



Simple Acts Toolkit for Universities

Thanks for getting involved in STAR's Simple Acts!

STAR (Student Action for Refugees) has teamed up with the Simple Acts campaign. We've put together 5 fab things students can do to inspire their friends to use small, everyday actions to change perceptions of refugees. With every person who does a small thing with and for refugees, we get a little closer to removing barriers between communities and to creating the kind of world we all want to live in.

STAR is working with the Refugee Week coalition including Amnesty International, Refugee Council, Oxfam and British Red Cross to promote Simple Acts. We hope to see thousands of people doing at least one small action with the aim of getting 20,000 Simple Acts by World Refugee Day on June 20th! Make sure your university is part of making that possible!

The important thing is to let everyone know that your group has done it! So every time you and your group do a simple act:

- ★ visit www.simpleacts.org.uk
- ★ tick the act you've done
- ★ remember to mention your STAR group!

Your contribution will instantly be added to the Acton Tracker and will bring us one step closer to our goal!

STAR's Five Simple Acts

In this toolkit we've got tips and resources for five simple acts which are great ways to get more university students involved and help people understand about refugees.

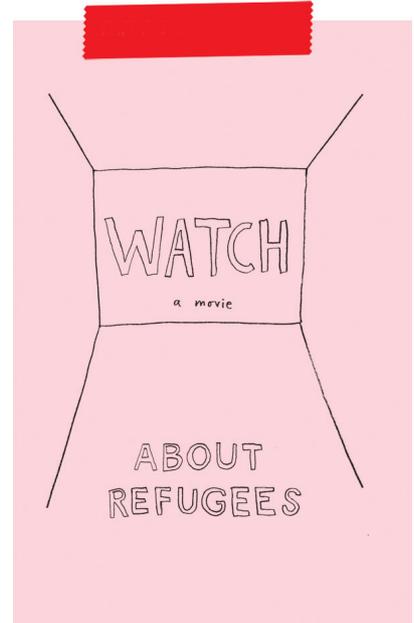
- * **Watch a movie about refugees**
- * **Do a quiz on refugees**
- * **Play a game of football with refugees**
- * **Have tea with a refugee**
- * **Cook a dish from another country**

Ways to Take Part in Simple Acts

1. Watch a movie about refugees

Set up a film screening or a series of screenings at your university. Advertise to all students and make it a fun event for those who have not been to an event about refugees before. It's simple:

- ★ Hire a lecture theatre with a projector and DVD facility, or partner up with your local Cinema society or Film club
- ★ Contact STAR for a copy of a film or documentary about refugees, or rent a film from our suggested list
- ★ Create eye-catching posters encouraging students to do the simple act of watching your movie - for FREE!
- ★ If the film is short then organise a discussion around the key themes, or provide an opportunity for the audience to ask questions afterwards



This is a great way to reach a wider audience with some key facts and new insights into what it's like to flee your home and seek protection in a foreign country. And during the winter-months this is a great way to escape the grey and rainy skies!

Here are an example of a couple of films you can show:

Ahlaam (2004) - a feature film by Mohamed Al Daradji - was Iraq's 2007 Oscar entry.

Persepolis (2007) - Hit animated coming-of-age story about an outspoken Iranian girl during the Islamic Revolution. Nominated for Academy Award in 2008

In This World (2002) – a British docudrama directed by Michael Winterbottom following two young Afghan refugees, Jamal and Enayatullah, as they leave a refugee camp in Pakistan for a better life in London.

Refugee Week have a great list of films and documentaries, see below:

www.refugeeweek.org.uk/InfoCentre/refugees-in/films/

Here are some documentaries STAR members can order or loan from the STAR national office, by contacting students@star-network.org.uk:

Forced to Flee: The voices behind the asylum myths (total 58 mins) – a DVD by Refugee Action features a series of documentaries between 4 and 13 mins long, including interviews with refugees and asylum seekers about their experiences.

Welcome to My World: Dreaming of a Brighter Future (12 mins) – short documentary researched, filmed and edited with young refugees, members of Brighter Futures London.

Destitution (Still Human Still Here) (12 mins) – short film by documentary film-maker Nick Broomfield highlighting the issue of destitute refused asylum seekers in the UK.

