in development work overseas.

### **How can I get more information about the Hunger Watch?**

If you have any questions, comments or would like to order Hunger Watch material, please do not hesitate to contact Canadian Lutheran World Relief, 1080 Kingsbury Avenue, Winnipeg, MB R2P 1W5; Phone 204.694.5602 or 1.800.661.CLWR (2597); Email [clwr@clwr.mb.ca](mailto:clwr@clwr.mb.ca).

Note: Hunger Watch can also be organized as a stand-alone event.



Navigating the minefield on the Exile Walk.

## **HOW TO REGISTER**

- 1) Fill in the top of the Registration Form.
- 2) Pick up your sponsorship forms.
- 3) Read and sign the consent form.
- 4) Read and keep the event information.

**Registration Form**

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City/Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Do you intend to participate in Hunger Watch (i.e. will you take no food for a day)? YES / NO

Do you have any dietary restrictions? YES / NO

Age \_\_\_\_\_

In case of emergency contact \_\_\_\_\_

Emergency phone number \_\_\_\_\_

Sponsorship forms picked up?

Consent Form signed?

Hunger Watch participant?

### **Participant Consent Form**

To participate in *In Exile for a while*, the participant agrees as follows:

- I hereby release any and all claims, demands, rights and causes of action of whatsoever kind and nature arising from any loss thereto, any death, sickness, or loss to property including loss, damage or theft of personal property incurred any time during my participation in activities connected with the *In Exile for a while* event.
- I further represent and warrant that I am in good health and have no physical condition that would prevent my participation in activities connected with the *In Exile for a while* event.
- I understand that media may be in attendance at this event, and that I may be photographed, filmed or videotaped during this event. I grant permission for this and for the organizers of *In Exile for a while* and news media to copyright, use, reuse, publish and broadcast these images.

#### *Warning*

The event is intended to provide participants with a realistic simulation of refugee situations and refugee camps and some of the activities during the event may be controversial or disturbing. Even though this is a simulation, you may feel traumatized, startled or shocked. If, at any time during the event, you feel you need to pull out for a while, please tell any facilitator and you will be allowed to do so.

Participant's Signature \_\_\_\_\_

Date \_\_\_\_\_

### Event Information

The event (if held outdoors) might require a significant amount of walking and other physical activities throughout the day, so participants are to ensure that they are in good shape and health.

Participants of Hunger Watch will start fasting at the beginning of the exile. They are encouraged to eat a good breakfast as they will not receive any food until breakfast the following morning. For Exile only participants, the next opportunity to eat will be in the afternoon. Participants are strictly forbidden to bring their own food—this includes snacks and gum as well.

Participants are also forbidden to bring any luxury items to the event. Cameras, walkmans, watches, flashlights, books and other non-necessities—including food, as mentioned above—are not to be brought. PARTICIPANTS WILL BE SEARCHED AND ITEMS WILL BE CONFISCATED. All confiscated items will be returned at the end of the event.

Participants will have to carry all their belongings along a possibly lengthy hike to the camp, so keep even the necessities to a minimum. There are some items that should be brought: **sleeping bag, small backpack with clothes and basic toiletries, coat.** You will also need to bring a cup to drink out of, a bowl and cutlery to eat with.

This event may be emotionally challenging for some participants. Please be aware that if you need to pull out at any time (even just for a few minutes) simply tell your group leader and they will get you looked after.

**Parental Consent Form**

- By signing this Parental Consent Form, I understand the controversial and sensitive nature of the events for the *In Exile for a while* Refugee Simulation Event.
- By signing this Parental Consent Form, I also agree to allow my child, who is under the age of 18, to take part in this event, according to the information outlined in the Participant Consent Form and Participant Registration Package.

Name of Participant \_\_\_\_\_

Date of Birth (dd/mm/yy) \_\_\_\_\_

Signature of Parent \_\_\_\_\_

Phone Number of Parent \_\_\_\_\_



Receiving a meal of rice and lentils.

## CAMP REGISTRATION PROCESS

**Step 1** As the participants arrive, have them fill in the **UNHCR Basic Data/Registration** forms. However the majority of the women refugees are illiterate — they will not be able to register themselves. If there are enough male heads of households, the men will register for the women. There will be a surplus of women; so some will have nobody to help them. The registrar will then ask if there are any unaccompanied women who need help with registration.

These unaccompanied women are to be taken aside and asked the questions outlined on the **Eligibility Forms** (these questions are essentially the same as those on the **Basic Data/Registration**).

**Step 2** After each refugee has filled out their forms or completed the interview, use their basic data (names, head of household, etc) to fill out the **UNHCR Registration Form**. All family members will be on one sheet. In the top left corner of each sheet, there will be a **Registration Card Number**; this number will be the same number that each refugee or refugee family receives for everything—personal belongings, temporary cards, ration cards.

**Step 3** Using the **Control Sheet** record all Card Numbers from the **Registration Card Number** sheet along with the Names of Heads of Households, number of family members on each card, etc.

**Step 4** A **Temporary Card** will be given to each refugee. If applicable, the **Head of Family** must be recorded. Remember to give each refugee the same Temporary Card number as Registration Card Number.

**Step 5** Tell each Head of Household or Unaccompanied Refugee to go to the Supply Tent to pick up ration cards and supplies.



Educational session at the camp.

## FACTS ON WOMEN REFUGEES

- Although women make up almost 60% of refugees and displaced persons, they are often discriminated against for food, shelter and education (*Refugees International*).
- One in four Burundi refugee women have experienced some form of sexual violence—which may include rape, beatings, forced prostitution or threats—by their own spouses, family members, members of armed militia or gangs (*RI*).
- Due to the sexual abuse and rape that is inflicted upon women in refugee camps, women face a disproportionately high HIV/AIDS rate; they are 5 times as likely to be infected as a man (*UNIFEM*).
- Because of the violent destruction of community, the cultural norms that work toward ensuring safety for women are broken down to the point where devastating abuse on women becomes permissible (*RI*).
- Refugee men may feel that their traditional role as family provider is being usurped—housing, food and clothing are all provided by the UNHCR. The feeling of not fulfilling their traditional gender role may then contribute to violence against the women and children they are expected to provide for and protect (*Human Rights Watch*).
- Prosecution of male perpetrators of abuse seldom occurs. Patriarchal values and bribery to local police often account for ignoring the problem (*HRW*).
- UNHCR refugee ration cards are distributed to the male heads of families, but are often mismanaged, traded for money or alcohol, or given to the male's other families (*HRW*).
- Through personal request, UNHCR ration cards can be given to women refugees in their own names, but many women are either scared to make the request out of fear of violence from their husbands or are not aware of the option until it is too late (*HRW*).



Rogue Rebel attack during the Exile Walk.

## **HEALTH IN THE REFUGEE CAMP**

Welcome to the refugee camp. Your chances of getting sick have just increased. It might surprise you to know that up to 95% of deaths in a refugee camp are caused by the following ordinary but deadly diseases:

### **Measles**

In North America today, measles does not pose a serious threat. However, in many parts of the world, this disease is one of the leading causes of child deaths. Measles is highly contagious and spreads quickly in crowded conditions—especially where children have not been vaccinated and are already weakened by malnutrition and other health problems.

