

# HUB

HUMANS BREMEN

#0 / MARCH 2016

PERSPEKTIVEN AUF DEN  
LEBENSALLTAG VON  
GEFLÜCHTETEN IN BREMEN



Arts **AZIM FAKHRI, NASER W. AGHA & SULAIMAN EDRISSY** | P. 06

Story of Success  
**SYRIAN EXPAT PHILHARMONIC  
ORCHESTRA** | P. 10

Routes to Bremen  
**JUNGLE, DESERT, SEA** | P. 04



# EDITORIAL

**Wow!** Right now you are reading the first line of the first issue of HuB - that means a lot to us. HuB is a Bremen-based magazine project. The idea is to create a space in media where people who had to flee from their home countries can tell their stories from their own point of view. HuB wishes to raise awareness and mutual understanding for the challenges of starting a new life in Bremen.

The first issue offers perspectives on experiences made while fleeing, stories of success and reports on events that connect locals and the recently arrived. Gkristo tells us about his daring journey from Eritrea to Germany. In an interview we learn how Syrian musician Raed Jazbeh founded a philharmonic orchestra. Three artists from Syria and Afghanistan present their artwork. The fact that many are excluded from the governmental integration courses is criticized from an afghan point of view. A flashlight is cast on sports activities. You can also find reports on different intercultural events that have taken place lately. The final two pages give an overview on groups and initiatives around Bremen that offer support for refugees.

By now you may have noticed that we don't like to use the word „refugee“: Most of our team had to flee from their countries themselves and are irritated with constantly being titled like that. In our opinion, the label highlights the feature of having fled but at the same time obscures all other properties that make up a human. Mainstream media constantly use „Flüchtlingshilfe“, „Flüchtlingspolitik“, „Flüchtlingskrise“, „Flüchtlingsdrama“ etc. These words create a social gap between people and imply a feeling of hierarchy and threat.

But HuB is about human stories. It is created by and addressed to all the humans of Bremen that like to share viewpoints and stories related to escape and reorientation from the subjective angle. That is why we take the risk of sounding kitsch and choose „Humans Bremen“, short HuB as the title for our project.

Now, we hope you enjoy reading the first issue of HuB. Comments, criticism and above all contributions are very welcome. Please don't be shy to write and share your ideas and stories in your mother tongue. The current members of the HuB-team primarily speak English, Arabic, Persian and German and we would love to increase the number of languages in the next issue.

## HuB

TAKE CARE EVERYONE

# HuB

## HUMANS BREMEN

### TABLE OF CONTENTS

- ROUTES TO BREMEN:**  
JUNGLE, DESERT, SEA ----- 04
- ART:**  
PHOTOGRAPHY BY SULAIMAN EDRISSY -- 06  
GRAPHIC DESIGN BY AZIM FAKHRI ----- 07  
PAINTING BY NASER N. AGHA ----- 08
- CRITICISM:**  
ON THE CULTURE OF NON-EDUCATION  
IN AN AFGHAN BIOGRAPHY ----- 09
- STORY OF SUCCESS:**  
A TALK ABOUT THE SYRIAN EXPAT  
PHILHARMONIC ORCHESTRA (SEPO)  
WITH RAED JAZBEH ----- 10
- EVENTS:**  
COMMUNAL COOKING ----- 12  
INCA-EVENT ----- 14  
IMPRESSIONS FROM THE  
SOMALIAN COMMUNITY ----- 15
- IN MOTION:**  
FLASHLIGHTS ON  
SOCCER, TABLE TENNIS  
AND "FITTE MÄDCHEN" ----- 16
- INFO PAGES:**  
OVERVIEW ON USEFUL INITIATIVES,  
PROJECTS AND GROUPS ----- 17

Wie sieht ein Tag im Schwebezustand zwischen Asylantrag und Anerkennung aus? Geflüchtete lassen Bilder sprechen und zeigen ihren Blick auf Bremen. Die Fotos entstanden im Projekt ein.Weg → [www.ein-weg.tumblr.com](http://www.ein-weg.tumblr.com)



## JUNGLE, DESERT, SEA

The story of an Eritrean who travelled 9000 km in three months to Bremen

**My name is Gebrekristos.** I came from Eritrea. I couldn't stay in my country. On May 5th of 2014 I decided to escape – illegally, since I was in the National Service. I initially started my journey walking for ten hours through the jungle. There are wild animals like hyena, but I was more afraid of Eritrean soldiers who would have imprisoned me for years.

On the Sudanese border, I found shepherds who gave me milk and water, and directed me towards a refugee camp. I found many Eritreans there. After two days, the representative sent us to a camp in another village which holds thousands of refugees. Life was miserable there. I decided to leave Afrika for good and started the journey towards Karthoum, the capital of Sudan. We journeyed through the night in small Toyota pick-up cars. 27 people were in one car. When we arrived in Karthoum, everyone paid 200\$. I stayed there for two weeks.

Even though I knew I could die on the way, on June 20th of 2014 I decided to cross the biggest desert in the world, the Sahara, to go to Libya. There is no living thing, no water, it is just full of sand. The sunrays are harmful, the winds are strong. 120 people were gathered. We drove all in one truck with food and water supplies. But nobody was allowed to touch them. We got rest only

one hour in the middle of the day. That was when they gave us some food and water. During the night, they did not drive not to lose the direction. If we would have lost it once, we would have been lost forever.

After travelling for 4 tiring days, we arrived at the Egypt border. The drivers dropped us with the food and water. A few minutes later, we could see dust in the air far away from us. It approached us, we recognized small cars. They were flying like bullets followed by a heavy dust and five pick-up Landcruisers stopped beside us. Some men stepped out of the cars. They were holding metal sticks and started shouting and hitting us just like animals to scare us without any reason. They were trying to make us afraid of them. We didn't fight back because they would leave us in the desert.

The Sudanese drivers left. We were alone with men who were just like wild animals. The Sudanese had been kinder than the Libyan drivers who were on drugs and acted crazy. We were divided into five groups and loaded onto the cars like stones. The food and water were left behind. Everyone was allowed to keep one bottle of water only. They were driving with a high speed. Suddenly our driver lost control which caused an accident: the car rolled on the ground

three times and remained upside down. I remember the situation: Our group was thrown into the air and dropped to the ground just like rain drops. At first I was not sure whether I was alive or not. I was shocked. Slowly I tried to stand and found myself alive. What I saw in the field is an unforgettable memory: everybody was on the ground and were struggling with pain. The driver slowly got out from the window. The other drivers came to help him. They didn't care about the injured people laying on the ground. 10 people were seriously injured.

Two men and one woman were killed. We collected the wounded and buried the dead. We could do nothing to help the wounded. We just tried to bandage their wounds with pieces of cloth. The Libyans tried to repair the broken car. But they couldn't. Three groups resumed the journey. We were left for three hours along with another group.

Two cars came back. They pulled their knives and made us load the wounded onto the damaged car. The damaged car was pulled with one of the cars. The wounded were crying but the drivers laughed at them. After two hours, we reached the rest of the group. They were so worried about the others and stood up to find out who was dead and who was still

alive. But the boss shouted: "Sit down animals". We were shocked, looked at each other and wondered "Are they even human beings?"

They unloaded us and told us that they would be back the next morning. The time was 2:30pm with very strong sunshine. We agreed not to drink much water and to collect it in one place. We cared for the wounded with painkillers and infection pills. Someone had bandaged their wounds. Everybody was under pressure and afraid that the drivers would not come back. Fortunately they came back after four hours. The engine of the broken car was repaired. They drove us until midnight. Everybody was dropped on the ground and the drivers disappeared again. We were so tired and fell asleep immediately. It was so cold. Sahara has two extreme climates. During the day it is very hot and in the nights it gets very cold.

Like this we travelled for three days until we arrived close to the Libyan village Ejdabia. We had to change to a truck so the Libyan soldiers would not find us. After 30 minutes, the truck stopped and dropped us to the ground like stones. We realized that we were in a compound where hundreds of people were lying on the ground. The guards collected our belongings. We were so thirsty and hungry and worried about the women and children which we later found out that they were in a second hall. The guards brought water in a big can and we drank like camels. Later they came in with plates and distributed one plate among each group of people. It was our dinner, plain pasta without any spices. It was tasty because we were so hungry. But when I reached out for the plate for the third time it was already empty.

