

40 Ways to Help a Refugee

These individuals have undergone tremendous difficulties and are starting over in a new country and culture. While there are organizations that help them with a place to live and may even offer basic necessities, what they need is a friend and ally who can help them acclimate. *Could you :*

- Be a sincere friend.
- Reach out to people on the periphery.
- Take a stand against intolerance.
- Promote compassion and understanding.
- Make a visit.
- Get to know firsthand what is really needed; don't assume.
- Learn about the food, holidays, and traditions of others.
- Share a meal.
- Celebrate a holiday together.
- Invite someone to join your family night.
- Teach a new skill.
- Learn a new skill.
- Make introductions.
- Ask questions.
- Exchange ideas and experiences.
- Highlight strengths in other cultures.
- Speak to your town council about needed services.
- Forgive offenses or misunderstandings and try again.
- Shop at locally owned businesses.
- Welcome new people to the neighborhood.
- Volunteer to teach a language.
- Defend others from bigotry.
- Learn kids' names.
- Learn a sport.
- Teach a sport.
- Offer employment to someone unexpected.
- Visit people who are ill.
- Teach each other songs and jokes.
- Extend an invitation to a cultural event.
- Offer to babysit.
- Give a ride.
- Practice interviewing for a job.
- Donate household goods.
- Help children study.
- Act as a grandma or grandpa to someone whose family is far away.
- Volunteer with a local organization whose work you admire.
- Be a mentor.
- Find local solutions rather than relying on bureaucratic programs or funds.
- Recognize that time and relationships are more valuable than things.
- Don't hesitate to follow the promptings of the Holy Ghost.