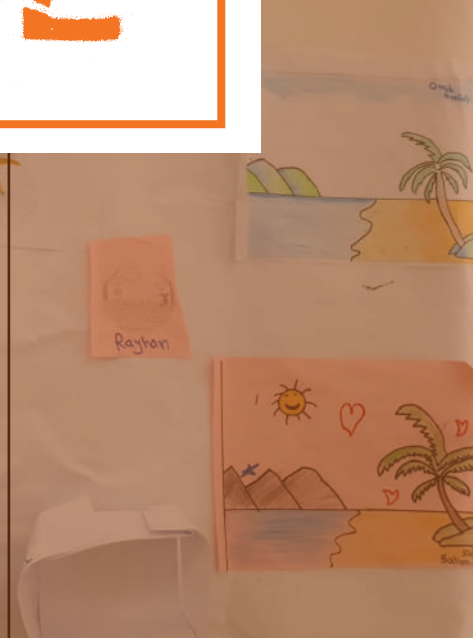




FAITH & HOPE





refugees
trauma
initiative



Terre des hommes
Helping children worldwide.

This booklet was produced from Terre des hommes youth groups in Durres during the Your Create, in the framework of the project:

“Tdh support to the Afgan community in Albania, in partnership and through the support of the RefugeeTraume Initiative”



PREFACE

This is a photography book, that our groups done it to declare their own thoughts and visions about Social, Life after social media and Motivates. Each picture has taken by a member of groups and each picture has it is own explanation that why it has taken, what is the purpose of this picture and what message the member of the group has tried to say.



COMMUNITY



UNITY

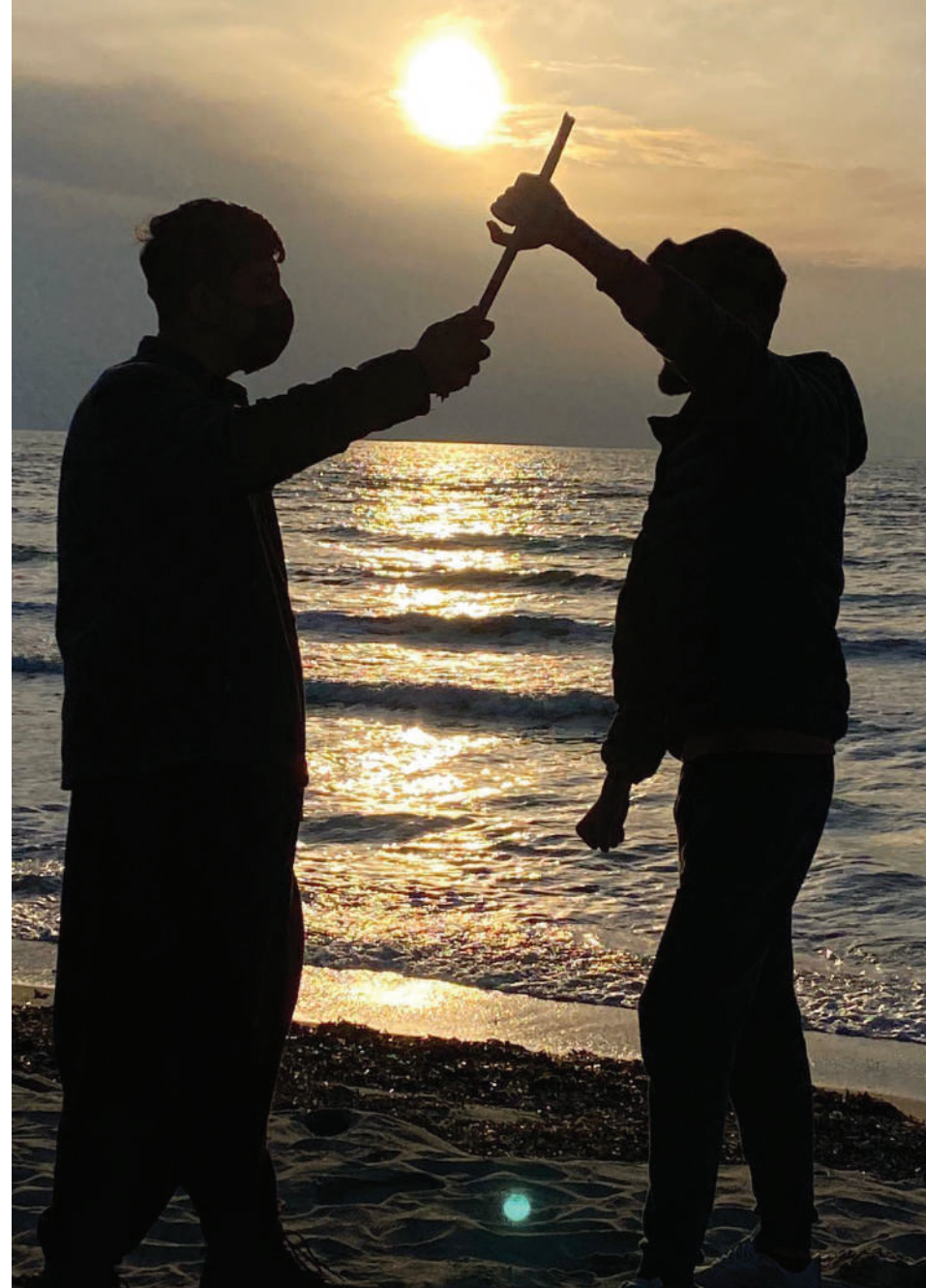
This image is a symbol of unity, unity is a power that protect us from any threats, unity give us power to overcome on challenges that we face in our life, unity give us a direction to the bright future, unity is a rule of human to create, to build and to make future.