The hall was very hot, about 45°C. Nobody was allowed to speak so we preferred to sleep. There was only one toilet for hundreds of people. If someone wanted to use it, he had to line up first and wait for at least 30 minutes. The next morning, they told us to make calls to our relatives to pay 1800\$. Anyone who couldn't pay would remain in the hall for an unlimited time. In the evening the names of the people whose relatives had paid were called. Everybody was so eager to hear his name. My name was called the second day. I was so happy and mumbled „Glory to God forever! Thank you God!“ After seven days, we were loaded in one truck, including 5 women and drove for 20 minutes to another compound. There were two flat back lorries waiting. We were confused: How would they load us? They took ten people and opened a metal box. They ordered us to get inside. The journey was to reach Trablus, the capital

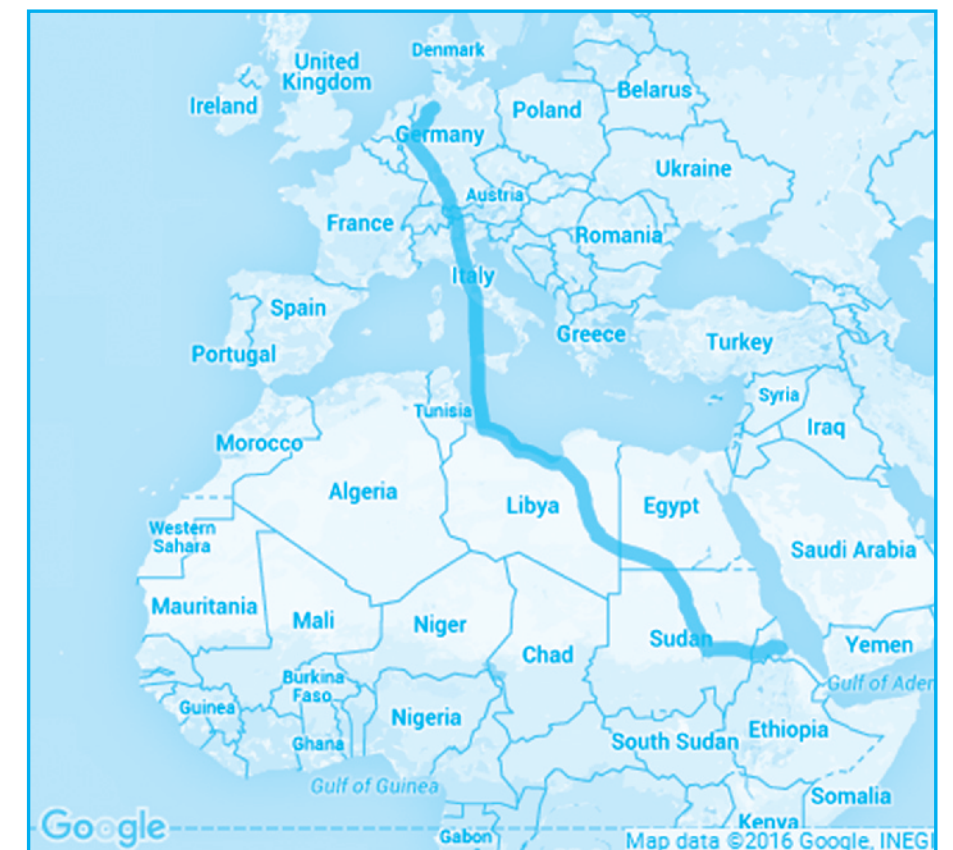
city of Libya. We knew that it would take 13 hours to get there. We were shocked and couldn't believe it but there was no choice. It was very hard. Our bodies were piled like woods with bad muscle pain. We travelled 14 hours without any break and arrived Trablus. When the driver opened the boxes, nobody was able to stand properly. We were distributed in old houses where hundreds of people were waiting. They told us to call our relatives again to pay 2000\$ in order to cross the most dangerous sea, the Mediterranean, to reach Italy.

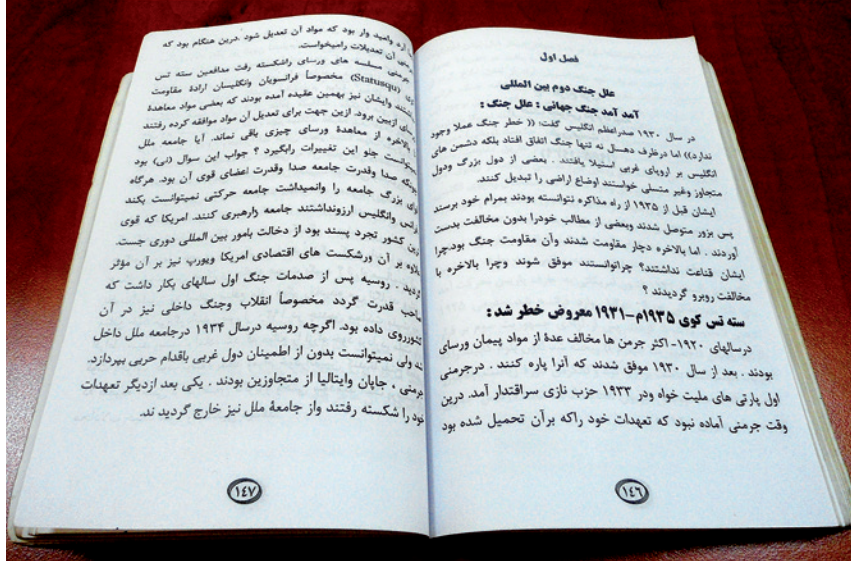
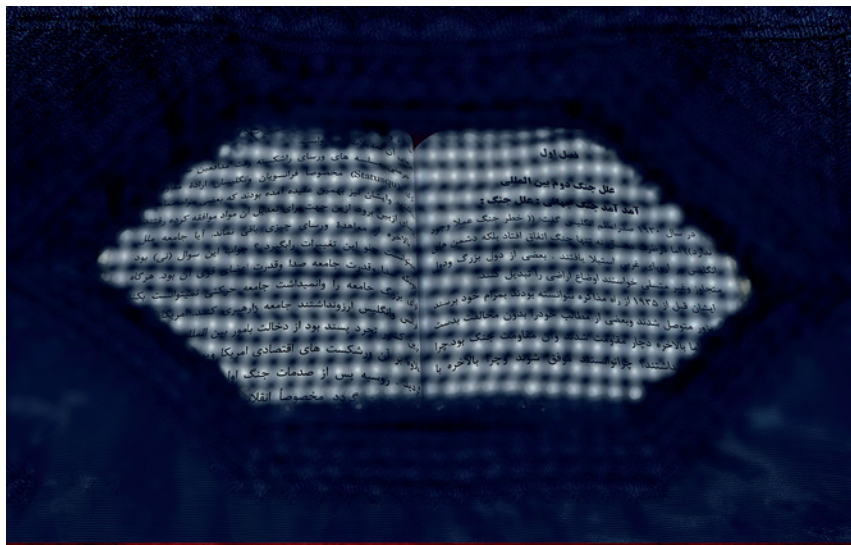
The ones who could pay were loaded inside containers onto a truck. It took almost three hours to the coast. With 130 people in one container it was a catastrophe. There was not enough oxygen and space, that's why we were all standing. After one hour some people fell unconscious. We could not do anything than give them some water and blowing air into their faces with pieces of cardboard. We were so happy when we arrived at the coastline undiscovered by the police. There were some small houses on the coastline where we were kept for one week. 500 people were gathered. Finally, we were told to slowly get out in groups and walk along the coastline for an hour. After thirty minutes a rubber boat with a small engine arrived and I was in the first group. After 10 minutes, we arrived to a bigger wooden boat and changed. We were praying to God to save our lives. The boat travelled through the night struggling with storms. After eight hours, we reached the international

water and the captain told us that the Italian emergency aid ships would come to help us in an hour. Everybody was so surprised and happy but six hours passed and no Italian ship came. Everybody was feeling bad and praying to God. Then we saw a light far away from us. The captain stopped sailing for 5 hours. But suddenly there was a ship approaching us. Everyone was stretching their hands to the sky thanking God. Most people couldn't control their happiness. We were crying and hugging each other. The ship was Italian.

They immediately tied a rope to our boat to stabilize it. I observed everyone changing the boats trying to recover from the past events. I started to cry again. Suddenly I heard that my friends were calling me since I was the last man left. I joined them very fast. We felt better on the Italian ship because it was modern. The wooden boat was floating on the waves like a balloon. One of my friends shouted: "Look...it is very small, how did we arrive here safely?" I told him: "We arrived here only with the help of God." And all my friends said loudly: "Glory to God forever!" and hugged each other. One hour later, we arrived at Lampedusa which is a small Italian island. It was July the 17th 2014 when I arrived in Europe. From Lampedusa the Italian distributed us to different cities by aeroplane.

I landed in Rome and stayed there for one month. After a month, I sought asylum in Dortmund. From there, I was sent to Bremen, the most peaceful place full of kind and social people. And I am so happy about living in Bremen.





**Sulaiman Edrissy** is an Afghan free-lance photographer born and raised in Kabul, Afghanistan. His artworks and photography have been part of group exhibitions both inside and outside Afghanistan. Sulaimans photography shows critical and positive pictures of Afghanistan and has been internationally published and printed in digital media. Since the beginning of 2013, his artworks focus on the lives of Afghan women. They are part of „Afghan Tales“ – a traveling exhibition around the world. Sulaiman is one of the Afghan refugees living in Bremen since mid 2014.

**Burqa** - Afghan women are not allowed to see the outside world – their world is limited to the four walls of their own houses. However, if there is any necessity for them to go out, they are forced to wear a Burqa. There are certain conditions on how to wear the Burqa. It must be large enough to cover the whole body of the women, its cloth must not be thin, but thick enough to prevent the „seductive“ limbs from showing through.

The Burqa cloth must furthermore not be colorful or decorated; the same goes for clothing that is worn underneath the Burqa. The women should not wear perfume. Neither garments and footwear that produce sound.

I bought a Burqa for some of my staged works. I tried it on and found that it is not only about covering the whole body with all those conditions of wearing but it also leaves a small webbed screen to see through. It was really difficult to breathe underneath. My sight was very restricted. I could not see to the right or the left – it felt like a blinkered horse. With the photographs I want to show the view through a Burqa veil and how difficult it is to see through it.

