

**'THE MOST IMPORTANT THING FOR
ME IS TO STUDY': A QUALITATIVE
STUDY OF RESILIENCE AMONG
REFUGEES FROM DARFUR IN ISRAEL**

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QUALITATIVE INTERVIEWS WITH 8 REFUGEES FROM DARFUR IN ISRAEL: WHAT HELPED THEM?

- 1. Cognitive coping strategies**
- 2. Behavioral coping strategies**
- 3. The ability to work**
- 4. The ability to study and educate oneself**
- 5. Religion and spirituality**
- 6. The support of family and friends**
- 7. Social and political activism**



SIX FACTORS THAT CONTRIBUTE TO RESILIENCE:

- 1. Cognitive coping strategies: maintaining hope, internal narratives, and external narratives.**
- 2. Behavioral coping strategies: the ability to act in enduringly and inventively ways in order to survive.**
- 3. The ability to work which provide financial support for basic needs, a sense of belonging and meaning, and occupation for the mind.**
- 4. The ability to study and educate oneself which enables them to feel more in control over their future, increases their knowledge of themselves and the world around them; and strengthen their positive inner narrative about themselves and their future.**
- 5. The support of family and friends.**
- 6. Social and political activism which provide opportunities to build social networks and become an active member of the community.**



IMPLICATIONS

- 1. We invited refugees from Darfur to take part in university courses, which were developed by university staff, especially for them together with them. The courses provided knowledge in philosophy, psychology, computer, health, and Hebrew.**
- 2. Policy implications: It is crucial that refugees will be able to work and study in order to be integrated into the society. The Israeli government should provide them with basic human rights: legal status, permission to work, and educational opportunities.**
- 3. Those who work with refugees should identify and enhance cognitive and behavioral strategies that are used by this population in order to survive. While working with displaced people, it is important to emphasize abilities and strength.**