### **Respiratory Infections**

Respiratory infections, such as pneumonia, are a common cause of death in refugee camps. Like measles, respiratory infections spread quickly in crowded conditions and pose a special risk for people who are already weakened by malnutrition and other health problems.

### **Diarrhea**

In North America, diarrhea is a discomfort. In many parts of the world, it can be deadly. Diarrhea—resulting from acute illness or contaminated water—can quickly cause dehydration and death, especially in young children. In refugee camps, where toilet facilities are usually inadequate and water is often contaminated, diarrhea is a very common problem. It is likely that you will experience diarrhea within your first month in the camp. Oral Rehydration Solution (ORS) can save lives and is fairly simple to prepare using clean water, sugar and salt. However, many people do not know about this lifesaving formula or have trouble finding even these basic ingredients in a crisis situation.

ORS: A life-saving recipe

- 1 L clean water
- 8 teaspoons of sugar
- 1 teaspoon of salt

### **Malaria**

Malaria is a serious and sometimes fatal disease caused by a small parasite transmitted by mosquitoes. It involves recurring high fever, chills, aching muscles and tiredness. While malaria can kill people at any age, young children are especially vulnerable. Malnutrition, crowding, and lack of protection from mosquito bites (bed nets, repellent, etc.) all increase the risk of getting sick. Malaria can be treated, but refugees may have difficulty seeing a health worker or getting medicines in a crowded camp, where medical services are often inadequate and stretched to the limit. Each year, 300 million people around the world get malaria and 2.7 million die as a result of the disease.

### **Malnutrition**

Malnutrition is a major problem in refugee camps. People who have fled their homes and farms often do not have enough food to meet their needs. There are two main types of malnutrition that people face: **protein energy malnutrition** and **micronutrient deficiencies**. As the name suggests, protein-energy malnutrition is the result of insufficient protein and energy in the diet. This occurs when people do not have enough basic food—cereals, beans, oil/fat—to give them the energy and protein that they need for their daily activities.

People suffering from **protein-energy** malnutrition are lethargic (tired) and very vulnerable to disease. Without enough food, people will continue to get weaker until their bodies can no longer function at all and they starve to death.

In refugee camps, workers will try to identify children who are suffering from serious malnutrition. Health workers weigh children or measure their arm circumference using a special measuring tape. Children who are seriously malnourished based on these measurements are put into therapeutic feeding programs where they are fed special blends of cereals, proteins and fats. In severe cases, children may need to be fed intravenously (directly

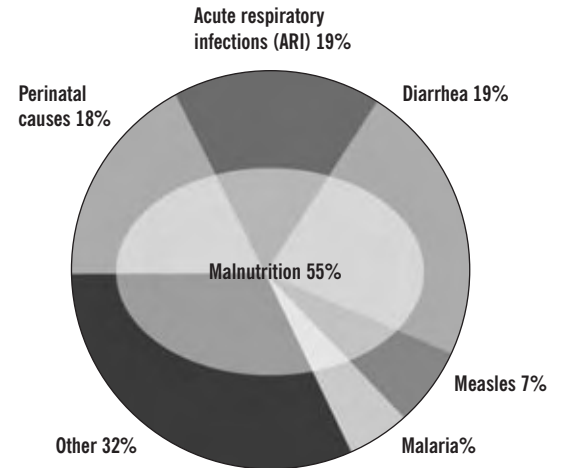
into the blood-stream). Once children have regained a reasonable weight, they can leave the feeding centre, but they may continue to receive special rations.

**Micronutrient deficiencies** occur when people are not getting enough vitamins or minerals in their diet. Micronutrient deficiencies can occur when people are eating enough cereals and protein, but not enough fresh fruits or vegetables that contain the necessary vitamins and minerals. Because micronutrient malnutrition can affect people with full stomachs, it has been called the “hidden hunger.” Micronutrient deficiencies are common in refugee camps where people are relying on food distributions, eating little more than cereals, beans and oil day after day.

The most common micronutrient deficiencies are **vitamin A deficiency** (can cause blindness and increases vulnerability to infectious disease), **iodine deficiency** (causes goitre—a prominent swollen thyroid gland in the neck—and can cause mental retardation of children) and **iron deficiency** (causes anemia—tiredness and increased vulnerability to infection). **Scurvy**—a lack of vitamin C causing bleeding gums and internal bleeding—can also affect refugee populations who do not get enough fresh fruits or vegetables.

Micronutrient deficiencies can be prevented in refugee camps by distributing micronutrient supplements (vitamin pills) and/or fortifying (adding vitamins and minerals to) the food that is distributed.

In addition to its immediate symptoms, malnutrition also makes people much more vulnerable to disease. It is estimated that 55% of child deaths from diseases such as measles and respiratory infections are the result of malnutrition.



### **Why is the refugee camp such an unhealthy place to be?**

*Overcrowding:* Crowding is a major problem in refugee camps. With so many people around, you will find it difficult to keep your living space clean, and you will be exposed to a large number of diseases.

*Poor water and sanitation:* When a large number of people move into an area where there are few or no existing facilities, finding clean water and getting rid of waste are major problems. You will likely share poor toilet facilities with a large number of people and will have to collect your water from common sources that are easily contaminated by animals or people. This greatly increases your chances of getting sick.

*Lack of food:* In the camp, many people will rely on food distributions by the World Food Program, international humanitarian organizations like the Canadian Foodgrains Bank and the Red Cross, or local groups. The quality of the food may be poor, and there is often not enough to go around. You may need to wait in line for hours or even days to receive your rations. In time, you may be able to cultivate a small plot of land to grow your own vegetables, but feeding your family will probably remain a struggle.

### **Who decides how much food you will get?**

WHO, that's who. The World Health Organization (WHO) has defined a minimum ration for people getting food aid. The basic ration for one day includes:

400g cereals (wheat, corn, rice, etc.)

50g pulses (beans, lentils, peas)

50g oil

### **Are you watching your calories?**

Calories measure the amount of energy that you get from your food. The basic daily ration is supposed to provide you with 2100 kilocalories. That is the minimum amount of energy that the average person needs to live and do some light activity. If you are more active—if you have to collect wood for your fire or go long distances to collect water, if you are sick, or if the camp is in a cooler climate, the basic ration might not give you enough energy.

The basic ration is also supposed to provide you with enough protein and fat to meet your nutritional needs. The basic ration does not provide adequate micronutrients—the minerals and vitamins that your body needs to stay healthy. These nutrients will have to come from other sources—fresh fruits and vegetables (if you can find them), additives in your food (like added vitamin A in the oil), or pills (if they are available).

