



Dear Friends and Colleagues,

With more than 60 million people on the move, we are currently witnessing the largest number of displaced people around the globe. Nearly one in 100 people worldwide and six in ten Syrians are displaced from their homes. At the same time, we perceive a growing number of everyday people caring for 'people on the move' - an umbrella term we use for refugees, asylum-seekers, internally displaced persons and migrants. In light of the current global challenges, we initiated the **'Global Whole Being Fund – Caring for Humanity on the Move'**, to support holistic ways of perceiving humanitarian work around the world.

Moved by the stories of unaccompanied minors, women and their children, and entire families crossing multiple borders to seek refuge, we started exploring holistic ways to embrace human dignity, generosity and kindness. Over the last year we have been supporting courageous and compassionate heart-led local, national, and international programs and initiatives, which are nurturing the **holistic wellbeing of 'people on the move' as well as their host communities**. We would like to share some of the examples from the ground along with a reflection of our main insights and learning points gathered throughout the year and look at our coming steps in 2017.



(Sicilia Integra is a holistic program that fosters inclusive societies by training migrants and unemployed Sicilian youth on regenerative and organic farming techniques in Sicily, Italy.)

## Sicilia Integra

Thanks to Sicilia Integra, based out of Sicily, Italy, we have learned that holistic wellbeing is relational and can only be achieved through an enquiring and engaged relationship between 'people on the move' and their hosts, each being positively transformed through the encounter. Gaia Education jointly with others developed 'Sicilia Integra', a holistic program that trains migrants and unemployed Sicilian youth on regenerative and organic farming techniques. Sicilia Integra is also supporting migrants and their fellow Sicilians to create their own social enterprises. All participants are learning the craft of making organic pasta by Maurizio Spinello. When the outward migration of people turned

Santa Rita into a ghost village in Sicily, Maurizio decided to set up a bakery to vitalize the regional economy and strengthen the village's local identity. Sicilia Integra sources the key ingredients from a local farmer, Carla La Placa, one of Sicily's few female organic farmers and a committed agro-ecologist.

\* Visit Sicilia Integra's blog here: <https://gaiaeducationblog.wordpress.com> and watch a clip here: [https://www.youtube.com/watch?time\\_continue=60&v=3Tsp3yU0E5A](https://www.youtube.com/watch?time_continue=60&v=3Tsp3yU0E5A)

\* You can purchase the pasta from the social enterprise here: <http://www.granidigaia.com/shop>



## Bruna Kadletz

Our learning is inspired by many heart-driven and courageous individuals and organizations, which have taken the initiative to support 'people on the move'. Bruna Kadletz, a Brazilian who works with displaced communities across the globe, has inspired our journey right from the beginning. Bruna contributes to a commentary series in 'Refugees Deeply', an independent digital media project dedicated to covering the refugee situation. In her series titled 'Displaced and Disposable', Bruna stresses that current laws, and social attitudes disenfranchise refugee populations to the point of dehumanizing them as expendable commodities.

\* Read Bruna's column here: [www.newsdeeply.com/refugees/community/2016/07/26/displaced-dispossessed-and-disposable](http://www.newsdeeply.com/refugees/community/2016/07/26/displaced-dispossessed-and-disposable)



(iACT is offering access to holistic pre-school education, which is refugee-led and centered on mindfulness. The picture gives a glimpse into the meditation session, which is part of the daily program.)

## iACT

Through iACT, a not-for-profit based out of Los Angeles, we learned that addressing the psychosocial wellbeing of 'people on the move' is crucial and can at the same time nurture holistic community building in some of the most marginalized and under-served refugee camps. Gabriel Stauring, the founder of iACT was driven by a sense of personal responsibility to serve refugee populations in camps in Darfur, Sudan. He believes that the power of community and compassion, combined with personal empowerment, can lead to meaningful change. Little Ripples, one of iACT's programs, is a

refugee-led, cost-effective and replicable holistic early childhood development program. The program is grounded in mindfulness and playful learning and improves the social, emotional, cognitive, and physical development of refugee children. Little Ripples further builds a sense of community involving teaching refugee women to teach the children and enabling refugee families to host the schools in their homes.

\* Visit iACT's website here: <http://www.iactivism.org> and learn more about Little Ripples here: <http://littleripples.org>

\* Get a glimpse of iACT's work by watching this short clip here: <http://littleripples.org/2016/11/zaineb-creates-mindful-moment-students/>



(Über den Tellerand, is a Berlin-based not-for profit that is building a nourishing community engaging everyday people and 'people on the move' through 'slow-soul-food'.)