# ARTS

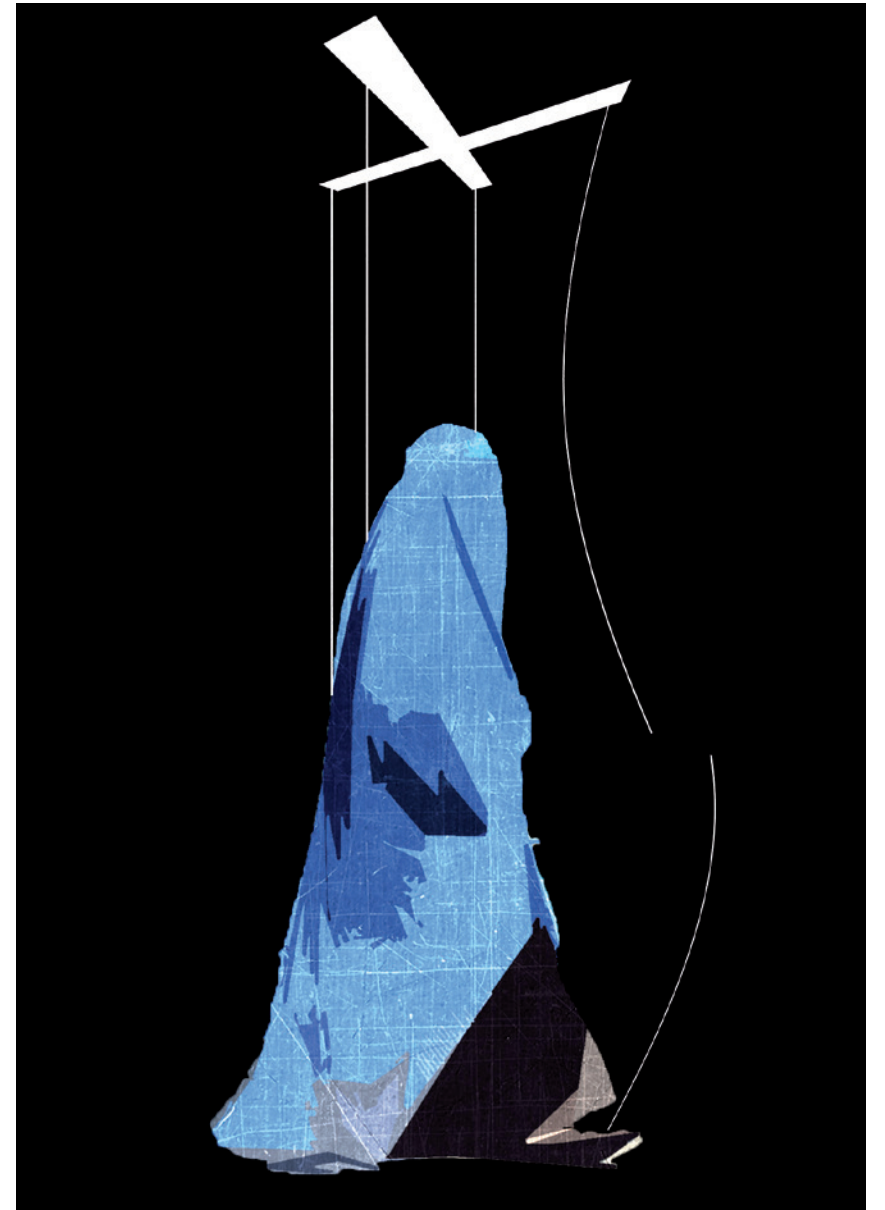
painting by Naser N. Agha,  
photography by Sulaiman Edrissy, graphic design by Azim Fakhri



**Azim** is a graffiti artist from Afghanistan currently based in Germany. He founded the projects Street Angels, Kabul Smiles and Kabul Knights. Through his arts, he wants to be the voice of the voiceless people, a shoulder to those who have lost their loved ones during the war and a messenger of peace. Azim chooses art to communicate with people of different language backgrounds.

He believes that there are many talented refugees who should not stop creating art. There are so many positive themes in Germany which need to be reflected through arts. Be it on walls, canvases or in music.

He also had exhibitions of his artwork in different cities in Germany and received much positive feedback and energy. His artwork is presented under:  
→ [www.kabulknights.com](http://www.kabulknights.com)



Peace is my destiny



A Nation of War



**W**e met Naser Nassan Agha for an interview at the gallery of Art 15, where he exhibited artwork created in Syria, Turkey, and Bremen. Naser is an artist from the city of Aleppo and arrived in Bremen four months ago. He has represented Syria with his beautiful art both locally and globally in a great number of art galleries and has won several local and international awards.

The gallery is narrow, but cozy and well lit. The bright blue and red colours in Naser's paintings catch the eye immediately. A closer look reveals letters from the ancient Syrian alphabet. Another characteristic of Naser's work is the display of architectural structures. According to the artist himself, his style depends on the employment of architecture in his artwork. He says he is moving between ancient buildings to recreate them based on the search of human perception.

Naser goes on intuitively answering the questions we had in mind. The city of Aleppo is the trestle for the views he provides in many of his paintings. Naser addresses multiple threats in his art, such as the dangerous power of the sea, especially when sitting in a small boat. He also focuses on the motif of women and motherhood. The mythological Goddess Ishtar represents love, war, fertility, and sexuality, and is present in a number of his works.

Naser's works were exhibited in several galleries in European metropolises such as Paris, Rome, Stockholm, and Madrid. The war could not stop the flow of his art. Together, with a number of other artists, he kept maintaining a gallery in the city of Aleppo. Their purpose was to emphasize that, despite all difficulties, the people of Syria have a deep-rooted culture of never giving up and the desire to stay alive is always present.

When the situation in Aleppo worsened further, Naser moved to Istanbul, Turkey, where he lived for one year. He participated in many activities and succeeded in establishing a gallery. From Istanbul, the artist moved to Bremen a few months ago. The city of Bremen has influenced his art, so he interweaves between his heritage and the beauty that he saw in this city in a harmoniously artistic way, introducing landmarks from Bremen and Aleppo in a number of his paintings. (Saleh Shehade)



From Feb. 4th–21st, Naser Nassan Agha's paintings have been exhibited at the Art15 in the Schnoorviertel. The Vernissage on Feb. 4th was attended by a great audience. Anja Stahmann, Senator for social affairs, children, youths and women held the welcoming speech

Arts

التقينا ناصر نعسان آغا في معرض الفنّ ١٥ لإجراء مقابلة معه، حيث يعرض أعماله الفنيّة التي رسمها في سورية و تركيا ومدينة بريمن. ناصر فنّان تشكيليّ من مدينة حلب السوريّة، وصل مدينة بريمن منذ أربعة شهور مضت. مثل سورية بفنّه الجميل على الصعيدين المحلي والعالمي بعدد كبير من المعارض، كما قد حصل على عدد من الجوائز المحلية والدولية.

صالة المعرض ضيقة قليلة لكنها مضاءة بشكل جيد و تبعث على شعور لطيف. الأزرق الساطع والأحمر في لوحة ناصر يخطفان الأنظار على الفور، وفي نظرة عن قرب تتضح حروف من أبجديةٍ سوريّةٍ قديمة.

يعتمد ناصر في أسلوبه على توظيف العمارة في رسم لوحاته والتنقل بين عراقية فنّ العمارة القديم وتطويره من خلال البحث في المفاهيم الإنسانية. متأثراً ومتعلقاً بمدينته، تُرى حلب في كثير من أعماله على أنها الحامل للرؤية التي يقدمها كما يقول. عالج الفنّان مواضيع متعددة في لوحاته كالبحر في اتساعه وغموضه وخطورته على الخائضين غماره. المرأة والأمومة والآلهة عشتار آلهة الحب والحرب والخصوبة والجنس كانت حاضرة أيضاً. كان له عدّة معارض فنيّة شخصيّة في أوروبا (باريس، مدريد، ستوكهولم، روما)، لم تعقه الحرب بل أقام مع عدد من الفنانين السوريين معرضاً على ضوء الشموع في مدينة حلب للتأكيد على أنّ الشعب السوري شعبٌ عريقٌ وذو حضارة لن يقف عند حد أبداً رغم كل الصعوبات وأن هناك رغبة في الاستمرار. بعد أن أصبح من الخطر جداً العيش في حلب انتقل الى مدينة اسطنبول، أقام هناك لمدة عام وشارك في عدّة نشاطات فنية، منها معرضه الشخصي الذي كان له صدها الواسع.

أثرت مدينة بريمن في فنّه فمزج بين الموروث الذي يمتلكه و الجمال الذي رآه في هذه المدينة بتناغم فنيّ فقدّم بريمن و حلب في عدد من لوحاته. امتدّ المعرض من الرابع حتى الواحد والعشرين من شهر شباط الفائت، في معرض الفنّ ١٥ في Schnoorviertel الذي استقطب حضوراً واسعاً على الصعيدين الفنّي والحكومي.

<http://agha-art.fairweben.de/naser-agma>  
<https://www.facebook.com/naser.agma>

## On the Culture of non-education in an Afghan biography

Criticism

**I** come from a country in conflict. My house was destroyed. My school was bombed. My ears have for long heard the sounds of bullets, rockets and explosions rather than a cheerful melody. My books were taken away and put on fire being considered propaganda materials. My family was driven over by a Russian military tank. I was raised in a refugee camp with scarce food and resources and spent years in the worst living conditions. I have almost breathed more polluted air with gunpowder and other chemicals than fresh and clean air.

