

Meet
Halima
aged 8



Myanmar to Bangladesh

How would you feel
if you had only rice
and potatoes
to eat?

Halima and her family had to leave their country because of fighting.

They are now in a refugee camp in Bangladesh. They do not have a good diet. They have been surviving on just rice and potatoes.



Meet
Mohammed
aged 6



Syria to Lebanon

If you had to leave home suddenly, what would you take with you?

Soldiers made Mohammed's family leave their home without anything. Mohammed had to leave his toys behind.

In Syria he could not go to school because lots of schools had been destroyed. Mohammed loves Lebanon because he can study.



Meet
Ruth
aged 4



South Sudan to Uganda

How would you feel
if you had to leave
your home?

Drought and fighting have forced many people to leave South Sudan. Ruth's family now live in a refugee camp.

CAFOD's friends, Caritas, gave seeds and tools to Ruth's father. He grew vegetables and sold some to buy new sandals for his children and fish for a healthier diet.



Meet
Dainer
aged 6



Venezuela to Colombia

What would you
do if you could not
afford to buy food?

In Dainer's country, food costs a lot. Dainer's family, like many others, cannot afford it.

Dainer's dad gets up very early each day to cross the border into Colombia for food. Sometimes Dainer goes too.



Name

Age

I walked mile(s)

to support people who have to leave
their country to find food and a home.

Prayer

Loving God,

You walk with those

Searching for a better life.

May we work together

To share the journey

And offer everyone a loving welcome.

Amen

Keep this card to remember
Dainer and to pray for him.



**Share the
Journey**
#sharejourney

CAFOD
Just one world

Illustration, Rachel Summers.
Photo, CAFOD.

Charity no:1160384. Company no: 09387398.