

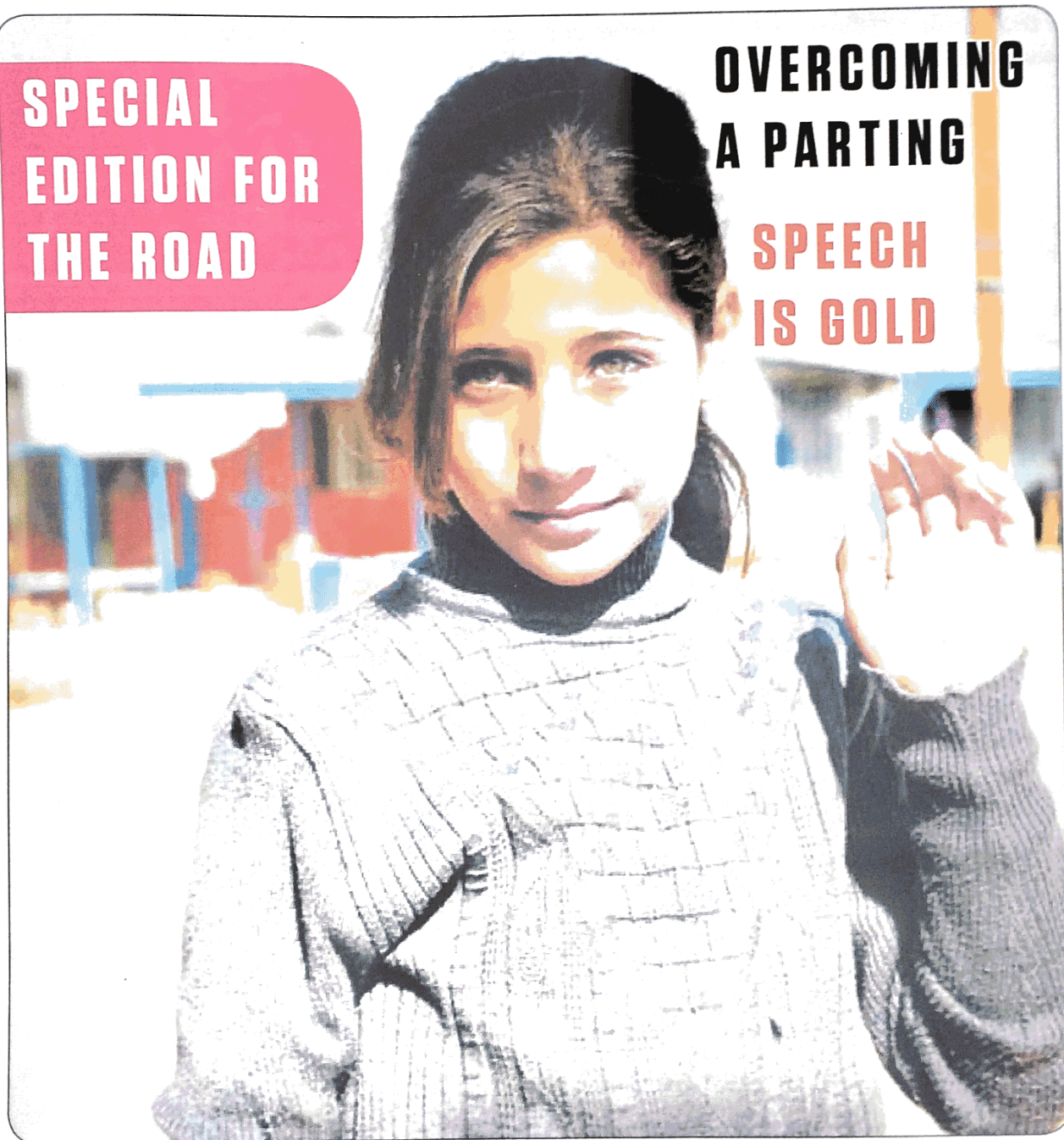
YASMIN

World Refugees Magazine - first edition - March 2016

**SPECIAL
EDITION FOR
THE ROAD**

**OVERCOMING
A PARTING**

**SPEECH
IS GOLD**



**Yasmin is a special edition of The Road,
written female refugees for female in Zaatari camp.**

THE HORANI CUSTOM

Traditional Horani clothing differs according to age and region, but they are all similar points as they are restful and decent. Al Shuroush is a long dress that comes down the floor. It is made of velvet or baize and is embroidered at the neck, armholes and bottom of the dress; in addition, it has wide collar. women often wear black headgear called Al Shambar which is made of silk. They usually wrap it around the whole head, the neck and the chest, and they hide the rest of it under the Shuroush. The Shambar is fastened with a wrap called Osba which is a square of fabric made of silk of different colors, and has embroidery on it. Women wrap the kerchief around their heads, tying the ends from behind so that they hang down the back or shoulders vertically. This kerchief is called Al Hatta.

Marah Al Khatib, age 17





EAGERNESS TO SEE MY FATHER

I was a little child when my father travelled to the Arab Gulf to make a good living for the family. I saw my mother shed tears of sadness for my father and tears for a child who needs to see her dad. Three years elapsed, and our family's eagerness to see our dad was growing. Then war started in Syria. I was in the third grade at school. Destruction spread throughout our village, called Al Gharria Sharkia which is in Dara'a governorate. We left Syria and came here to Za'atari camp. Six years have passed now and I still hope to see my father. I also hope to see stability come back to Syria so our family can end this dispersion and live together again. I calculate hours and minutes for my father to come back, his indispensable tenderness is especially important in a daughter's life.

Because of the difficult conditions of life, my dad travelled to work in other countries so that we could have a better life. I say to my father "I love you and hope to see you soon."

Maskoopa Al Ahmad, age 15

MY FATHER'S PARTING

