

Happy as a Refugee



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Introduction

In 2022, an estimated 321,918 refugees and migrants arrived in Greece, Italy, Bulgaria, Serbia, Bosnia and Herzegovina and Montenegro, mainly from Afghanistan, Bangladesh, Pakistan, Syria, and North Africa. Presented a significant increase in arrivals of 86 per cent compared to 2021.

108.4 Million worldwide.



**Refugees flee because of danger.
The lack of safety is so great there's no choice but to flee they often leave behind everything that is familiar and escape to the unknown.**

How can you be happy?

5 Main Ways

- **Have your needs met**
- **Establish security**
- **Create love and belonging**
- **Build Confidence**
- **Find fulfillment**

Have your needs met

**We all have basic human needs food, water,
shelter and clothing
Getting these needs met, provides a foundation
for happiness and moving forward.**



Have your needs met

As you arrive in a new country, find out about all resources available to you and use them.

**Food assistance
Housing support
Clothing donations
Items for hygiene**

This will give you a sense of security .



Establish Security

**Refugees flee, because of lack of safety
reestablish a sense of safety in your new
environment.**



Establish Security

Establish good routines.

Take care of your health.

Seek out employment or education to build confidence in your ability.

Try to connect by improving language skills.

Look into government programs for employment and education.



Create Love and Belonging

As you establish employment and education routines look around are there people you can connect with in these new environment at school or work?



Create Love and Belonging

**Are there other refugees you can connect with,
and share struggles and joys with?**

**This is vital as you begin to rebuild, and will
contribute to a sense of happiness.**



Build Confidence

The steps take time.

It's important to look, acknowledge all that you have been through and give yourself a pat on the back and say "good job".



Build Confidence

**This will help you to keep going.
We can start to feel drained after such an
experience keeping in mind how far we have
come can help us to continue moving forward.**



Find Fulfillment

**You can realize your full potential
even after all that you have been through.**

**Refugees, make communities, diversify
culture, and support each other.**



Find Fulfillment

Click on the links below to hear about some inspiring stories of people just like you:

<https://www.unrefugees.org/news/five-stories-that-inspired-us-in-2021/>

<https://www.unhcr.org/innovation/from-second-displacement-to-successful-careers-how-resettled-refugees-integrate-into-their-new-homes/>

Find Fulfillment

**You can realize a dream for you and your family
even after all that you have been through.**

**Refugees, make communities, diversify
culture, and support each other.**



Sources:

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5. <https://canadacollege.edu/dreamers/docs/Maslows-Hierarchy-of-Needs.pdf>



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