### **Stressed?**

You probably experienced serious trauma before you came to the camp. You may have been in a conflict situation where you witnessed terrible things, were terrorized, or even had to flee for your own life. You may have experienced a natural disaster that robbed you of your home and livelihood. You may have experienced the horror of drought. And now you must deal with the ongoing challenges of living with a large number of people in an unfamiliar place. Stress makes you more vulnerable to illness.

### **Unvaccinated?**

If you are living in North America, you have probably been fully vaccinated for diseases like measles, polio and diphtheria. However, in sub-Saharan Africa, just over half of one-year-old children have received vaccinations for these diseases. Thirty million children born each year are not properly vaccinated. Vaccination is especially poor in war zones. In places like Afghanistan and Somalia, less than one third of children are vaccinated. If you are a refugee in one of these areas, it is likely that most of the people in the camp, including yourself, have not been vaccinated. Without vaccinations, you are in danger of getting seriously ill in the camp. Refugee camps may be necessary at times, but they are not great places to spend a lot of time.

### **Want more information about hunger and what Canadians can do about it?**

Contact the Foodgrains Bank at 204.944.1993 or visit [www.foodgrainsbank.ca](http://www.foodgrainsbank.ca)



Refugees filling out their UNHCR forms.

## **RESOURCES ON THE WEB**

[www.clwr.org](http://www.clwr.org)

[www.foodgrainsbank.ca](http://www.foodgrainsbank.ca)

[www.act-intl.org](http://www.act-intl.org)

[www.unhcr.ch/cgi-bin/texis/vtx/home](http://www.unhcr.ch/cgi-bin/texis/vtx/home)

[www.msf.ca](http://www.msf.ca)

[www.redcross.ca/index\\_english.html](http://www.redcross.ca/index_english.html)

[www.disasterrelief.org](http://www.disasterrelief.org)

[www.thehungersite.com/cgi-bin/WebObjects/CTDSites](http://www.thehungersite.com/cgi-bin/WebObjects/CTDSites)



IN EXILE FOR A WHILE



## **DOCUMENTS FOR PHOTOCOPYING**

- Event Information / Parental Consent Form
- Event Registration Form / Participant's Consent Form
- Sponsorship Form (Pledge Form)
- Character Profiles
- Camp Registration Process
- UNHCR Forms (3 sets with instructions)
- Ration Card / ID Card
- Facts on Women Refugees
- Health in the Refugee Camp: A Sickening Tale
- Bible Study

**EVENT INFORMATION**

The event (if held outdoors) might require a significant amount of walking and other physical activities throughout the day, so participants are to ensure that they are in good shape and health.

Participants of Hunger Watch will start fasting at the beginning of the exile. They are encouraged to eat a good breakfast as they will not receive any food until breakfast the following morning. For Exile only participants, the next opportunity to eat will be in the afternoon. Participants are strictly forbidden to bring their own food—this includes snacks and gum as well.

Participants are also forbidden to bring any luxury items to the event. Cameras, walkmans, watches, flashlights, books and other non-necessities—including food, as mentioned above—are not to be brought. **PARTICIPANTS WILL BE SEARCHED AND ITEMS WILL BE CONFISCATED.** All confiscated items will be returned at the end of the event.

Participants will have to carry all their belongings along a possibly lengthy hike to the camp, so keep even the necessities to a minimum. There are some items that should be brought: **sleeping bag, small backpack with clothes and basic toiletries, coat.** You will also need to bring a cup to drink out of, a bowl and cutlery to eat with.

This event may be emotionally challenging for some participants. Please be aware that if you need to pull out at any time (even just for a few minutes) simply tell your group leader and they will get you looked after.

**PARENTAL CONSENT FORM**

- By signing this Parental Consent Form, I understand the controversial and sensitive nature of the events for the *In Exile for a While* Refugee Simulation Event.
- By signing this Parental Consent Form, I also agree to allow my child, who is under the age of 18, to take part in this event, according to the information outlined in the Participant Consent Form and Participant Registration Package.

Name of Participant \_\_\_\_\_

Date of Birth (dd/mm/yy) \_\_\_\_\_

Signature of Parent \_\_\_\_\_

Phone Number of Parent \_\_\_\_\_

**EVENT REGISTRATION FORM**

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City/Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Do you intend to participate in Hunger Watch (i.e. will you take no food for a day)? YES / NO

Do you have any dietary restrictions? YES / NO

Age \_\_\_\_\_

In case of emergency contact \_\_\_\_\_

Emergency phone number \_\_\_\_\_

Sponsorship forms picked up?

Consent Form signed?

Hunger Watch participant?

**PARTICIPANT CONSENT FORM**

To participate in *In Exile for a while*, the participant agrees as follows:

- I hereby release any and all claims, demands, rights and causes of action of whatsoever kind and nature arising from any loss thereto, any death, sickness, or loss to property including loss, damage or theft of personal property incurred any time during my participation in activities connected with the *In Exile for a while* event.
- I further represent and warrant that I am in good health and have no physical condition that would prevent my participation in activities connected with the *In Exile for a while* event.
- I understand that media may be in attendance at this event, and that I may be photographed, filmed or videotaped during this event. I grant permission for this, and for the organizers of *In Exile for a while* and news media to copyright, use, reuse, publish and broadcast these images.

*Warning*

The event is intended to provide participants with a realistic simulation of refugee situations and refugee camps and some of the activities during the event may be controversial or disturbing. Even though this is a simulation, you may feel traumatized, startled or shocked. If, at any time during the event, you feel you need to pull out for a while, please tell any facilitator and you will be allowed to do so.

Participant's Signature \_\_\_\_\_

Date \_\_\_\_\_

PLEDGE FORM

Group Name: \_\_\_\_\_ Date: \_\_\_\_\_

You are sponsoring: \_\_\_\_\_

*If you need an income tax receipt, for the amounts less than \$20 (but more than \$5) check here √.*

#	FIRST NAME				STREET				Phone Number	Amount Pledged	Amount Paid	Cahs or chq	√
	LAST	NAME	CITY	POSTAL CODE									
1.													
2.													
3.													
4.													
6.													
7.													
8.													
9.													
10.													

Your donation will support long-term projects administered by



**Canadian Lutheran  
World Relief®**

Canadian Lutheran World Relief supports development programs in Africa, Asia, Latin America and the Middle East. It also provides emergency relief in cases of disaster and enables sponsorships for refugee resettlement in Canada. Your support of this participant in *Hunger Watch* will in turn support the long-term work of CLWR, bringing hope and sustenance to the neediest of this world.

For comprehensive information on CLWR visit [www.clwr.org](http://www.clwr.org)

We will issue an income tax receipt for all donations over \$20. If you need a receipt for donations smaller than \$20, but larger than \$5, tick the box marked with a √. Thank you!

**IN EXILE**  
*for a while*



CHARACTER PROFILES



Refugee Profile #1	
Female's Name	
Husband	
Child	

You are a wife and mother. Your child is a 15-year-old girl. Your husband's name is \_\_\_\_\_. Your child's name is \_\_\_\_\_. Neither you nor your daughter can read or write. You and your family are refugees, running from the capital where you used to live. Your government is under attack from outside forces, which have been threatening to bomb the country. You have no travel documents and have never been registered with any other international or national agency dealing with refugees. You have illegally entered the country of asylum, hoping to obtain refugee status. In your country, it is customary for the women to be veiled and to be subservient to the men – women are refused education, careers and equal respect.