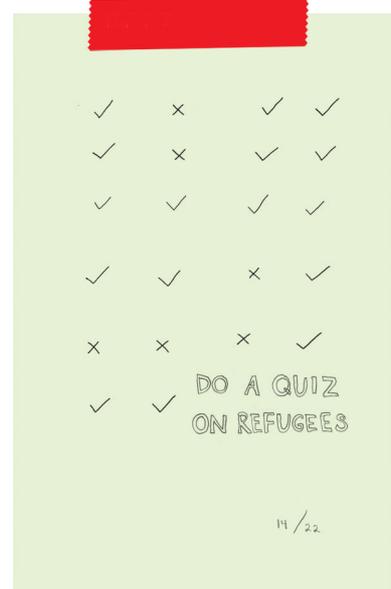
Week in Week Out: Stuck in the System (30 mins) – documentary about destitute asylum seekers in Cardiff produced by BBC Wales.

Welcome (21 mins) – tells the story of three homeless refugees in Glasgow, produced by Camcorder Guerrillas.

2. Do a quiz on refugees

A perfect way to kick off one of your first meetings is to hold a quiz on refugees. It's a fun way of giving new members a few key facts and a chance for them to mingle and meet other people. Here's what you can do:

- ★ Download the STAR Asylum Quiz from the STAR website: www.star-network.org.uk
- ★ Get a group of between 10 and 40 students in a room and split them into teams
- ★ Appoint a 'Quizmaster' to read out the questions, giving teams a couple of minutes to write their answers down
- ★ Ask teams to swap their papers and mark them as the answers are read out
- ★ If you have time, you can use each question to explain more about an asylum issue.
- ★ Give a special prize to the winners (like a star-shaped cake)



If it's a success you can think about writing your own quiz. Just conduct some research to get your facts, then write some questions to match which are not too tricky or too easy. Then send it to STAR national so we can share it with other universities.

If you'd like some assistance then contact STAR national and they'll send a ready-made quizmaster equipped with extra facts to wow your audience.

As a variation, try giving snap-quizzes of one or two questions to people passing by in the street – you can reward them with a sweet and explain how these questions relate to a campaign you're supporting.

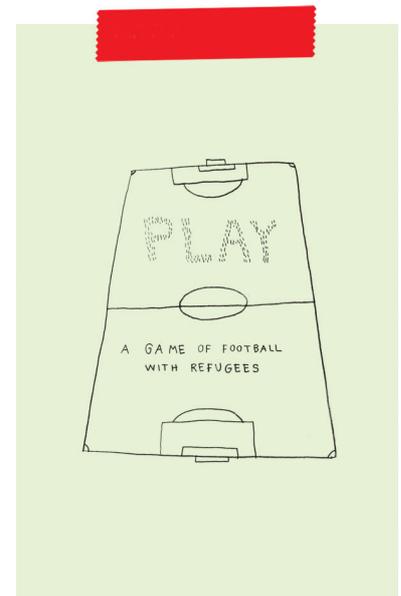
3. Play a game of football with refugees

Sport can be a great way to meet new people and share in an activity together. Billions of people play, eat, drink and speak football – including refugees in your community.

Arranging a kick-around with local refugees and asylum seekers is a pretty good way of welcoming people to your community.

You can:

- ★ Contact your local refugee community centre or drop-in and see if there is some interest for a football game.
- ★ Find a local park which is easy to get to or hire a pitch on your university campus (outdoors or indoors) if you can help people with travel
- ★ Advertise for an afternoon of football, with email, posters and announcements at the community centre.



- ★ Keep it relaxed and open to all - make it a fun day out rather than an intense training session!
- ★ Think about providing some drinks and food (maybe half-time oranges to be traditional)

If it's a definite success then maybe:

- ★ Make it a monthly or weekly event
- ★ Arrange a big tournament in the summer - maybe a 'Refugee World Cup' with players in teams from their home countries!
- ★ Have some light training sessions for children and young people, run by either students or adult refugees with some skills to share
- ★ Do the same with a different sport! Share your enthusiasm and skills, whether it's cricket, tennis, netball, or even golf...

4. Have tea with a refugee

Arriving in the UK for the first time in an uncertain situation and with no connections can be very isolating. One of the best things you can do to make a difference to the lives of refugees is to greet them with a smile and have a chat over a cup of tea!