The war in Syria compelled me and my family to leave our homeland and come here to Za'atari Camp so that we can be safe from the destruction that spread over our town called Al Mutaeya which is near Dara'a governorate. When I was in Syria, I was hoping to become a journalist. After a year of living in the camp, my father was diagnosed with lung cancer. He was taken to the hospital for treatment, but his health became worse for a year until he could not resist and he died. I was very sad about his death because he was my hope in this life and the source of love. I hope he is in heaven with the prophets and saints whom God has favored with grace. How hard it is when a father leaves his family. "Blessed is the soil that surrounds him."

Hajar Al Kafri, 15

OVERCOMING A PARTING



After graduating from two years of studying at an art institute, I stayed at home for some time. Eventually I received a marriage proposal from a young man from a neighboring village. I felt that this young man would be a good husband, so I accepted him and we got married. Our marital life was full of happiness and joy, especially after we received our first daughter – Saja. After that, war started and our life turned upside down

when my husband asked me and his mother to leave the village and go to Za'atari Camp. He promised that he would join us after finishing some necessary arrangements. I arrived in Za'atari Camp with his mother and waited eagerly for him to come, but after a month I was shocked at hearing the news of his death. I sat in my tent feeling lost about what to do and wondering about my future and the future of my little child, who has been emotionally deprived of her father's love from an early age.

Saja's grandmother was an example of love for me and my daughter in keeping her sorrow inside her heart and giving me comfort and love. I decided not to surrender and continue my life for my little child, who always reminds me of her father. With the passage of time I became friends with a few neighboring women who work for some organizations. One day they told me that there is an organization that supports manual skills, sewing and knitting which I mastered, so I applied to work with them so that I can meet some of my child's needs. I did well in the interview and began working with them. It allowed me to overstep my pains and make good relationships with new friends.

