

Dream like a Child



NEWS

Borderfree

February 2018

In this magazine...

- 4 **The youth speak out**
Two young girls tell us about their daily life in camp.
- 6 **Meet your talented neighbours**
You may know their names, but do you know what they can do?
- 8 **What does depression look like**
Defining depression in camp, and some advice on how to deal with it.
- 10 **Sports section**
Of course, there's football. And so much more.
- 12 **Artistic interlude**
Speaking in their "language", music and poems.
- 14 **Recipes**
Mouthwatering treats from Asia and Africa.
-

Writers:

Soran Dilo
Firouza Azizi
Madina Azizi
Hamid
Sasa Resaie
Dominic
Franziska
Edith
Linda

Editors:

Soran Dilo
Junaid Iqbgal
Ali Shan

Designers:

Soran Dilo
Heba Bieri

Photographers:

Linda
Franziska
Dominic
Heba Bieri

Chefs:

Benjamin
Thomas

A day in the life of a refugee girl

Firouza Azizi and Madina Azizi talk to some of the teenage girls in camp about what their days in Presevo are like. What can they do, and what do they do? What rhythms their day?



Photo by *Linda*

“When I was in Afghanistan, I liked to go to school”

Yelda Qaderi, 15 years old

“My name is Yelda, and I am from Afghanistan and have been in the Presevo with my family for one year.

Every day I wake up to pray from 4:30 AM till 5:00 AM. After that, I read the Quran till 8:00 AM. At 9:00 AM, I wash my face, brush my teeth and comb my hair till 10:00 AM. Then I eat breakfast with my family. At 11:00 AM I go to the «Borderfree» school to learn English till 12:00 PM.

When I was in Afghanistan, I liked to go to school. My favorite subjects were Geography and Art. My teachers were kind and I liked their teaching methods.

At 12:00 PM I go to the Caritas organization to teach aerobic classes. After school I eat lunch. At 3:00 PM I go to the SOS Children’s Village. There I work as a makeup artist for women. I like fashion very much. In the evening I listen to music and think about my future. On the weekends I like to sleep and to walk around the camp with my friends. **I don’t like to live in the camp** and I don’t like the food here except for the rice.

I am very tired of the life in camp. My hope is to go to Austria - Insha’Allah”.

Written by *Firouza Azizi*

Sahar Moosavi Pur, 18 years old

“My name is Sahar and I am from Iran. I’m here in Presevo with my family since a couple of months.

Every day I wake up at 7 o’clock in the morning, then I go to the bathroom to wash my face and to brush my teeth. After that, I eat my breakfast and then I go to the local school at 7:30 AM in the city of Presevo. My favorite subject is biology.

“When I was in Iran, I didn’t really like to go to school – because I had some problems.”

After school I go to eat lunch. After lunch at 3 o’clock I go to the SOS Children’s Villages to work as a makeup artist for the women that are in camp here. I really like fashion very much and I like to look nice myself. In the evening I usually walk around the camp with my friends and at 2 o’clock in the night, I finally go to sleep.

On the weekends I go to the market, or the bazaar, as they call it here. I don’t like this camp very much and I don’t like the food here either, except for the fish. But it’s always the same thing; every week is the same thing. As a girl I don’t feel free in the camp and hope to get to Germany fast. But I am happy that I have some friends here. My wish is that my dreams come true very fast.



Photo by Linda

Written by Madina Azizi

Meet your talented neighbours

Benjamin, 28, Cameroon

I was born in Cameroon, and I have four brothers and a sister. We all do sports, but I'm the only one who became a professional. From my earliest memories, football is part of my life. Why do I play football? I strove to become better than my father. He also played football. Daily routines, while playing with friends in the local school team, I improved my skills being a goalkeeper. At the age of 14, I got spotted by a talent scout and started to play for Djamboula FC in second league. Two years after, Cotonsport Garoua offered me to join their team in first league. To continue my dream, I agreed. To leave my family and



Photo by Linda

move to a foreign city far away was a big step. Not to be alone, I invited my best friend from home to share the apartment. Six months later, I received the first application from the national team of Cameroon. Because of two less players, I could compete in my first Africa Cup in 2007 with the U20 selection. A couple of years later the next competition was on. **Even though we lost the final 0:2 against Ghana, we played a grandiose Africa Cup.** At least now, my career was launched. For six months I lived in Spain and played for second team of F.C. Valencia. Through hard practice and good results, I was allowed to join training of their first team and

collected useful experience. By reason of a knee injury the period in Spain came to an abrupt end. In Israel I found the needed support to let my knee heal and worked for Ashkelon F.C. After three years in the Middle East, Canon Yaounde, the best team in Cameroon hired me. **Being back in my homeland, living together with my family and working as a professional football player made me very happy.** The tragedy took its course when my father, a opposition politician was killed. For this reason, my own life is in danger and I had to escape from Cameroon. I hope the rest of my family will soon be safe again and I will be able to continue my dream.