## Über den Tellerand

Über den Tellerand, an emerging not-for-profit based out of Berlin, reminded us of the sanctity of food and its dynamic force to cross-cultures and build bridges. Über den Tellerand (in English 'beyond your plate') is a commonly used German expression for open-mindedness. The two founders Rafael Strasser and Ninon Demuth looked beyond their plates and visited refugee camps with the quest to engage with 'people on the move'. What started out as a study project is now a nourishing and inclusive Europe-wide community where 'people on the move' find belonging and receive care and compassion. At the same time Über den Tellerand provides avenues for 'people on the move' to care for their receiving communities and share their manifold knowledge and skills. Über den Tellerand has further taught us how crucial it is to back everyday people who care for an inclusive community.

\* Visit Über den Tellerand's website here: <https://ueberdentellerrandkochen.de> and watch them in action here: <https://www.youtube.com/watch?v=8HNLPi8PWdU>

\* Über den Tellerand published two cookbooks with recipes and stories of the knowledge holders from 14 countries. You can purchase the books here: <https://ueberdentellerrandkochen.de/de/projects/read/f5vk2u1fpv/>





## Help Refugees

Help Refugees, based out London, UK, is one the most inspiring initiatives we came across in 2016. The founders Lliana Bird, Dani Lawrence, Josie Naughton, and Dawn O'Porter acted once they heard about the inhumane living conditions of 'children on the move' in the recently demolished refugee camp Calais at the French/UK border. What started out as a social media campaign under the hash tag #HelpCalais turned out to become one of the most precious movements we have encountered in 2016. Help Refugees became the largest distributor of aid among grassroots groups in Europe in 2016. Help Refugees inspired us through their creative and simple ways to reshape humanitarian aid. The four women, who are all volunteering their time, elevate humanitarian aid to a holistic level in Greece, France and the Middle East. Help Refugees has encouraged everyday people to care for 'people on the move' and build nourishing relationships. The organization is currently funding 65 projects at 22 refugee camps in Greece, Lebanon, Syria, France, and Turkey.



(The photo shows the founders of Help Refugees, a deeply inspiring case of everyday people standing up and taking responsibility for the highest good of humanity.)

\* Visit Help Refugees' website here: <http://www.helprefugees.org.uk> and watch a short clip here: <https://www.youtube.com/watch?v=RnNNbcsAU9Y>



(Asylum Access emphasizes that legal assistance needs to prioritize the holistic wellbeing of 'people on the move'.)

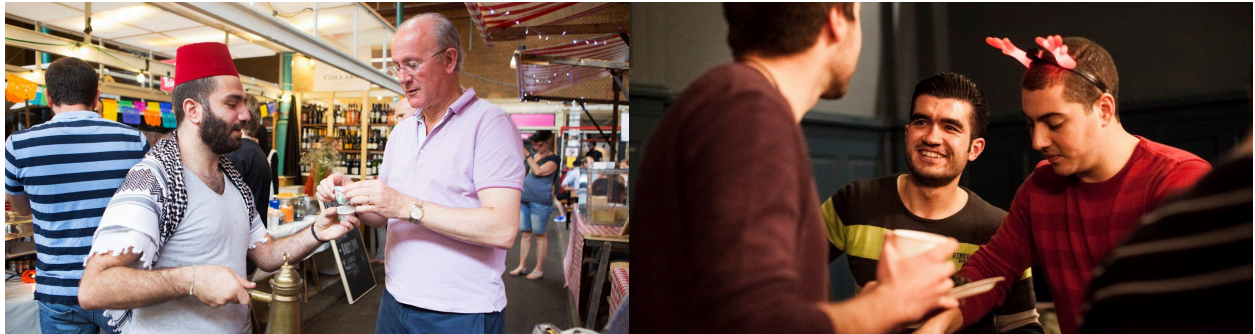
## Asylum Access

Asylum Access is based out of Oakland, U.S. and has offices and programs across the globe. The Community Legal Empowerment (CLE) programs demonstrate that legal and advocacy tools and training for 'people on the move' can be refugee-led and holistic. A young Liberian, who had fled to Egypt to avoid being abducted and forced to fight as a child soldier, inspired Emily Arnold Fernández to found Asylum Access. Her client was initially denied legal status as a refugee. Emily's legal advocacy won him protection and safety in Egypt until he was able to resettle in the U.S. While providing legal support and advocacy, Emily and her team also address psychosocial support, economic empower-



ment, and leadership development including for ‘women on the move’. One of the pillars of the CLE programs is to offer refugee women legal empowerment programming covering culturally relevant group therapy to address trauma.