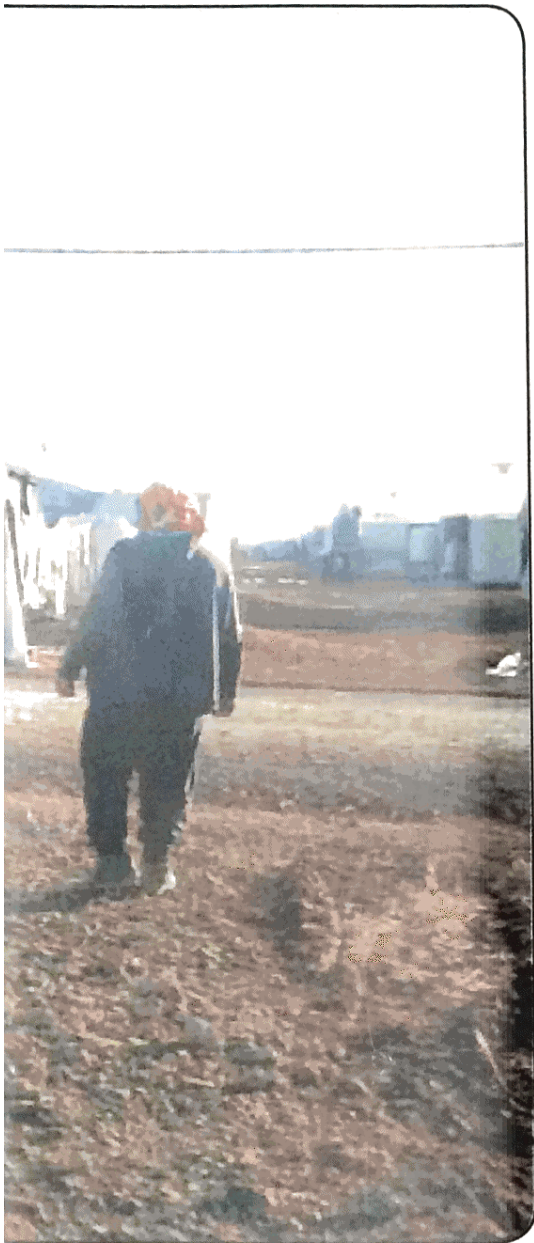
Um Saja

I WORK THEREFORE I STILL EXSIST

Women in Za'atari camp are doing arduous jobs to meet the needs of their families. For example, they carry water, preserve the caravan by filling up the cracks to prevent water or cold air from getting in during winter and by going far to bring bread from the distribution centers. Women also go to the markets to bring vegetables and other things for their kitchens in addition to taking their babies to clinics for treatment.

All these factors have made the Syrian women more patient and tolerant due to the exceptional circumstances that they face. They are always ready to face all the difficulties that challenge their children and husbands. So many wives have endeavored to use every possible means to help their families to improve their standard of living. We ought to thank the women here in Za'atari camp for their huge efforts which highlight the strong will of Arabian women to overcome the difficult conditions of life, or rather, not staying as helpless as someone may imagine.

Imman Rafik, age 22



EARLY DETECTION CAN SAVE YOUR LIFE

Ladies are mostly affected

Women above 40 years have an increased chance of being affected by breast cancer. There are some factors that influence the likelihood of this disease; for example, the overall health of the person and their family history, giving birth to the first baby at the age of 35 and never giving birth again, the early onset of menstruation (before age 12) or menstruation that ceases late (after age 55) and taking medicines that contain hormones or which come from fat.

Symptoms of breast cancer

There are some symptoms that may indicate breast cancer. They include: a lump in the breast or in the armpit, a change in the color or temperature of the breast, skin dimpling like the peel of an orange, wrinkles on the breast, unusual feelings of pain in the breast or in the armpit, a crust or itching in the nipple, the change of nipples direction or turning inwards, unnatural secretions from the nipples and finally the change of breast size. If you notice one or more of these signs, you should directly consult your doctor.

Self-examination of the breast

Self-examination is a task that a lady should do periodically herself to detect breast cancer early. It can be done in different ways. For example, the exam can be done by touching the breast by hand and by visual examination. It is recommended that women age 20 and above do self breast exams. The best time to do the examination is between 7-10 days of the beginning of menstruation. If a woman is nursing, she should make sure to empty her breast of milk before doing the self-examination. After you reach the age of hope (no monthly period), you have to appoint a definite day each month to do the examination.

How to make a visual examination of your breast

To do a self-examination, you have to follow some steps: First, stand before a mirror half naked up to the waist, then inspect the shape of your breasts to notice whether there is something unnatural concerning the size, inflammation of the skin, crust or an inward turning of the nipples. Second: raise your arms above your head with palms together, then look carefully for any change in the mirror.

