



Welcoming Refugees Remotely: Post-Arrival

How to support refugees during the COVID-19 pandemic

- In partnership with the resettlement office, set up a Skype/WhatsApp video account between yourself and a newly arrived refugee family. This will assist newly arrived families in practicing English as many ESL classes are closed, it will provide social integration, as well as ease the cultural adjustment. Set a scheduled time (every other day or weekly) when you will meet so the refugee knows they can count on you.
- If the family you are assisting has children, have a child who is the same age as some of the children in the family also set up a way to communicate over Skype/WhatsApp for peer-to-peer socialization.
- Have your children color pictures and send them via snail mail to the clients you are sponsoring. Children especially enjoy getting mail.
- Phone calls! Have a phone call together to boost spirits.
- Consider ordering some fresh groceries and have them delivered to a newly arrived client's home. Some ideas: Fruits, Vegetables, Rice, Bread, Milk and Eggs.
- Order a culturally appropriate meal from a locally owned immigrant restaurant and have it delivered to the client.
- Considering donating bikes or outdoor equipment (chalk, bubbles, hula hoops, balls etc) to the children of the family you are sponsoring so they can get outside and get exercise. Most of these can be shipped to the client's home via Amazon.
- Due to the reduction and laying off of some service industry jobs, consider donating to a client's rent to provide an extra cushion of support.
- Does the family you are partnered with have a computer? If not, see if a donated one can be located and given to the family to support online learning for students while schools are out of session.
- Gift a 3-6 month subscription to Netflix, Disney+, or Hulu to the refugee family so they can watch TV to get familiar with the English language.

- Collect clothing for each family member. Don't forget about shoes!
- Order some beginner educational Math and English workbooks for elementary students and have them shipped to the home.
- Order a box full of creative activities for children and have it shipped to the home. For example: watercolor paints, crayons, washable markers, paper, stickers, glue sticks, child safe scissors, etc.
- For emergency medical appointments, educate clients remotely on setting up rides. Educate clients on how to book their own rides to appointments via medical taxi/Uber/Lyft if possible.