

The humans behind the refugee - How to help to ensure a good, new beginning

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Adversities before arriving in Denmark

- **Prior** to flight
 - War and conflict
 - Torture
 - Loss, grief
- **During** the flight
 - Uncertainty
 - Risk
 - Detention

Challenges after arriving in DK

- Arrival (relief), asylum process, uncertainty
- Physical and mental health issues
- Separation
- Discrimination, marginalisation
- Acculturative stress, adjustment
- Language difficulties
- Loneliness, social isolation
- Socio-economic issues

Use a resource-based approach

- Focus on the individual
 - Identify strengths
 - Use their motivation and dreams
 - Be welcoming and curious
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- Shorten waiting time
 - Establish normalcy
 - Give opportunity to contribute
 - Give them back control of their life
 - Provide psychological treatment

What can government, municipalities,
organisations, businesses and citizens do...

...to ensure that refugees are not defined by their
trauma, stigmatised as victims or a threat...

...But allowed to thrive and contribute as active,
resourceful citizens?