If we read history, we see that those people who were united, made glories and made history. But on other side those people that had broken their unity they just lost everything in their life, they lost their family, country and respect.



MISJUDGING

Misjudging can be cause regret we should not judge anything from one side like says never judge a book by its cover, it is so important for us that any event happen to a people or any action take from a person we should not judge too early like elders said never sign a paper before you read it, because a simple misjudgment can be cause of take a person's life.





DISCRIMINATION

Discrimination is cause of any kind misery in a community, it breaks the unity of a community and as we know that a disunity among a society makes so many crises and separate them from each other and this division among a society will cause of their weakness and a weak society will ruled by other ruled people. As our prophet said that all humans are equal, they just recognized by their faiths and hard works. Let's work together and give hand to hand and order to finish this misery among humans to make a world with full peace, brightness, and the most importantly love.



GOAL

Focus! on your goal don't look in any direction but ahead because the key of success is to have a goal in your life. Never quit. It is the easiest cop-out in the world. Set a goal and don't quit until you reach your goal. A scholar says those people that don't have goal will be ruled by the people that have goal. A goal is a personal promise to your future self.





HAPPINESS

It doesn't matter what we have, the only things that matter is who we have. Happiness belongs to our attitude and to our vision, what we see and what we dream in our life these are because of our happiness.

We can say that the secret to real happiness lies in finding joy in little things when you can latterly stop and feel the breeze of nature you give yourself the opportunity to be happy.