Refugee Profile #2	
Female's Name	

You are an unaccompanied woman. You had a husband traveling with you, but he was forced by the military to become a soldier. You cannot read or write. You are a refugee, running from the capital where you used to live. Your government is under attack from outside forces, which have been threatening to bomb the country. You have no travel documents and have never been registered with any other international or national agency dealing with refugees. You have illegally entered the country of asylum, hoping to obtain refugee status. In your country, it is customary for the women to be veiled and to be subservient to the men – women are refused education, careers and equal respect.



CHARACTER PROFILES



<b>Refugee Profile #3</b>	
<b>Female's Name</b>	
<p>You are a 15-year-old child. Your father's name is _____, and your mother's name is _____. You and your mother cannot read or write. You and your family are refugees, running from the capital where you used to live. Your government is under attack from outside forces, which have been threatening to bomb the country.</p> <p>In your country, it is customary for the women to be veiled and to be subservient to the men—women are refused education, careers, and equal respect. You had a sister traveling with you, but after rebels attacked your group, she was abducted. People in your group have whispered that she will likely be raped and beaten to death.</p>	

<b>Refugee Profile #4</b>	
<b>Female's Name</b>	
<b>Child</b>	
<b>Child</b>	
<b>Child</b>	
<p>You have lost everything. Five days ago your village was overtaken by the fighting. Your house was burned to the ground and all your livestock were either taken or killed. You witnessed your friends, your family—the people you have grown up with—being killed or running for their lives. You managed to escape with three of your children but there was no time to bring any belongings except for the clothes on your back. You have been walking for five days to reach the border. You have heard that people are fleeing to a neighbouring country to take refuge from the conflict. You and your children have been traveling with a small group, all of whom escaped your village. Three days ago you spotted a UNHCR convoy and tried to intercept it but you were fired upon by an unidentified group. You have been traveling at night not only to avoid the scorching heat but also to avoid being seen by the various warring parties. You have been waiting all day in the scorching heat with little water. You have not had food for several days. You wonder where your spouse and your two oldest children are—you lost sight of them as you were fleeing your village and now you have no idea whether they are alive or dead. You begin to realize that you cannot return home—you have no home to return to. The loss is overwhelming. You are afraid for yourself and for your children. The different warring parties have been known to do such horrible things, especially to women, and now you feel so vulnerable and alone.</p>	



CHARACTER PROFILES



Refugee Profile #5	
Male's Name	
<p>You are 15 years old. Several years ago, rebels attacked your village. They kidnapped you and your sister—you have not seen your family since. The rebels terrified you. One day they took your sister away and you never saw her again. You were afraid that if you didn't do as they asked that they might make you "disappear" too. They gave you a gun—a gun almost as tall as you—and they made you fight for them. You were forced to attack innocent people—threaten them, beat them, steal from them, sometimes you were made to kill them. Sometimes you even knew the people that you attacked—they were from your village or from your tribe. You feel that you have become such a horrible person—that no one would believe you if you told them this was not your choice. The rebels burned a brand into your skin so that everyone would know you as one of them. You thought there was no escape—but you did escape and now you have come to this refugee camp on the border with a small group of others fleeing the country.</p>	

Refugee Profile #6	
Male's Name	
<p>You are 25 years old. You were a university student studying engineering in the capital city of your country when the fighting broke out. Your father is from the Northern part of your country and your mother is from the South. Now the North and the South are at war and no one can tell what side your family is on. The Northerners hate you because they believe you have sided with the South, while the Southerners hate you because they believe you have sided with the North. You and your family are caught in-between. Your father was very active in the Independence movement when he was a student so now he is especially targeted because he is believed to be a dissident against the government. Military forces have raided your home several times in the past few months. They terrorize your family. Luckily you were not home when these raids occurred so you have been spared—your father and mother were not so lucky. You adhere to the political beliefs of your parents who were strong activists, but you have never been involved in the conflict. You have gone to protests and demonstrations to support your beliefs but you have not been involved in any acts of violence. You only wanted to do well in school and hopefully find a job that you loved to do. Now those hopes are gone because you have had no choice but to flee to the refugee camp at the border to save your life.</p>	

CHARACTER PROFILES

<b>Refugee Profile #7</b>	
<b>Male's Name</b>	
<b>Wife</b>	
<b>Child</b>	
<p>You have a wife and one female child. Your wife's name is _____. Your child's name is _____. Neither your wife nor your child can read or write. Your child is 15 years old. You and your family are refugees, running from the capital where you used to live. Your government is under attack from outside forces, who have been threatening to bomb the country. You have no travel documents and have never been registered with any other international or national agency dealing with refugees. You have illegally entered the country of asylum, hoping to obtain refugee status. It is customary in your country for the women to be veiled and to be subservient to the men—women are refused education, careers and equal respect. Sexual violence against women is common. Military service has never been compulsory in your country, but since the threat of war began, your government has been abducting men at gunpoint and forcing them to become soldiers; they will kill you if you do not obey.</p>	

<b>Refugee Profile #8</b>	
<b>Female's Name</b>	
<b>Husband</b>	
<p>You have a wife who can neither read nor write. Your wife's name is _____. You and your family are refugees, running from the capital where you used to live. Your government is under attack from outside forces, which have been threatening to bomb the country. You have no travel documents and have never been registered with any other international or national agency dealing with refugees. You have illegally entered the country of asylum, hoping to obtain refugee status. It is customary in your country for the women to be veiled and to be subservient to the men—women are refused education, careers and equal respect. Sexual violence against women is common. Military service has never been compulsory in your country, but since the threat of war began, your government has been abducting men at gunpoint and forcing them to become soldiers; they will kill you if you do not obey.</p>	



CHARACTER PROFILES



<b>Refugee Profile #9</b>	
<b>Child's Name</b>	
<p>You are seven years old and you are all alone. Your village was attacked. Your family scattered to avoid the bombs and bullets and now you can no longer find your mother, your father, or your brothers and sisters. You don't know if they are dead or if they have been taken. You think they definitely must be looking for you, but why don't they come? You find yourself all of a sudden lost in a very big, confusing and scary world. Luckily, a woman passing by found you huddled in the rubble of what used to be your home. She has taken you under her care and you have now traveled many days with a small group of people who are fleeing to the border to escape the continuous fighting. You have been walking mostly at night—miles and miles on your little feet. You have not eaten a proper meal in many days, as your group cannot risk making a fire and being spotted. You are tired, hungry, lonely and afraid.</p>	