My country was invaded by Soviet Union (Russia) who still consider themselves as invited guests for a feast of introducing civilization through the most de-civilized methods of destruction and war. Their civilization agenda cost us hundreds of thousands of lives, civil war, ethnic segregation, torture, religious fundamentalism/extremism, human rights violation, safe haven for international terrorists and so many other problems. It gave ground to proxy wars, causing millions to migrate.

I was raised in a country that was used as the best "fighting ring" for the cold war between the United States of America and Russia. Different ethnic and sectarian parties were provided weapons and financial means to drive out the Russian forces. The cold war ended with USA's interest; however, the country was left divided into various ethnic parties that inherited a generation of civil war, followed by a religious fundamentalist group called Taliban that later became the safe haven for Al-Qaeda and other international terrorists.

My life story continues, I was forced to be displaced several times within the country and finally migrated to the neighboring country where I had to start from scratch. I started living under the tents and through low paid jobs, moved myself into an almost fair living condition. Along with millions of Afghans I sought refuge in Iran where we were denied access to education and integration studies. The people of Iran complained about my illiteracy and low level of understanding of their cultural, economical and social structures and standards while me and the millions of Afghans were cut from the opportunity to access education and integration opportunities.

Yes, I am an Afghan and today I live in Germany where once again I am not allowed to take part in proper language and integration courses. I have registered my name in several language institutes; however, the responses so far have been that Afghans and also refugees coming from Somalia and Pakistan are not allowed to attend integration courses. They have to wait until they receive their answers from "Bundesamt". Receiving answers from "Bundesamt" will take years and it is a tragic time and opportunity loss for the people from these countries. While there are opportunities provided through social workers, I believe that the governmental bureaucracy introduces regulations that are simply senseless and denies the basic human rights of access to proper education. Education is the best gift one can give to an individual and is the only key through which the Afghans as well as Somalis and Pakistani refugees would be able to realize the root causes of their endless problems. As long as they are denied the access to education, their vulnerability will further increase. (Amir)



Foto: RolfSchoellkopf, www.re-note.de

بالفعل في ٢٠١٥ على تأسيس المشروع. حيث يجتمع الموسيقون السوريون من كل أنحاء الأتحاد الأوروبي للقيام بالتدريبات لتقديم الأعمال الأوركستراية للمؤلفين الموسيقين السوريين الى جانب الأعمال الأوركستراية العالمية، وبالفعل كان حفل إطلاق الأوركسترا في ٢٢ أيلول من نفس العام، في قاعة زنده زال في مدينة برلين بعد عمل متواصل وتحضيرات دامت ٩ أشهر. أما الحفل الثاني فكان في ٣ تشرين الأول ٢٠١٥ في قاعة فيردو في مدينة هيتساكار الألمانية. ماهي الصعوبات التي واجهتكم في البداية وحتى الآن؟

«أشد الصعوبات التي واجهتنا هي تمويل المشروع، وعدم وجود جهة راعية، وانتشار الموسيقيين حول أوروبا وتكاليف السفر والإقامة، لم نلتق أي دعم حكومي حتى الآن، قد تكون المشكلة في عدم معرفتنا بسبل التواصل مع الوزارات أو المنظمات المسؤولة عن دعم هكذا مشاريع فنية، أما المساعدة الرئيسية والعامل الأساسي في نجاحنا هو الدعم الحقيقي من السوريين والألمان المؤمنين بقدرتنا على الوصول لهذا الهدف، لم يبخلوا بالدعم المعنوي والمادي على حد سواء.

الأوركسترا الآن مسجلة رسمياً في جمهورية ألمانيا الاتحادية ولديها حقوق محفوظة ضمن اتفاقيات دول الأتحاد الأوروبي وفي طور تأسيس مؤسسة خاصة تهتم وتدير شؤون الأوركسترا الإدارية». عند سؤاله عن رسالة أوركسترا المغتربين السوريين أضاف:

travel costs, book locations for rehearsal and to organize concerts. We have not received any support from the government up to this moment. I think the reason might be that we are still inexperienced in communicating with ministries and organizations responsible for funding such projects. However, we have been blessed spiritually and financially with great support from Syrians and Germans who believe in our abilities.

Unfortunately the SEPO was recently registered in the Federal Republic of Germany and has the reserved rights of an orchestra under the terms and conditions of the European Music Council. We are now preparing to establish a special board dedicated to organize all of the orchestras affairs.

#### What's the message that SEPO aims to deliver?

SEPO is all about presenting the Syrian music to the world. We represent a 7000 year-old civilization. It was there before religion and it gave the world its first alphabet along with the first musical piece. In the shade of war, what can the Syrian musicians accomplish? We present our music to paint a different picture from the image of war and destruction which is focused in the media. Maybe we can draw some hope.

The interview was conducted by  
Anas AlShouhif.

#### SEPO's most recent concerts took place on March 8th and 9th in Berlin at Heinrich-Böll-Stiftung.

More concerts are planned for Bern, Switzerland in April and for Berlin and Bremen in August.

## أوركسترا المغتربين السوريين الفهارموني

الموسيقي السوري رائد جذبة مؤسس الأوركسترا ومديرها الفني، بدء دراسة الموسيقى منذ صغره في مدينة حلب، من ثم درس الموسيقى والفن التشكيلي في العاصمة دمشق، شارك كعازف او مؤسس او منظم في كثير من الأعمال الموسيقية والثقافية على المستوى المحلي والدولي. بعد تلقيه دعوة من كونسرت هاوس برلين للمشاركة في حفل مع أوركسترا الشباب العربي الفهارموني في شهر آب من العام ٢٠١٣، انتقل للعيش في مدينة برلين الألمانية.

كان لنا متعة اللقاء معه، وطرح بعض الأسئلة. متى بدأت فكرة تأسيس الأوركسترا و متى بدأ العمل بشكل جدي على تطبيقها؟

«بعد وصولي ألمانيا لاحظت أن عدداً كبيراً من الموسيقيين السوريين المحترفين يعيشون في ألمانيا خاصة وأوروبا عامة، حينها بدأت فكرة تأسيس أوركسترا سيمفوني سوري في أوروبا، وبدأت

## Syrian Expat Philharmonic Orchestra

Story of Success

**The Syrian musician** Raed Jazbeh is founder and artistic director of the Syrian Expat Philharmonic Orchestra. He started studying music in his childhood in Aleppo and later studied music and fine arts in Damascus. Ever since, Raed played a central role in many musical projects on local and international level. After he received an invitation from Konzerthaus Berlin to play with the Arabic Youth Philharmonic Orchestra in August 2013, Raed permanently moved to Bremen.

We had the pleasure to meet Raed and to ask him some questions.

#### HuB: When did the idea first come to your mind?

Raed Jazbeh: After I arrived to Germany, I noticed that many professional Syrian musicians live here and in other European countries. That gave me the idea of establishing a Syrian philharmonic orchestra in Europe.

«التركيز على جانب من جوانب الثقافة السورية، كحضارة عمرها ٧٠٠٠ سنة، حضارة وُجدت قبل نزول الأديان. حضارة انتجت أول أبجدية في العالم وأول قطعة موسيقية مكتشفة حتى الآن، في ظل الحرب، ماذا يستطيع الموسيقي السوري أن يفعل؟ نُؤدي موسيقانا لرسم صورة مختلفة عن صورة الحرب والدمار التي يركز عليها الإعلام، ربما نستطيع رسم بعض الأمل».

مؤخراً أقامت الأوركسترا حفلين في برلين بتاريخ ٨ و ٩ آذار في مقر مؤسسة هاينرش بول، ويتم التجهيز لحفل في برن - سويسرا في شهر نيسان، وحفلين آخرين في برلين وبرلين في شهر آب.

تستطيعون متابعة آخر أخبار ونشاطات الأوركسترا على الصفحة الرسمية:

www.facebook.com/Syrian-Expat-Philharmonic-Orchestra-SEPO

#### When did the serious work begin?

I started the actual work in 2015, when the Syrian musicians met from all over the European Union to rehearse. It was on September 22nd, when the SEPO had its first concert at the Sendesaal in Bremen after 9 months of hard work and preparation. The second concert took place on October 3rd, 2015 at the Verdo in Hitzacker, Germany.

#### And what are the obstacles that you have been facing since you began?

Our biggest fear was the lack of financing as we did not have any official sponsor. It became very difficult for us to manage all the musicians around Europe, to afford



For the latest news and activities of the orchestra visit:  
→ [www.facebook.com/Syrian-Expat-Philharmonic-Orchestra-SEPO](http://www.facebook.com/Syrian-Expat-Philharmonic-Orchestra-SEPO)



## Bremerinnen und Geflüchtete kochen und essen gemeinsam

EVENTS

**Wir öffnen die Tür** des Freizeitheims, kommen in den Flur und schon riecht es lecker nach Essen. Wir hören Stimmen auf Arabisch, Kurdisch, Persisch und Deutsch. Als wir den Saal betreten, werden wir freundlich von Brigitte begrüßt. Sie steht bei einer Gruppe von Männern, die mit ihren Familien zum wöchentlich stattfindenden Kochen gekommen sind. Durch den Raum schwirren ca. 20 Frauen, Männer und Kinder aus Syrien, Afghanistan, dem Iran und Bremen. Fünf Tische sind schon gedeckt. Viele verschiedene Gerichte sind auf einem Tresen angerichtet. Es gibt Salat mit Granatapfelkernen, Bratkartoffeln, Fisch, „Maklube“ (Reisgericht mit Gemüse, Nüssen und Hühnchen), gebratenes Gemüse und zum Nachschmecken Grüte, Pudding und Ananas. Der Geruch und das Aussehen der Speisen bringt Erinnerungen zurück.