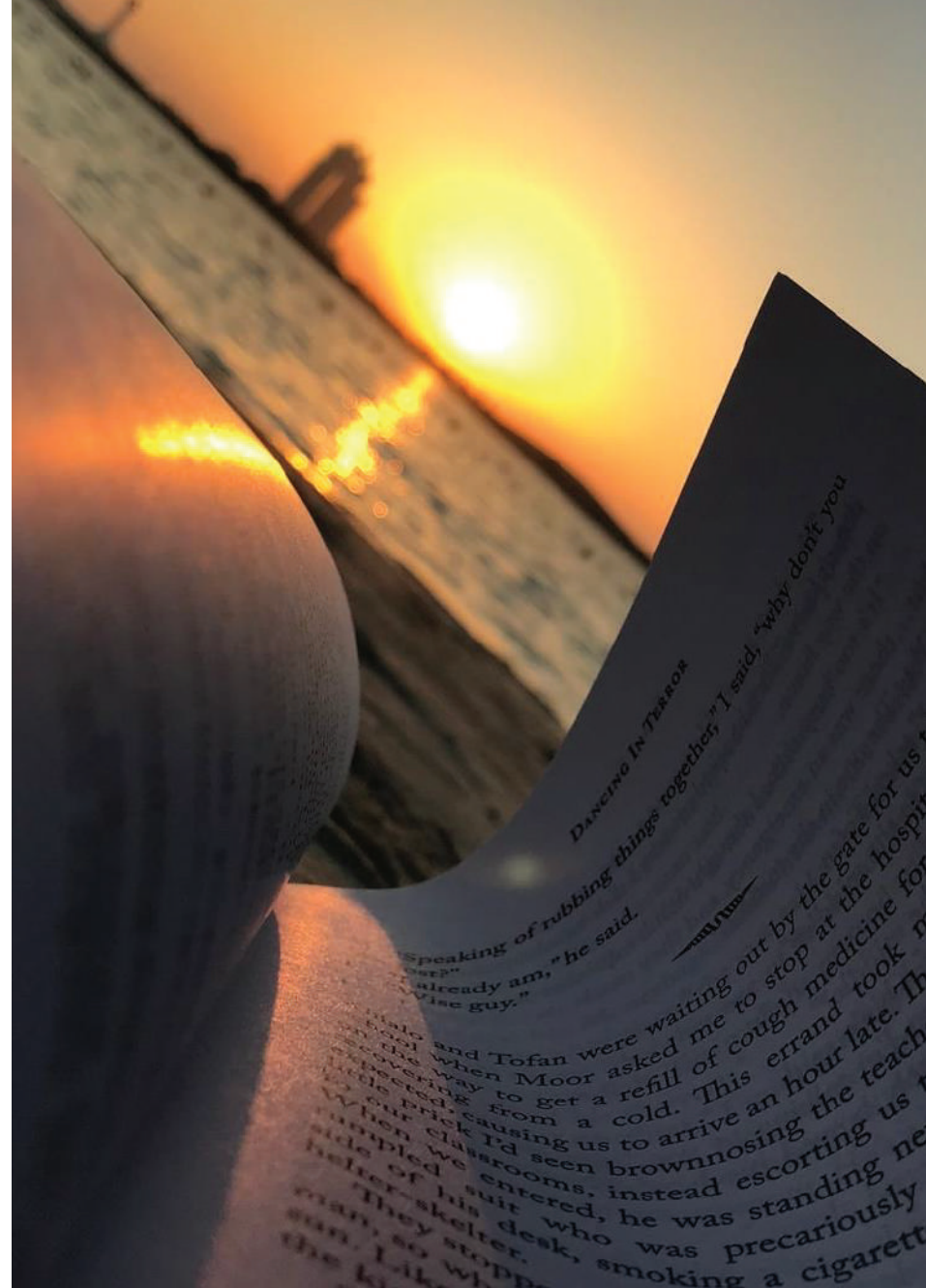
Be happy for this moment, this moment is your life.



REAL FRIEND

There is no friend as best and as loyal as a book, a book can show who you are and where you are, and where you desire to be. The more that you read the more things you will know and more that you learn the more places you will go without moving your feet.

"I have lived thousand life and i have loved thousand loves i have walked on distant worlds and seen the end of time because I read." - George R.R Martin.





CLEAN EARTH

As we all know, earth is the only known planet in the universe with life. As a result, we must respect and preserve everything we receive from our mother earth. We must protect mother earth so that future generations can live in a secure environment.

A clean environment is critical for keeping us healthy. The clean and green ecosystem provides us with fresh air and pollution is also reduced.

The earth has provided us with numerous gifts, including sunlight, air, water, soil, minerals, plants, wildlife, and so on. We must keep our environment and nature clean at all times. Diseases, as well as toxic viruses and germs, are caused by a polluted environment.