Thomas, 31, China

I grew up in China in the countryside. My family did not have a lot of money, so we had no computer. The first time I made use of it was in elementary school. I only played games but knew from the beginning that I would fall in love with it. I'm not much of a sports guy, but I could spend hours in front of a screen. I bought my first computer when I turned 25. Four years ago I decided to visit a training course about computer engineering. It was in Xianju and lasted six months. **I was crazy about the new knowledge and passed my degree easily.** After the course I found my first job. It was in a small company. Our main task was to invent apps for companies and write computer programs for hospitals, museums and for the government.



Photo by Linda

Jelena, 28, Serbia

I speak Serbian, English, Greek and Persian fluently. Serbian is my native language. It's the only language in which I can deeply express my feelings and thoughts, also the only one that I speak perfectly. When I dream, I dream in Serbian.

In Kindergarten and at school I started to learn English. Soon I found out, it's a very useful language for traveling and improved it in many different countries. I especially enjoy reading poetry in English. During my studies in the universities of Athens and Thessaloniki I learned Greek. It's the place where I mostly spend vacations in summertime. I like Greek music and enjoy having conversations with natives.

The favorite language and biggest love of mine among all the languages is Persian / Farsi. I learned it from my Iranian, Persian and Afghan friends, as well as with an Iranian teacher. I travelled to Iran to practice Farsi. By knowing this language I got a great opportunity to meet a lot of wonderful Iranian & Afghan people. I am very grateful for it.

Meanwhile I'm working as a translator for SOS Children in the Presevo Reception Centre. Like this, I have the chance to hear & learn new words and phrases in different accents everyday (Dari and Farsi). All new words and phrases will be noted, so I will memorize them and improve my skills at all time. Working with these great people is a beautiful & priceless experience for me and indeed, they always will have a special place in my heart.



Photo by *Franziska*

Interview by *Soran Dilo*

Mahsa Bami, 25, Iran

I have been fond of art since my early childhood. Most of it I learnt on my own, some techniques in an oil painting course when I was young. Whenever I had the opportunity, I would be busy acting out my creativity. **Through drawing, painting and fulfilling my own design ideas, I found a way to express myself and process my emotions.** It helps me relax. So whenever I get upset, I'll paint to feel better. Making art has become essential to me.

I draw with pencil, black pen and charcoal. I paint with acrylic and watercolors and work on wood by using pyrography. Most of my ideas are inspired from objects around me.

My husband helps me in this area, he's a photographer. Often I make use of his photos as originals. Additionally, I started to make my own soap here in camp.

The style of my painting is more abstract with the theme of simple African women's life. It represents the kind of way I chose to live my life. I like the simplicity. On the other hand, I'm against discrimination of all forms. I would like to have all people share my attitude, so I want to teach my skills to others. Currently we don't have many options for doing art in camp, hopefully in the future there will be more. Maybe with me, leading an art workshop.



Photo by *Linda*

Interview by *Soran Dilo and Dominic*

Mental Illness

A mental illness is a serious illness that causes discomfort and disability in the person. The causes of mental illnesses are not always clear or known, but genetic factors and different types of stress are some certain reasons. There are many different mental disorders like anxiety, depression, bipolar disorder or schizophrenia.

Depression

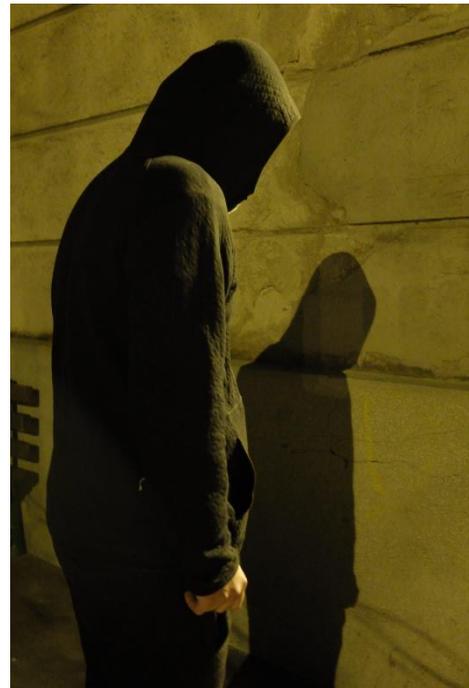
According to psychologists and statistics, 12-16% of men and 20-26% of women suffer from depression once in their lifetime.

Feeling sad or unhappy are normal reactions of the body and mind to stressful life events and losing somebody or something. But when these feelings stay for a long time and don't get any better, then it can result in depression.

