

Becoming a Refugee

The question “*What all changes when you become a refugee all of a sudden?*” seems easy to answer at first. But if you think about it thoroughly, you will find that it’s actually difficult to do so.

First of all, no one can tell what becoming a refugee feels like if they haven’t experienced it first-hand - and that includes me.

However, we can speculate about what might change or what makes us feel different.

It’s not something anyone wants to feel. And I think we can also agree that no person reacts or handles it alike. Some will be traumatized, some might need a psychologist or may even have to get admitted into a psychiatry ward. Others may deal with their memories seemingly with more ease.

Some might feel numb because of the shock that comes with being forced out of ones’ home, others may feel flooded by emotions as if everything came crashing down on them. There may be some who would perhaps want to fight for their home and their rights.

We all have our individual triggers that can cause certain reactions.

Personally, I think the realization wouldn’t even kick in for a time and every emotion I’d have had would seem exaggerated so that I wouldn’t know what to think anymore and just be so tired. I just think it’s insane that things like having to flee, forsaking your people and your country and experiencing a war in general is actually happening, something so dangerous and life-threatening.

Families torn apart, citizens wounded, animals without their owners and the lack of knowledge about what to do or what is going to happen next. This must be especially hard on children. It’s cruel. The once so peaceful inhabitants, lacking food and safety, away from their homes and their loved ones, forced into a new environment, a foreign country and maybe even a near-death experience.

My first conclusion is that once you have become a refugee, everything is going to go upside down. Secondly, the perspective you have had of the world will change forever.

Last but not least, you’ll cherish the things you (are able to) have as long as you still can.

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