GREEN LIFE

Go green is a step to conserve our nature and lead eco-friendly life, which will help us as well as nature to sustain the natural resources for future generations. This step helps in reducing the carbon footprint and pollution. A clean and green environment always calms our minds and helps us to reduce stress.

Going green is an idea that helps us to reduce our impact on the environment and nature. Pollution is the leading cause for the depletion of environmental factors and other environmental issues.





NEST

Earth is our nest.

There is no scientific agreement about whether or not birds have feelings, but birders who watch their feathered friends often see evidence of bird emotions in their different personalities and behaviors. Birds do not communicate emotions directly and through behavior clues can be ambiguous; those behaviors can demonstrate a wide range of emotions to observant birders.

If your last child is all grown up and about to leave home or he or she has already moved out you might be experiencing some mixed emotions. Understand why empty nest syndrome happens and what you can do about it.



PEACE

The view of nature has one message for all of us and its peace, it means it is peace that we can live with every creature in mother earth. Just close your eyes take a deep breath and feel yourself in the connection of every creature in this world then you will realize we are all connected and this connection need peace that describe the life.

There is no greater wealth in this world than peace of mind.

"Over the sea, under the sky."





LIFE

Life is a gift, life is an opportunity, life is way to know to learn to achieve to enjoy to feel to find the secret to find where we are belonged. Life is a yesterday dream, today's gift and tomorrow's hope. We just not live once we live every day we die once so this is why we should live today and hope for tomorrow and have one purpose in our life as human, to be the best and kind creature over world towards other creatures, as far as we respect our life we should respect to other creatures as well. There is no human being on earth, strong, powerful, wise or rich, who has not experienced, struggle, suffering or failure. You have to work hard to reach to the highest position.



RESPONSIBILITY

As a human beside all other responsibilities we have the most important one is to not be careless about mother earth, as we know that all creatures have connection with each other and what goes around comes around so karma is rule of nature that teach us to be a responsible human towards nature and nature is the mother earth breath and to neglect or ill-treat our nature can only invite self-destruction and catastrophe.

Being sensible and responsible in a positive way is the prime need every time and all the time.





NATURE

Nature is made of everything we see around us – trees, flowers, plants, animals, sky, mountains, forests and more. Human beings depend on nature to stay alive. Nature helps us breathe, gives us food, water, shelter, medicines, and clothes. We find many colors in nature which make the earth beautiful.

I am happy out here dirty feet messy hair and wild water on my skin out here with the wild things; this is where i belong. Look deep into nature, and then you will understand everything better and will find your root.

RESPECT

Human life is built around work. Every human being is busy in some activity or the other throughout the day. Every person gets up from bed in the morning, brushes his/her teeth, takes bath and eats breakfast.

Then a child goes to school or college to study. An adult goes to work on the job and a housewife works at home.

Let's respect those who sacrifice their life and health for saving and cleaning mother nature, human define as kindness, faith, and cooperate. And we can do all these things by having respect among each other it is not important in which position we are and in position they are the important thing is that we are human and humanity comes first, it is our real purpose of human being.





LIFE AFTER SOCIAL MEDIA



CAGE

These birds are us and the cage is the devices that we are engaged in, same like these birds we live in this world apparently free, but in fact we are in the cage and this cage called social media that surrounded us and get us far from our real life our real job that to be the good creature for this mother earth.





EMPTY ALLEYS

Once upon a time here was children who gather and made two groups then played, talked, laugh, celebrated. But now a days this ground is free of human and fill of dusts, messes, a destroyed ball, this image show how far we have gotten away from our reality we think something goes wrong with us.



FREE BIRDS

Free birds fly whatever they want, they enjoy their moments, they feel the smell of nature. They live today and hope for tomorrow and have memory from their pasts. See this picture, you see the people who are playing with each other like the birds fly out of cages.