Depression is a mental illness that affects the thoughts, feelings, behaviour and health of a person.

Signs of depression are:

- Depressed mood (feeling sad, empty, hopeless)
- No passion and interest in activities that were once enjoyed
- Not enough motivation and energy
- Feeling tired all the time
- Anxiety
- Not feeling hungry and losing weight or feeling hungrier and gaining weight
- Feeling nervous and restless
- Feeling worthless or guilty
- Somatic problems (stomach pain, nervous stomach, headaches etc.)
- Difficulties in concentration, in remembering things or in making decisions
- Sleeping problems (problems falling asleep, waking up all the time, waking up very early, sleeping too much)
- Suicidal thoughts or actions



Because of these reasons, the illness must be taken very seriously.

Depression has different causes like genetics or stressful life events plus missing resources. Stressful life events are for example traumatic experiences or losing somebody or something. Missing resources are for example having no family, no friends or other kind of social relationships.

How to deal with a depression and make life happier again:

- It is very important to get help from a professional psychologist (with a psychologist you can talk about yourself and your problems. In the camp, many organisations offer psychological support such as INDIGO, SOS Children's Villages or the Danish Refugee Council).
- Psychologists help you to understand yourself better, they listen to you and don't judge you. They accept you as you are (they are like doctors and work under the doctor-patient confidentiality).
- You must accept that the psychologists don't talk to anybody else about you and your problems.
- It takes time to overcome a depression (you have to see the psychologist for a longer period of time).
- Don't expect the psychologists to create miracles. They can help you and guide you, but you are the miracle and only you can help yourself.
- Everybody can overcome his depression (with the psychologists help, you learn to understand yourself and your behaviours better).
- Going to a psychologist is not like an interview to seek asylum, so be honest with them and yourself.
- To prevent depression, try to understand yourself and your behaviour in different situations.
- Depression is a phase and with help from professionals you will get better again.

“Depression is just like other illnesses: it is curable and you will feel happy again!”



Photos by *Linda*

Judge yourself every night, as if you sit in the court and try to see your problems from different perspectives like a jury. Find out about your problems and your good sides!

Written by *Hamid* and *Franziska*

Kids sport activities

The mornings in the camp are very quiet, people are getting ready for the day and the children are at school. Not much is going on, the sport grounds are empty and the ping pong table seems to be waiting for its players. But this sleepy atmosphere will soon be over. At 12 o'clock the school is over and the sport grounds are getting filled with playing children. There are many different sport activities the children can do in the camp here.

Football for boys

Every day from 12 AM until 1 or 2 PM, the boys between 8 and 14 years have an official football practice with their trainer Bojan. They do specific training and play a match. Up to about 17 boys attend this daily training and the team has its own captain, Zaker.

Football tournaments are organized with teams from Presevo, Bujanovac and Vranje. Last time, the boy's team came second out of ten teams. Whenever the boys want to play football out of the training hours, they can get a ball to practice with from the Umbrella Room between 12 and 8 PM.



Photo by *Linda*

Football for girls



Photo by *Heba Bieri*

Every afternoon at 5 PM the girls meet up for their daily football practice with the trainer Bojan. The girl's team consists of about ten girls and woman between 9 and 30 years. Their team captain is Madeina. Sometimes on the weekend the team is able to play against other football teams from Presevo or other camps.

Basketball

Sometimes the children like to play basketball on the sports ground that is in front of the Umbrella Room.

They are still not sure of the rules, and mistakes or fouls such as walking and double dribbles happen often. But they are learning eagerly and are having a lot of fun.

They can use the basketball that is kept in the Umbrella Room to practice, whenever the mood strikes.

Who knows, maybe soon we will have many basketball matches and tournaments happening in camp.



Ping Pong

In the entrance hall to where the sleeping building is located, there is a ping pong table located. This table, is loved and always occupied by children and adults alike in the afternoon.



They can borrow the rackets from the Danish Refugee Council “Kindergarten”, which is just next to the table, and where the table is stored every night. There is also another ping pong table that can be found in the tent that is run by the organisation Remar.

Playground

There is a playground behind the Danish Refugee Council child corner. When it is warm enough, small children like to play there. It has five swings, two rocking horses, a see saw and a little climbing frame.



Dart board, table football and billiard

The children like to play mini billiard in the room of the organisation Save the Children.

Children have the possibility to play darts and table football in the “youth corner” of the Danish Refugee Council.



