



Through this experience, I am hoping to learn from my peers in the fellowship, but also to learn from my community.

Ruth Nara

University of Ottawa

Adolescent Refugee Girls, Canada

My initiative will support the empowerment of adolescent refugee girls to use their skills and experience to develop a sustainable program, for them and by them. These girls are at the heart of my idea because they are often left out of refugees' programmatic priorities. They are an abundant resource that is under-utilized and can help to facilitate the integration of their families into this cultural mosaic we call Canada.

I am hoping that others will learn from my experiences to enhance themselves, their skills, and the way in which they work. Finally, I am glad to have met, and continue meeting amazing people, who do amazing work.

I am originally born in the Democratic Republic of Congo, have moved quite a bit since, and currently reside in Ottawa, Ontario. As a migrant now residing in Canada, I understand to some extent the challenges of resettling into any new context. Therefore, my ability to relate to this unique experience, connects me to this community. Moreover, my research focuses on the reproductive health needs of conflict-affected refugees in Uganda and in the past I tutored math and science to refugee youth in Toronto, Ontario.

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