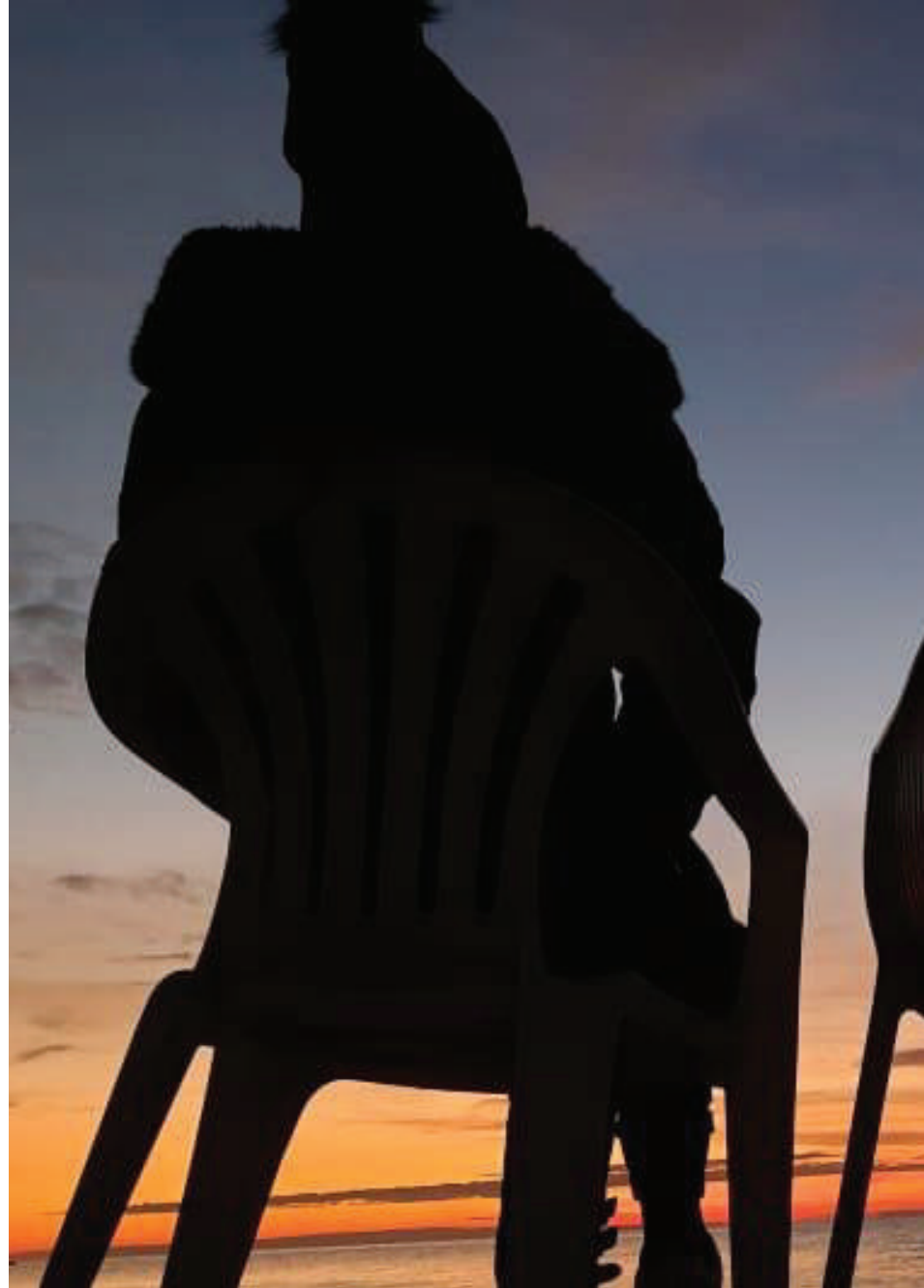
LOST

We have been lost inside devices, inside unreal world. We lost our real self, inside our virtual self. Our most of time spend on unreal world which is called virtual word a world with no feelings, no real connections. This virtual world act like a cage we are the birds inside it. Just once off your mobile and see how far you come here from your real life.



WE ARE ALONE

We have may be thousands of friends in Facebook, thousands of followers in Instagram but once see our around how many real friends we have how many followers we have. This is the main problem that we face every day by involving more and more with social media. Virtual things will never give us that happiness that we can get from real things.





HOW WE SEE THE WORLD?