\* Learn more about Asylum Access’ work here: <http://asylumaccess.org> and watch testimonials by some of Asylum Access’ clients here: <https://www.youtube.com/watch?v=RhkoEH6HgQM>



### GiveSomethingBacktoBerlin (GSBTB)

GiveSomethingBacktoBerlin (GSBTB) inspired us to envision cities as creative hubs that foster belongingness of ‘people on the move’ and locals. GSBTB is a project platform and network that facilitates neighborhood volunteer work for the growing group of skilled non-German speakers from over 50 nationalities. GSBTB enables newcomers to engage with locals, marginalized groups such as ‘people on the move’ and homeless people. GSBTB started in 2012 with a provocative Facebook post by the founder Annamaria Olsen. Annamaria shared in her post that newcomers come with skills, which they can share with their new communities. An overwhelming amount of Facebook users wanted to sign up for a platform that would allow them to volunteer their skills. Hence, Annamaria decided to found GSBTB. One of GSBTB’s projects, the Open Art Shelter, moved us particularly. The shelter offers ‘people on the move’ in Germany’s largest refugee camp, the former Tempelhof airport access to a safe and creative haven. The Shelter is entirely run by volunteers and enables free expression of emotions and thoughts, intercultural dialogue and trauma healing for ‘people on the move’.

\* Visit GSBTB’s webpage here: <http://givesomethingbacktoberlin.com/about> and watch a clip about GSBTB’s inspiring work here: <https://www.youtube.com/watch?v=nPeht5gsWbo>

\* Listen to an interview here: <http://aidpreneur.com/tor118-give-something-back-to-berlin-with-annamaria-olsson>



### Hebrew Immigrant Aid Society Pennsylvania (HIAS Pennsylvania)

Through the Hebrew Immigrant Aid Society Pennsylvania (HIAS Pennsylvania), based out of Philadelphia, we got inspired to envision a holistic refugee resettlement system. HIAS Pennsylvania improves holistic wellbeing of ‘people on the move’ by facilitating authentic relationships between them and host communities and thereby increases public support for newcomers. HIAS Pennsylvania was established in 1882 driven by the Jewish value of ‘welcoming the stranger’ – a mission that could not be more timely. HIAS Pennsylvania works with persons of all ages, from infants to centenarians to create a welcoming and secure environment for ‘people on the move’ and their families from any ethnic, cultural or religious background.

\* Learn more about HIAS Pennsylvania's history and remarkable work here: <http://hiaspa.org/about-us/legacy>



## Reflection of our learning journey in 2016

When we embarked on this journey, the Global Whole Being Fund – Caring for Humanity on the Move, did not anticipate that we would be blessed with all these inspiring individuals and organizations. Based on our engagement with these courageous and compassionate local, national, and international programs and initiatives we learned that:

- **Volunteer movements are critical:** None of this work would be possible without the numerous individuals who are providing their heart-led time and effort to improve the holistic wellbeing of 'people on the move'.
- **Serving is a mutual gift:** Many volunteers stepped out of their daily lives to serve to improve living conditions of 'people on the move' around the globe. There is a gift in receiving, but also in extending ourselves.
- **Food not only nourishes the body but also connects souls:** Community gardening, cooking sessions, sharing our autobiographies through a culinary lens enables us to cross cultures and builds nourishing communities.
- **Creative arts help us to find comfort, peace and unity:** Arts-based programs not only serve 'people on the move', but also members of the receiving community who lend personal creativity, commitment and passion into the creation of healing spaces that engage and address deeply rooted wounds.
- **Refuge can be built and nourished anywhere:** All these inspiring organizations and individuals emphasized that we can build and nourish a refuge under the most restricting conditions as long as it is rooted in a heart-led community effort.

## Our next steps

**The Global Whole Being Fund – Caring for Humanity on the Move** will continue exploring holistic ways to embrace human dignity, generosity and kindness around the globe. Given the unsettling living conditions of 'people on the move' in places such as Greece, we are currently exploring programs and initiatives that are addressing emergency support in a holistic manner. The Global Whole Being Fund will also focus on supporting volunteer-based initiatives that are closely working with 'people on the move' such as Help Refugees.

## We welcome your support and interest!

Please view this as an invitation to join us! If you wish to contribute to the fund or support the organizations highlighted here directly, we would be more than happy to share more and connect you with these rays of hope! If you wish to share further examples of programs and initiatives that are centered on the holistic wellbeing of 'people on the move' please do share these with us. We have embarked on our learning journey and welcome ideas and support.

You can contact us here: [the.global.whole.being.fund@gmail.com](mailto:the.global.whole.being.fund@gmail.com)