Finally, put your hands on your waist as you tighten the muscles of your chest, then bend your chest down while looking in the mirror for changes to the breast.

The x-ray check of breast (mammogram)

Mammogram is the ideal way to detect breast cancer and is made by an x-ray that can show photographs of any lump before you or your doctor might notice it with simple examination. Noor Al Hussein Foundation for Family Care gives training to women for self-examination so that they can reduce future risks. There are centers for this foundation in Za'atari camp in districts 2, 3, 5 and 8 where there are health instructors who are female. In addition, they also have a great workshop team who pays visits to those who cannot leave their homes.

Nuseiba Al Sheloul

Noor Al Hussein Institution of Family Care (UNFPA)

KOHL IS A DANGER TO OUR CHILDREN'S EYES

Mothers often put kohl around the eyes of their newborn babies following an old tradition that is still practiced today. But the question is whether this custom is healthy or may cause danger to the child!

I was obsessed with this matter, especially when I saw a mother put kohl around her newborn child's eyes. I was curious so I asked her about this tradition. She explained, "My mother told me that kohl is useful for the eyes, and I realized the importance of this custom when I asked my grandmother of age 70 who assured me that there are many benefits of kohl. It enlarges the eyes and supports good vision."

Doctor Fithay Al Taffory, a pediatrician working for Aid Clinic of Jordan said that kohl is a black powder mixed with poisonous minerals which makes the eyes seem brighter. He noted also that it caused someone to go blind in a few years ago. He added that putting kohl around the eyes of new born ba-

bies is an unhealthy tradition and that too many people are not aware of its danger. He also mentioned that some people put kohl in the navel of a newborn thinking that it prevents clotting without realizing actually it can poison the child. Al Taffory advises people not to follow this custom because it can cause harm to their children and also he stressed on not using any powder after birth.

Dhoa'a Al Hariri



THE REASON I LEFT SCHOOL

Students need a good environment a help them study well. This is not quite available in a refugee camp where a big family stays in one caravan. In addition, the caravans of neighbors are closely adjacent so there is very little quiet space to study. Moreover, I could not adapt to the new school courses taught here in Za'atari Camp which are totally different from

the ones in Syria. Consequently, I felt frustrated and decided not to go to the second term examinations of secondary school last year. In Syria, I was fond of my school and hoped that I could continue my studies at the university until I became an English teacher. Regrettably, the war broke out and my dreams vanished. My family decided to come live in Za'atari

Camp. We hope that one day the war will stop so that we can go back home and live peacefully. I am now thinking of returning to school so as to achieve my dream which I have held for a long time. I hope that my country will be peaceful and secure again so that a new generation can receive their education in a normal way.

Isra'a, age 18





I WORKED IN HYGIENE FOR MY CHILDREN

The war in Syria was so bloody that it not only destroyed my house but also killed my husband and deprived his four children from the affection of their father. I had no place to stay in Syria, so I decided to come to Za'atari Camp of refugees to protect my children from weapons that don't distinguish between a child and a fighter. After a terrible journey full of hardships and troubles, I finally arrived at the camp with my children. We stayed in a small tent. I was shedding tears day and night thinking about the future that is waiting my sons who are young and helpless. My thoughts were concerned about how I could save them some food or clothes so that they could not feel the loss of their father. The grace of God has granted me good neighbors who always help me and make me feel secure. Eventually, I decided to look for a job to cope with the difficult task I bear. Many difficulties faced me in the beginning until one day the street manager in our district advised me to go to a school because they were in need of a hygiene worker. Being a widow it was a good chance for me to do this job because I can support my little children.

Um Bilal, age 42

WE NEED MAKES INVENTION

Necessity is the mother of invention. This is what most people in Za'atari Camp believe and it is why they invent different things they cannot buy. I made a shelf in my caravan to keep some things on such as medicines and the make-up. I brought a plank of wood and fastened it to the wall of caravan with a bar of metal shaped like a triangle and nails. This idea made my mother very happy because we needed a place for our things. I advise all to make it because it costs very little.

Byan