What we see here, it belongs to our vision, imagine you are person involve with internet, mobile games, computer applications, television programs, online trading applications and many more, how you feel yourself? inside the bunker or outside the bunker? Now see close this picture how dark you are in and how far the brightness is from you.



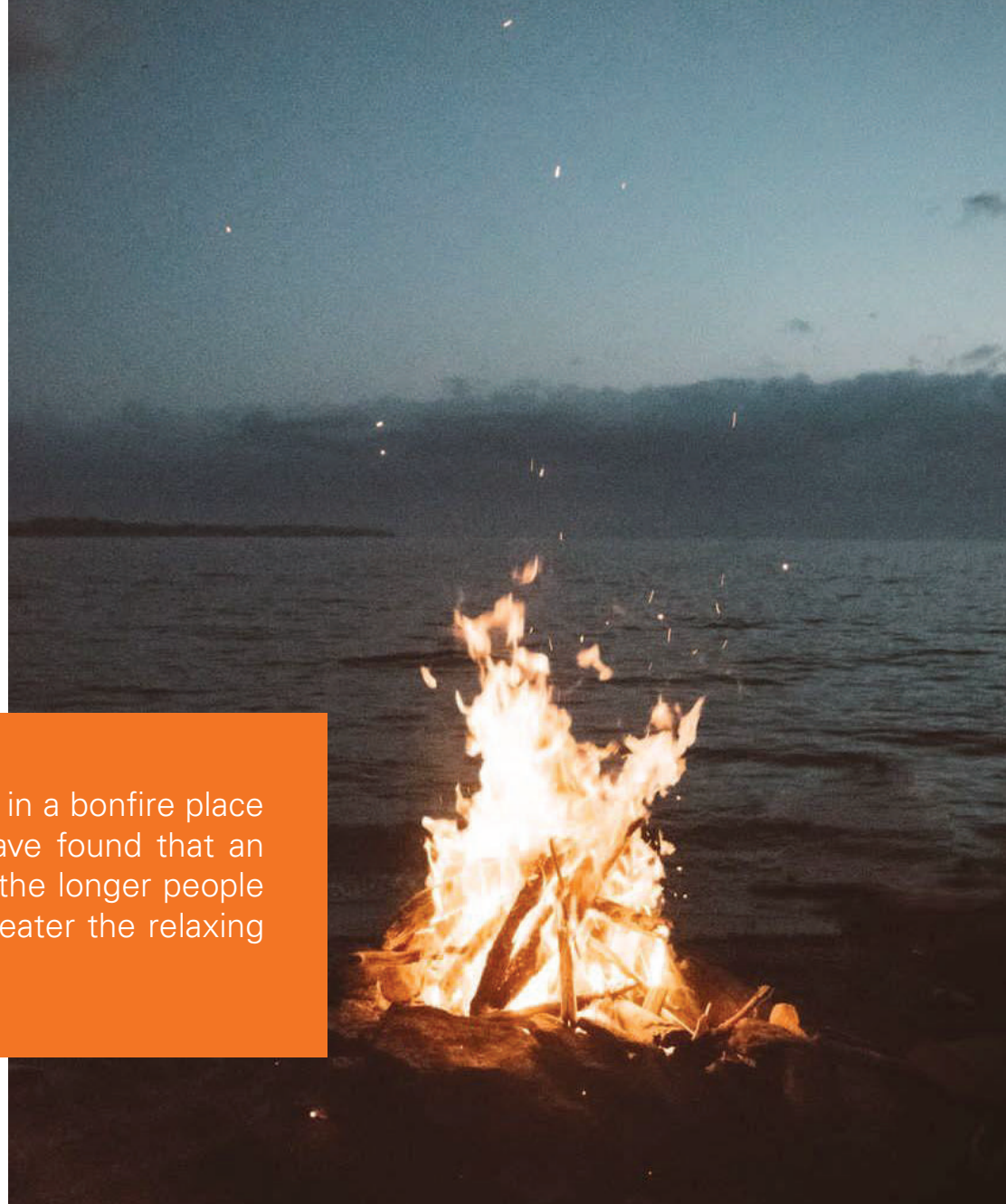
MOTIVATE



We should not give up when we are in a state where we can no longer move because the end of all darkness is light. Success is not to accept failure to leave every hope, it is accepted failure that you will be hopeful you never fail on it again.



