

LIVING IN THE UNITED STATES

LIFE SKILLS FOR BURUNDIAN REFUGEES

VOLUME 3



U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
SUPPORTING THE SUCCESSFUL INTEGRATION OF BURUNDIAN REFUGEES

INTRODUCTION

The U.S. Committee for Refugees and Immigrants (USCRI) provides support and resources to Burundian refugees, service providers, and resettlement communities through its Supporting the Successful Integration of Burundian Refugees program. The program assists refugees and their communities in overcoming barriers to integration and self-sufficiency, and is funded by the U.S. Department of Health and Human Services' Office of Refugee Resettlement.

Through this program, USCRI works with Burundians in the United States and their service providers to produce useful orientation materials that support the adjustment and integration of Burundian refugees to their new homes and communities. USCRI released the first volume, *Living in the United States: Life Skills for Burundian Refugees, Volume 1* in 2008. The first publication addresses the following eight initial resettlement topics: the role of the resettlement agency, personal care, nutrition, health, adjusting to a new home, safety and emergencies, housing, and employment. The second edition, *Living in the United States: Life Skills for Burundian Refugees, Volume 2*, released in 2009, provides helpful information about issues the Burundian community faces after the initial resettlement period, when individuals have become independent of the resettlement agencies that work with them upon arrival. The topics include laws and rights, managing money, using a bank, education for children and adults, parenting in the United States, family communication skills, domestic violence, and the use and abuse of alcohol. This is the third and final volume of the series and contains information on becoming a U.S. citizen, buying and owning a car, bullying and discrimination, prenatal and maternal health care, and mental health issues.

These materials are available for download in print format in both English and Kirundi on USCRI's website at www.refugees.org. They are also available in Kirundi in flash video format online. USCRI recommends that service providers using these resources also download a copy of *A Guide for Facilitators, Volume 3* to help facilitate discussions and workshops.

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Co-Authors and Production Managers—Jessica P. Hansen, MSW and Jennifer Micker

Illustrator—Amy Adams

Translation and Audio Recording—Transperfect

Multimedia Production—Independent Media

Co-Editors—Jessica P. Hansen, MSW, Jennifer Micker, and Sarah Cady

Graphic Design (print materials)—Koula Papanicolas

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Visit www.refugees.org for additional information on Burundian refugees and resources. Please contact USCRI with questions and comments info@uscrdc.org.

MAKING A DIFFERENCE IN THE LIVES OF REFUGEES AND IMMIGRANTS

For almost a century, the U.S. Committee for Refugees and Immigrants (USCRI) has helped immigrants and refugees build better lives in the U.S. and around the world. USCRI works through four field offices and a network of 27 community-based partner agencies to resettle refugees and help immigrants in the U.S. access basic housing and orientation services. Each year approximately 5,000 to 10,000 refugees are resettled, and almost a million immigrants are assisted through the USCRI network. USCRI, headquartered in Washington, D.C., is a non-profit, charitable organization with 501(c) (3) status.

USCRI also works to mobilize an effective response to refugee situations from the international community. USCRI makes refugee needs known to world governments, U.S. policy makers, humanitarian organizations, and the general public. USCRI holds public briefings, updates government officials, and testifies before the U.S. Congress. To mobilize the public, USCRI ensures that refugees are in the news through staff appearances on television and radio, as well as in newspapers and magazines and on the Internet. We speak directly to the American public in schools, places of worship, and community meetings. We distribute our analysis through USCRI publications such as the World Refugee Survey, Refugee Reports, Refugee Voices™, topic-specific issue papers, email updates, and our website, www.refugees.org.

Since 2004, USCRI has led a growing coalition of hundreds of nongovernmental organizations in the campaign to end refugee “warehousing”—a practice that deprives millions of refugees worldwide of the rights to work, to practice professions, to run businesses, to own property, to move about freely, to choose their place of residence, and to receive relief on par with nationals.



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

2231 CRYSTAL DRIVE, SUITE 350
ARLINGTON, VA 22202
TEL: 703 • 310 • 1130