<b>Refugee Profile #10</b>	
<b>Child's Name</b>	
<p>You are 12 years old. You ran away from the city with your family because of a conflict between two rival political groups vying for power in your country. On the escape, your father and your eldest brother went looking for some food from the forest and never returned. You and your mother and your two younger sisters have not seen them for five days and suspect that they might have stepped onto landmines or were caught in enemy crossfire. Either way, you and your family still don't have any food to eat. You are trying desperately to find something from somebody but many are in the same situation as yourself and have nothing to spare. Lately, you have been feeling very weak and faint. As well, you can't remember the last time you haven't had diarrhea and stomach pains. Maybe it's because you and your remaining family have been eating roots, leaves and even bark to survive. You hope that you and your family can find a place where one might have "normal" food and possibly even a place to sleep. You wish that this conflict would have never started and that your father and brother were still alive. Your hopes of ever becoming a professional musician, like your father, have been dashed with the outbreak of this conflict.</p>	

CHARACTER PROFILES

<b>Refugee Profile #11</b>	
<b>Child's Name</b>	
<p>You are 10 years old and you had lived in an apartment building in the second biggest city of your country for as long as you can remember. Recently, a rebel military group from the southeast part of the country bombed the city. One of those bombs destroyed your apartment building while you were at school. Sadly, your mother and youngest sister died in the bombing. Luckily, your father was outside during the shelling and is still alive. You and your father decided to try and flee to the safety of your relative's place in a nearby country. However, along the way you and your father ran into some thieves who robbed you and your father of all your possessions, travel documents, food and money. As well, your father was injured during the incident and needs some medical assistance to survive. Now you have no immediate means to reach your relatives in the neighbouring country and are stuck in the middle of nowhere. You hear about a refugee camp from other people fleeing your city. The area, however, is unsafe to walk through because it passes through a military conflict zone. But you also know that if you do not get food and water you will never be able survive long enough to get some medical assistance for your father. You join the people fleeing to the refugee camp. You are fearful, terrified, and not sure whom you can trust in the group. You also hope that you have enough strength to make it to the camp. Lately, you have been having chills up and down your body, achy muscles and a persistent sense of tiredness. You hope it is not malaria.</p>	

<b>Refugee Profile #12</b>	
<b>Female's Name</b>	
<b>Husband</b>	
<p>You and your husband (refugee profile #8) are fleeing the capital where you used to live. Being illiterate makes you entirely dependent on your husband for gaining refugee status in an asylum country. The threat on your husband's life makes you extremely nervous because your rights as a woman are limited or non-existent without a husband. Already you have escaped some near sexual and physical assaults from military personnel along the way. You are severely traumatized by seeing so much violence, death and strife throughout the region. Emotionally you are not sure if you could handle traveling much longer. It seems that the stress is having a big impact on your ability to function normally. Overwhelming fear is your constant companion. You also hope that your asthmatic condition does not affect your travels too much. The customs of this country do not allow women to be treated as equal and full citizens and so you have a sense of hopelessness about ever learning to read and write in the asylum country, let alone surviving in a refugee camp. You have heard many stories about women being raped in these refugee camps.</p>	



CHARACTER PROFILES



<b>Refugee Profile #13</b>	
<b>Adult's Name</b>	
<p>You are thirty-seven years old and you have both a bachelor's and a master's degree in English and Economics. You worked in the ministry of social work and education in your home country. You ran away from a civil war because your position in the government marked you as an immediate target for violence. You consider yourself lucky that you had resources because you were able to use them to flee the horrendous terror and violence in your hometown. You used your money to buy an escort from the government forces to go across the border, but were prevented halfway because of a surprise attack by the rebel armies. The result is that you were left to fend for yourself, injured and bruised, in a hot, dry and semi-desert area of the country. You are desperately seeking water and food for your immediate survival. You have no relatives to call on nearby and you have no option but to keep walking towards the border where the refugee camp is located. You know that as long as you are not attacked again and manage to find a little bit of water you just might be able to make it to the camp in a day or two. Your motivation is low because you know that you might not see your family again for many years. You wonder to yourself if it is better to die in the desert than having to face the conditions of the refugee camps. You keep walking because you are too afraid of being found and tortured by the rebel armies.</p>	



## CAMP REGISTRATION PROCESS

### CAMP REGISTRATION PROCESS

**Step 1** As the participants arrive, have them fill in the UNHCR Basic Data/Registration forms. However, the majority of the women refugees are illiterate—they will not be able to register themselves. If there are enough male heads of households, the men will register for the women. There will be a surplus of women; so some will have nobody to help them. The registrar will then ask if there are any unaccompanied women who need help with registration.

These unaccompanied women are to be taken aside and asked the questions outlined on the **Eligibility Forms** (these questions are essentially the same as those on the **Basic Data/Registration**).

**Step 2** After each refugee has filled out their forms or completed the interview, use their basic data (names, head of household, etc) to fill out the UNHCR Registration Form. All family members will be on one sheet. In the top left corner of each sheet, there will be a Registration Card Number; this number will be the same number that each refugee or refugee family receives for everything—personal belongings, temporary cards, ration cards.

**Step 3** Using the Control Sheet record all Card Numbers from the Registration Card Number sheet along with the Names of Heads of Households, number of family members on each card, etc.

**Step 4** A Temporary Card will be given to each refugee. If applicable, the Head of Family must be recorded. Remember to give each refugee the same Temporary Card number as Registration Card Number.

**Step 5** Tell each Head of Household or Unaccompanied Refugee to go to the Supply Tent to pick up ration cards and supplies.

# Basic Data / Registration Form



Have you ever approached any UNHCR Office before? Yes / No (circle one, if Yes, provide details)

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Place \_\_\_\_\_

Photo

File Number \_\_\_\_\_

HOF

Spouse

UNHCR First Contact \_\_\_\_\_

Interview Date \_\_\_\_\_

Father's Name \_\_\_\_\_

Mother's Name \_\_\_\_\_

## A. Principal applicant or accompanying adult dependant

A separate form to be completed for each member of the family aged 18 years or over (i.e. accompanying adult dependant)

### 1. Family name

First name (other names) \_\_\_\_\_

Alias \_\_\_\_\_

### 2. Sex Male / Female (circle one)

### 3. Marital status never married / married / common law marriage / divorced / widowed / separated (circle as appropriate)

### 4. Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ day, month, year (if not known, estimated year of birth)

### 5. Place of birth (city, locality / country) \_\_\_\_\_

### 6. Last place of residency (city, locality / country) \_\_\_\_\_

### 7. Nationality / citizenship \_\_\_\_\_

### 8. Ethnic or tribal group \_\_\_\_\_

### 9. Religion \_\_\_\_\_

### 10. Date of departure from country of origin \_\_\_\_\_

### 11. Country(ies) where you stayed since leaving country of origin

Country / From / To (by month / year)

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**12. Entry in asylum country**

Date \_\_\_/\_\_\_/\_\_\_ Place \_\_\_\_\_

Mode: Land / Air / Sea (circle as appropriate)