Photos by *Linda*
Written by *Franziska* and *Dominic*

The language of music



Many people feel isolated and lost having left their war-torn homelands and often their families and made incredible journeys to places of refuge. Hearing their own musical traditions make people who may not have heard it since they fled for their lives, feel seen and more at home. It is difficult to rationalize why it has such a powerful, positive effect on people. Without going into the psychology behind music and our emotional attachment to it, but it really is extraordinary how people respond. **Music brings joy to lives full of sorrow and suffering.**

There is a close relation between music, language and culture. For instance, in camp Presevo, there are different people from different nationalities and backgrounds, they don't have much in common or cannot even communicate together properly but there is a language which everyone can understand or we can say,

“Music is my language”

Whenever someone is playing music, no matter what kind of language it is in, the refugees just listen to the music and it has a great impact on their minds and souls. It reminds him or her, with nostalgia, of their own country even without understanding the lyrics which gives them a kind of delightedness and sadness.

Unfortunately, in camp Presevo, we do not have musical instruments or music classes in which to participate. However, there are some professional musicians in the camp who play just for private parties and their talent is not publicized. I hope some organisation provides some opportunities for women and men to take a part in music classes and learn to play or listen to live music at least in the future.



Photo by *Dominic*

Written by *Sasa Rezaie*

Poems

Being on the run

Being on the run drives me crazy
Life as a refugee makes me sad
In camp I can't do much, turning
lazy
Want the life back I once had
Despite of all miseries, sure I'm
making use of life
Feel the pain of all people here,
since theirs sounds like mine

Love

Love day	God say
We know it	Everyone shows it
Did you see	How much he loves she
She is pretty	He is sweetly
He saw	That she must go

Living needs life
Life needs love

My teachers

The way you teach
The knowledge you share
The care you take
The love you give
Makes you all
The best teachers you are

If...

If you know something
You are different, like me
If you don't know sometimes
You are difficult, like me

Maturity

Maturity is not
When we start speaking big
Maturity is
When we start understanding small things

Written by *Firouza Azizi*, and *Madina Azizi*
Art by *Mahsa Bam*

Chinese noodles

An all time favourite



This recipe is famous not just in China but also in Japan, because the sauce can be changed to adapt to different tastes.

Ingredients



- | | | | |
|---|--------------------|-----|---------------------------|
| 1 | package of noodles | 1 | package of mushroom |
| 2 | gingers | 0.5 | kg meat |
| 3 | sweet red peppers | 2 | table spoons of sugar |
| 3 | purple onions | 2 | table spoons of salt |
| 3 | carrots | 2 | table spoons of soy sauce |
| 2 | shallots | 5 | table spoons of oil |

Photos by *Linda*



Method

1. Boil the noodles first, this should take approximately 10 minutes. The noodles should be soft but firm.
2. While boiling the noodles, prepare the vegetables & teh meat. Wash the vegetables first, then cut them in 4cm strips. Place aside. Cut the meat into little pieces.
3. Strain the noodles and set them aside to cool down.
4. Heat up the pot, add 3 spoons of oil, then put in the ginger. After 1 minute, add your meat; after 4 more minutes add the carrots, mushrooms, red peppers and onion strips, fry it for another 2 minutes.
5. Mix in the noodles with your vegetables & meat, fry it for 3 minutes, add the soy sauce to taste. Be careful, soy sauce is very salty, do not put too much!
6. The food is ready to serve to your loved ones.

Recipe by *Thomas*, written by *Linda*



A piece of Cameroon

Peanut butter and meat stew

Ingredients

This recipe is delicious and tasty. It has a mouthwatering smell and flavour.

1 big jug of peanut butter	3 tomatoes
1kg rice	5 spring onions
1 cube beef stock	Hot paprika powder
1kg beef	Fresh parsley
3 onions	Sunflower oil
	Hot water

Method

Prepare the meat:

Cut the meat in 4*4 cm squares, cut the onions and spring onions and the parsley. Put 5dl of hot water in a bowl and add all of the peanut butter, mix it until smooth and cover it with a foil. Put the meat in a pan and add the chopped vegetables, the beef stock, salt and 5dl of hot water. Put a cover on the pan and let it cook on medium heat. Cut the tomatoes in small pieces and add to the stew. Cook the stew until the meat is ready and add the peanut sauce, add 3dl of hot water and 1dl of sunflower oil and 4 teaspoons of hot paprika powder.

Mix it and reduce the heat of the stew.

Leave the pan uncovered.

Prepare the Rice:

Put the rice in a bowl and add cold water to wash the rice. Add 1dl of oil to a pan, then add some chopped onions, spring onions and salt. Cook the onions until they appear slightly brown. Then add 2dl of hot water (careful). Remove the water and add the washed rice to the onions. Cook the rice and mix it constantly with a spoon for about 10min. Watch out that it doesn't stick to the pan. Add 1l of hot water. Let the rice cook and add more water if necessary.

Serve the stew and the rice in two different dishes and enjoy this lovely Cameroon meal!



Photos by *Linda*



Recipe by *Benjamin*, written by *Edith*



border free
| | | |
association
for human rights