



do 1 thing



1 refugee without hope
is too many.



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Campaign Overview: ‘do 1 thing’

Can you imagine how it would feel to have to flee your home to find safety in another country? In difficult economic times, it doesn't cost a single cent to show interest in others, learn, and share your new knowledge and interest.

The “do 1 thing” campaign wants you to show your support for refugees, asylum seekers and those in need of international protection here in Ireland and around the world.

It's so simple! Just follow these steps and visit our website for more information www.unhcr.ie/do1thing or phone us on (01) 631 4614 for materials.

Choose your 1 thing to do

- Learn a fact about refugees
- Meet a refugee
- Watch a movie or read a book
- Get to know another culture – cook a new dish, listen to a song, play sport or learn to say hello in a new language
- Find out more about the history of refugees in Ireland
- Donate to UNHCR

Tell everyone about your 1 thing

Write a blog post, send a tweet #do1thing, write a Facebook update or just tell your family members – use whatever medium you prefer. Just get the word out there that you are **1 who cares**.

Email us at kennedy@unhcr.org, tell us about **your 1 thing** and we'll give you (or your class/youth group/family) a shout out.

Keep up-to-date with UNHCR Ireland

It's simple really just search for UNHCR Ireland on Facebook
Follow us on Twitter @UNHCRireland
Visit our website www.unhcr.ie

Thank you for being 1 who cares