**13. Identification and travel documents (see copy for the file)**

a) Document used to enter asylum country

Passport / CTD / Other \_\_\_\_\_

Number \_\_\_\_\_ Issued by \_\_\_\_\_

Date \_\_\_\_\_ Validity \_\_\_\_\_

b) How did you obtain the document used to enter asylum country?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c) If you have stayed in the asylum country for some time, what kind of documents do you have

Passport \_\_\_\_\_ Resident's permit (type) \_\_\_\_\_

Other \_\_\_\_\_

**14. Language abilities** Mother tongue \_\_\_\_\_ Other languages \_\_\_\_\_

**15. Education and occupation**

a) Primary school (from / to, by years) \_\_\_\_\_ Place \_\_\_\_\_

b) Secondary school (from / to, by years) \_\_\_\_\_ Place \_\_\_\_\_

c) Vocational Training / University in (place) \_\_\_\_\_

Name of institution \_\_\_\_\_

Type of course (from / to, by years) \_\_\_\_\_

Name of degree / certificate / diploma obtained \_\_\_\_\_

d) Occupation / skill \_\_\_\_\_

e) Present Employment (if any) Type of work \_\_\_\_\_ From year \_\_\_\_\_

f) Employment record (starting from last job in country of origin, last 10 years)

Name of employer / Type of work / From / To / City

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**16. Military service** Yes / No (circle one) Where \_\_\_\_\_ From year \_\_\_\_\_

**17. Special needs or problems (e.g. medical)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**B. Family members accompanying the applicant**

Full Name	Date of Birth	Relationship to Applicant
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

*If any dependent has health problems, please indicate the sickness/condition. Also mention who is pregnant.*

**C. Other Relatives in asylum country** (include file number, if known)

Full Name	Date of Birth	Relationship to Applicant

**D. Close family members at present living in country of origin** (please include only spouse, parents, children and brothers/sisters)

Full Name	Date of Birth	Relationship to Applicant	Occupation
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

**E. Non-accompanying family members living outside the country of origin**

	1	2	3	4
Full Name				
Relationship to Applicant				
Date of Birth				
Sex (male/female)				
Country of Residence				
Arrival Date				
Address				
Status*				

*\*(Write in as appropriate): Citizen / immigrant / resident, refugee / applicant for refugee status or for asylum / visitor / illegal / other.*

*If applicant entered through another asylum country, indicate country and file number, if known.*

Name of Interviewer \_\_\_\_\_ Date and Place \_\_\_\_\_

(in block letters)

# Refugee Eligibility Determination Questionnaire



Case Number \_\_\_\_\_

Asylum Country (Code) \_\_\_\_\_

Registration Date \_\_\_\_\_

## Applicant / Family Member

Full Name \_\_\_\_\_

Recording of Decisions \_\_\_\_\_

Decisions \_\_\_\_\_ Decisions \_\_\_\_\_

Signature and Date \_\_\_\_\_ Signature and Date \_\_\_\_\_

Decisions \_\_\_\_\_ Decisions \_\_\_\_\_

Signature and Date \_\_\_\_\_ Signature and Date \_\_\_\_\_

### 1. Are you recognized as refugee by local authorities? Yes / No (circle one)

If yes: Date \_\_\_\_\_ Authority \_\_\_\_\_

If no: Have you made application? Yes / No (circle one)

If yes: Date \_\_\_\_\_ Authority \_\_\_\_\_

### 2. Are you recognized as refugee by UNHCR? Yes / No (circle one)

If yes: Date \_\_\_\_\_ Field Office \_\_\_\_\_

### 3. Former countries of asylum

(a) Have you applied for asylum or refugee status in any other country? Yes / No (circle one)

If so, give details \_\_\_\_\_

(b) Was your application decided upon? Yes / No (circle one)

If not, state reason \_\_\_\_\_

(c) Was your application granted? Yes / No (circle one)

### 4. Are you registered with any other international or national agency? Yes / No (circle one)

If yes, give details \_\_\_\_\_

### 5. Are you registered with Embassy, Consulate or other authority of home country? Yes / No

If yes, give details \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**10. State any political, religious, military, ethnic, or social organization or grouping to which you or any members of your family belong or previously belonged in your home country:**

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**11. Describe your (or your family members') activities and responsibilities in any organization mentioned above:**

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**12. Were you ever involved in incident(s) involving physical violence? If so, describe nature of incident(s) and your own involvement:**

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**13. Have you ever been arrested or detained? Yes / No (circle one)**

If yes, give reason date(s) and place(s) \_\_\_\_\_

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**14. Have you ever been convicted? Yes / No (circle one)**

Period of imprisonment \_\_\_\_\_

Where? \_\_\_\_\_

Nature of offense and sentence passed \_\_\_\_\_

Other details \_\_\_\_\_

**15. Is military service compulsory in your country? Yes / No (circle one)**

If yes: Have you been called up for it? \_\_\_\_\_

Period served. If you were called up, but did not serve, state reasons \_\_\_\_\_

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**16. Do you wish to return to your home country? Yes / No (circle one)**

(a) If not, give reasons \_\_\_\_\_

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(b) Would the authorities of your home country permit you to return there? Yes / No (circle one)

(c) What do you think would happen to you if you were returned to your country and why?

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*I hereby formally declare that the statements made in this form are, to the best of my knowledge, true, complete and accurate.*

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

**17. Interviewer: Assessment of credibility of IC statements**

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Signature of Interviewing Officer \_\_\_\_\_ Date \_\_\_\_\_

# UNHCR Registration Form




Registration Card Number \_\_\_\_\_


Head of family \_\_\_\_\_


Name of family member	Gender	Relationship to head of family	Age	For official use


(This is not an official UNHCR form)


Organizer to copy and cut these documents.


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K	 <h3 style="text-align: center;">Temporary Card</h3> <p>No: 02648</p> <p>Date: _____ Clerk: _____</p> <p>Country: _____ Size: _____ Location: _____</p> <p>Name of Head of Family: _____ Family Members: _____ Total: _____</p> <p style="text-align: center;">M      F</p> <p>Health Screening Comments:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>															1	2	3	4	5	6	7	8	9	10	29
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## FACTS ON WOMEN REFUGEES

- Although women make up almost 60% of refugees and displaced persons, they are often discriminated against for food, shelter and education (*Refugees International*).
- One in four Burundi refugee women have experienced some form of sexual violence—which may include rape, beatings, forced prostitution or threats—by their own spouses, family members, members of armed militia or gangs (*RI*).
- Due to the sexual abuse and rape that is inflicted upon women in refugee camps, women face a disproportionately high HIV/AIDS rate; they are 5 times as likely to be infected as a man (*UNIFEM*).
- Because of the violent destruction of community, the cultural norms that work toward ensuring safety for women are broken down to the point where devastating abuse on women becomes permissible (*RI*).
- Refugee men may feel that their traditional role as family provider is being usurped—housing, food and clothing are all provided by the UNHCR. The feeling of not fulfilling their traditional gender role may then contribute to violence against the women and children they are expected to provide for and protect (*Human Rights Watch*).
- Prosecution of male perpetrators of abuse seldom occurs. Patriarchal values and bribery to local police often account for ignoring the problem (*HRW*).
- UNHCR refugee ration cards are distributed to the male heads of families, but are often mismanaged, traded for money or alcohol, or given to the male's other families (*HRW*).
- Through personal request, UNHCR ration cards can be given to women refugees in their own names, but many women are either scared to make the request out of fear of violence from their husbands or are not aware of the option until it is too late (*HRW*).

