



American Refugee Committee works on impossible problems, difficult challenges that require a new approach in order to make breakthrough change.

But there are also millions of simple problems in the world – small things we can do that will still make a big impact in real peoples' lives. **We call it doing the doable.**

This year, we've committed to 365 days of change – one doable idea per day. We've already gotten started - and I'd like to share some of that change with you. I hope that as you flip through these pages, you'll be inspired to see the world a little differently, yourself. To see the possibilities for change that exist all around you.

See what we've done so far – and stay with us as the story unfolds.

Daniel Wordsworth
President & CEO
American Refugee Committee

DOING THE DOABLE



SO WHAT DOES \$500 WORTH OF CHANGE LOOK LIKE? A LOT MORE THAN YOU MAY THINK!

We're making change every day, for no more than \$500 per day. From fixing a ceiling to getting soccer balls to young athletes, these doable impacts can make a huge difference. They have the potential to change the way we do this work – opening our eyes to the possibilities of everyday change.



365 DAYS OF CHANGE – STARTING IN BIDI BIDI, UGANDA

You may not have heard of it, but Bidi Bidi Refugee Settlement in Uganda is one of the fastest growing refugee camps in the world. A bare patch of ground in the middle of nowhere a few months ago, now there are 270,000 South Sudanese refugees living in Bidi Bidi, having fled violence and civil war in their country.

That's why doing the doable in Bidi Bidi can make such an impact. Doing small but powerful things can make all the difference in someone's life – it can show them that they are not forgotten.

On the following pages you'll see just a few of the first things we've done in Bidi Bidi that are making a real impact on people's lives in the camp.



DAY 1

Starting a plate and cup library for newly arrived refugees to borrow.

CHANGING ONE PART OF THE PROBLEM CAN CHANGE EVERYTHING.

"You have to understand," said Paul, the Site Manager for ARC in Bidi Bidi Refugee Settlement. **"When refugees come, they come with nothing. Absolutely nothing. One man, he had walked to Bidi Bidi for ten days. Once he arrived here, he was standing in line for food and when he reached the front they asked him to step aside because he didn't have a container to hold the food. He was afraid that if he left to find a plate, the food would be gone when he**

returned. So, he took off his gum boot, the very shoe he walked in for days, he cut it in half and said, 'Here, you fill this.'"

Our team saw a problem they could fix. Their solution? Create a dish library – dishes are numbered and lent out to those who can't find a dish to use. It's a system that will work until everyone has access to their own dishes.

"These plates, it's an opportunity," Paul said, **"It can be life-saving."**

LOOK AROUND.

IS THERE POTENTIAL FOR CHANGE RIGHT IN FRONT OF YOU?

Sometimes, doing the doable is all about doing the right thing, in the moment.

That's what happened when, with paint cans and brushes in hand, we set out to give a maternity ward in Bidi Bidi a paint makeover. **But when the health center team**

greeted us at the door, we could tell something else was on their minds.

"You see here," said Aziz, who works at the clinic. **"There are big holes in the ceiling. The bats come in."** Mothers in the ward didn't feel safe or protected at a stressful and vulnerable moment.

Fixing the ceiling wasn't in the plan. But this is what doing the doable is all about – seeing and seizing opportunities to make a big difference. So we changed gears and called in a carpenter to get it done. Now, these brand new mothers have some relief and a little peace.



DAY 2 *Fixing a leaky roof in a health center.*



DAY 3 *Providing midwives with simple supplies that make their jobs just a little easier.*

Giving birth in a huge place like Bidi Bidi Refugee Settlement is an enormous challenge and midwives – who travel from home to home – are an incredibly important resource for expecting mothers.

But midwives are faced with their own set of challenges. Imagine that your task is to create a safe and clean environment for mother and baby at delivery. Midwives do so in temporary tent shelters with a dirt floor and rarely any furniture – and often childbirth happens in the middle of the night, without even a light to guide them.

“We just want to support them in some small way,” said Deus Kiwanuka, an ARC team member on the ground. **“They are the ones protecting pregnant women.”**

We put together kits for these heroic midwives - gumboots to face the often muddy landscape, a solar lantern and a headlamp to guide their way, some extra scrubs, and a reflective vest to make them more visible to patients at night. It's a small gesture, but it shows our support to these women who inspire us.

**EMPOWER
THOSE WHO
INSPIRE YOU.**

TAKE ACTION. THINK OUTSIDE THE BOX.

Alfred has been in Bidi Bidi for weeks. And in the refugee settlement, you have to walk everywhere. But for Alfred, whose legs are injured from a previous accident, even the walk to water is a challenge. When it rains and the dirt becomes slippery, slick mud, Alfred finds himself falling.

With all the needs in Bidi Bidi, the most vulnerable people like Alfred can often be overlooked.

“We just want to enable them to have more freedom,” said Hildah, a team member in Bidi Bidi. Our ARC team decided they couldn’t sit back and let him – and many others – struggle to get around.

Their solution? Crutches. They traveled throughout communities in the settlement, meeting with men and women in need of an easier way to get around. It’s not normally what we do, but the team saw an opportunity to make change and seized it.



DAY 4

Giving a disabled person crutches so they can walk across a refugee camp.



DAY 5
Hiring a health clinic caretaker to look after a whole person's needs.

CARING, EVERY DAY, CAN MEAN THE WORLD.

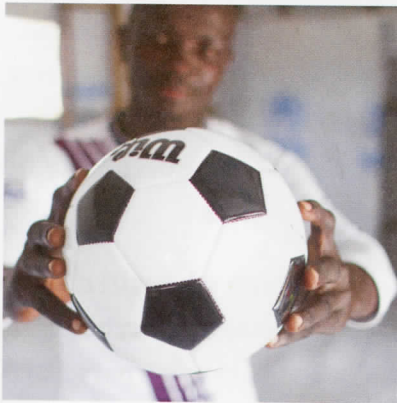
The health centers are busy places. More and more people arrive at Bidi Bidi every day, after terrible journeys, and many are in immediate need of health services – but they also need more.

“Some people come alone to the health center with no people to sit with them, to bring them water or food,” said Hildah. Sometimes, she realized, helping is about more than their immediate health concerns.

So the team hired a caretaker for the health center, a person whose only

job it is to look after those folks. We found the perfect person – Suzan – someone who would lend a caring, supportive hand to guide those going through some of the toughest times in their lives.

“There are some who will come to the facility without anybody,” said Suzan, who is a refugee herself. **“A mother will come alone and give birth and have no one to give her porridge. I will say, ‘You feel free. I am here to help you.’”**



A LITTLE KINDNESS GOES A LONG WAY.

Edson made his soccer ball from garbage he found blowing through this neighborhood. Layers and layers of dusty plastic make up the ball, but it's still a treasured part of his daily life.

Hildah – our team member - saw straight away how one simple change could build relationships and lift morale in the new refugee settlement – get kids like Edson some brand new soccer balls.

Frances plays soccer with a team in the settlement. **“We play soccer so our body stays best. Soccer keeps us active when we could be sitting and doing nothing here.”** Now his team has soccer balls to borrow. And, they plan to start their own league soon.

DAY 6

Getting kids some soccer balls so they can exercise and play.



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Stay tuned
for more doing the
doable - 365 days
of change!