Wir sind ein bisschen spät dran. Das Essen ist fertig, gerade wird die Küche aufgeräumt und letzte Hand an die Speisen gelegt. Vorfreude liegt in der Luft. Die Szenerie macht uns neugierig, wie die Gruppe von Menschen mit den verschiedensten Hintergründen zum Kochen und gemeinsamen Essen zusammenkommt. Also fragen wir drauflos.

يضيف (فرحان): السكان المحليون الذين قابلتهم يفيضون بروح المشاركة والمساعدة. علينا جميعاً رفض أي حواجز بيننا. نحن الآن نتعرف على مجتمعهم ونقدم مجتمعنا، نحترم طريقة تفكيرهم ويحترمون طريقنا، نأخذ منهم ونعطي في المقابل، لكن أجمل ما في الأمر بعد انتهائنا من إعداد كل شيء أن نجلس جميعاً على طاولة واحدة بالرغم من جميع اختلافاتنا. وهذا ما فعلناه تماماً، جلسنا برفقتهم، استمتعنا بالوجبات اللذيذة، فيما نتبادل الحديث مع أختين صغيرتين شاركتنا مائدتهما، وقد كنا نتنقل بحديثنا بين اللغات الإنكليزية والعربية والألمانية.

„Essen zuzubereiten, das du von zu Hause kennst, ist eine gute Methode gegen Heimweh“ meint Brigitte, eine der Organisatorinnen der Initiative. „Wir fragen die Teilnehmer, was sie gerne kochen wollen, bekommen Einkaufslisten und besorgen die Zutaten – manchmal ist es schwierig, an die richtigen Gewürze zu kommen“.

Der gelernte Koch Yousuf erzählt uns, wie er von der Idee gehört hat: „Eines Tages kamen sie zu dem Camp in dem wir leben und erzählten uns von ihrem Vorhaben. Sie holen uns mit ihren Autos ab, damit wir hier sein können. Denn viele von uns haben keine Busfahrkarten oder Fahrräder. Nur so geht es. Wir setzen uns zusammen und besprechen die Gerichte, die wir kochen wollen – verschiedene Gerichte, um die Küche aus Ost und West zusammenzubringen“.

Auf die Frage, was ihm hier am wichtigsten ist, antwortet Yousuf: „Es ist das Gefühl der Zusammenarbeit. Das Teilen unserer Rezepte und Gewürze, die Kultur, die Sprache. Dabei versuchen wir meistens, Deutsch miteinander zu sprechen. Es macht viel Spaß und ist eine gute Möglichkeit, die Sprache zu lernen. Wir wissen jetzt fast alle Namen für Früchte,

هذا اللقاء المتنوع. «إعداد الطعام الذي كنت معتاداً على تحضيره طريقة جيدة لمواجهة الحنين إلى بلدك الأم. نحن نسأل المشاركين ماذا يرغبون في تحضيره؟ نجهز قائمة بالمكونات ونذهب للتسوق، في بعض الأحيان نجد صعوبة في إيجاد بعض التوابل.»

يوسف طاه أخبرنا كيف علموا بهذه المبادرة: زارونا في المخيم الذي نعيش فيه الآن وأخبرونا عن نيتهم، يقولون بسياراتهم الخاصة من المخيم إلى مركز الأنشطة، لا تملك بطاقات مواصلات ولا دراجات هوائية، لذلك هذه الطريقة الوحيدة التي تمكننا من الحضور. نتشاور فيما بيننا عن أنواع الوجبات التي سنحضرها، وجبات مختلفة تجمع أطعمة الشرق والغرب.

عندما سألتها: ما مدى أهمية حضورك إلى هنا؟ قال: هي روح العمل الجماعي، مشاركات وجباتنا وحضارتنا ولغتنا وحتى توابلنا، على الرغم من محاولتنا التكلم باللغة الألمانية معظم الوقت، هي فرصة جيدة بالطبع للتعلم، الآن نعلم أغلب أسماء الخضراوات والفواكه، وأدوات المطبخ. يقضي أطفالنا وقتاً ممتعاً ومفيداً بعيداً عن فوضى المخيمات والرتابة اليومية التي لم تعد تطاق، لا يملك أحد منا مطبخه الخاص، لذلك هذه الفرصة الوحيدة لتحضير طعامنا الذي نفتقده كما نفتقد كثيراً من التفاصيل والأشياء.

Gemüse und Geräte. Unsere Kinder haben eine gute Zeit abseits vom Chaos und der unerträglichen Routine des Camps. Niemand von uns hat eine Küche, also bekommen wir hier die Möglichkeit, wieder Gerichte zu kochen, die wir sehr vermissen“.

Farhan fügt hinzu: „Die Bremer, die ich bisher getroffen habe, sind sehr hilfsbereit und teilen gerne. Wir müssen alle Grenzen abbauen. Hier lernen wir die deutsche Gesellschaft kennen und stellen unsere vor. Wir respektieren ihre Art zu denken und sie respektieren unsere. Wir haben von ihnen genommen und wir geben ihnen. Aber das Schönste ist: Am Ende sitzen wir mit all unseren Unterschiedlichkeiten gemeinsam an einem Tisch.“ Und so machen wir es dann auch: wir setzen uns, genießen das Essen und schnacken mit zwei jungen Schwestern im Zickzack zwischen Arabisch, Englisch und Deutsch.

(Bente Trumann, Anas AlShouhif)

## الطعمة بالجمعة

لم نتوقع أبداً أننا وفور وصولنا مركز الأنشطة الشبابية، سنجد رائحة الطعام الزكية التي فاحت في جو المبنى. سمعنا أصواتاً تتحدث العربية والكردية والفارسية والألمانية. لدى دخولنا القاعة استقبلتنا (Brigitte) بترحيب حار حيث كانت تقف مع مجموعة من الشبان الذين حضروا مع عائلاتهم للمشاركة في اللقاء الأسبوعي، القاعة تعج بعشرين شخصاً تقريباً، بينهم نساء وأطفال ورجال من سورية وأفغانستان، ومن مدينة برلين الألمانية. خمس طاولات، ووجبات مختلفة وضعت على طاولة خشبية على يسار القاعة، سلطات متنوعة، البطاطا المقلية، ووجبة المقلوبة، والخضار المشوي، ووجباتها أطباق التحلية، رائحة الوجبات وشكلها أعادت ذكريات من الماضي.

كنا متأخرين قليلاً، فقد انتهوا تقريباً من إعداد جميع الوجبات وهم يضعون اللمسات الأخيرة. وقد أثر فضولنا لمعرفة كيف تكونت هذه المجموعة من خلفيات متنوعة للمشاركة في إعداد وجباتهم المختلفة، فشرعنا في طرح أسئلتنا.

Brigitte إحدى المساهمين في تنظيم هذه المبادرة تخبرنا عن فكرتها الأساسية الكامنة وراء



## Internationales Café – InCa

EVENTS



**T**he InCa (International Café) brings together people from all over the world to enjoy coffee, cake and culture. It is organized by a group of young people and takes place once every two months in different locations in Bremen.

The latest InCa took place at the “noon” in Theater Bremen. Different bands played live music. There was Kurdish music by “Azadi”, Ska and Funk by the “Freaking Dynamites” and Hip-hop and Freestyle by “Leon Fullah” and “Tony Energy”. An Afghan soloist spontaneously jumped in.

The location was full with hundreds of visitors. Among them were many children who came with their families. They had a good time at the kid’s corner: at a long table, the children could paint with water color and crayons. A reading nook provided children’s books and comics. But the main attraction for the children was undoubtedly having their faces painted with theater make-up. Countless fairies, animals and monsters ran around in the crowd. The grown-ups could enjoy playing the table soccer or browse the free clothes section. An information desk informed refugees on useful initiatives around Bremen.

The special thing about InCa is the diversity of its members, involving young people with different backgrounds. You can always support InCa events with ideas, music, donations or a helping hand. Everybody is welcome to join their regular meetings every Thursday at 8 p.m. at the Paradox (Bernhardstr.12, 28203 Bremen).

The next InCa will take place at Schwankhalle on 24th of April (Buntentorsteinweg 112, 28201 Bremen).