- ★ Find out if there are social evenings or drop-in centres where local refugees come together.
- ★ Go down and talk to the new members of your community. Share your stories and provide a warm welcome.
- ★ Or why not create a space to meet and have tea yourselves? It's not complicated, all you need is an open space, friendly people and a few bags of tea ☺

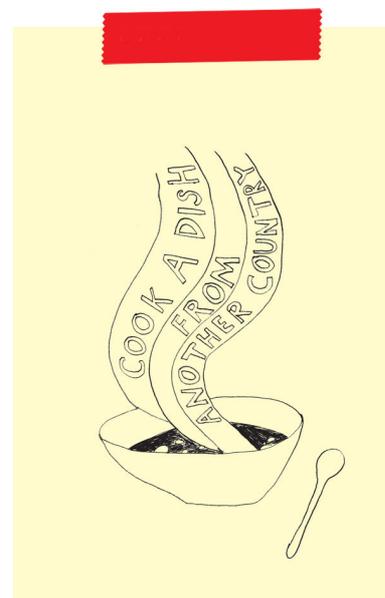


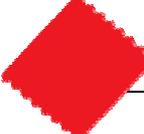
5. Cook a dish from another country

We don't often hear about the positive side to people from all over the world starting new lives on our little island. But people have more than their difficult stories to share.

Help celebrate the rich cultures people bring with them by organising an evening with food from all over the world! A 'Night of a Thousand Dishes'!

- ★ Book a room at your university or local refugee community centre
- ★ Ask everyone to bring a dish from another country and invite local refugees to share food from their home country
- ★ Set up a big buffet where everyone can sample from the different foods



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- ★ Perhaps include some information about the countries they come from, or in a small gathering give people a chance to present the dish they bought and exchange recipes!

In the summer you can do it as a picnic!

What do you do once you've done a simple act?

No matter how often your STAR group does the same action, or how many people participated in doing it, we want to know!

Once you and your group have completed an action, pat yourselves on the back and then let us know about it by following these three steps:

1. Visit www.simpleacts.org.uk
2. Find the action you've done
3. Tick it!

Drop STAR national an email and tell us what simple acts your group has done, how many times you have done it, and how many people got involved!

Spread the Word!

There are some beautiful promotional materials to lighten up your university, such as posters, flyers and even badges and journals that would make fantastic competition prizes!

To purchase them just send us an email to info@refugeeweek.org.uk or give us a call on 0207 346 6752.

Share your images, videos or thoughts!

Most importantly - we would really love to see how your group has participated in Simple Acts; so remember to take photos or videos of your activities!

Once you've got your footage or photo, upload it onto the web and inspire people to do their own actions. Check out these sites:

www.wordia.com Search 'Refuge'

www.flickr.com Search 'simpleacts'

www.youtube.com Search 'simpleactscampaign'

Or join us on our websites and share the latest news on the actions your school has done. For example on:

www.facebook.com Search 'Simple Acts Campaign'

<http://www.refugeeweek.org.uk/simple-acts/latest-news/>



Find out more about STAR (Student Action for Refugees)

STAR is the national network of student groups working to improve the lives of refugees in the UK by:

- ★ Promoting positive images of refugees
- ★ Volunteering for local refugee projects
- ★ Campaigning for refugees

Each STAR group is part of a network of groups that comprises over 3,000 students at 30 universities. And STAR is continually growing!

STAR members promote greater understanding of refugees and asylum seekers among other students and in the local community, make a positive difference to the lives of refugees by volunteering at local community centres and schools, and effect direct change by campaigning against the unacceptable treatment of refugees and asylum seekers.

Contact STAR

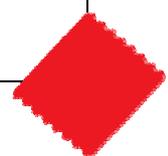
Contact the STAR national team to find out more about how your student group can support refugees.

Web: www.star-network.org.uk

Email: students@star-network.org.uk

Phone: 020 7729 8880 ext.205

Mail: STAR (Student Action for Refugees)
Oxford House
Derbyshire Street
Bethnal Green
London
E2 6HG





Find out more about Refugee Week

This year Refugee Week will be held **14th-20th June**. It is a UK-wide programme of arts, cultural and educational events that celebrate the contribution of refugees to the UK, and encourages a better understanding between communities.

Every year during Refugee Week hundreds of events exploring refugee experiences take place across the UK ranging from big music festivals and art exhibitions to political debates and community events. Events can be organised by anyone and everyone - charities, local governments, refugee community organisations, schools, faith groups, arts organisations, day centres and umbrella networks have all organised events.

To find information about events, as well as a full range of information and resources relevant to refugees visit **refugeeweek.org.uk**

Contact Refugee Week

Contact the Refugee Week team for advice, ideas or any other queries.

Web: www.simpleacts.org.uk,
www.refugeeweek.org.uk

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