

**Gesundheitsförderung und Partizipative Forschung mit Geflüchteten:
Abschlussstagung des EMPOW-Projekts**

**“Empowerment is a joke when society
takes everything from you”.**

Stephen Amoah, Abdel Barounga & Moro Yapha

Empowerment

Self Empowerment

- *“Refugees in one or their own way are **empowered**. They have that **self-empowerment**. Empowerment for refugees should start looking at what they already have”.*

Vulnerabilities: What does society take away from refugees?

- ❖ Arrived isolated
- ❖ Disconnected due to Residenzpflicht
- ❖ Not allowed to work
- ❖ More bureaucracy causes retraumatization
- ❖ Mental health problems
- ❖ Voluntarily or systematically removed from the shelters
- ❖ Become homeless
- ❖ Drug consumption, addiction and life problems occurring

Empowerment through Regularization of stay

*"Give them **DOCUMENTS.**" I will say: You want to empower them? Set them **FREE.** Let them **GO.** Give them **PAPERS.** Let them **FREE**".*

Empowerment through encouragement, information and self-determination

*“.....becoming **stronger** in everything you are doing, in everything you are. **Self-determination and confidence** in leading and speaking on your own.”*

Empowerment through recognition and application of professional skills

*“.....knowing the **background** of the people (refugees), helping them to join the society and **live and work with their qualifications** that they came in with.”*

How to make empowerment not to be a joke?

- *Give all refugees irrespective of race, religion the stay to work e.g. Ukraine's*

Key Messages and Recommendations

- Welcome all refugees with open arms
- Abolished the camp life and residenzpflicht
- less bureaucracy and use of easy languages for the newly arrived refugees
- Provision of mental health workers
- Provision of more intercultural mediator
- *“Give them papers. Set them **FREE**”*

EMPOW 2

- Improving access to health care for refugees through community networks and peer models
 - Focus groups will be conducted on the question of how African migrants access health care (e.g. reproductive care, children's health, mental health, drug use, HIV/AIDS, and other topics relevant to African migrant health)

“No One Is Free Until We Are All Free” Martin Luther King Jr.

Thank you