*Das InCa (Internationales Café) lädt Menschen aus aller Welt zu Kultur, Kaffee und Kuchen ein. Es wird von einer Gruppe junger Leute organisiert und findet alle zwei Monate an wechselnden Orten in Bremen statt.*

*Das jüngste InCa wurde im „noon“ veranstaltet, dem Foyer-Café im Theater Bremen. Über fünf Stunden spielten verschiedene live-Bands ihre Musik. Es gab kurdische Musik von „Azadi“, Ska und Funk von den „Freaking Dynamites“ und Hip-Hop und Freestyles von „Leon Fullah“ und „Tony Energy“. Spontan sprang außerdem ein afghanisch singender Solist ein.*

*Mehrere hundert Gäste füllten die Räume und den Hof. Unter ihnen waren auch sehr viele Kinder mit ihren Familien. Sie konnten in der Kinderecke eine schöne Zeit verbringen: An einem langen Tisch wurde mit Wasserfarben und Buntstiften gemalt und in der Lesecke gab es Kinderbücher und Comics. Die Hauptattraktion war aber zweifellos das Kinderschminken: zahllose Feen, Tiere und Gruselgestalten liefen durch die Menge. Für die Großen stand in einem Nebenraum ein Kickertisch. Außerdem gab es gespendete Kleidung zum Mitnehmen. An einem Info-Tisch konnten sich Geflüchtete über hilfreiche Bremer Initiativen informieren.*

*Das Besondere am InCa-Team ist die Vielfaltigkeit der Mitglieder. Es besteht aus jungen Leuten mit verschiedenen Hintergründen. Du kannst das InCa gerne mit Ideen, Musik, Spenden, Workshops, und Tatkraft unterstützen. Interessierte sind willkommen, am wöchentlichen Planungstreffen teilzunehmen. (Donnerstags um 20 Uhr im Paradox, Bernhardstraße 12, 28203 Bremen).*

*Das nächste InCa-Event findet am 24.04.2016 in der Schwankhalle statt (Buntentorsteinweg 112, 28201 Bremen).*

→ For contact information please look at the information section in the back of the issue.

## Impressions from the Somalian Community

EVENTS



KASOO BIXISTII KONTEENARKA  
IYO KA QAYB QAADASHADII NOLASHA.

**W**axaan aad ugu faraxsanahay in aan ka mid ahaa Soomalida nasiibka u heshay in ay casumaad rasmiya ka helaan warshada caanka ah ee Mercedes-Benz ee magaalada Bremen. Waxaan ku soo aragnay wax aad iyo aad noo xiiso galiyay. Gaar ahaan waxaan aad ugu faraxsanahay warbixinihii aan ka helnay kulamada aan ku qabanay DGB-Hausga ee Ururka Arbeit und Leben, gaar ahaan qeybtii na loogu sharxay waxa uu yahay Asyl iyo sharciyadiisa. Hadii ay suurtoagal tahay waxaan aad u jeclaan lahaa in na loo sii wado kulamadaas aan wax ka fa’iidaysanay. (Shakib Jama)

*Ich freue mich sehr, das Glück gehabt zu haben, dass ich bei der Besichtigung in der Firma Mercedes-Benz in Bremen dabei sein durfte. Es war für mich ein Erlebnis das ich nicht so schnell vergessen werde. Ich habe viele Dinge gesehen, die mir Sehnsucht oder den Wunsch gegeben haben, auch in so einer Firma zu arbeiten. Zudem hat es mich sehr gefreut an so vielen Informationstreffen im DGB-Haus teilgenommen zu haben, insbesondere hat mich das Thema Asyl und ihre Gesetze sehr angesprochen. Ich wünsche mir, wenn es natürlich möglich ist – an weiteren Informationstreffen in naher Zukunft teilzunehmen. (Shakib Jama)*

**W**axaan aad ugu faraxsanahay sida aan uga faa’iidaysanay siminaaradii ay noo suurta galiyeen Abeit und Leben iyo Mohamud Ahmednur Farah. Waxaan Siminaaradaas ka helnay, Iskuulo aan luqada ku barano, iyo isku diyaarin xirfadaha sida shoqooyinka Gacnta. Hadaanu fursadaas helin waxaanu maalin iyo habeenba fadhin lahayn konteenarada ku dhex yaal kaamamka.

### AUS DEM CONTAINER INS LEBEN

*Wir freuen uns, dass wir die Chance genutzt haben und die Seminare von Mohamud Ahmednur Farah und „Arbeit und Leben“ besucht haben. Durch diese Seminare haben wir berufliche und sprachliche Unterstützung bekommen. Damit können wir am Leben teilnehmen. Ohne diese Unterstützung wären wir Tag und Nacht nur im Container.*

**I**skasoo baxaayey in aan kula kulmayo wadanka jarmalka aroos soomaaliyeed oo lagu soo bandhigayo ciyaarihii dhaqanka wadankayga soomaaliya, aad ayaan arintaas ugu farxay.

*Als ich meine Heimat verlassen musste, habe ich nicht gedacht, dass ich in Deutschland auf einer Hochzeitsfeier meine traditionellen Tänze wiedersehen. Meine Freude war grenzenlos.*







## Flashlights on Soccer, Table Tennis and "Fitte Mädchen"

In Motion



**A** group of young Somalians meet on Sundays to play soccer at the grounds of Hastedter TSV. They play for pure enjoyment and don't care about the rules so much. If someone is caught fowling, he has to do pushups for punishment. The youths live together in the same camp close by the club. One boy tells us: „I want to play on a Werder team. If you know someone who can get me in there, please let me know.“

## ARRIBA, ARRIBA! OTRA VUELTA!

**Rami Karnous** (l.) currently trains refugees in different groups under the Werder Bremen flagship. He came to Germany from Syria years ago and is not only a table tennis coach but also uses his knowledge of Arabic to accompany refugees to offices or hospitals to help them with language obstacles.

Saleh (r.), is from Syria and plays in Werder Bremen's 4th league under Ramis supervision. He has high hopes of playing in the first league one day and wants to attend national and international competitions.

**The trainings are scheduled every Monday between 13:30-15:00 p.m., Gymnastikhalle Hemelinger Straße.**

**N**ach und nach betreten die Mädchen den hell erleuchteten Raum. In der großen Spiegelfront spiegeln sich ihre bunten Kleider und Kopftücher. Ich werde schüchtern beäugt. Trainerin Sharon ist schon da. Sie kümmert sich um den Abschluss der Musik. Koordinatorin Monika Duncan begrüßt die Mädchen: heute wird Zumba getanzt. Ich stelle mich vor. Ob ich ein bisschen beobachten und mitmachen dürfe, um einen Bericht zu schreiben? Ist ok. Aber bitte keine Fotos! Das ist einigen Mädchen sehr wichtig, denn sie haben Angst erkannt zu werden.

Die Musik wummert los. „Arriba-arriba-otra vuelta!“ Es sind lateinamerikanische Popklänge. Sharon strahlt uns durch den Spiegel an. Alle versuchen wir, ihre Bein- und Armbewegungen nachzuahmen – zum Takt versteht sich. Es ist nicht einfach und klappt nicht auf Anhieb. Aber Sharon ermuntert und lobt uns, es wird viel geschmunzelt und gelacht. Der Spaß steht im Vordergrund. „Fitte Mädchen“ heißt das Projekt, welches unter dem Dach von Werder Bremen entstanden ist.

Es soll geflüchtete und Bremer Mädchen in Bewegung und vor allem in Kontakt bringen.

Seit September 2015 werden im 8-Wochen-Takt verschiedene Sportarten vorgestellt. Begonnen wurde mit Korbball, gefolgt von Fußball. Bis zu den Osterferien wird getanzt: Hiphop, Zumba, Fitness. Als nächstes ist Tischtennis dran.

Ich frage, welche Sportart bisher die beliebteste war: manche Mädchen mochten Fußball am liebsten, andere favorisierten Korbball. Zumba aber scheint allen gefallen zu haben. Im Gespräch nach der Stunde erfahre ich noch einige Details: Das Projekt biete geflüchteten Mädchen, die in streng religiösen Gesellschaften aufgewachsen sind, einen Schutzraum, damit sie überhaupt sportlich aktiv werden können. Manche von ihnen haben das als kleine Kinder zuletzt gedurft. (Bente Trumann)

**Wer Lust hat, bei den „Fitten Mädchen“ mitzumachen, kann sich unter Tel.: (0421) 434590 melden.**

Die Gruppe ist ausschließlich für unbegleitete minderjährige Mädchen geöffnet.

## INFO PAGES

### ACOMPA

Mجموعة تطوعية لمرافقة اللاجئين والمهاجرين الى المديرية الحكومية، لمساعدتهم من خلال الترجمة للغة الإنكليزية وأيضا عدة لغات أخرى. المرافقة مجانية بالكامل. ويتم التعامل مع البيانات الخاصة بكم بكامل السرية. فقط اتصل بنا. الاثنى من الساعة ١٧:٠٠-٢٠:٠٠ الخميس من الساعة ١٠:٠٠-١٣:٠٠ [www.acompabremen.blogspot.de](http://www.acompabremen.blogspot.de) [acompa-bremen@riseup.net](mailto:acompa-bremen@riseup.net) ٠١٧٦ - ٩٩٩٢٩٢٠٦

### FemCafé

هو مشروع من قبل النساء وموجه للنساء والأطفال الذين يعيشون في برين، والذين قدموا مؤخراً الى المدينة، وخاصة الذين انانوا من تجربة النزوح من بلادهم، لقاء شهري يوفر مساحة للقاء وتبادل الأحاديث، والتعرف على أناس جدد، ومشاركة اهتماماتهن، الدعوى عامة وكل ما في الحفل مجاني. [www.femcafe-bremen.org](http://www.femcafe-bremen.org) [post@femcafe-bremen.org](mailto:post@femcafe-bremen.org) ٠١٦٠ - ٣٣ ١٣ ٧٤٠

