

## HOME GROWN SOLUTIONS

*We believe in a world that welcomes and values minoritised communities.*

### ABOUT US

We partner with local organisations to develop innovative and sustainable programmes promoting the well-being of marginalised communities.

We fill a much needed gap in the mental well-being sphere, in places where traditional practices continue to be stigmatised, and creative solutions are needed.

*Sustainability is at the core of everything we do, with the ultimate goal of creating local programmes, in response to local issues, led by local teams.*

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**MANY OF THE CHILDREN WE WORK WITH FACE HORRIBLE CIRCUMSTANCES, EVEN AT HOME.**

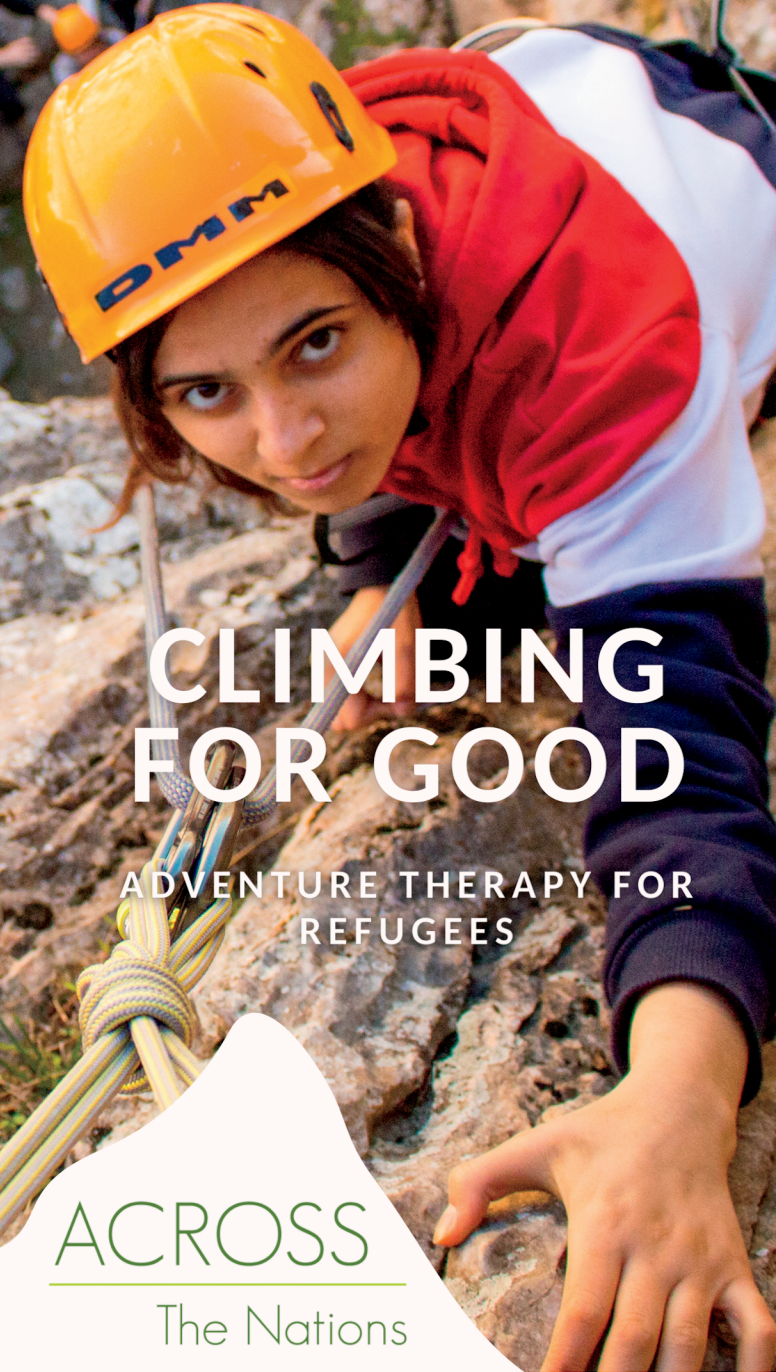
**SINCE THE ACTIVITY STARTED, I'VE SEEN SUCH PROGRESS IN THE CHILDREN'S BEHAVIOUR, IN A REALLY POSITIVE WAY**

-Ahmed Akram  
*Child Support Worker*

CONTACT US



[acrossthenations.org.uk](http://acrossthenations.org.uk)



# CLIMBING FOR GOOD

ADVENTURE THERAPY FOR REFUGEES

ACROSS

The Nations



*At the start, I had a phobia of climbing and heights. I faced it, I beat it, and now I teach it to others.*

Jwan's first trip out with the Çiyako programme was as a beneficiary in 2019, where he fell in love with the outdoors. Now, he is learning how to manage groups of young people as our Apprentice Outdoor Instructor.

War drove Jwan and his family to leave their home in Syria, eventually landing in the Arbat Refugee Camp, where he became his family's main breadwinner at only 16 years old.

Jwan brings fun and joy to all of the outdoor trips and activities, as well as working hard towards the goal of becoming a professional Outdoor Instructor.



Jwan Fathi  
Apprentice Outdoor Instructor

*In Kurdistan we work among displaced people from Syrian and Iraqi backgrounds*

*Over 98% of displaced people in Kurdistan have experienced a traumatic event during their displacement*

Across the Nations have been pioneering Adventure therapy in Kurdistan since 2017. Since then, over 700 young people have been trained in rock climbing skills.

This initiative has profoundly impacted the mental health and well-being of these young people.

Young people's sense of achievement, confidence and trust has grown. Fear has been overcome, and new friendships blossomed. Local staff love this programme and are always volunteering to help.

Please join us in helping make these young people's lives that little bit better.

Find out more: [acrossthenations.org.uk](https://acrossthenations.org.uk)



*After my first climb, I cried with joy. I started to say that nothing in life was too difficult.*

Noor came to the Arbat Refugee Camp at 11 years old from Qamishli in Syria, leaving her friends and family to join her father and escape the war.

Noor started her apprenticeship with the Çiyako Team in 2022 and now trains the girls that participate in the programme.

Noor experienced a breakthrough moment during her first climb after having pushed past her fear of heights and reached the top of the mountain.

She is excited to impart the feelings of power and strength she gained to other girls with the skills she's learning.



Noor Anwar Mohammed  
Apprentice Outdoor Instructor