## HEALTH IN THE REFUGEE CAMP

Welcome to the refugee camp. Your chances of getting sick have just increased. It might surprise you to know that up to 95% of deaths in a refugee camp are caused by the following ordinary but deadly diseases:

### Measles

In North America today, measles does not pose a serious threat. However, in many parts of the world, this disease is one of the leading causes of child deaths. Measles is highly contagious and spreads quickly in crowded conditions—especially where children have not been vaccinated and are already weakened by malnutrition and other health problems.

### Respiratory Infections

Respiratory infections, such as pneumonia, are a common cause of death in refugee camps. Like measles, respiratory infections spread quickly in crowded conditions and pose a special risk for people who are already weakened by malnutrition and other health problems.

### Diarrhea

In North America, diarrhea is a discomfort. In many parts of the world, it can be deadly. Diarrhea—resulting from acute illness or contaminated water—can quickly cause dehydration and death, especially in young children. In refugee camps, where toilet facilities are usually inadequate and water is often contaminated, diarrhea is a very common problem. It is likely that you will experience diarrhea within your first month in the camp. Oral Rehydration Solution (ORS) can save lives and is fairly simple to prepare using clean water, sugar and salt. However, many people do not know about this lifesaving formula or have trouble finding even these basic ingredients in a crisis situation.

ORS: A life-saving recipe

- 1 L clean water
- 8 teaspoons of sugar
- 1 teaspoon of salt

### Malaria

Malaria is a serious and sometimes fatal disease caused by a small parasite transmitted by mosquitoes. It involves recurring high fever, chills, aching muscles and tiredness. While malaria can kill people at any age, young children are especially vulnerable. Malnutrition, crowding and lack of protection from mosquito bites (bed nets, repellent, etc.) all increase the risk of getting sick. Malaria can be treated, but refugees may have difficulty seeing a health worker or getting medicines in a crowded camp, where medical services are often inadequate and stretched to the limit. Each year, 300 million people around the world get malaria and 2.7 million die as a result of the disease.

### Malnutrition

Malnutrition is a major problem in refugee camps. People who have fled their homes and farms often do not have enough food to meet their needs. There are two main types of malnutrition that people face: **protein energy malnutrition** and **micronutrient deficiencies**. As the name suggests, protein-energy malnutrition is the result of insufficient protein and energy in the diet. This occurs when people do not have enough basic food—cereals, beans, oil/fat—to give them the energy and protein that they need for their daily activities.

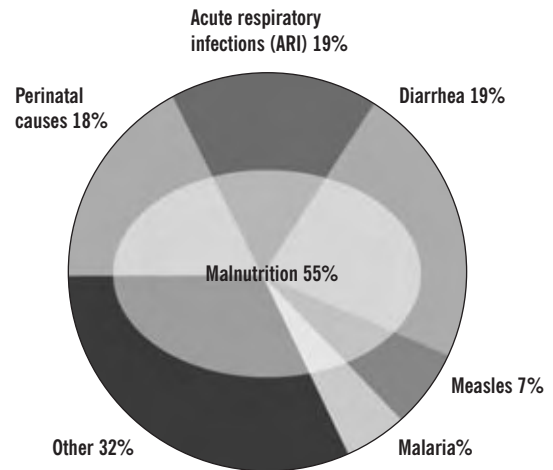
People suffering from **protein-energy malnutrition** are lethargic (tired) and very vulnerable to disease. Without enough food, people will continue to get weaker until their bodies can no longer function at all and they starve to death.

In refugee camps, workers will try to identify children who are suffering from serious malnutrition. Health workers weigh children or measure their arm circumference using a special measuring tape. Children who are seriously malnourished based on these measurements are put into therapeutic feeding programs where they are fed special blends of cereals, proteins and fats. In severe cases, children may need to be fed intravenously (directly into the blood-stream). Once children have regained a reasonable weight, they can leave the feeding centre, but they may continue to receive special rations. **Micronutrient deficiencies** occur when people are not getting enough vitamins or minerals in their diet. Micronutrient deficiencies can occur when people are eating enough cereals and protein, but not enough fresh fruits or vegetables that contain the necessary vitamins and minerals.

Because micronutrient malnutrition can affect people with full stomachs, it has been called the “hidden hunger.” Micronutrient deficiencies are common in refugee camps where people are relying on food distributions, eating little more than cereals, beans and oil day after day. The most common micronutrient deficiencies are **vitamin A deficiency** (can cause blindness and increases vulnerability to infectious disease), **iodine deficiency** (causes goitre—a prominent swollen thyroid gland in the neck—and can cause mental retardation of children) and **iron deficiency** (causes anemia—tiredness and increased vulnerability to infection). **Scurvy**—a lack of vitamin C causing bleeding gums and internal bleeding—can also affect refugee populations who do not get enough fresh fruits or vegetables.

Micronutrient deficiencies can be prevented in refugee camps by distributing micronutrient supplements (vitamin pills) and/or fortifying (adding vitamins and minerals to) the food that is distributed.

In addition to its immediate symptoms, malnutrition also makes people much more vulnerable to disease. It is estimated that 55% of child deaths from diseases such as measles and respiratory infections are the result of malnutrition.



### Why is the refugee camp such an unhealthy place to be?

*Overcrowding:* Crowding is a major problem in refugee camps. With so many people around, you will find it difficult to keep your living space clean, and you will be exposed to a large number of diseases.

*Poor water and sanitation:* When a large number of people move into an area where there are few or no existing facilities, finding clean water and getting rid of waste are major problems. You will likely share poor toilet facilities with a large number of people and will have to collect your water from common sources that are easily contaminated by animals or people. This greatly increases your chances of getting sick.

*Lack of food:* In the camp, many people will rely on food distributions by the World Food Program, international humanitarian organizations like the Canadian Foodgrains Bank and the Red Cross, or local groups. The quality of the food may be poor, and there is often not enough to go around. You may need to wait in line for hours or even days to receive your rations. In time, you may be able to cultivate a small plot of land to grow your own vegetables, but feeding your family will probably remain a struggle.

### Who decides how much food you will get?

WHO, that's who. The World Health Organization (WHO) has defined a minimum ration for people getting food aid. The basic ration for one day includes:

400g cereals (wheat, corn, rice, etc.)