### Flüchtlingshilfe Bremen

مجموعة على الفيس بوك مسؤولة عن تنظيم وجمع السلع الأساسية وتوزيعها على اللاجئين، مساعدة محلية باستخدام وسائل التواصل الاجتماعي. [www.facebook.com/fluechtlingshilfe](https://www.facebook.com/fluechtlingshilfe)

### Flüchtlinge Willkommen

مشاركة المسكن مع اللاجئين على مستوى جميع المدن الألمانية، تقديم المعلومات والاستشارات القانونية حول المساكن والتكلفة. [www.fluechtlinge-willkommen.de](http://www.fluechtlinge-willkommen.de) [hallo@fluechtlinge-willkommen.de](mailto:hallo@fluechtlinge-willkommen.de)

### Flüchtlingsinitiative Bremen

منظمة تقدم خدماتها للاجئين والمهاجرين من خلال مرافقتهم للمديرية الحكومية مجاناً، مع الحفاظ على سرية وخصوصية المعلومات. [www.fluechtlingsinitiative-bremen.de](http://www.fluechtlingsinitiative-bremen.de) [info@fluechtlingsinitiative-bremen.de](mailto:info@fluechtlingsinitiative-bremen.de) ٠٤٢١ - ٧٥ ٥٧ ٧٠

### Help a Refugee

مجموعة من المتطوعين لدعم ومساعدة طالبي اللجوء، تقديم الاستشارات القانونية، دورات لغة ألمانية، لقاء اسبوعي لمقابلة اناس محليين، تقديم المساعدة لإيجاد المسكن، حجز موعد عند الطبيب وخدمات مفيدة أخرى. [www.help-a-refugee.com](http://www.help-a-refugee.com) [info@help-a-refugee.com](mailto:info@help-a-refugee.com)

### InCa

انترناشيونال كافيه - المقهى الدولي، اجتماع الناس من جميع انحاء العالم - الموسيقى الحية - أنشطة للأطفال - قهوة وحلويات - معلومات مفيدة للاجئين. يقام الحفل كل شهرين في مواقع مختلفة في برين. لقاء اسبوعي للأعضاء كل خميس في الساعة ٨ مساءً. [www.facebook.com/InCa-Internationales-Cafe](http://www.facebook.com/InCa-Internationales-Cafe) [inca.bremen@gmail.com](mailto:inca.bremen@gmail.com)

### ACOMPA

Group of volunteers that accompanies refugees and migrants to government agencies and offices (like Jobcenter, Ausländerbehörde), to doctors or to other occasions. Accompaniment is voluntary, anonymously and solidary. [Monday 17-20 h, Thursday 10-13 h](http://www.acompabremen.blogspot.de) [www.acompabremen.blogspot.de](http://www.acompabremen.blogspot.de) [acompa-bremen@riseup.net](mailto:acompa-bremen@riseup.net) phone: 0176/999 29206

### FemCafé

FemCafé is a project by women for women and children who had to experience escape. Heart of the project is the café that takes place at the Mädchenkulturhaus every month. Also: language class and communal activities. [www.femcafe-bremen.org](http://www.femcafe-bremen.org) [post@femcafe-bremen.org](mailto:post@femcafe-bremen.org) phone: 0160/33 13 740

### Flüchtlingshilfe Bremen

bremen Facebook-group that organizes needed goods and distributes them among refugees. Locals help via the social network - quick and straightforward. [www.facebook.com/fluechtlingshilfe](https://www.facebook.com/fluechtlingshilfe)

### Flüchtlinge Willkommen

Places refugees in shared flats nationwide and offers information on legal issues and costs. [www.fluechtlinge-willkommen.de](http://www.fluechtlinge-willkommen.de) [hallo@fluechtlinge-willkommen.de](mailto:hallo@fluechtlinge-willkommen.de)

### Flüchtlingsinitiative Bremen

Flüchtlingsinitiative Bremen is an association that gives advice to refugees and migrants and accompanies them to the authorities. The offers are free, anonymous, confidential and solidary. [Tuesday 9-12 h, Thursday 10-14 h](http://www.fluechtlingsinitiative-bremen.de) [Bernhardstr. 12, 28203 Bremen](http://www.fluechtlingsinitiative-bremen.de) [info@fluechtlingsinitiative-bremen.de](mailto:info@fluechtlingsinitiative-bremen.de) phone: 0421/70 57 75

### Help a Refugee

Support for refugees and asylum seekers. Meeting with locals, help with finding an apartment and more. [www.help-a-refugee.com](http://www.help-a-refugee.com) [info@help-a-refugee.com](mailto:info@help-a-refugee.com)

### InCa

Meeting people from all over the world - live music - activities for children - coffee and cakes - information for refugees. Takes place every 2 months. Weekly plenum. [InCa-Internationales-Cafe](http://www.facebook.com/InCa-Internationales-Cafe) [bremen@gmail.com](mailto:bremen@gmail.com)

### ACOMPA - اكوپيا

متشکل از گروه رضاکاران است که پناجویان و مهاجرین را در ادارات مختلف حکومتی (مانند مرکز کار، اداره امورات خارجه)، پزشک ویا هم سایر مکان های لازم همراهی میکنند. همراهی بصورت رضاکارانه، سری و همبسته انجام میشود. ساعت کاری: دوشنبه ها ساعات ١٧:٠٠ - ٢٠:٠٠ شب، سه شنبه ها ساعات ١٠:٠٠-١٣:٠٠ [www.acompabremen.blogspot.de](http://www.acompabremen.blogspot.de) [acompa-bremen@riseup.net](mailto:acompa-bremen@riseup.net) ٩٩٢٠٦ ٩٩٩/٠١٧٦

### FemCafé - قيم كافه

قيم كافه پروژه است که توسط زنان برای زنان و اطفال که تجربه فرار ازکشورهایشان را داشته اند، می باشد. قلب پروژه را كافه تشکیل میدهد که ماه یکبار در مدرسه کلچرهاوس (Mädchenkulturhaus) برگزار میگردد. همچنین کلاس های زبان و فعالیت های اجتماعی نیز برگزار میگردد. [www.femcafe-bremen.org](http://www.femcafe-bremen.org) [post@femcafe-bremen.org](mailto:post@femcafe-bremen.org) ٠١٦٠ - ٣٣ ١٣ ٧٤٠

### Flüchtlingshilfe Bremen

فلوختلینگس هلفه برین - گروه فیسبوکی که وسایل موردنیاز را تنظیم نموده و آنان را میان پناهجویان توزیع مینماید. مردم محل از طریق شبکه های اجتماعی، بصورت سریع و مستقیم همکاری می نمایند. [www.facebook.com/fluechtlingshilfe](https://www.facebook.com/fluechtlingshilfe)

### Flüchtlinge Willkommen

فلوختلینگه و لکومن - برای پناهجویان خانه های مشترک در سرتاسر آلمان پیدا کرده و معلومات درمورد مسایل حقوقی و مصارف آن ارائه میکند. [www.fluechtlinge-willkommen.de](http://www.fluechtlinge-willkommen.de) [hallo@fluechtlinge-willkommen.de](mailto:hallo@fluechtlinge-willkommen.de)

### Flüchtlingsinitiative Bremen

فلوختلینگس انشیتیف برین - فلوختلینگس انشیتیف برین نهادی است که مشورت های لازم را برای پناهجویان و مهاجران ارائه نموده و آنان را در ادارات مختلف همراهی میکند. مشورت های این نهاد بصورت رایگان، ناشناس، سری و همبسته می باشد. سه شنبه ها بین ساعات ٩:٠٠-١٣:٠٠، پنج شنبه ها بین ساعات ١٠-١٤، آدرس: ١٢. Bernhardstr. 12, 28203 Bremen [info@fluechtlingsinitiative-bremen.de](mailto:info@fluechtlingsinitiative-bremen.de) [www.fluechtlingsinitiative-bremen.de](http://www.fluechtlingsinitiative-bremen.de) ٠٤٢١ / ٧٥ ٥٧ ٧٠

### Help a Refugee

کمک به پناهجو - کمک به پناهنده و پناهجو. ملاقات با مردم محل، کمک در دریافت خانه/آپارتمان وغیره. [www.help-a-refugee.com](http://www.help-a-refugee.com) [info@help-a-refugee.com](mailto:info@help-a-refugee.com)

### InCa

انکا - ملاقات با افراد از سراسر جهان - موسیقی زنده - فعالیت ها برای اطفال - کیک و قهوه - معلومات برای پناهندگان، هر دو ماه یکبار با نشست های هفته وار. [www.facebook.com/InCa-Internationales-Cafe](http://www.facebook.com/InCa-Internationales-Cafe) [bremen@gmail.com](mailto:bremen@gmail.com)

**infopointbremen.de**

صفحة الكترونية ألمانية-إنكليزية تحوي على إرشادات للوصول إلى أغلب المعلومات المفيدة و وسائل الإعلام كالصحف والكتب، متوفرة بعدة لغات.  
**www.infopoint-bremen.de**  
**info@infopoint-bremen.de**  
 ٧٨٩١٣ - ٠٤٢١

**Language mentoring**

لقاءات تجمع شخصين يتحدثان لغتين مختلفتين، لمساعدة بعضهم البعض في تعلم اللغة الجديدة.  
 الخميس من الساعة ١٥:٠٠ حتى الساعة ١٧:٠٠  
 Bremen ٢٨٢٥٩, ٢٣ Tegeler Plate  
**www.caritas-bremen-nord.de/02c.jugendmig.html**  
**e.haverland@caritas-bremen-nord.de,**  
**r.lautenbach@caritas-bremen-nord.de**  
 ٣١ ٠٧٧ ٦٦ - ٠٤٢١

