



Frustrated that you can't welcome a refugee to your community? We are too!

The federal government and the current administration have made it harder for refugees to join you as a neighbor. We have seen unparalleled attacks on both the refugee resettlement infrastructure and on refugees themselves. **But you can do something about it.**

1. **Call or write your elected officials** today and tell them you support resettling refugees, are prepared to commit your time and money to welcoming them to your community, and aren't able to because refugee arrivals are being delayed with needless bureaucracy and a low ceiling for refugee admissions.
 - a. You can locate your Members of Congress [online](#) or by providing your zip code to the Capital Switchboard (202-224-3121).
 - b. Need some inspiration? [Visit our blog](#) to learn more about effective letter writing.
 - c. Don't forget that your state and local elected leaders have a voice in this process too. Write your governor. Write your mayor. Write your state legislator. Visit the [Common Cause](#) website to identify everyone who represents you, from the president to county executives. They all need to hear the same message. Just use the same message you sent to your Member of Congress and change the address. It's that simple.
2. **Call, write, and tweet at the President** and tell him the same. He is the one with the power to change this. He needs to hear from you that Americans support resettling refugees in their communities. You can send a message through [any of the resources listed on this website](#), but Twitter is also a great way to connect.
3. **Sign up** to be part of our [Congressional advocacy network](#), and find opportunities to lobby your Members of Congress - both in-district and in D.C.!
4. **Volunteer** at your local resettlement agency. Refugees might not be arriving, but there are still numerous opportunities to support your local resettlement agency with your time and expertise.
5. **Pass a [refugee welcoming resolution](#)** in your community or state. We have [local](#), [college](#), or [high school](#) specific tool kits.
6. **Plan a welcoming dinner** or event! [Here's some advice to get you started](#).
7. **Tell us what you've done so far.** Email us at refugees@aiusa.org and share with us what you've done to fight for refugees so that we can amplify and empower your work.

Remember, this is all just a starting point. Amnesty International USA is here to support you! Visit longertable.amnestyusa.org for more ideas, inspiration, and to be connected with other advocates in your community and around the country.