50g pulses (beans, lentils, peas)

50g oil

### Are you watching your calories?

Calories measure the amount of energy that you get from your food. The basic daily ration is supposed to provide you with 2100 kilocalories. That is the minimum amount of energy that the average person needs to live and do some light activity. If you are more active—if you have to collect wood for your fire or go long distances to collect water, if you are sick, or if the camp is in a cooler climate, the basic ration might not give you enough energy. The basic ration is also supposed to provide you with enough protein and fat to meet your nutritional needs. The basic ration does not provide adequate micronutrients—the minerals and vitamins that your body needs to stay healthy. These nutrients will have to come from other sources—fresh fruits and vegetables (if you can find them), additives in your food (like added vitamin A in the oil), or pills (if they are available).



## HEALTH IN THE REFUGEE CAMP

### **Stressed?**

You probably experienced serious trauma before you came to the camp. You may have been in a conflict situation where you witnessed terrible things, were terrorized, or even had to flee for your own life. You may have experienced a natural disaster that robbed you of your home and livelihood. You may have experienced the horror of drought. And now you must deal with the ongoing challenges of living with a large number of people in an unfamiliar place. Stress makes you more vulnerable to illness.

### **Unvaccinated?**

If you are living in North America, you have probably been fully vaccinated for diseases like measles, polio and diphtheria. However, in sub-Saharan Africa, just over half of one-year-old children have received vaccinations for these diseases. Thirty million children born each year are not properly vaccinated. Vaccination is especially poor in war zones. In places like Afghanistan and Somalia, less than one third of children are vaccinated. If you are a refugee in one of these areas, it is likely that most of the people in the camp, including yourself, have not been vaccinated. Without vaccinations, you are in danger of getting seriously ill in the camp. Refugee camps may be necessary at times, but they are not great places to spend a lot of time.

### **Want more information about hunger and what Canadians can do about it?**

Contact the Foodgrains Bank at 204.944.1993 or visit [www.foodgrainsbank.ca](http://www.foodgrainsbank.ca)

## EXILES FROM THE BIBLE

The scriptures are filled with dazzling stories of narrow escapes and near death experiences for the heroes we find hidden there. Often the characters are faced with overwhelming evidence that tells them to run for their lives—often they have the advantage of having God on their side. As we look into some of the great adventure stories of the Bible, try to imagine the fear these characters faced and compare that fear to the fear you may have faced at some point today, and the even greater fear faced by thousands of real people on a daily basis as they live their lives as refugees.

### **Mary and Joseph's Flight to Egypt (Matt. 2:13-15)**

*Here a divine hint allows Joseph and Mary to leave their country while they still had time. Often refugees are told to leave their homes to get away from trouble, but when they arrive at their safe place, they have just as much trouble as they would have had if they stayed. The anxiety of not knowing has the potential to be very problematic. Joseph and Mary had to leave everything that was familiar to them in order to save their child, our Messiah.*

Appoint a reader and a recorder

Read the passage

1. What is your “gut” or first reaction to this story?
2. How would you feel if someone were trying to find and kill you or someone in your family?
3. In what ways is this story similar to your experience today? In what ways is it different from today's experience?
4. Do you see the relevance of this story to your life? Do you see how this story might be relevant to the life of a refugee? Give a word or a short phrase that sums up this story.

### **David's Exile (I Samuel 21:10-22:1)**

*Here, we have one of David's many flight stories as he continues to outrun the king who wants to kill him using the power of a nation. As he runs, he encounters many other sticky situations. David's story shows us the immovable strength of God and how that strength allows the faithful to overcome the odds.*

Appoint a reader and a recorder

Read the passage

1. What is your “gut” or first reaction to this story?
2. Would you be willing to act crazy to keep yourself safe?
3. In what ways is this story similar to your experience today? In what ways is it different from today's experience?
4. Do you see the relevance of this story to your life? Do you see how this story might be relevant to the life of a refugee? Give a word or a short phrase that sums up this story.

### **The Hebrews Flight from Egypt (Exodus 14:5-14)**

*After a long period of being slaves in Egypt, the Israelites were finally released by Pharaoh. But he changed his mind, and when he went to go get the Israelites back, they were scared and thought they would die. The only thing that brought comfort to them was Moses' faith that things would be alright because God would take care of them.*

Appoint a reader and a recorder

Read the passage

1. What is your “gut” or first reaction to this story?
2. At one point the Hebrews seem to regret leaving Egypt. Do you think they were right or wrong to regret leaving?

3. In what ways is this story similar to your experience today? In what ways is it different from today's experience?
4. Do you see the relevance of this story to your life? Do you see how this story might be relevant to the life of a refugee? Give a word or a short phrase that sums up this story.

### Hagar and Ishmael's Betrayal (Genesis 21:9-19)

*This exile story shows the loneliness experienced by people who have been sent away. The choices that face people who have been stripped of everything are things we might not even realize could happen in our world, the 'real' world.*

Appoint a reader and a recorder  
Read the passage

1. What is your "gut" or first reaction to this story?
2. Do you think it was fair that Hagar and Ishmael were "kicked" out? Is it fair when people are forced to leave their home?
3. In what ways is this story similar to your experience today? In what ways is it different from today's experience?
4. Do you see the relevance of this story to your life? Do you see how this story might be relevant to the life of a refugee? Give a word or a short phrase that sums up this story.

### Naomi's Exile (Ruth 1:1-7)

*Through this story we are able to imagine why a person might leave what is familiar to them. In the case of Ruth and Orpah, they go because they have nowhere else to go. They need food and they leave to support their mother-in-law. There are challenging sacrifices to be made, but leaving a home is not only a practical decision—there are emotional elements also to be considered (not to mention the emotional issues that would plague their minds as a result of the move).*

Appoint a reader and a recorder  
Read the passage

1. What is your "gut" or first reaction to this story?
2. Why did Naomi and her family leave their home? Naomi lived in Moab for 10 years. How do you think she felt when she returned to Bethlehem: glad to be going home or sad to be leaving home?
3. In what ways is this story similar to your experience today? In what ways is it different from today's experience?
4. Do you see the relevance of this story to your life? Do you see how this story might be relevant to the life of a refugee? Give a word or a short phrase that sums up this story.

### Nighttime Flight

Appoint a reader and a recorder  
Read the story and then do the discussion questions

*You wake up slightly disoriented. It's late, you don't know how late, but you've been asleep for a while so it must be the middle of the night. There is a lot of noise coming from the other side of the wall: banging, yelling and someone crying. Then it's quiet, really quiet. You try to go back to sleep, but it's hard to sleep when it is so eerily quiet.*

*All of a sudden someone is shaking you. You must have gone back to sleep. It's your Mom. "Wake up, hurry. Pack some clothes. We're going away for a few days. Hurry. Quiet." She speaks in a hushed voice. Then she leaves you to pack. You hear her in your brother's bedroom repeating the same message. And then you're in the car — you, your brother and your mom — driving through the quiet streets to find a safe haven. Again.*



BIBLE STUDY



1. What is your “gut” or first reaction to this story?
2. Would you call this a refugee story? Why or why not?
3. In what ways is this story similar to your experience today? In what ways is it different from today’s experience?
4. Did your experience today help you to understand the situation in the story? If so, in what way? Give a word or a short phrase that sums up this story.