**MediNetz**

مركز استعلامات يقدم النصح والإجابة عن الأسئلة المتعلقة بالشأن الصحي للاجئين والمهاجرين والذين لا يملكون ثبوتيات رسمية.  
**www.fluechtlingsinitiative-bremen.de**  
**/?q=medinetz**

**Projekt „enCourage“**

مشروع يساعد اللاجئين في التحضير لمقابلة الاستماع الاولي في مبنى Bundesamt für Migration und Flüchtlinge (BAMF)  
**www.bremer-rat-fuer-integration.de/termine/?id=774**  
**n.engel@awo-bremen.de**

**Qigong for refugees**

مدرسة «دايو يوان» تقدم صفوفاً خاصة للاجئين وذويهم.  
 Bremen-Walle, ١٥٥ Steffensweg  
**www.qigong-daoyuan.net**  
**info@qigong-daoyuan.net**  
 ٩٦٧٦٥٩٨ - ٠١٧٤

**Refugio Bremen**

مركز لتقديم المشورة النفسية والعلاجية للاجئين والناجين من التعذيب. الجلسات مجانية ومتوفرة بلغات متعددة، مع الحفاظ على خصوصية الزائرين، والمعلومات المقدمة منهم.  
 Bremen ٢٨٢٠٩, ٤-٢ Parkstraße  
**www.refugio-bremen.de**  
**info@refugio-bremen.de**  
 ٤٩ ٠٧ ٣٧٦ - ٠٤٢١

**Theater project „Life in the Diaspora“**

هل عمرك ما بين ١٤ و ٢٧ سنة وترغب في المشاركة في العرض المسرحي مع شباب من كل أنحاء العالم؟ انضم لورشة العمل.  
**www.bremer-welttheater.de**  
**chinelo-theaterhaus@gmx.de**  
 ٧٩٠١٢٩٧١ - ٠٤٢١

**infopointbremen.de**

German-English homepage that helps you find information and media like newspapers and books in different languages.  
**www.infopoint-bremen.de**  
**info@infopoint-bremen.de**  
**phone: 0421/789 13**

**Language mentoring**

Brings together language tandems in Bremen.  
 Thursday 15-17 h  
 Tegeler Plate 23, 28259 Bremen  
**www.caritas-bremen-nord.de/02c.jugendmig.html**  
**e.haverland@caritas-bremen-nord.de,**  
**r.lautenbach@caritas-bremen-nord.de**  
**phone: 0421/ 66 077 31**

**MediNetz**

Advice center for medical questions for refugees, immigrants and people without papers.  
**www.fluechtlingsinitiative-bremen.de**  
**/?q=medinetz**

**Projekt „enCourage“**

„enCourage“ helps refugees to prepare for the primary hearing at the „Bundesamt für Migration und Flüchtlinge“ (BAMF)  
**www.bremer-rat-fuer-integration.de/termine/?id=774**  
**n.engel@awo-bremen.de**

**Qigong for refugees**

The „Dao Yuan“ school offers Qigong classes especially for refugees and their guardians.  
 Steffensweg 155, Bremen-Walle  
**www.qigong-daoyuan.net**  
**info@qigong-daoyuan.net**  
**phone: 0174/9676598**

**Refugio Bremen**

Center for psychosocial and therapeutic counselling for refugees and survivors of torture - a „sanctuary for the soul“. The offers are multilingual, free and confidential.  
 Parkstraße 2-4, 28209 Bremen  
**www.refugio-bremen.de**  
**info@refugio-bremen.de**  
**phone: 0421/376 07 49**

**Theater project „Life in the Diaspora“**

You are between 14 and 27 years old and like to play theater with youths from all over the world? Join the workshops.  
**www.bremer-welttheater.de**  
**chinelo-theaterhaus@gmx.de**  
**phone: 0421/79012971**

**infopointbremen.de - انفو پايونت**

صفحة انترنتي به زبان های آلمانی و انگلیسی که حاوی دسترسی به معلومات رسانه ای مانند اخبارهای مختلف و کتاب ها در زبان های مختلف می باشد.  
**www.infopoint-bremen.de**  
**info@infopoint-bremen.de**  
 ٧٨٩١٣ - ٠٤٢١

**Language mentoring - مشاوره زبان**

مشاوره زبان - این برنامه پناهجویان با افراد محل آشنا گردیده و تحت این برنامه پناهجویان با افراد محل آشنا گردیده و زبان آلمانی شانرا بهتر میسازند.  
 پنج شنبه ها بین ساعات ١٥:٠٠-١٧:٠٠  
 آدرس: Bremen ٢٨٢٥٩, ٢٣ Tegeler Plate  
**www.caritas-bremen-nord.de/02c.jugendmig.html**  
**e.haverland@caritas-bremen-nord.de,**  
**r.lautenbach@caritas-bremen-nord.de**  
 ٣١ ٠٧٧ ٦٦ - ٠٤٢١

**MediNetz - مديانتهز**

مركز مشورتي پرسش های طبي/پزشکی برای پناهندگان، مهاجرین و اشخاص بدون اسناد قانونی.  
**www.fluechtlingsinitiative-bremen.de**  
**/?q=medinetz**

**”Projekt „enCourage“ پروژھ**

پروژه «enCourage» پناهجویان را در آمادگی برای مصاحبه با اداره مهاجرین و پناهندگان (Bundesamt) همکاری می نماید.  
**www.bremer-rat-fuer-integration.de/termine/?id=774**  
**n.engel@awo-bremen.de**

**Qigong for refugees - کلاس های کيگانگ**

مکتب «Dao Yuan» کلاس های کيگانگ (Qigong) را بخصوص براي مهاجرین و سرپرستان آنان ارائه می نماید.  
 آدرس: Bremen-Walle, ١٥٥ Steffensweg  
**www.qigong-daoyuan.net**  
**info@qigong-daoyuan.net**  
 ٩٦٧٦٥٩٨ - ٠١٧٤

**Refugio Bremen - رفیگو بريمن**

مركز مشورت های روانی و درمانی پناهجویان و بازماندگان شکنجه: خدمات این مرکز درچندین زبان، رایگان و سری ارائه میگردد.  
 آدرس: Bremen ٢٨٢٠٩, ٤-٢ Parkstraße  
**www.refugio-bremen.de**  
**info@refugio-bremen.de**  
 ٤٩ ٠٧ ٣٧٦ - ٠٤٢١

**Theater project „Life in the Diaspora“**

پروژه تياتر «زندگی در خارج از کشور» اگر شما بين سال های ١٤-٢٧ سال هستيد و علاقمند ممتلي در تياتر با جوانان از سرتاسر دنيا هستيد؟ در ورکشاپ آموزشی ما اشتراك کنید.  
**www.bremer-welttheater.de**  
**chinelo-theaterhaus@gmx.de**  
 ٧٩٠١٢٩٧١ - ٠٤٢١

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Gefördert mit Sondermitteln (WBG)  
 der Senatorin für Kinder und Bildung  
 in Bremen

Bildungsvereinigung Arbeit und Leben  
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# CALL FOR CONTRIBUTORS

Hey Guys! Are you interested to write and get your articles published? Please contact "HuB Magazin" and help us share your stories and ideas with our readers.

Hi Leute! Ihr schreibt gerne und möchtet eure Artikel veröffentlichen? Kontaktiert das "HuB Magazin" und helft uns dabei, tolle Geschichten und Ideen mit unseren Lesern zu teilen.

ሰላም ንዓኹም ይኹን ኣሕዋት! ብቻንቻ ኣዴኹም ሰነ ጽሑፍ ክርጽሕፉን ኣብ መጋዚን ከተሕትሙን ትደልዩ'ዶ? ንኣንባብቲ ዝበለጸ ታሪኻትን ሓሳባትን ንምቕራብ ተሳትፎኹም ንጽቡ። "HuB Magazin" ኢልኩም ርኽቡና። ብድሓን ምጻ።

Vous aimez écrire et vous êtes intéressés de publier vos idées? Contactez le magazine "HuB" et partagez vos histoires avec nos lecteurs!

مرحباً يا أصدقاء! هل أنتم مهتمين بكتابة المقالات ونشرها؟ رجاءً تواصلوا مع مجلة هوب وساعدونا في مشاركة قرائنا قصص وأفكار أفضل

سلام دوستان! ایا علاقمند نوشته و نشر مقالات خود هستید؟ لطفاً با مجله حب تماس گرفته و ما را در تشریک داستان ها و مطالب بهتر با خوانندگان ما کمک نمایند.

Hej momci ! Da li ste zainteresovani da pisete da vase novine budu u javnosti ? Molimo vas kontaktirajte "HuB Magazin" i pomozite nam da delimo vase price i ideje sa citacima Prijateljski pozdrav!

Hi Saaxiibayaal! Hadii aad jeceshihiin in aad Maqaal qortaan oo aad ku soo bandhigtaan Joornaalka. Fadlan nagala soo xiriir Joornaalka "HuB Magazin" nagana caawima in aad Qisooyinkiina iyo Fikradihiina u soo bandhigtaan akhristayaasha.