



Francesca – British

What about a soul that needs to run away to give itself some peace? To always find itself stuck between the pain of the past and the pitfalls of the present and an increase in levels of anxiety about an unknown future. And what about a mind !! Striving to solve issues, algorithms and Pythagoras were unable to solve it. To always repeat the same question, "Will I be alive to witness this moment or will be forgotten?"

But what assures me that this day is coming?

Is it my faith or my illusions?



Manar – Syrian





Naeem - Afghan

The day when a person doesn't look to his human brother with an inferior look. Doesn't look at colour, shape or religion but think with the hollowness of the heart and the sweetness of the soul

I wish the whole world was a small model in my hand to do my simple rubber and remove all borders to collect its members with each other. Because they don't realise that each organic needs the other.

If organic suffers in India, another helps him in China if the near bleeds, the distant heals him. With every line erased there is a life that will begin, brokenness will force, hunger will be buried, and poverty will end ... No wars, no blood, only peace



Amaneh – Iranian

Tears will be replaced by warm rain  
and with every raindrop a generous  
tree, there is no limit to it giving  
and no killer for its happiness.

Ju Yee – Malaysian



But soon reality wakes you up  
saying, "Don't drown in dreams  
because with the fall will be more  
bleeding". Unfortunately this is the  
reality demon. It tries to pull you  
from the folds of hope to seas of  
despair.

But we can fight it by climbing its  
wet mountains to reach not only the  
top but also stars

Be satisfied! And let your smile  
break all laws.







Make yourself a benevolent mother,  
pink rose, not a painful thorn.

Like a hammer, it can put a nail and it  
can remove it. What if we take out  
the nail of pain and put a bandage  
woven from love and clinging to the  
rope of hope we will be tighter.

Keep your failures to yourself not  
because no one hears or understands.  
Believe there is someone who feels  
you more than you!

But !! He has had enough of the  
bitterness of this cup and needs to  
taste its sweetness.

If you are able, give him a few drops  
of sugar so that he can adjust the  
bitter taste in his cup



And don't put  
yourself on a heavy  
load, life is nothing  
but a racer who  
seeks the  
championship in fast  
running, you can't  
stop it, but you can  
set your heart and  
you can be flexible  
with your mind. Look  
for your happiness  
among a thousand  
black rocks and  
under a hundred pins

And always  
remember!!

You look prettier  
When you smile.



Aong Thai



Manar – Syrian

Smile

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Naeem- Persian Dari کاش همه دنیا مثل طرح کوچکی نقاشی روی دستانم- Afghanistan بود، که به سادگی مرزها را پاک می‌کردم تا آدم‌ها کنار هم جمع میشدند. چرا که آنها نمی‌دانند که هر یک انسان به دیگری نیاز دارد!

Manar – Syrian ولكن ما الذي يؤكد لي  
أن هذا اليوم قادم؟  
هل هو إيماني أم أوهامي؟

Ju Yee - Malaysian - Air mata akan digantikan dengan hujan hangat dan dengan setiap titisan hujan pokok yang murah hati, tiada had untuk memberi dan tiada pembunuh untuk kebahagiaannya. Tetapi realiti tidak lama lagi membangunkan anda berkata jangan lemas dalam mimpi kerana kejatuhan akan lebih berdarah. Malangnya ini adalah syaitan realiti yang cuba menarik anda dari lipatan harapan kepada lautan keputusan. Tetapi kita boleh melawannya dengan mendaki gunungnya yang basah untuk mencapai bukan sahaja puncak tetapi juga bintang.



Amenah – Persian – Iranian اگر فردی در هند رنج ببرد دیگری در چین به او کمک خواهد کرد. اگر نزدیکان خونی از او بریزد دیگری که در دور دست است به او کمک خواهد کرد. با مرگ هر فردی زندگی دوباره آغاز خواهد شد. شکست رانده خواهد شد، گرسنگی به خاک سپرده خواهد شد، و فقر پایان خواهد یافت. نه جنگ، نه خون، تنها صلح

Aong – Thai และอย่าแบกรับภาระหนัก ชีวิตไม่ได้เป็นเพียงนักแข่งที่แสวงหาแชมป์ด้วยการวิ่งเร็ว คุณไม่สามารถหยุดมันได้ แต่คุณสามารถตั้งมั่นในหัวใจของคุณ และคุณสามารถปรับเปลี่ยนจิตใจได้ มองหาความสุขของคุณท่ามกลางหินสีดำ น้บพันและต่ำกว่าร้อยหมุด

Manar – Syrian  
وتذكر دائما!!  
تبدو أجمل عندما  
تبتسم.

Manar – Syrian اجعل نفسك أما خيرة ، وردة وردية ، وليس شوكة مؤلمة. مثل المطرقة ، يمكن أن تضع مسمارا ويمكنها إزالته. ماذا لو أخرجنا مسمار الألم ووضعنا ضمادة منسوجة من الحب وتشبثنا بحبل الأمل سنكون أكثر إحكاما. احتفظ بإخفاقاتك لنفسك ليس لأن لا أحد يسمع أو يفهم. صدق أن هناك شخصا يشعر بك أكثر منك!  
لكن!! لقد اكتفى من مرارة هذا الكأس ويحتاج إلى تذوق حلاوته.  
إذا كنت قادرا ، فأعطه بضع قطرات من السكر حتى يتمكن من ضبط الطعم المر في كوبه



A poem written by  
Manar – age 24 - a  
young lady from  
Syria  
Manar wrote her  
poem about her  
experience of  
being a refugee.



Translated into:  
English  
Dari  
Persian  
Malaysian  
Arabic  
Thai.

A collaboration  
between 2 ESOL  
cohorts – Adult  
Learning in Barrow and  
Adult Learning in  
Copeland.

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