When I feel stressful, I want to be in a bonfire place beside to the beach, scientists have found that an open fire reduces blood pressure the longer people sit in front of a roaring fire, the greater the relaxing effect it has on them





The feeling I have on a bike is freedom, I feel wherever I am or wherever I am going. I never feel obliged to take the same route when I am on a cycle path. I can choose to go where my well takes me. I can go where I want, when I want and how quickly. that's why I love bicycle



Looking at the water gives me hope, happiness and relaxation, it puts me in a good mood no matter how hard time I am having, it makes me hopeful and helps me to focus the bright side of my life.





In my opinion ship is like a goal of our life in which we must have specific goal to reach that goal we have to travel a distance no matter how long it takes days or even years to reach that goal we must not stop.



I learn lots of things from this beautiful and nice training that can help me in my future life also it was very grateful for my boring times that I couldn't spend it without doing anything. When I start this training with my own group, I learned that how to lead a group, how to lead a big society. I think we should start from small things, small groups like if I want to reach to my goals first, I should lead one person than 2 persons and like this a group a big group and then a big society. So, it was so amazing for me I enjoyed a lot with my group and with my friends. I love it!

Zohra

It was a great experience for me, I got the chance to learn many things and had a great teamwork experience.

Uranus

The activities we had were so good that we got busy, stayed away from misplaced thinking, and had a good teamwork.

Ahmad Zya Sareer

Feedback by Youth!

It was a great experience that we had together and for me each day that we have spent was valuable moment of my life.

Amar Toofan

The training and programs that we had made young's more intimate and united. We had a great time and young could get away from depression by help of this training.

Omid Amiri

It was really fun, I had a great time with group and also with youth training, I learned how to be a good leader and also I learned how to spend my time in important and useful ways.

Noria Ibrahimi

I'm grateful for the experience that I had, in which I met wonderful people, they taught me the importance of teamwork and thoughtfulness in addition made memories.

Mohammad Emal Mosawer

Creative Minds & Motivational Group!



This training was extremely enjoyable, informative, and amazing to me, I had the opportunity to know new people and gained lots of experience, skills, and knowledge.

Sanam Rasoli

These programs that we had made us avoid wasting time and we learned a lot from the trainings that were in the class. We had a good group work with our friends.

Ahmad Salim Safa

Thanks to entire team of this wonderful training. We appreciate them heartily both trainers and contestants. Overall, we learned very useful things from this training which had teamwork, some exercises, playing games, sharing ideas etc. An educational, economics, recreational and information training, which was useful and usable in every way for everyone. Also, during this training, we had joy, fun, happy moments, and unforgettable memories with each other.

Faisal

First of all, thanks a lot for Rafaela, Nooria, and Zohrah who made such a program. And thanks, from members which participate in this class with us we had good days. We had group work, training, exercises, some games with their meaning. We had happy and memorable days

Matin

I would like to thank all of you for doing everything, I really had unrepeatabe days with all of you I had never seen, wish you all the best May the grace of God be with all of you, protecting you always from any harm! Best wishes and good luck! Lots of thanks to Rafaela for doing her best for us.

Talha Tofan

Special thanks for Rafaela, Nooria Ibrahimi, and Zohra Mohammad Zai and all members of Group. We had great time together. I hope you also achieve your dreams and your distention

*Thanks Regard,
Hussain Rahimi*

Dear youth!

Tdh family is proud that during this journey together you have embraced new values and ideas that will bring positive changes in your life. This opportunity allowed us to know better each - other and learn and grow together.

Through "You Create", you have started the journey of discovery, learned to build strong relationships with your peers, and use arts to create positive change in your communities.

We are grateful to all of you for becoming part of our family and sharing wonderful moments together.

We wish you success and best of luck!



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